

**NEWSLETTER**

 **SEPTEMBER 2024**

**SLYPN Management**: (<https://slypn.org.uk/contact/>)

**Founder of SLYPN:** Sarah Webb

**New Members & Whatsapp Group:** Sue Roberts

**Popping for Parkinson’s:** Simone Sistarelli

**SLYPN Website:** Kerry Wilson & Chris McNicholas ([www.slypn.org.uk](http://www.slypn.org.uk))

**Social Media:** Liz Whitson

**Treasurer:** Angela Barton

**SLYPN SEPTEMBER EVENTS:**

**Walk for Parkinson’s: Battersea Park (Parkinson’s UK event).**

**Sponsorship walk to find a cure. 11am on Saturday, 14 September.**

[**https://events.parkinsons.org.uk/event/walk-parkinsons-battersea-park/home**](https://events.parkinsons.org.uk/event/walk-parkinsons-battersea-park/home)

**19-24 September 2024 (Retreat from 20-23 September).**

**SLYPN Retreat to David Ferri’s beautiful place in Italy, which is in the Umbria Hills, on the border of Tuscany.**

**There is ONE female place available AND there is an opportunity for a supported place! For more info: Contact David Ferri direct.**

[**www.parkinsonsretreats.org**](http://www.parkinsonsretreats.org)

**Monday, 30 September 2024**

**Neuro Heroes 2nd online session at 7pm.**

**SLYPN MONTHLY COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 31 August from 10-12noon.**

Held on the **last Saturday** of each month from : 10.00am to 12noon.

Please note venue name change:

**Festival Bar & Kitchen, Royal Festival Hall, Level 2.**

<https://www.southbankcentre.co.uk/visit/cafes-restaurants-bars/festival-bar-kitchen>

**FUTURE COFFEE MEETS 2024: (Face to Face) :**

Dates for 2024: Saturday, **28 September**, 26 October, 30 November.

**September Coffee Meet – Parkinson’s UK Regional Director Alistair Jack is joining us.**

**November Coffee Meet – An exciting Strolll update (**[**www.strolll.co**](http://www.strolll.co)**)**

 **with Birkdale Neuro (**[**www.neuro-physio.co.uk**](http://www.neuro-physio.co.uk)**) are joining us.**

**UK Charities & MJF Foundation*/YouTube Interviews/Podcasts.***

**Parkinson’s UK**

**Walk for Parkinson’s: Battersea Park**

**Sponsorship walk to find a cure. 11am on Saturday, 14 September.**

[**https://events.parkinsons.org.uk/event/walk-parkinsons-battersea-park/home**](https://events.parkinsons.org.uk/event/walk-parkinsons-battersea-park/home)

**Cure Parkinson’s Trust**

**Webinar with Professor Kunath, Associate Professor Agnete Kirkeby from University of Copenhagen who is involved with the STEM-PD study and Dr Cheney Drew of Cardiff University who has been working on patient experience.**

[**https://cureparkinsons.org.uk/2023/11/upcoming-webinar-stem-cells-for-parkinsons/**](https://cureparkinsons.org.uk/2023/11/upcoming-webinar-stem-cells-for-parkinsons/)

**Michael J Fox Foundation**

**Parkinson’s - 101**

[**https://www.michaeljfox.org/parkinsons-101**](https://www.michaeljfox.org/parkinsons-101)

**No Silver Bullets Talks on YouTube by Mark and Michel.**

**Finding the Energy: What happens to Mitohcondria in Parkinson’s disease? Professor Sonia Gandhi.**

[**https://www.youtube.com/watch?v=DttWHq8ch9o**](https://www.youtube.com/watch?v=DttWHq8ch9o)

**LivedHealth Parkinson’s on YouTube by Jodie Forbes**

**Focused Ultrasound for Parkinson’s**

**Jodie visits Queen Square to learn more about focused ultrasound and it’s amazing results in improving tremor and other movement symptoms in Parkinson’s.**

[**https://www.youtube.com/watch?v=fbxJVW-7b9s**](https://www.youtube.com/watch?v=fbxJVW-7b9s)

**Movers and Shakers: a podcast about life with Parkinson's:**

**Parky Profiles: Dave Clark**

[**https://www.moversandshakerspodcast.com/podcast/episode/88cea9f8/parky-profiles-dave-clark**](https://www.moversandshakerspodcast.com/podcast/episode/88cea9f8/parky-profiles-dave-clark)

**2 Parkies in a Pod: a Parkinson’s podcast with Dave Clark & Kuhan.**

**Nordic Walking**

[**https://www.2parkiesinapod.com/podcast/episode/1a45d66b/nordic-walking**](https://www.2parkiesinapod.com/podcast/episode/1a45d66b/nordic-walking)

**SLYPN MEMBERS CHOSEN ONLINE ACTIVITIES**

**LIST OF WEEKLY ACTIVITIES: Everyone is welcome to join any of these sessions:**

**MONDAY:**

Neuro-Plasticity Session by Ailien Rhijnsburger- 11.00am-12noon (Online)

Exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone’s weakness and provides individual feedback.

