# EOPD Newsletter October 2023

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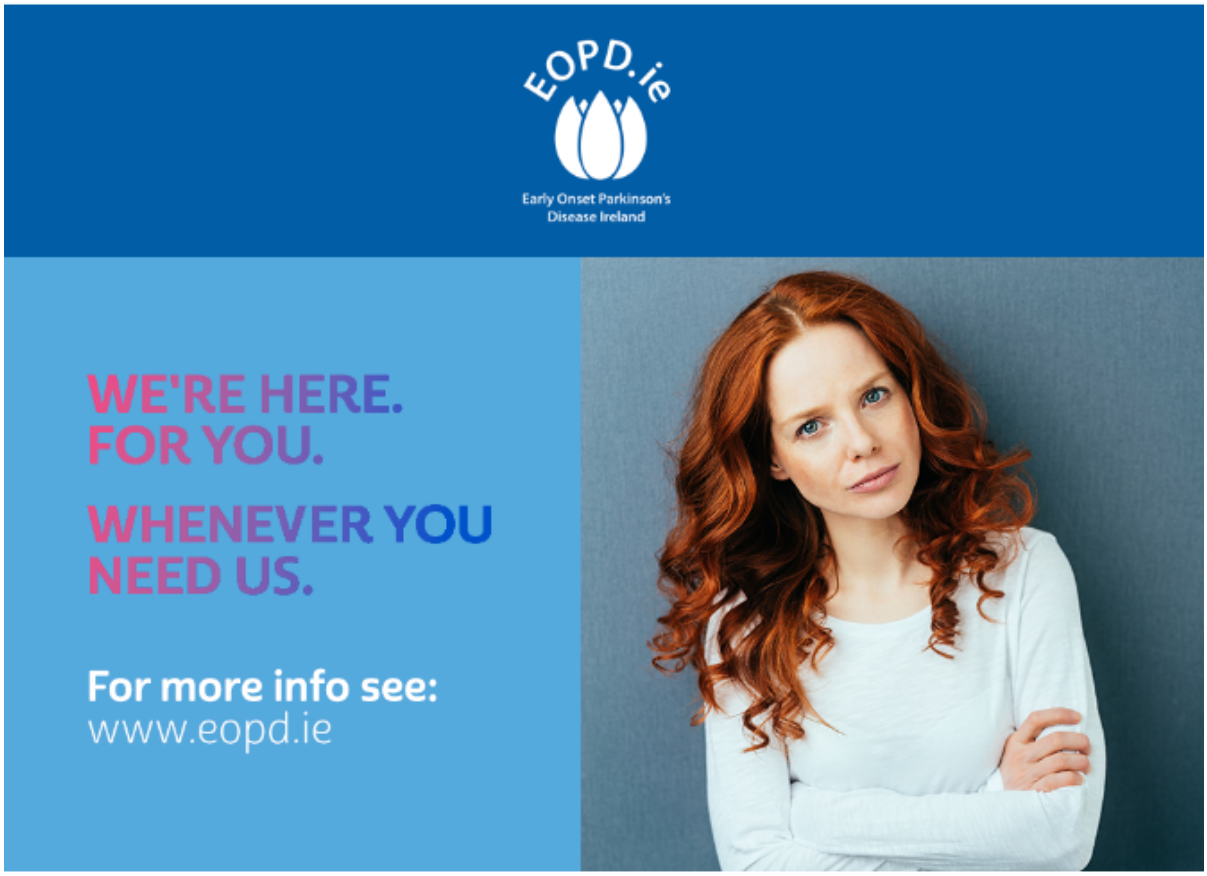


## Dear {name},

## Welcome to the October newsletter from EOPD.ie.

In this month's newsletter we are covering:

- Wellness event - short survey - your opinion counts!
- Upcoming Clifden event on 22nd October @ 2pm
- Online talk on Social Cognition in Parkinson's on 7th November @ 7pm
- Update on Charco Neurotech Medical Device
- Tips on vocal hygiene
- How to improve sleep
- HSE’s Autumn Winter Vaccination Programme
- Benefits of Nordic and Activator Pole walking
- Exercise class details




Wellness Event – Short Survey – your opinion counts!

Please answer just two questions on this link about a potential wellness event – thank you.

