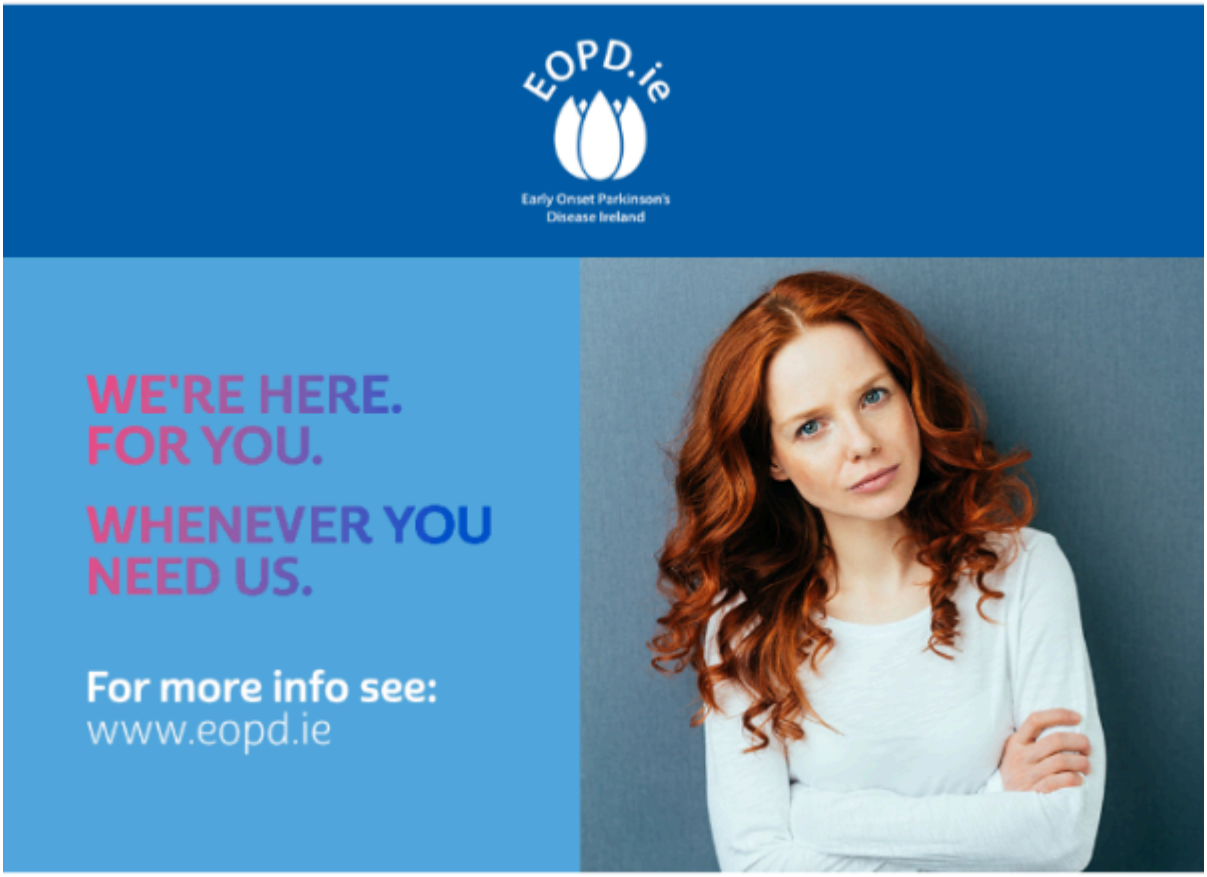

Dear {name},

Welcome to the October newsletter from EOPD.ie!

We've got exciting events, advocacy news, research highlights, and new opportunities to get involved. Let's dive in 👇

🍻🏓 Pints, Parkinson's & Ping Pong!

Now *this* is an event we're really excited about! Join us for **Pints, Parkinson's & Ping Pong** — a night of fun, laughter, and community connection.

