

**NEWSLETTER**

**OCTOBER 2024**

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

**Founder of SLYPN:** Sarah Webb

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

**Partners Whatsapp Group:** Lorraine Barker

**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

**Pub Nights**  Stephen Barker

**TONIGHT: Monday, 30 September 2024**

**We had a great Neuro Heroes 3rd online session tonight. Look up their website to find out about their Exercise Fund and apply for free sessions.**

**https://www.neuroheroes.co.uk/community-exercise-fund**

**Email Anna:** [**anna@neuroheroes.co.uk**](mailto:anna@neuroheroes.co.uk)

**SLYPN OCTOBER EVENTS:**

**SLYPN MONTHLY COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 26 October 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, 26 October, 30 November.

**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.**

**NEW TO SLYPN**

1. Stephen Barker has very kindly agreed to arrange 2 pub nights per annum. One in the summer and one during the winter. Look out for more info.
2. Lorraine Barker has very kindly agreed to start a SLYPN Whatsapp Group for our partners, as we saw over the Retreat weekend how important it is for our partners to be supported too. Message Lorraine on 07546 589911 to add your partner.

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

**Parkinson’s UK**

Par-Con 2024 on Friday, 11 October & Saturday 12 October

Online event for the Parkinson’s community to hear from expert speakers etc. Click below for tickets:

[**https://www.parkinsons.org.uk/research/par-con-2024**](https://www.parkinsons.org.uk/research/par-con-2024)

**Cure Parkinson’s Trust**

**Parkinson’s drug therapies in the clinical trial pipeiine: 2024 update**

[**https://cureparkinsons.org.uk/2024/07/parkinsons-drug-therapies-in-the-clinical-trial-pipeline-2024-update/**](https://cureparkinsons.org.uk/2024/07/parkinsons-drug-therapies-in-the-clinical-trial-pipeline-2024-update/)

**Michael J Fox Foundation**

**Ask the MD**

**What’s the difference between Dystonia & Dyskinesia?**

[**https://www.michaeljfox.org/news/whats-difference-between-dystonia-and-dyskinesia-ask-md-video**](https://www.michaeljfox.org/news/whats-difference-between-dystonia-and-dyskinesia-ask-md-video)

***Spoke to MJFF today and they told me about some new developments*:**

**Duodopa pump**, which is a lot smaller and can even be put onto belts is available in UK:

[**https://www.parkinsons.org.uk/information-and-support/your-magazine/stories/duodopa-pump-changed-my-life**](https://www.parkinsons.org.uk/information-and-support/your-magazine/stories/duodopa-pump-changed-my-life)

**TAK-071 is a Phase 2 Study, which helps cognitive and balance issues:**

[**https://www.neurologylive.com/view/parkinson-disease-cognition-improved-phase-2-study-tak-071**](https://www.neurologylive.com/view/parkinson-disease-cognition-improved-phase-2-study-tak-071)

**There are new developments in the making to help with voice, gate and I will pass on information on these aa soon as I receive them.**

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

**Parkinson's disease "The importance of the gut-brain axis in Parkinson's" by Dr Filip Scheperjans.**

[**https://www.youtube.com/watch?v=80ZoB-LoZNE**](https://www.youtube.com/watch?v=80ZoB-LoZNE)

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

**Parkinson’s Choirs**

[**https://www.youtube.com/watch?v=R2ptc5qqGis**](https://www.youtube.com/watch?v=R2ptc5qqGis)

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

**Targeted Ultrasound**

**Update on DBS – people can be asleep now during DBS, but then they don’t test it is in the right place, so please ask questions about your surgeon’s success stories and talk to those patients! Or ask How many surgeries have they done? Etc…**

[**https://www.moversandshakerspodcast.com/podcast/episode/556ac60f/targeted-ultrasound**](https://www.moversandshakerspodcast.com/podcast/episode/556ac60f/targeted-ultrasound)

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

**Can singing help my Parkinson’s?**

[**https://www.2parkiesinapod.com/podcast/episode/27d33824/can-singing-help-my-parkinsons**](https://www.2parkiesinapod.com/podcast/episode/27d33824/can-singing-help-my-parkinsons)

**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](mailto:lab8591@gmail.com)

**SLYPN FUN QUIZ:**

Wednesdays 6.45pm – 7.30pm.

**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** 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](mailto: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. **Look on website for EXERCISE FUND to apply for free sessions, including yoga sessions. Email** [**Anna@neuroheroes.co.uk**](mailto: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](mailto: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/>