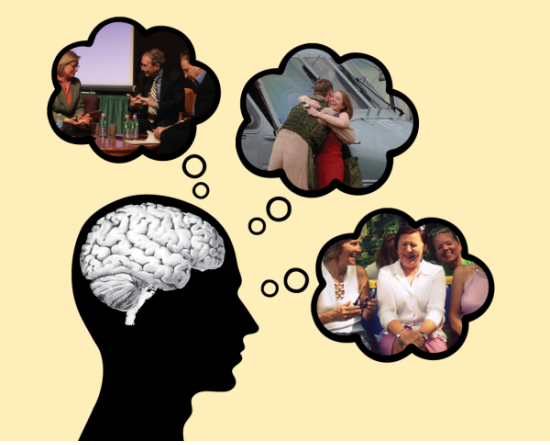
Read more…



Clifden Station House Hotel on October 22nd at 2PM

An information day will be held in Clifden Station House Hotel on October 22nd at 2pm. We encourage all those with Parkinson's and their families and carers in the Connemara…

Read more...



Online Talk – Social Cognition in Parkinson’s 7th November at 7pm

Rachel Fitzpatrick, a Neuropsychology PhD researcher from Trinity College Dublin, will give an online talk on Tuesday 7th November @ 7pm on social cognition in Parkinson’s disease. Social cognition refers…

Read more…



Charco Neurotech CUE1 Update

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Disclaimer: We at EOPD.ie do not endorse products but simply aim to provide information on what's available on the market. The CUE1 is a non-invasive device aimed at improving quality…

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Read more...




Vocal Hygiene

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Speech and voice impairments are common among those living with Parkinson’s. As many as 90% of people with Parkinson’s experience difficulties such as “hypophonia” (soft speech) or a more monotone,…

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Read more...



How to Improve Sleep

Sometimes it can be hard to know whether your sleep problems are part of the condition or whether they are a side effect of your Parkinson's medication. It's important to…

Read more...



HSE’s Autumn Winter Vaccination Programme

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HSE’s Autumn Winter Vaccination Programme to start on October 2nd2023:Older people and at-risk groups urged to protect themselves against both flu and COVID-19 by getting their vaccines The HSE’s winter…

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Read more...

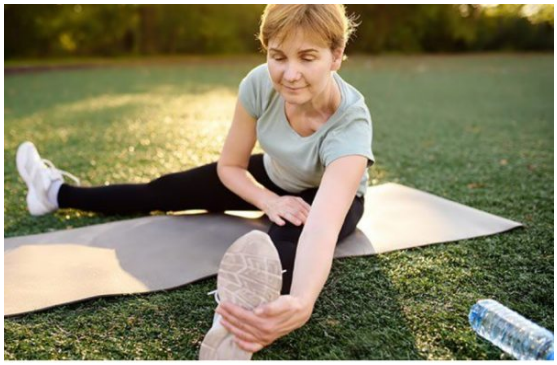


Get into pole position and reap the benefits with a new way of walking

The phenomenal growth in the use of Nordic and Activator poles not only makes walking easier, it promotes recovery from illness and surgery and improves our overall well-being

Read more...

**Exercise Classes**



University of Limerick (UL) Exercise Classes (Online)

Starts15 September @ 9:15 Am – 10:30 Am UTC+0 Please see details from Marie about the return of the UL online exercise classes after the summer break. The classes will be starting on Sept 15th.…

Read more...




The Sequel Way Faranfore Kerry

Faranfore, Co. Kerry The Sequel Way. Contact 0871151502 Class times Saturday at 12:00

Read more...




Farrell Fitness New Ross

New Ross, Co. Wexford Farrell Fitness. Farrell Fitness Class Address 27 Woodbine Business Park, New Ross, Co. Wexford Contact Robbie at 087 7759716 Class times Every Monday at 12:00 AM

Read more...



K&S Fitness Mullingar

Boxercise Class for Parkinson's Mullingar Co Westmeath K & S Fitness. Contact Ken at 086 1676358 Class times Monday 9:30AM

Read more...




Dance Ireland – Dance For Parkinsons

Classes are Mondays at 12pm in DanceHouse and they are €5. You can find more information here:https://lnkd.in/eE-7P_YqIndividuals can also call 01 855 8800 for more information. DanceHouse is located on…

Read more...



Rock Steady Boxing Tallaght (Day and Time change)

Rock Steady Boxing class Tallaght

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Rock Steady Boxing Portlaoise

Rock Steady Boxing Classes Portlaoise please contact Mirek MidlandsUnit 13 B National Enterprise ParkPortlaoise, Co. Laois, Ireland R32 A588Email: midlands@rsbaffiliate.comPhone: 353-86-886-8403

Read more...

**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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