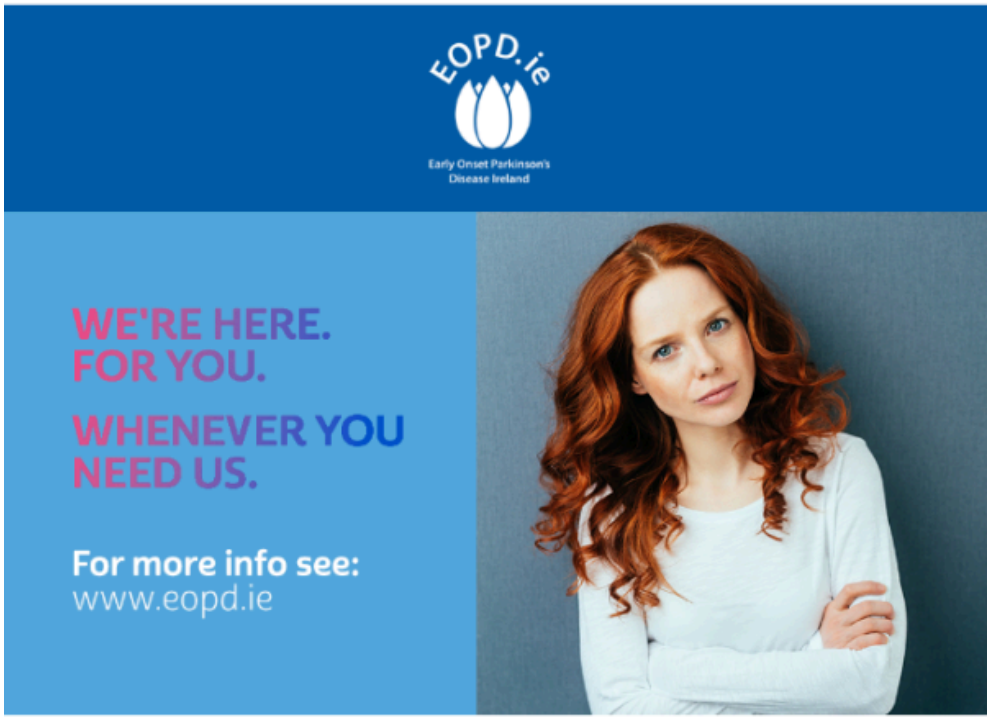


Dear {name},

This coming April marks **Parkinson's Awareness Month** — a time to shine a light on a condition that is too often misunderstood, too often associated only with later life, and too often invisible.

This month is about changing that narrative.

Across Ireland, we are bringing the realities of Early Onset Parkinson's into the spotlight — through advocacy, storytelling, community, and action. Everything you'll see below is part of that shared mission. One shaped by individuals like you, and made possible because of you. Our community may face this diagnosis early — but one thing we're working to ensure is that you'll never face it alone.

🎉 Take the Leap – Parkinson's Awareness Day (Registration closes Wednesday 1st April, Midnight)

📍 Dalkey Quarry (Meeting at Killiney Hill Carpark)
🗓️ Saturday 11th April
⏰ 2PM

There's **just one week left** to register for Take the Leap — and we'd love to have you with us. For €60 (payable by donation), you can take on the Dalkey Quarry abseil and help raise awareness and vital funds for people living with Early Onset Parkinson's. Not taking part? You're more than welcome to come along, soak up the atmosphere, and cheer on our incredible challengers as they step over the edge for a powerful cause.

👉 Sign up or support a participant today

🎉 Community Meetup – Celebrate Together

📍 The Club Bar & Restaurant, 107 Coliemore Road, Dalkey, Co. Dublin, A96 HX75
🗓️ Saturday 11th April
⏰ From 5:30PM

After the abseil, we'll be heading to The Club in Dalkey to celebrate Parkinson's Awareness Day together as a community. Join us as we welcome back our challengers, share stories from the day, and connect in a relaxed and social setting. We'll have platters of food, a great atmosphere, and plenty of good craic — just bring your lovely selves. ✨ **Free event — friends and family very welcome**
📧 RSVP to info@eopd.ie

🧘 Mindfulness & Wellbeing Workshop Series

🗓️ Thursdays from 9th April
⏰ 7:00pm – 8:00pm
💻 Online

In celebration of Parkinson's Awareness Month, we're delighted to offer a **free six-week mindfulness and wellbeing course** for our community, led by Lorraine MacDonnell. These weekly sessions will focus on mindfulness, meditation, breathwork, and building resilience — offering practical tools to support mental wellbeing in everyday life.

