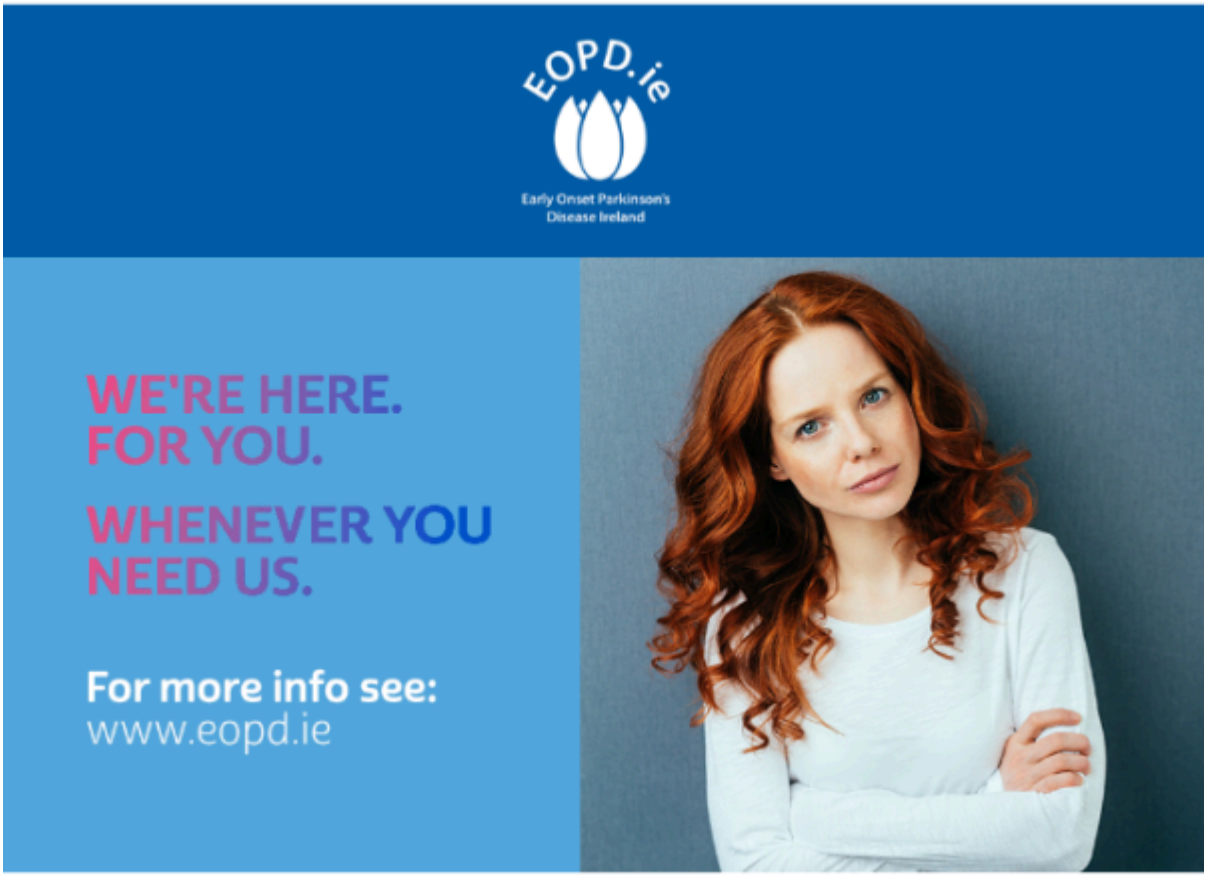

Dear {name},

Happy February to all of our friends and supporters. As we move towards brighter days and longer evenings, we hope this season brings moments of energy, connection, and hope to you and those around you.

We have lots to share, from exciting events and community programmes to important advocacy work happening behind the scenes. We'd love to start by sharing news of a very special event coming up this spring.

✨ Win or Purchase Tickets to Our Glamorous Gala Ball

We're delighted to announce our **Gala Ball at the Faithlegg Hotel**, taking place during **Parkinson's Awareness Month**. This promises to be a glamorous black-tie evening of music, celebration, and purpose, all while raising vital funds for EOPD Ireland.

The night will include a drinks reception on arrival, a panel conversation moderated by **Jennifer O'Connell of The Irish Times**, a three-course dinner, a live auction, live music from **The Jam Tarts**, and DJ **Luke Curran** keeping the dance floor going late into the night.

🗓️ Saturday, 25th April 2026
🕖 7.00pm
📍 Faithlegg Hotel, Co. Waterford
👗 Black tie or formal evening wear

As a thank you to our members, we're also delighted to announce a special raffle. We're giving away **three pairs of tickets**, worth €120 per person. This raffle is exclusive to EOPD Ireland members. To be in with a chance of winning tickets to the Gala Ball, simply renew your membership or sign up as a new member. **Winners will be announced 2nd April.**

Tickets are also available to purchase, with all proceeds supporting the work of EOPD Ireland.

💙 Membership Renewal | Or Join Us for the First Time Here!

As we head into a busy year for EOPD Ireland, we're asking our community to renew their membership or sign up if you're new.

EOPD Ireland is funded entirely through private donations and the generosity of supporters like you. Your membership plays a vital role in making our work possible, supporting advocacy, awareness, free programmes, and connection for people living with Early Onset Parkinson's across Ireland.