Contact no: M07807 834564 - lessons are £15.00 but it is good value for money

www.fitandhappyoutdoors.com

**TUESDAY:**

Popping Online By Simone Sistarelli.

Tuesdays at 5.00-6.00pm. ONLINE SESSION VIA ZOOM.

Classes are free of charge. To participate, register for free through the website: [www.poppingforparkinsons.com](http://www.poppingforparkinsons.com)

Wimbledon Community Choir (Jonathan Edwards is the contact)

Tuesday’s at 19.45-21.30 at St Mary’s RC Primary School. SW19 1QL

<https://www.wimbledoncommunitychorus.org.uk/>

**WEDNESDAY:**

PD POWER UP with Louise (online) Roughly £3.75 per class - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues.

Contact Louise: M 07415 383887. E. lab8591@gmail.com

**SLYPN FUN QUIZ:**

Wednesdays 6.45pm – 7.30pm. **Restarts on 11 September 2024!**

**THURSDAY:**

**Neuro-Plasticity Session by Ailien Rhijnsburger -** 11.00am-12noon (Online)

Exercises to help repair the damaged pathways in our brains. Every session is different and Ailien takes an interest in everyone’s particular weakness and provides individual feedback.

Her no. is 07807 834564 - lessons are £15.00 but it is good value for money

www.fitandhappyoutdoors.com

**Popping for Parkinson’s is BACK** on 12 September and will take place on Thursday’s (check out <https://www.poppingforparkinsons.com/workshops.html> for all dates) from 6pm – 7pm at:

The Wimbledon Club, Church Lane, Wimbledon. SW19 5AG.

**FRIDAY:**

PD POWER UP with Louise (online) Roughly £3.75 per class. - 10.00am-11.00am

PD Power is based on PD warrior exercises and designed to help you to retain amplitude and power in your movements. Based on physio designed exercises, which are specifically chosen to mitigate common PD issues. Contact Louise: M 07415 383887. E. lab8591@gmail.com

**Other recommended on-line events:**

**Walking Football**

Find a club near you..<https://thewfa.co.uk/club-directory/>

**NeuroHeroes**

<https://www.neuroheroes.co.uk/> does a variety of classes for all abilities, including strength classes, circuit classes, and pd warrior type sessions. All on zoom. **SLYPN Members special offer – 10% off. Look on website for EXERCISE FUND. Email** **Anna@neuroheroes.co.uk****.**

Caroline Bullock PD **Neurofit**: - Mondays 11.00am, Wednesday 11.00am

Aimed at keeping you fit, energised and connected. The sessions are circuit-based working on cardiovascular fitness; balance; co- ordination and flexibility. Tailored to the individual. 45 minutes on zoom. Caroline is a qualified physiotherapist. £5.00 per Class. Contact: M 07967825699. caroline@mobileneurophysio.com

**Sports Parkinson’s**

The recently formed Sport Parkinson’s has a load of FREE on-line classes.

Reach your Peak.com - is another PD Warrior type of on-line exercise class - cost £39 per month but this one is video rather than a Zoom class - you can try it out on their week-long “bootcamp” for £10.00 on [www.reachyourpeakonline.com](http://www.reachyourpeakonline.com)

Medication information

Download this app if you want all the details of drugs available in the UK. Produced by BNF for the Royal Pharmaceutical of Great Britain. It is used by medical doctors.

<https://apps.apple.com/gb/app/bnf-publications/id1045514038>

We have had two very interesting presentations, which are both very interesting and a must watch.

**Duncan’s PIP Talk**

<https://drive.google.com/file/d/1IGCldtKM6Tm9jcHxH0CTx2os16sfx0Jd/view?usp=sharing>

**Jodie’s Research Presentation**

Jodie gave us his own update on Parkinson’s Research.

<https://youtube.com/playlist?list=PL0y_44kQxGbi3w8eVfjtbyZ4wRmNepneY>

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FREE Gym Memberships. Click on links for more information:

Everyone Active: <https://www.everyoneactive.com/join-membership/>

Pure Gym: <https://www.puregym.com/membership-options/>