✨ **Free to attend and online register here**
📧 For more information email lynnmcdonald@eopd.ie

🐕 Independence in Action – Parkinson's Assistance Dog

Support can be life-changing — and sometimes, it walks beside you. We are proud to support initiatives like Parkinson's assistance dogs through our grant to Dogs for the Disabled Ireland. These highly trained dogs provide practical, day-to-day support, read the experience of Fiona with her Parkinson's Assistance Dog, Norman, below! As part of our **Take the Leap campaign**, Fiona Staunton is currently fundraising for EOPD Ireland to help make practical support like this available to more people in our community.

📻 Fiona has also drafted a helpful Tax Relief tips article below and will also be speaking on **Clare FM on April 2nd at 9:30am** - make sure to tune in.

🧠 Research, Innovation & Your Voice

Parkinson's Awareness Month is also about shaping the future — ensuring people living with Parkinson's are at the centre of research. There is incredible progress happening globally in Parkinson's research, but one thing remains clear: **research is strongest when it is guided by lived experience.**

📣 UCD DBS Focus Group – Call for Participants

📍 University College Dublin
🗓️ Wednesday 15th April
⏰ 10:30am – 1:00pm

Researchers at UCD are inviting people living with Parkinson's who have **Deep Brain Stimulation (DBS)** to take part in an in-person focus group to help shape future research.

✨ Travel expenses reimbursed
📧 To express interest: Judith.evers@ucd.ie

👉 More information available in the website post below

🌍 Global Research – What to Watch

Alongside this work in Ireland, there are some exciting developments happening globally. Here are a few to keep your eye on:

- World First of its kind Stem cell treatments approved
  👉 https://share.google/DCbBfoRplNGhxmJoB
- Missing link between Parkinson's protein and brain cell damage discovered
  👉 https://share.google/HCAIREea7B2M73sYF
- Advances in robotic neurosurgery in Ireland
  👉 https://link.goloudplayer.com/s/pG6rAhqmRw2d

🏛️ Taking Your Voice to Leinster House

📍 AV Room, Leinster House
🗓️ Tuesday 21st April
⏰ 13:00 – 14:00

This month, we are bringing the voices of our community directly to policymakers.

This national briefing will highlight:

- Delays in diagnosis and access to neurology
- Barriers to treatments like Deep Brain Stimulation (DBS)
- Gaps in services for working-age individuals
- The absence of a national registry and coordinated care

This is about turning lived experience into **real policy change**.

🎩 Gala Ball & Auction – A Night to Drive Change

📍 Faithlegg House Hotel
🗓️ Friday 25th April

Join us for a very special evening bringing our community, supporters, and partners together. Tickets are in high demand so make sure to book yours today!

✨ Panel discussion hosted by Jennifer O'Connell
🎶 Live music from The Jam Tarts
🎧 DJ Luke Curran
🎁 Charity auction

👉 Tickets available now

🏃 Women's Mini Marathon – Join Team EOPD

Looking for a way to get involved this summer?

Join **Team EOPD Ireland** — whether you walk, jog, run, or dance your way through it, you'll be part of something bigger.

