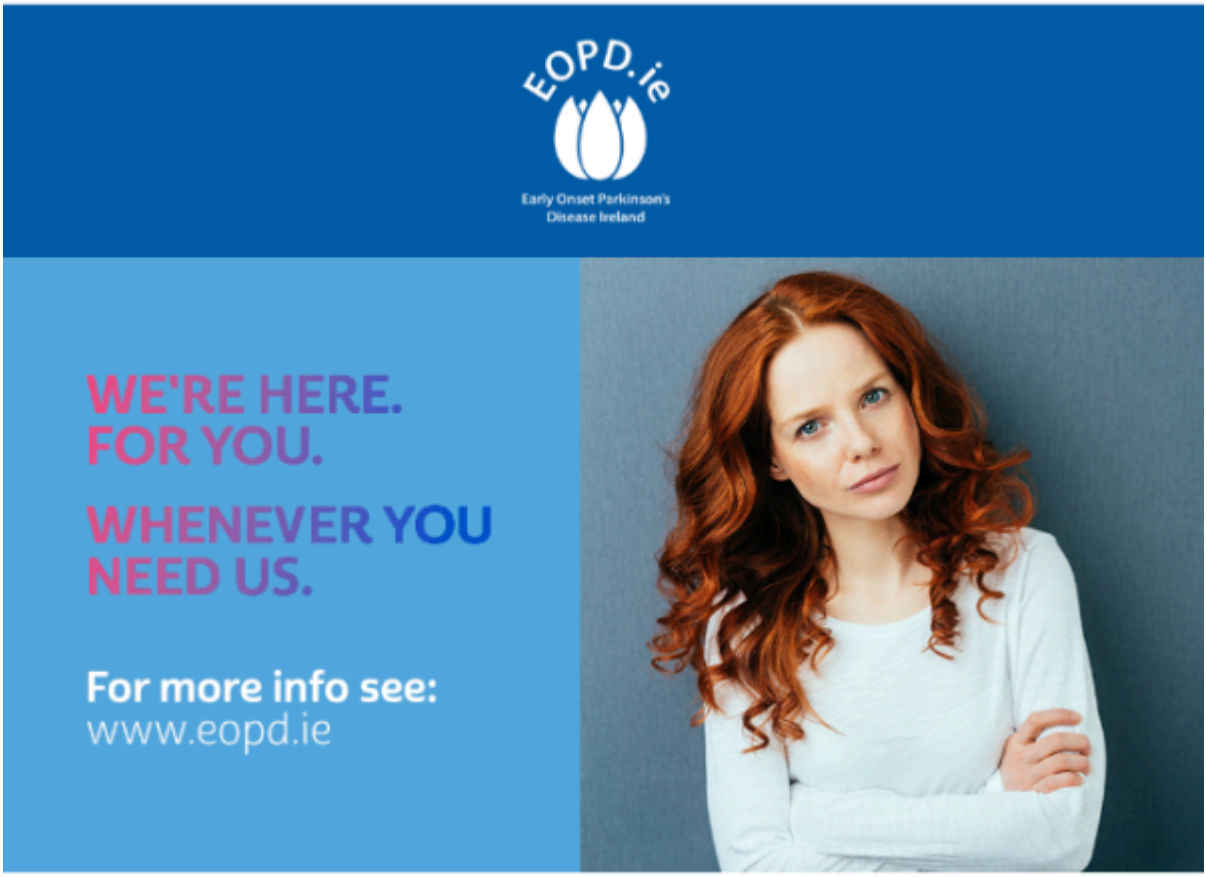

Dear {name},

Happy Parkinson's Awareness Month to all our valued members and wonderful community!

We're so grateful for each and every one of you, and we're excited to share some wonderful updates and opportunities to connect, learn, and celebrate our community.

🎥 Members' Video Series – #WeAreEopd

This month, we are honored to showcase the powerful stories of our incredible members through our **Members' Video Series entitled #WeAreEopd**. These brave, inspiring testimonies of EOPD members remind us that there is so much life to be lived with EOPD and so much strength to be found in coming together as a community. We invite you to watch, share, and engage with these videos on social media. **If you**

would like to share your own story, please email us. We would be proud to help share your journey with the community.

If you're not already following us across **social media** make sure to do so, as we will be posting our members' stories to social media every day of this week before uploading to the website. Get involved in the conversation using the hashtag #WeAreEopd

🌟 Upcoming Events:

- **EOPD Evening Social, The Waterloo Pub, Dublin 4– April 25th**
- **Webinar with Consultant Neurologist Conor Fearon - Insights For The Newly Diagnosed, April 28th**
- **Walk and Chat with EOPD Director Kieran Fallon April 14th**

Details and registration forms for all of the above events and more can be found below or on our events page. Keep an eye on this page for updates and check out all the wonderful happenings planned throughout Parkinson's Awareness Month and beyond!

🧉 Update on Coffee Morning: Postponed

Following feedback from our members, we have decided to **postpone** our coffee morning meetup at Bewley's (originally scheduled for April 11th).

💙 Support EOPD.ie - Donate today

If you'd like to support EOPD.ie this Parkinson's Awareness Month, please consider making a donation or visiting our Parkinson's Awareness Month page for ways to get involved. Every contribution helps us continue to build and strengthen our community.

