

Dear {name},

Wishing you a happy and healthy holiday Season this December.

Lynn here, Board member of EOPD Ireland. Firstly, on behalf of myself and the EOPD team, we would like to wish you a very happy, healthy, and peaceful holiday season—however you decide to spend it. 🎄

We know this can be a difficult time for some, and it's important to prioritise self-care over the Christmas and New Year break. Listen to your body and try your best to continue your daily movement routines where you can. Meet friends for a coffee while strolling around your

local park. Enjoy the food, but be mindful around medication times—and those turkey (protein-filled!) sandwiches.

Most of our kids are off school, and with that comes an extra (and very real) demand on our energy. Don't beat yourself up if you need a day off. After all, who doesn't love an afternoon curled up on the sofa with a Christmas movie and a bowl of popcorn?

We've also been gifted something very special this Christmas. A kind supporter—going by the name of **Santa Claus**—has recorded a reading of *'Twas the Night Before Christmas* especially for **EOPD Ireland** to share with our children this festive season. If you get a moment, please check out the video, give it a like, and, if you're able, consider making a small donation to support EOPD Ireland. 🎅✨

As we look ahead to 2026, we have some really exciting news to share.

In **February 2026**, we will be offering a series of **creative writing workshops in partnership with Fighting Words**. These workshops will provide a supportive and inspiring space to explore your voice, share experiences, and connect with others through creativity—no writing experience needed, just curiosity and openness. Registration is now open, and we'd love to see you there, so please register today.

Moving into **April**, we're asking you all to be bold, brave, and take the leap for Early Onset Parkinson's as we **abseil Dalkey Quarry on Parkinson's Awareness Day 2026**. This is about so much more than fundraising—it's about visibility, community, and connection. We hope you can join us on the day and brave the drop with us!

We also have a limited number of **free tickets for the VHI Women's Mini Marathon 2026**—let's go, ladies! When the free tickets run out, fear not, as you can still register directly through the Mini Marathon website. We would absolutely love for you to be part of **Team EOPD**.

This marks the end of my second month as a board member with EOPD, and it has been an exciting, busy, and fruitful time. As a 45-year-old single mum with a very young family myself, I am so grateful to have joined a board that is working so hard for a better and brighter future for us all.

Please stay safe over the festive season, be gentle with yourselves, look after one another, and remember—you are not alone. We are in this together, always.

With warm Christmas wishes and hope for the year ahead,
Lynn 🎄✨
On behalf of the EOPD Board



🤶 Grant Santa’s Christmas Wish – Support EOPD Ireland This Christmas

Grant Santa’s Christmas Wish – Support EOPD Ireland This Christmas Ho ho ho,Gather round boys and girls (and grown-ups too), because Santa has something important to share this Christmas. Recently,…

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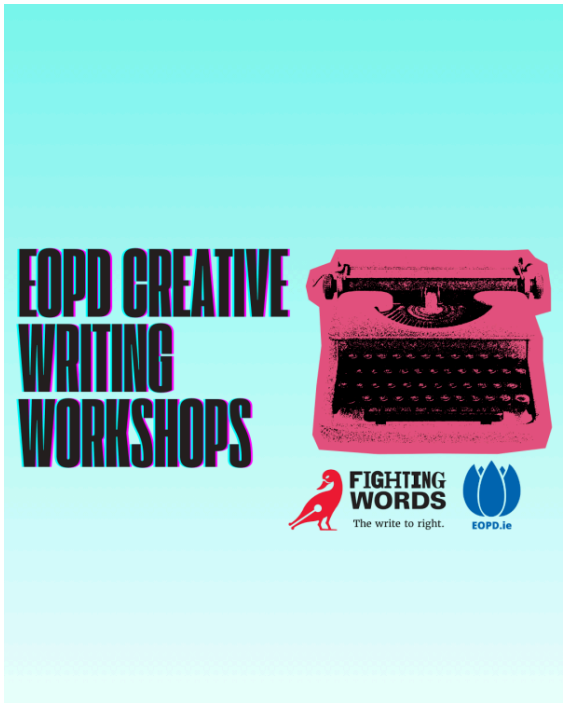

EOPD x Fighting Words – Free Creative Writing Workshop Series February 2026

Join EOPD x Fighting Words – For a Seires of Free Creative Writing Workshops Beginning February 2026 Join Our Free Creative Writing Workshops As We Explore Themes Relating To Living…

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TAKE THE LEAP – Abseil With Us, Parkinson's Awareness Day 2026

Take the Leap for EOPD Ireland – Abseil With Us! Parkinson's Awareness Day | 11 April 2026 Ready to do something bold, memorable, and meaningful this Parkinson's Awareness Day? On…

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EOPD Ireland at the VHI Women's Mini Marathon 💙 LET'S GO LADIES!

Be A Part of Team EOPD Ireland at the VHI Women's Mini Marathon 2026! 💙 We have 4 FREE race entries available for individuals who are willing to commit to fundraising…

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Medication Packaging Update – Requip, GSK

We want to make members aware that the packaging for Requip provided by GSK has recently changed. In our experience, the new packaging can be particularly difficult to open.

For people living with Parkinson's, reduced dexterity, tremor, rigidity, and fatigue can make hard-to-open medication packaging more than just inconvenient — it can affect independence, dignity, and even medication adherence. Packaging that requires excessive grip strength, fine motor control, or complex opening mechanisms can pose real daily challenges.

We will be contacting GSK to share this feedback and to advocate for medication packaging that is inclusive, accessible, and designed with

the lived realities of people with Parkinson’s in mind. Accessible packaging is not a luxury — it is a necessity.

If you have been affected by this change, we encourage you to share your experiences with us via info@eopd.ie Your voices strengthen our advocacy.

Parkinson's Classes Near You



Dancing Well with Parkinson’s – New Classes Starting January 💃

We’re delighted to announce that Dancing Well with Parkinson’s – is back in Person and Online EOPD Ireland is delighted to share details of Dancing Well with Parkinson’s, a series…

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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
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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