💙 Free charity places available
💙 Full support from our team
💙 A brilliant community atmosphere

👉 Get your place and join the team

🗓️ What's Coming Up

- 9 April – Mindfulness & Wellbeing Workshop Series begins
- 11 April – Take the Leap Abseil (Dalkey Quarry)
- 11 April – Community Meetup (The Club, Dalkey – from 5:30PM)
- 15 April – UCD DBS Focus Group
- 21 April – Leinster House Briefing
- 25 April – Gala Ball & Auction (Faithlegg)
- 31 May - Women's Mini Marathon – Join Team EOPD
- Ongoing advocacy, research, and community initiatives

Thank You

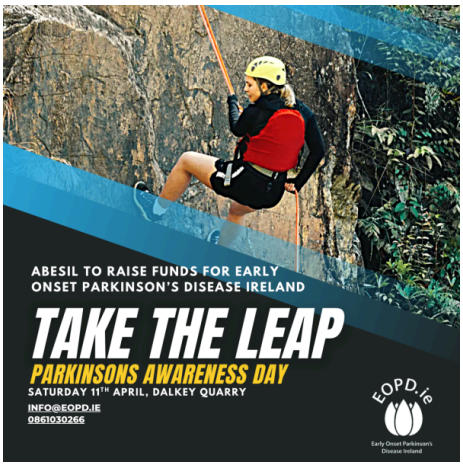
Every event, every story, every step taken this month is part of something bigger.

Together, we are raising awareness, building community, and pushing for change.

And we are only getting started!

Kind regards,
The EOPD Ireland Team

Donate to EOPD Ireland 💙



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

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

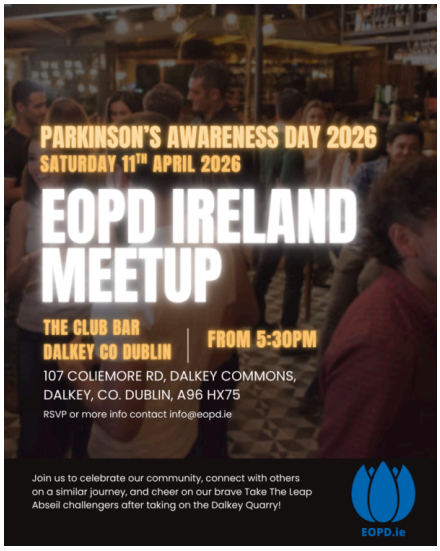
Read more...



Free Mindfulness & Wellbeing Online Workshop Series with Lorraine MacDonnell

In celebration of Parkinson's Awareness Week, we are delighted to introduce a special six-week course for our community, beginning Thursday, April 9th at 7:00pm – 8pm continuing through, 16th, 23rd,…

Read more...



March 25, 2026

Celebrate Parkinson's Awareness Day 2026 With Us at The Club, Dalkey

Celebrate Parkinson's Awareness Day 2026 With Us at The Club, Dalkey Join us from 5:30pm at The Club Bar & Restaurant, 107 Coliemore Road, Dalkey, Co. Dublin, A96 HX75, as…

Read more...



March 25, 2026

Hints & Tips: Navigating EOPD in Ireland – Tax Back: What You're Entitled To

Hints & Tips: Navigating EOPD in Ireland – Tax Back: What You're Entitled To By Fiona Staunton We're delighted to introduce a new monthly series from Fiona Staunton, EOPD Board…

Read more...



March 11, 2026

Call for Participants: Parkinson's DBS Focus Group at UCD – 15th April

Call for Participants: Parkinson's DBS Focus Group at UCD – 15th April University College Dublin researcher Dr. Judith Evers is inviting people living with Parkinson's disease who have Deep Brain…

Read more...



February 18, 2026

Planes, Pumps and Puppies: Fiona's Story and EOPD Ireland's Support for a Parkinson's Assistance Dog

Planes, Pumps and Puppies: Fiona's Story and EOPD Ireland's Support for a Parkinson's Assistance Dog We are delighted to announce that our recent Community Grant has been allocated towards supporting…

Read more...



Gala Ball Fundraiser for Early Onset Parkinson's Disease Ireland

A Glamorous Black-Tie Night of Style, Music and Celebration Join us for a glamorous black-tie Gala Ball in the stunning surroundings of the Faithlegg Hotel, Co. Waterford. This special evening…

Read more...

Exercise Resources



May 20, 2024

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…

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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