

**NEWSLETTER**

 **DECEMBER 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

**SLYPN DECEMBER EVENTS:**

**Monday 2nd DECEMBER @ 7pm online zoom with Carl Beech**

**Informal meeting with Carl about his Beech Bands. Link below**

**Join Zoom Meeting**

[**https://us02web.zoom.us/j/84623521062?pwd=q5elYeXRHHb5GsagBkyiPEGOHJIzAQ.1**](https://us02web.zoom.us/j/84623521062?pwd=q5elYeXRHHb5GsagBkyiPEGOHJIzAQ.1)

**Meeting ID: 846 2352 1062**

**Passcode: 506423**

**Sunday, 8 December 2024**

**7.30pm. Improv Night at The Comedy Store**

[**https://london.thecomedystore.co.uk/event/the-comedy-store-players/**](https://london.thecomedystore.co.uk/event/the-comedy-store-players/)

**DM Jonathan if interested and want more information.**

**SLYPN CHRISTMAS DRINKS WITH WINE & CHEESE!** 

**A Little bit naughty, as its dairy, but SO nice!!**

**Friday, 13 December at 7.30pm onwards at Sarah’s home.**

**At: 2 Southwood Avenue, Kingston. KT2 7HD.**

**(Train to Raynes Park and catch Bus 57 towards Kingston.)**

 **2 min walk from the Coombe Hill School bus stop.**

**SLYPN MONTHLY COFFEE MEETS’**

**Next Coffee Meeting: Saturday, 25 January 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 2025: (Face to Face) :**

Dates for 2025: 22 February, 29 March, 26 April, 30 May, 28 June.

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

**Parkinson’s UK**

**Professor Roger Baker on ‘How stem cells treat Parkinson’s’**

**Cell Based therapy:**

[**https://www.youtube.com/watch?v=pzG-Pd8Ltr8**](https://www.youtube.com/watch?v=pzG-Pd8Ltr8)

**Cure Parkinson’s Trust**

**Phase 2 clinical trial of dapansutrile, an anti-inflammatory drug, is confirmed.**

[**https://cureparkinsons.org.uk/2024/11/the-big-give-christmas-challenge-2024/**](https://cureparkinsons.org.uk/2024/11/the-big-give-christmas-challenge-2024/)

[**https://cureparkinsons.org.uk/2024/02/phase-2-clinical-trial-of-dapansutrile-for-parkinsons-confirmed/**](https://cureparkinsons.org.uk/2024/02/phase-2-clinical-trial-of-dapansutrile-for-parkinsons-confirmed/)

**Michael J Fox Foundation**

**Common Questions about new Vyalev Treatment for Parkinson’s.**

**<https://www.michaeljfox.org/news/common-questions-about-new-vyalev-treatment-parkinsons>**

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

 **“Rebranding Parkinson’s” with the wonderful Dr Laurie Mischley.**

[**https://www.youtube.com/watch?v=E6c2iPBXVow**](https://www.youtube.com/watch?v=E6c2iPBXVow)

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

**Regenerate-PD: A new clinical trial for GDNF with Professor Alan Whone.**

**Opportunity to sign up for this trial after video.**

[**https://www.youtube.com/watch?v=i\_gzHDAG5aA**](https://www.youtube.com/watch?v=i_gzHDAG5aA)

**The Secret Life of Parkinson’s Podcast by Jessica Krauser & Brian Baker**

**Parkinson’s & Gut health – Can Probiotics help?**

[**https://www.youtube.com/watch?v=epRK1Skb8pY**](https://www.youtube.com/watch?v=epRK1Skb8pY)

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

**Go and see them live on Wednesday, 29 January 7.30-9pm.**

[**https://www.eventbrite.com/e/movers-and-shakers-live-tickets-1089663375489**](https://www.eventbrite.com/e/movers-and-shakers-live-tickets-1089663375489)

**Pumps & the Parkinson’s Dashboard to help make sure that new patients are asked the right questions at diagnosis.**

[**https://www.moversandshakerspodcast.com/podcast/episode/6abe1e0c/pumps**](https://www.moversandshakerspodcast.com/podcast/episode/6abe1e0c/pumps)

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

**Living Well with Parkinson’s: Live with Bas Bloem**

[**https://www.2parkiesinapod.com/podcast/episode/23d19d04/living-well-with-parkinsons-live-with-bas-bloem**](https://www.2parkiesinapod.com/podcast/episode/23d19d04/living-well-with-parkinsons-live-with-bas-bloem)

**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)

**Tuesday, 3 December is the last session before Christmas.**

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. Keep an eye on whatsapp group for dates over Christmas.

**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.

**Thursday, 5 December is the last session before Christmas.**

**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. **Look on website for EXERCISE FUND to apply for free sessions, including yoga sessions. 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/>