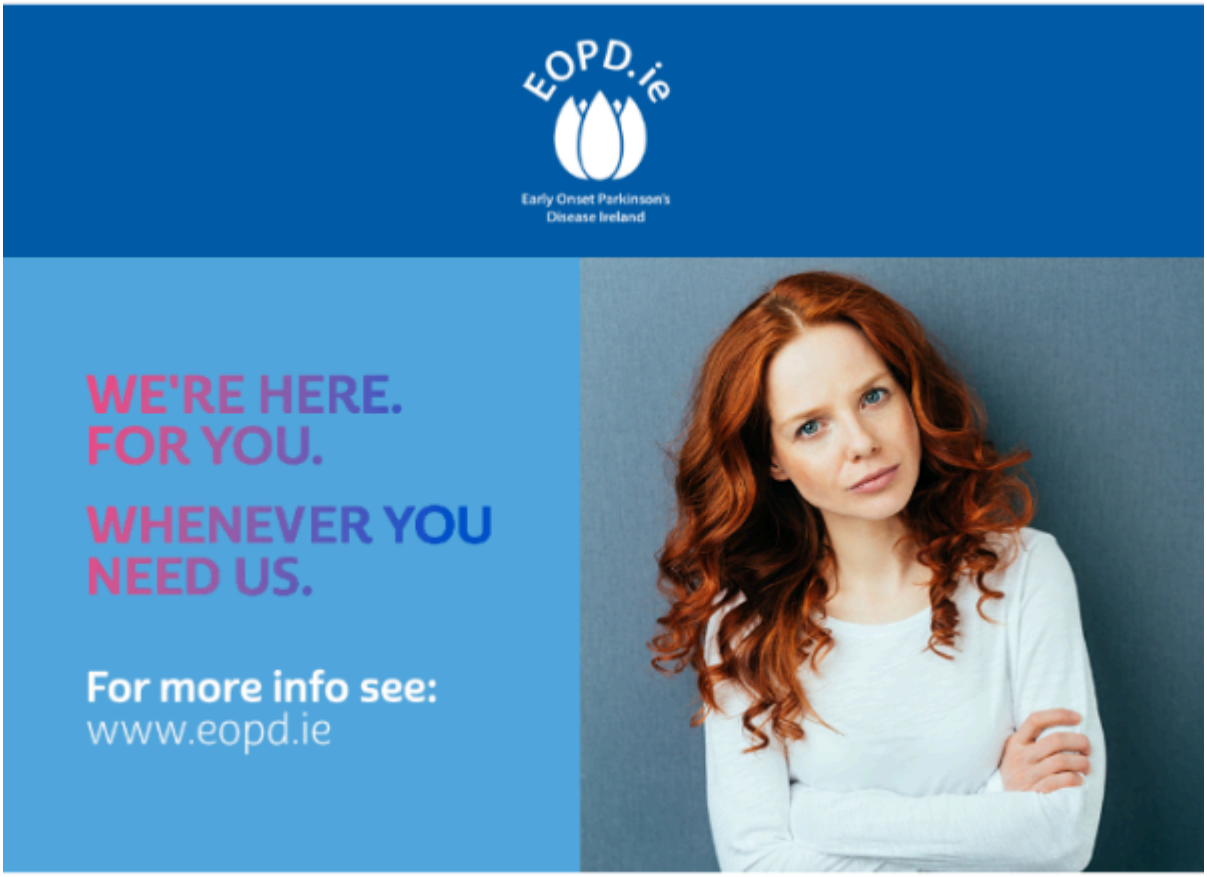

Dear {name},

🌼 **Save the Date for EOPD Ireland's Summer Barbecue at BrewDog**

We're delighted to invite members, families and friends to the EOPD Ireland Annual Summer Barbecue, taking place on Saturday 18 July, 4:00pm at BrewDog Dublin Docklands.

This is a fantastic opportunity to connect with others in the Early Onset Parkinson's community, enjoy great food, and spend time together in a relaxed and family-friendly setting. Join us for good food, great company and strong community.

EOPD Ireland Members: FREE admission for you and one guest

Non-Members: €10 per person and €10 per additional guest(s)

Each ticket includes a BBQ set meal and access to a fantastic venue with plenty of games and a photobooth to capture the night!

Tickets are expected to be in high demand, so we encourage everyone to book early.

Book Your Tickets Today »

Mindfulness & Wellbeing Workshops Return – 4 June

Following the success of our previous programme, we are delighted to welcome Lorraine McDonnell back for another series of six free online Mindfulness & Wellbeing Workshops open to anyone living with Parkinson's as well as their family members.

Beginning on Thursday 4 June at 7:00pm, these sessions offer a welcoming and supportive space to pause, connect and learn practical techniques to support wellbeing while living with Early Onset Parkinson's.