🗓️ **When:** Thursday, 16th October, 6pm – 8pm
📍 **Where:** WigWam, Abbey Street, Dublin 1

Expect great craic, a friendly bit of competition, and a welcoming space to meet others living with or supporting those with Early Onset Parkinson's.

Tickets are free but be sure to **register here,** share, and tag us on social media to spread the word. We can't wait to see you there for what's sure to be an unforgettable evening!

🧠 Joe Condon's Call to Action on DBS Surgery Delays

Our Director, **Joe Condon**, recently shared a powerful letter with the *Irish Examiner*, shining a light on the devastating 16-month delays for **Deep Brain Stimulation (DBS)** surgery in Ireland.

DBS can be life-changing — helping people manage symptoms and maintain independence. But long waiting times mean many miss the crucial window when surgery can have the greatest benefit.

Joe's message is simple but urgent:

> *"The expertise exists. The patients are waiting. What is missing is action."*

We continue to call for investment in the neurosurgical robot that could halve waiting times and double surgical capacity. You can read Joe's full letter on our website here.

👥 We're Recruiting! Join Our Board of Directors

We're thrilled to announce that we're **recruiting two new members** to join the **EOPD.ie Board of Directors**.

This is a **voluntary position** — but one where you can make a big impact. As a board member, you'll help shape the future of EOPD.ie, strengthen our advocacy, and support people living with Early Onset Parkinson's across Ireland.

Applications are open until **31st October**, and we'd be delighted to chat informally with anyone interested in learning more before applying.

If you're passionate about improving the lives of people with Early Onset Parkinson's and want to make a difference, we'd love to hear from you.

💪 Exercise Classes Are Back!

Great news — our **free online exercise classes** are returning on **7th November**, in partnership with the University of Limerick!

Led by physiotherapy students and supervised by qualified physiotherapists, these classes are open to people with Parkinson's of any age.

You'll get the chance to move, strengthen, and connect — all from the comfort of your home. And if you joined our previous block, you don't need to complete the assessment form again.

As we always say, staying active, if possible, is one of the best ways to manage Parkinson's — so don't miss out on this brilliant opportunity.

💼 Have Your Say: Parkinson's Europe Workplace Survey

We're encouraging everyone in our community to take part in the **Parkinson's Europe Workplace Survey**, which explores the experiences of people with Parkinson's in employment across Europe.

Your input will help build a clearer picture of the challenges — and opportunities — facing people living with Parkinson's at work, and inform future advocacy to make workplaces more inclusive and supportive.

If you're currently employed, self-employed, or have recently left work due to Parkinson's, your voice matters. If you have questions of your own related to Parkinson's and your workplace rights in Ireland there is a wealth of information on our website here.

🔬 Research Update: Hope from the University of Galway

We're excited to share below an update from the **University of Galway**, where researchers are conducting incredible work to better understand Parkinson's and develop new ways to manage and treat the disease.

This work offers real hope — not just for future generations, but for everyone living with Parkinson's today. It's inspiring to see Irish research leading the way in global efforts to improve treatment and quality of life.

🧩 My Moving Brain Returns – 1st November

We're delighted that **My Moving Brain** is back on **1st November**, bringing together people with lived experience, researchers, and advocates for another inspiring event focused on movement, mental health, and community.

We'll be there with our EOPD.ie stand — so if you're attending, please stop by and say hello. It promises to be another wonderful day of connection and

learning.

💚 Thank You for Your Support

As an organisation funded entirely by private donors like you, our work is only made possible thanks to your generosity.

If you're in a position to donate, please do. Otherwise, please continue to follow us and share our work on social media to help us reach those who need us the most.

As always if you have any questions on the above events or how to get involved please do not hesitate to drop us a line.