✍️ Free Creative Writing Workshops | In Person & Online

Because your voice matters. Your story matters. We're delighted to invite the EOPD community to take part in a series of free creative writing workshops, designed especially for people living with Early Onset Parkinson's and facilitated by Fighting Words. These workshops focus on expression, imagination, and being heard. Writing is not about grammar or getting it right, and a dedicated typist will be present to support participants.

Together, we'll explore themes such as stigma, empowerment, identity, and life after diagnosis through group-led conversation and collaborative creative work. The sessions are facilitated by Colm Kearney and are designed to be inclusive, gentle, and empowering, with no writing experience needed.

The workshops take place on Friday 27th February, Friday 6th March, and Friday 13th March from 2.00 to 3.00pm. Sessions will be held in person at The Tara Building, 11–15 Tara Street, Dublin 2, with online participation available via Zoom. In-person spaces are limited.

🧘 Free Online Exercise Classes | Starting 19 February

We're delighted to continue our partnership with the University of Limerick, offering free, physiotherapy student-led online exercise classes designed specifically for people living with EOPD. The programme runs weekly for five weeks on Thursday mornings from 19 February to 26 March, with no class on 19 March. Classes take place at 9.30am for the Very Active group and 10.30am for the Active group and are delivered online via Microsoft Teams under the supervision of a CORU-registered physiotherapist.

Take The Leap! 🧗 Abseil with Us on Parkinson's Awareness Day

On Parkinson's Awareness Day, 11 April 2026, we invite our community to Take the Leap and join us for an unforgettable abseil challenge that raises awareness, challenges stigma, and supports people living with Early Onset Parkinson's across Ireland. We have a number of free tickets for those committed to Fundraising for EOPD Ireland. Get in touch today to find out more.

Let's go ladies 🏃 Join us @ VHI Women's Mini Marathon 2026!

We're also delighted to be taking part in the VHI Women's Mini Marathon. We have four free race entries available for women willing to commit to fundraising in support of EOPD Ireland. Participants can walk, jog, or run at their own pace while standing in solidarity with our community.

🏛️ Advocacy Update

Alongside our programmes and events, we continue important advocacy work. Recently, we've been engaging in Leinster House to campaign for an updated neurosurgical robot for DBS surgery, a €2.5 million investment, particularly in light of current waiting lists of up to 16 months and the fact that over €2 million was spent outsourcing these surgeries in 2022 and 2023 alone. We are also advocating for improved access to fitness supports, including tax rebates and alternative funding models, as well as the appointment of a dedicated liaison person for newly diagnosed individuals to help people connect quickly with services and supports.

Your membership strengthens our voice in this work.

💙 **Thank You**

Everything we do is rooted in community. **By renewing membership (here) or joining**, you are helping to build a stronger, more connected, and more visible EOPD community across Ireland.

With thanks and best wishes,
The EOPD Ireland Team



January 27, 2026

Join EOPD x Fighting Words – For a Series of Free Creative Writing Workshops Beginning February 2026

Join Our Free Creative Writing Workshops As We Explore Themes Relating To Living With EOPD In Ireland Because your voice matters. Your story matters. We're delighted to invite the EOPD…

Read more...



January 27, 2026

EOPD.ie & University of Limerick Free Online Exercise Classes February 19th!

Free Online Physiotherapy Student-Led Exercise Classes We are delighted to continue our partnership with the University of Limerick, School of Allied Health, offering our community free, physiotherapy student-led online exercise…

Read more...



December 22, 2025

Dancing Well with Parkinson’s – New Classes Starting January 💃

We’re delighted to announce that Dancing Well with Parkinson’s – is back in Person and Online EOPD Ireland is delighted to share details of Dancing Well with Parkinson’s, a series…

Read more...



December 22, 2025

EOPD Ireland at the VHI Women's Mini Marathon 💙 LET'S GO LADIES!

Be A Part of Team EOPD Ireland at the VHI Women's Mini Marathon 2026! 💙 We have 4 FREE race entries available for individuals who are willing to commit to fundraising…

Read more...



December 18, 2025

TAKE THE LEAP – Abseil With Us, Parkinson's Awareness Day 2026

Take the Leap for EOPD Ireland – Abseil With Us! Parkinson's Awareness Day | 11 April 2026 Ready to do something bold, memorable, and meaningful this Parkinson's Awareness Day? On…

Read more...



February 3, 2026

Gala Ball Fundraiser for Early Onset Parkinson's Disease Ireland

A Glamorous Black-Tie Night of Style, Music and Celebration Join us for a glamorous black-tie Gala Ball in the stunning surroundings of the Faithlegg Hotel, Co. Waterford. This special evening…

Read more...

Exercise Updates

February 3, 2026

MoveWell Parkinson’s Programme – Research Study Opportunity

MoveWell Parkinson’s Programme – Research Study Opportunity We’re pleased to share information about the MoveWell Parkinson’s Programme, a free 6-week research study for people living with Parkinson’s disease in Laois…

Read more...



May 20, 2024

Exercise Classes Per Region

Exercise Classes Per Region We are committed to sharing information about exercise classes from all over the country. We would love to hear from you, if you know of…

Read more...

Early Onset Parkinson's Disease in Ireland
Early Onset Parkinson’s Disease CLG 77 Lower Camden Street, Dublin DO2 XE80
Company Number 684095, Registered Charity Number 20206267 Revenue Number CHY22875

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