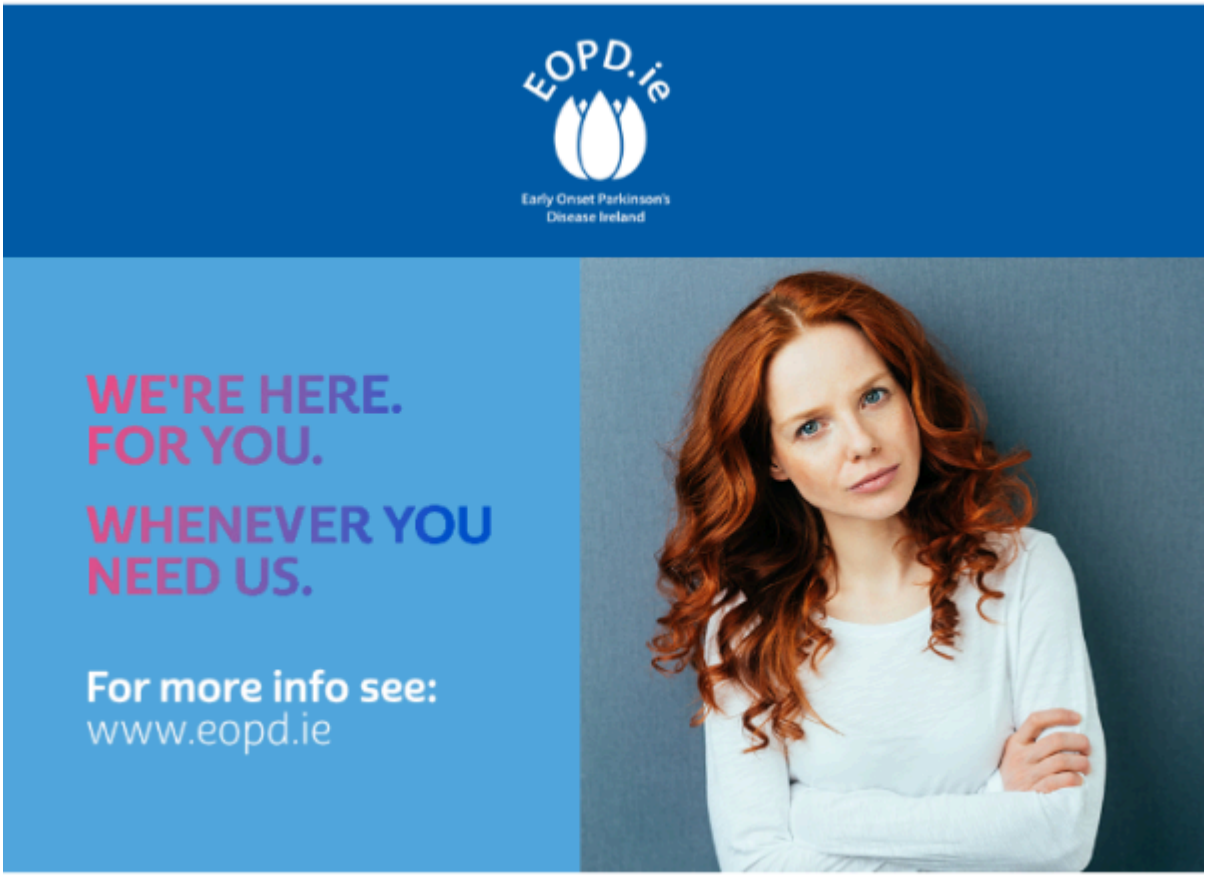

Dear {name},

Welcome to our July update. This month saw advocacy and exciting new opportunities for movement and connection! We're planning ahead for our AGM and we have some exciting events coming down the tracks so keep an eye on your inbox and our social media in the coming weeks.

📣 No More Wasted Lives: Our Joint Letter from 17 Charities

This month, EOPD.ie led a joint letter campaign, co-signed by 17 national charities, and published in *The Irish Times*. Together, we called for an end to the inhumane and unsustainable practice of placing people under 65 with neurological conditions such as Parkinson's and complex needs in nursing homes. With Parkinson’s now the fastest-growing neurological condition worldwide, and knowing that people with early onset Parkinson’s are among those placed in these settings, we will continue to push for a national strategy that supports independent living, dignity, and proper care — including

multidisciplinary support for those currently in nursing homes and awaiting transition. Read the full letter and list of signatories below.

🥊 **Let's Get Moving – Parkinson's Boxing in Portlaoise & Carlow**

Boxercise classes are now available in Portlaoise, continuing the spirit of Merick's Rock Steady Boxing classes. These sessions offer a supportive space to build strength, balance, and confidence. Classes are €10 per session / €40 per month.

In Carlow, Parkinson's boxing continues to go from strength to strength and remains open to all interested. The first session is free, then €12 per class. If you're local, why not check it out? You can find details for both classes below!

💃 **Dancing Well with Parkinson's – Registration Now Open**

Dance Theatre of Ireland's award-winning programme, *Dancing Well with Parkinson's*, is now open for registration, with classes starting in September. Classes are offered both in person and online, supporting movement, balance, and wellbeing through music and dance. We're proud to signpost this excellent resource to our community.