Warm wishes,
The EOPD.ie team



Join us on 16th October at Pints, Parkinson's & Ping Pong, Dublin

The Early Onset Parkinson's Disease (EOPD) community is delighted to invite you to Pints, Parkinson's & Ping Pong — an evening of connection, fun, and awareness at Wigwam, 54 Middle…

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Devastating Delays in DBS Surgery: Read Our Letter to The Irish Examiner

Devastating Delays in DBS Surgery: Read Our Letter to The Irish Examiner People with Parkinson's in Ireland are facing devastating delays for life-

changing surgery. In a recent letter to the…

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EOPD.ie & University of Limerick Free Online Physiotherapy Student-Led Exercise Classes Are Back!

In Partnership with University of Limerick Our Exercise Classes Are Back This November We're delighted to continue our partnership with the University of Limerick, School of Allied Health, to bring…

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Join Our Board of Directors — Now Recruiting Two Positions

Join Our Board of Directors — Now Recruiting Two Positions EOPD.ie is seeking two new Directors to join our voluntary Board and help guide the future of our organisation. This…

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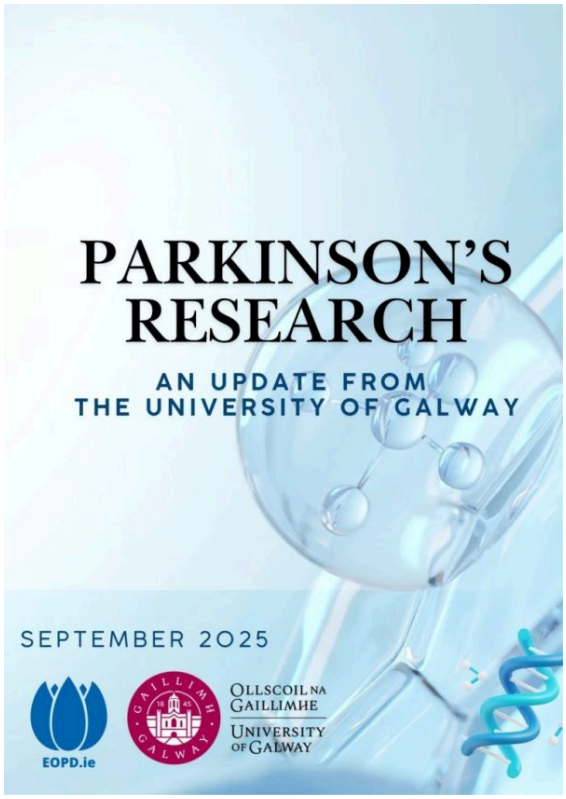
Have your say: Parkinson's Europe Survey on Parkinson's in The Workplace

Welcome in the Workplace: Parkinson's and Your Rights at Work At EOPD.ie, we're proud to

support Parkinson’s Europe’s new campaign, Welcome in the Workplace — an important initiative helping people…

Read more...



Exclusive Update: Cutting-Edge Parkinson’s Research at University of Galway

Exclusive Update: Cutting-Edge Parkinson’s Research at University of Galway We are thrilled to share an exclusive update with our EOPD.ie community from the University of Galway, highlighting the incredible Parkinson’s…

Read more...



🧠 My Moving Brain: Community Connect Event – Galway

Led by FutureNeuro, the SFI Research Centre for Translational Brain Science Date: Saturday, November 1st, 2025Time: 1:30 PM – 4:30 PMVenue: The O’Donoghue Centre, University of GalwayRegister here: Eventbrite Link…

Read more...

Exercise Updates



Walking Football Cabra

Location: Inspire Fitness Centre, Cabra West, D07 P973 Date: Wednesday 1st Oct Time: 11:00 AM – 12:00 PM followed by tea/coffee Contact Email: active@ageandopportunity.iePhone: 01 913 3943 Class run by…

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Exercise Classes Per Region

Exercise Classes Per Region We are committed to sharing information about exercise classes from all over the country. We would love to hear from you, if you know of…

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Early Onset Parkinson's Disease in Ireland
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