🎙️ EOPD Voices on Air:

We're thrilled that our Company Secretary **Joe Condon** and Director **Fiona Staunton** will be representing the EOPD community on air this month! Both Joe and Fiona are living with EOPD, and they are both passionate advocates for the community, so make sure to tune in or follow us on social media where we will be posting clips of these inspiring conversations.

Joe's interview will air on **Phoenix FM Dublin** next Thursday (17th April) between 4-5pm

Fiona's interview will be featured on **Clare FM** on World Parkinsons Awareness Day (Friday 11th April) at 11am.

There are plenty more exciting updates below, including the launch of **Parkinson's Boxing** this Saturday in Carlow and a **Family fun day fundraiser** at Ger Conway Fitness, Mulhuddart this Sunday**.**

Thank You for Your Support 🌷

If you have not yet, please consider becoming a member of EOPD today. 💙

As we celebrate Parkinson's Awareness Month, we want to sincerely thank you for being part of our community. Without your support, none of our work would be possible.

We wish you and your loved ones a happy, hopeful Parkinson's Awareness Month. We are grateful to share this journey with you — because **together we are stronger, together we are EOPD**.

Warm wishes,

The EOPD.ie team

Events



April 9, 2025

#WeAreEOPD Video Series

#WeAreEOPD Video Series In recognition of Parkinson’s Awareness Month, we are proud to present a special series of videos featuring personal stories from our members living with Early Onset Parkinson’s…

Read more...



Fundraiser For Rock Steady Boxing: Stillorgan and Mulhuddart

The incredible team at Rock Steady Boxing needs your support to keep this invaluable program running for those fighting back against Parkinson’s Disease. They are currently fundraising to cover essential…

Read more...



April 9, 2025 - Brittany Curley

Insight in to Parkinson’s Online Conference April 11-13th

Discover the future of Parkinson’s and join the 8th Annual INSIGHT into Parkinson’s Online Conference, on April 11-13, 2025, during World Parkinson’s Awareness Month. Free event. This three-day online event, presented…

Read more...

April 9, 2025 - Brittany Curley



Monday Afternoon Walk, The Royal Canal April 14th at 2pm

Join EOPD.ie Director, Kieran Fallon for a long walk, chats and connection as he walks The Royal Canal Bank, starting at 12th Lock Hotel Carpark, Blanchardstown. The walk will be…

Read more...

April 2, 2025 - Brittany Curley

EOPD Evening Social, April 25th

Join us on April 25th at 7pm, during Parkinson's Awareness Month as we meet at The Waterloo House Pub, 36 Upper Baggot Street, Dublin 4 for a relaxed social event.…

Read more...



March 27, 2025 - Brittany Curley

Fighting Fit Residential Weekend

Fighting Fit is a residential weekend for people newly diagnosed with Parkinson's and their loved ones. Fighting Fit weekends currently take place in south-east England and focus on physical activity,…

Read more...

March 25, 2025 - Brittany Curley

Move4Parkinsons Rambling House

Read more...

News

Free Medication LTIS scheme and HSE App

Under the Long-Term Illness Scheme (LTIS)
you can get some drugs, medicines and medical appliances for free.

You can also store your LTIS card in the HSE Health App. For information about the medical conditions covered by the scheme and how to apply, visit: bit.ly/42ldMlY

Disabled People Face Alarming Poverty Rates



New figures from the CSO and a joint report by IHREC and the ESRI confirm what disabled people in Ireland have long known: disability poverty is real, persistent, and being underestimated. The CSO's 2024 data shows that amongst disabled people who are unable to work due to longstanding health problems:
- 1 in 5 live in consistent poverty – nearly four times the national average

-38.5% experience enforced deprivation, unable to afford basics like heating or clothing

- The at risk of poverty rate is 32.5%, rising to 37.4% when one-off cost-of-living measures are excluded.

📍 Read a deep dive here written by DFI

Exercise Classes

March 18, 2025

Parkinson's Boxing Carlow

12 April@2:00 pm–3:00 pm Sat 12th April, 02:00 PM, The Raging Bull Boxing Club, Green Lane, Carlow First

taster session is free and following sessions are €12 per person. Classes…

Read more...



September 14, 2023

The Sequel Way Faranfore Kerry

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

Read more...



September 14, 2023

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)

Read more...



September 14, 2023

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

Read more...



September 12, 2023

Dance Ireland – Dance For Parkinsons

Classes are Mondays at 12pm in DanceHouse and they are €5. You can find more information here. https://www.danceireland.ie/whats-on/events/in-studio-dance-for-parkinsons/ Individuals can also call 01 855 8800 for more information. DanceHouse is located on…

Read more...



February 25, 2022

Rock Steady Boxing Portlaoise

Rock Steady Boxing Classes Portlaoise have been temporarily paused. Please contact, Mirek for an update on when classes will resume: 353-86-886-8403

Read more...



November 13, 2024

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…

Read more...



October 17, 2024

Move4 Parkinson’s Upcoming Groups

Move4Parkinson’s have some amazing offerings coming up. To register for these offerings, please call 01 295 0060 or email info@move4parkinsons.com. Exercise fusion class with Adapted Tai Chi – starting Tuesday…

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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