📩 Register at www.dancetheatreireland.com

🧘 **Coming Soon: Free Online Physiotherapy Exercise Classes for people with EOPD**

In August, we'll be sharing details of a free weekly online physiotherapy student led class tailored to people living with early onset Parkinson's so keep an eye on your inboxes for more information on the classes and registration details!

🎬 **Free Movie Screening Announcement: *The New Music***

We'll soon be announcing a free in-person screening of *The New Music*— an award-winning film about a classically trained pianist navigating life after a Parkinson's diagnosis, who finds unexpected meaning by joining a punk band. Full details will be shared soon but for now we can confirm the screening will take place in early September in Dublin, followed by a Q&A. Check out the trailer here!

🗓️ **Save the Date: EOPD.ie Annual General Meeting (AGM)**
Our Annual General Meeting will take place on Friday, 12th September 2025
Time: 3:00 PM – 4:00 PM
Venue: Guinness Enterprise Centre, Dublin

The AGM is open to all, but voting rights are reserved for registered EOPD.ie members. All current members will receive a formal invitation soon. Not yet a

member? You can join anytime. As an organisation that relies entirely on private donations, your membership is crucial to sustaining our work. 🔗 Become a member

🏃 **Dublin City Marathon – Fundraise for EOPD.ie**
Are you running the Dublin City Marathon this October? We'd love to have you support EOPD.ie by fundraising as part of your challenge. We'll provide: An official EOPD.ie t-shirt, promotion of your fundraiser as well as materials and support to help you get started

Interested? Contact brittanycurley@eopd.ie

And finally, thank you!

Thank you for staying engaged, sharing our work, and helping build a better future for those living with early onset Parkinson's. Together, we are raising awareness, pushing for change, and supporting one another across Ireland. If you're in a position to donate, please do. And even if you can't, sharing our updates helps us reach those who need us most.

Warm regards,
The EOPD.ie Team

Advocacy, Exercise & More



Failed by the system

Sir, – We write as organisations representing people under 65 with neurodegenerative conditions, brain injuries, disabilities, and complex needs – along with their families, carers and frontline workers. We speak for a growing community failed by this system.

Across Ireland, people under 65 are placed in nursing homes – never designed for their needs. Isolated among residents their parents' or grandparents' age, they are denied vital supports like therapy, rehabilitation, neurological care, peer networks, and meaningful activities to preserve their independence and well-being.

We know of a man with cerebral palsy whose only option was a nursing home – the same type of facility where both his parents live with dementia. Successive governments have promised to end this practice. His situation

July 21, 2025

Joint Letter Published in The Irish Times: No More Wasted Lives

EOPD's Joint Letter in The Irish Times, 21st July 2025: No More Wasted Lives Today, Early Onset Parkinson's Disease Ireland (EOPD.ie), together with 16 other national charities and alliances, issued…

Read more...

July 21, 2025 - Joe

Parkinson's Boxing Carlow

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 are open to all…

Read more...



July 21, 2025 - Brittany Curley

Parkinson's Boxercise Classes Portlaoise

Carrying the torch from the much-loved Rock Steady Boxing classes previously run by Merick, we're excited to announce that Parkinson's Boxercise classes are now taking place in Portlaoise! 📍 Location:Portlaoise…

Read more...

July 15, 2025 - Brittany Curley

Dancing Well with Parkinson's – Live & Online Classes

We're delighted to share details of Dancing Well with Parkinson's — an award-winning programme developed by Robert Connor & Loretta Yurick, Artistic Directors of Dance Theatre of Ireland (DTI). These…

Read more...



Rock Steady Boxing Dublin – Two Locations

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…

Read more...



Parkinson's Fit Classes - The Sequel Way, Farranfore, Kerry

These classes focus on enhancing strength, balance and mobility for individuals living with Parkinson’s. With tailored exercise classes and a supportive environment this class helps participants move better and improve their quality of life while working at their own pace. Every Friday at 3pm. Contact The Sequel way for more information. Contact 0871151502

Parkinson's Exercise Classes - Farrell Fitness, New Ross, Co Wexford

Farrell Fitness are offering Parkinson's Exercise Classes Wednesday's at 12pm working on Flexibility, Balance, Coordination and Strength. Address: 27 Woodbine Business Park, New Ross, Co. Wexford Contact 015252994 for more details.



Join a Groundbreaking Study That’s Shaping the Future of Parkinson’s Research

Join a Groundbreaking Study That's Shaping the Future of Parkinson's Research At EOPD.ie, we believe in empowering people living with early onset Parkinson's through community, information, and advocacy. That's why…

Read more...



May 20, 2025

Watch Now: "Insights for the Newly Diagnosed" with Dr. Conor Fearon

We're delighted to share the full recording of the EOPD.ie webinar:"Insights for the Newly Diagnosed", featuring Consultant Neurologist Dr. Conor Fearon. In this engaging and informative session, Dr. Fearon discusses…

Read more...

Early Onset Parkinson's Disease in Ireland
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