Register Here »

A Night to Remember: EOPD Gala Ball at Faithlegg Hotel

EOPD Ireland's Gala Ball at Faithlegg House Hotel was an extraordinary celebration of community, resilience and generosity. Led by EOPD Ireland community member and Board Member Sally Stumpf, the evening brought together supporters from across Ireland.

From moving personal stories and inspiring conversations to an exciting auction and packed dancefloor, the night showcased the strength and spirit of the Early Onset Parkinson's community.

Read More »

They Took The Leap for Parkinson's!

Back in April, brave members of the EOPD Ireland community took on our Take The Leap abseil challenge in Dalkey Quarry to mark Parkinson's Awareness Day bringing in over €5,000 from their mighty fundraising efforts. A huge thank you to everyone who took part, donated and supported this memorable event.

Check out the Photos of our brave Abseilers taking the leap Here>>

AV Room Policy Briefing at Leinster House

In April, EOPD Ireland hosted a policy briefing in the AV Room at Leinster House, bringing together elected representatives, clinicians, researchers and members of the Parkinson's community.

The briefing highlighted key challenges facing people living with Parkinson's in Ireland, including access to DBS Presented by Neurosurgeon Ms Catherine Moran, the importance of exercise and need for funding, rehabilitation services, research infrastructure and supports for people of working age. Thank you to everyone who attended and supported this important advocacy event as we continue working towards meaningful change.

Read More »

Lynn McDonald Shares Her Story with the Irish Independent

Board Member Lynn McDonald recently shared her experience of living with Early Onset Parkinson's Disease in a powerful interview with the Irish Independent.

In the article, Lynn speaks candidly about her journey to diagnosis, the challenges faced by many people living with Parkinson's at a younger age, and the importance of awareness and understanding.

Read More »

Membership Update

Membership renewal invoices have recently been issued via SumUp to members with active memberships. If you have already renewed your membership, please disregard this reminder and accept our sincere thanks for your continued support.

Membership income helps EOPD Ireland continue providing advocacy, awareness campaigns, information services, events and networking support to people living with Early Onset Parkinson's Disease across Ireland. Thank you for helping to make our work possible.

If you would like to sign up to become a member visit this link to learn more >>

WPC 2026 & Research Spotlight

We're excited to share that EOPD Ireland Board Member Lynn McDonald is currently attending the World Parkinson Congress 2026, joining thousands of people living with Parkinson's, researchers, clinicians, advocates and organisations from around the world.

We are proud that Lynn is representing EOPD Ireland, and the voices and experiences of our community on a global stage. Keep an eye on our website and social media channels over the coming weeks, where Lynn will be sharing insights, key learnings and highlights from the Congress.

Incredible developments continue to be made in Parkinson's research around the world. One of our community members recently shared a fascinating article highlighting new research from Yale School of Medicine exploring how Parkinson's disease may spread through the brain, potentially help inform future treatments aimed at slowing disease progression.

Read the full article here »

We're always delighted to hear from our community, your contributions help make EOPD Ireland a stronger and more connected community.

Wishing you a lovely month ahead and hope to see you at some of our upcoming classes and events.

Warm regards,

The EOPD Ireland Team

Register Today



EOPD Annual Summer Barbeque 18 July 2026 at Brewdog🌻

EOPD Annual Summer Barbeque 18 July 2026 at Brewdog🌻 We're delighted to invite our community to the EOPD Annual Summer Barbeque, taking place on Saturday 18 July from 4:00pm at…

Read more...



Free Mindfulness & Wellbeing Online Workshop Series with Lorraine McDonnell, 4th June 2026

Following the massive success of our previous Mindfulness & Wellbeing series, we are delighted to introduce a brand new six-week block for our community, beginning Thursday, June 4th at 7:00pm…

Read more...

Advocacy & Awareness



AV Room Policy Briefing: Early Onset Parkinson's Disease in Ireland

AV Room Policy Briefing April 2026: Early Onset Parkinson's Disease in Ireland Early Onset Parkinson's Disease Ireland (EOPD.ie) recently held a policy briefing in the AV Room at Leinster House,…

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EOPD Ireland Board Member Lynn McDonald Shares Her Story with the Irish Independent

EOPD Ireland Board Member Lynn McDonald Shares Her Story with the Irish Independent EOPD Ireland is honoured to share this powerful article featuring our Board Member, Lynn McDonald, published in…

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Community Events



A Night to Remember: EOPD Ireland’s Gala Ball at Faithlegg

A Night to Remember: EOPD Ireland’s Gala Ball at Faithlegg EOPD Ireland’s Gala Ball at Faithlegg House Hotel was nothing short of extraordinary — a night defined by community, generosity…

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Join the EOPD Ireland Community



Become a member today for just €25 Annually

Exercise Classes Per Region



Find an Exercise Class Near You

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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