

Dear {name},

Welcome to the December newsletter from EOPD.ie.

This is our last newsletter of 2024, and we would like to thank all those in our EOPD community for your amazing support and engagement in 2024. We wish all of you a very Merry Christmas and a very happy and peaceful New Year.

Our team will be taking a break over the holidays, therefore our emails and phone will not be monitored until we are back on Monday 6th January. We hope this does not cause you any inconvenience.

During the holidays, please remember some key tips for navigating the festive season:

- Be mindful of when you will be visiting friends and family and remember to take your medication with you and that you have enough medication to cover the Christmas break.
- Plan breaks for yourself – it’s so easy to overload your time with visits, errands and activities, so please remember that it’s important to rest and check-in with yourself.
- It’s ok to be selective with your energy and time, so don’t worry about having to attend every event.
- Don’t forget to exercise – and don't forget to check if there's any ice out.
- Be conscious of your meals – it’s very easy to indulge in the festive treats but be mindful of portions and protein and fibre intake.

This month's newsletter includes:

- EOPD.ie Winter Raffle Winners
- Volunteer with EOPD.ie in 2025
- Oh! To be a Flamingo!
- Changes to Housing Adaptations
- Phase 2 Neuro-Mapping Project
- Public Consultation Survey from European Brain Council
- Student Survey on Pesticide Exposure and Neurodegenerative conditions
- Michael J Fox Foundation Projects
- Aqua Aerobics - Coral Leisure Centre Arklow
- Dancing Well with Parkinson's in January
- PD Warrior Webinar Recording
- Exercise classes

News from EOPD.ie



EOPD.ie Winter Raffle

Thanks to your incredible generosity, the very first EOPD.ie Winter Raffle was a success! Together, we reached our goal and raised an amazing €4,030! Congratulations to the our Winners of…

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Volunteer with EOPD.ie in 2025

To deliver our Strategy for 2025, EOPD.ie are recruiting the following Volunteer Roles. All the roles are fully remote, and...

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Oh! To be a Flamingo!

Ability to stand on one leg is a good measure of a person’s balance, and balance relies on our vision, complex structures in our inner ear and specialised receptors in…

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Information



Neuro Mapping Phase 2 – Dissemination Plans

The Neuro Mapping Project commenced in 2022 as a joint project with Disability Federation of Ireland and the HSE. The project aims to shine a light on the significant challenges faced by…

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Changes to Housing Adaptation Grants

From 1st December there have been significant changes to the Housing Adaptation Grant scheme following the Department of Housing, Local Government, and Heritage's comprehensive review. These changes are set to…

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Research and Surveys

Public Consultation Survey from European Brain Council

The European Brain Council (EBC) is developing a European Charter for the Responsible Development of Neurotechnologies. They are asking for anyone willing to contribute to the development of this charter,…

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Student Survey on Pesticide Exposure and Neurodegenerative conditions

Eva Hatcher, a student at Queen Ann’s is investigating the suspected link between pesticide exposure and neurodegenerative conditions. Eva is looking for as many people with Parkinson’s, partners, supporters or…

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Michael J. Fox Foundation Projects

Micheal J Fox Foundation (MJFF) have announced 79 grants awarded in October and November 2024, which include a wide range of projects. MJFF also have provided a review of two…

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Activities



Aqua Aerobics – Coral Leisure Centre Arklow

An 8-week Aqua Aerobics for People with Chronic Pain& Arthritis programme is starting in Coral Leisure Centre Arklow, Monday 20th January at 11am. You can find out more information through…

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Dance Well with Parkinson’s – Starting January

In-Person Classes The Dance Well with Parkinson’s classes, organised by Dance Theatre of Ireland and in conjunction with Move4Parkinson’s, are starting once again in January for 10 weeks. Classes are…

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PD Warrior Webinar Recording

PD Warrior hosted a webinar in December on ‘Start 2025 Strong. Strategies to Live Brave with Parkinson’s’. The recording of the webinar is available on the PD Warrior website here….

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Exercise Classes



The Sequel Way Faranfore Kerry

Faranfore, Co. Kerry The Sequel Way. Contact 0871151502 Class times Saturday at 12:00

Read more...



Farrell Fitness New Ross

New Ross, Co. Wexford Farrell Fitness. Farrell Fitness Class Address 27 Woodbine Business Park, New Ross, Co. Wexford Contact Robbie at 087 7759716 Class times Every Wednesday at 12:00PM (afternoon)

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K&S Fitness Mullingar

Boxercise Class for Parkinson’s Mullingar Co Westmeath K & S Fitness. Contact Ken at 086 1676358 Class times Monday 9:30AM

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Dance Ireland – Dance For Parkinsons

Classes are Mondays at 12pm in DanceHouse and they are €5. You can find more information here:https://lnkd.in/eE-7P_YqIndividuals can also call 01 855 8800 for more information. DanceHouse is located on…

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Rock Steady Boxing Portlaoise

Rock Steady Boxing Classes Portlaoise please contact Mirek MidlandsUnit 13 B National Enterprise ParkPortlaoise, Co. Laois, Ireland R32 A588Email: midlands@rsbaffiliate.comPhone: 353-86-886-8403

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Rock Steady Boxing Dublin – Two Locations

Every Saturday at 10am in Angels Boxing Club, St Benildus College, Kilmacud Road, Stillorgan, Co. Dublin Every Sunday at 11am in Ger Conway Fitness Gym, Mulhuddart, D15V38Y RBS Classes Focus…

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