Newsletter March 2023

Dear $[FNAME|Customer|Guest]$,

Welcome to the March newsletter from EOPD.ie. We announced by email earlier this month that Mary Casserly has stepped back from her position as chairperson of the board of EOPD.ie. We wish to express our gratitude to Mary for all the work she has done for the organisation and look forward to working with Mary in the future. We would like to welcome Kieran Fallon as our Chiarperson.

Message from Mary Casserly

To Eopd members and friends .
As you may now be aware, I have stepped down from the position of chairperson, not an easy decision for me to make, but I needed to do it for my own sake.

It has been a busy two years, but it was a pleasure get to know many of my peers. You gave me the support to keep going, this was a help to me knowing, it was beneficial in some way, especially if I was having a bad day.
I felt now was the time to make the call, to leave this role and I thank you all, for the kind emails, texts and calls, I really appreciate them all.

It has been an incredible journey to get to this day, and many amazing people helped me along the way. I know our paths will still cross, as not staying connected would be my loss. I will try to help in some way, but I just won't be doing it every day.

I would like to thank the trustees of Board, members, volunteers, fundraisers, donors, speakers, other organisations, friends, and family who supported me. I could not have done the last two years without you all.

I would like to wish Kieran all the best as our new Chairperson.

I look forward to seeing you all again soon.
Kindest regards,
Mary Casserly

Mary Casserly was at the Houses of the Oireachtas

Joint Committee on Disability Matters Aligning Disability Services with the United Nations Convention on the Rights of Persons with Disabilities was published February 2023. Mary Casserly represented EOPD at launch of the report in the Houses of the Oireachtas. Mary's contribution to the report is considered significant.

Focus on Fundraising



Calendar Fundraiser Success!

Eopd.ie are so thankful to Paddy and Ann O'Shea for the tremendous amount of hard work they put into this fundraiser which raised an incredible sum of €6,119 this year, and combined with last year's amount, that's over 10k they have raised for Eopd.ie. What an achievement.
It is no wonder this was featured in the New Ross Standard newspaper this week. It also helps raise awareness for early onset Parkinson's. Well done Paddy and Ann, and thank you for your support.

Read Full Article



UCC Choral Society

A big thank you to UCC Choral Society for choosing Early Onset Parkinson's Disease Ireland, Eopd.ie as their chosen charity this year. What a fantastic amount of money raised over a few nights. Many thanks to the committee for organising this and to the people who kindly donated, as their generosity and support is really appreciated.

Eur-Up-Ian Challenge



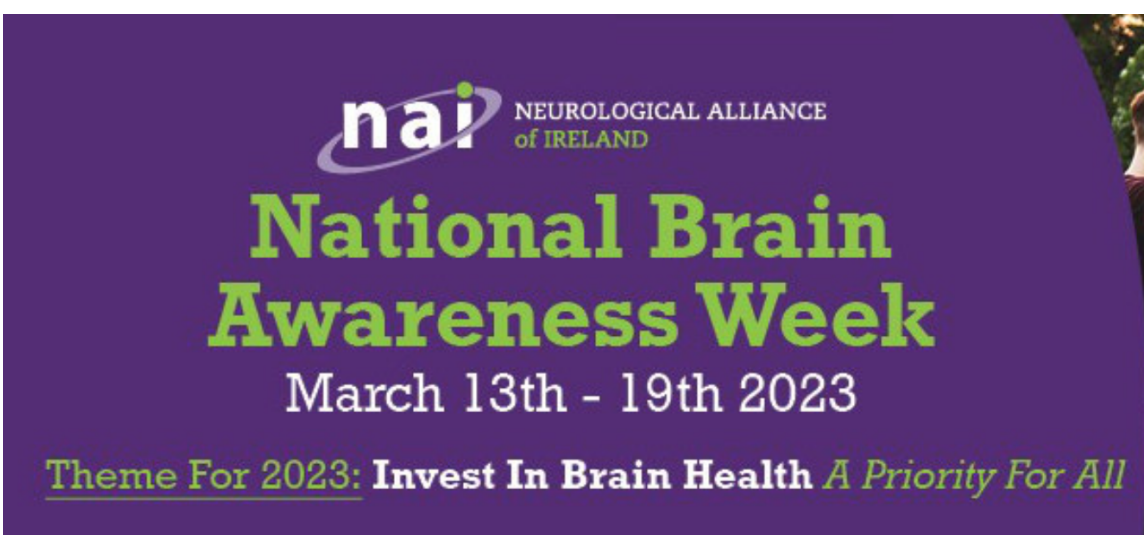
EOPD.ie member Ian O'Brien is readying for a massive challenge to raise funds for EOPD.ie and show just what we are each capable of.
Ian will visit all of the EU 27 countries, and the UK , and will scale each of their highest elevation points, all in just 28 days. Read more below and donate at www.eurupian.com/

Read More

Upcoming Events



This week is creative brain week. For a list of events see the link below
https://creativebrainweek.com/events-2023/
Events March 6th–11th 2023





Pharmacist Talk

EOPD is hosting an information talk by Pharmacist Aisling Kerr

Date: 14 March 2023
Time: 6:30PM
Venue: Online
Register for Event

Visit Website



28 Peaks in 28 Days

Questions and answers talk with Ian and how his preparations are going for tackling 28 Peaks in 28 Days.

Any other business...

Research Project Opportunity

UNIVERSITY OF LIMERICK IRELAND

A team of graduate students at the University of Limerick are investigating the measurement of voice and speech characteristics to help track the progression of Parkinson's Disease and are looking for volunteers to participate.
As it is well known that Parkinson's disease affects the voice, they believe it would be useful to develop a practical means for gathering voice samples from people with Parkinson's for analysis by speech therapists as well as Parkinson's specialists.
The purpose of this project is to see if effective monitoring of speech and voice can be conducted by individuals with Parkinson's Disease in their own homes.

Find Out More

Change of Phone Number

EOPD is changing its contact number from 015252994 to 086 1030266. Our email address remains the same info@eopd.ie

Focus on Exercise

We have listed below some providers of exercise programs. Please seek professional advice if starting a new exercise regime and always exercise to your own ability to avoid injury.

- University of Limerick online classes by Physiotherapy Students, starting beginning of February contact marie.murphy@ul.ie
- Exercise classes for people living with Parkinsons:-
- New Ross, Farrell Fitness. Contact Robbie at 087 7759716.
- Mullingar- K & S Fitness. Contact Ken at 086 1676358
- Faranfore, Co. Kerry The Sequel Way. Contact 0871151502
- Rock Steady Boxing online classes https://www.eventbrite.ie/e/rock-steady-boxing-classes-fighting-back-parkinson-tickets-491205136787 and in person classes on Saturday's at Portlaoise Combat Academy
- ' Minding Me' is a free online exercise and health education programme https://edufit.ie/programmes/minding-me/
- Exwell run classes for people with health conditions in certain locations around Ireland Home (exwell.ie)
- Dance for Parkinson's https://www.danceireland.ie/whats-on/events/dance-classes-for-people-with-parkinsons-1
- HSE videos of Pilates Classes https://www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/pilates-videos.html
- There are also many organisations that run exercise programs in each county. Check out your local sports partnerships. e.g South Dublin County Sports Partnership https://sdcsp.ie
- South Dublin Sport Partnership Grand Canal Clondalkin Spring Walks, Start the 6th of March at 10:30AM





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