



## Newsletter October 2022



Dear Member,

Welcome to our October Newsletter and I hope you are keeping well.

We now live in a society that is constantly moving to technology and sometimes it can be helpful to us. In this newsletter our member Martin O'Neill shares his experience on how technology has helped him to continue working as a teacher. We would like to thank Martin for sharing this positive information with us.

As a follow on from this and previous requests, we will have an information talk on Assistive Technology on 28th November at 7 pm. Please save the date and we will send you more details next month.

We have also included the video from the Edinburgh Lecture, which is very interesting on explaining the benefits of exercise for Parkinson's.

Kind regards,

Mary

### EOPD member shares his experience with using technology as a support to keep working

Technology is at the centre of life these days and helps us in many ways. In this article EOPD member Martin O'Neill shares his experience with using assistive technology in his day to day life.



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### Jeremy Paxman Putting up with Parkinson's

Jeremy Paxman documentary, on YouTube, on how Parkinson's disease is impacting him. He attends a ballet class, learns to play bowls, meets leading research experts – and observes a brain dissection.



### Edinburgh Parkinson's Lecture 2022

The Edinburgh Parkinson's Lecture in 2022 took place on 28th September 2022. The title of the lecture is: The Importance of Exercise for People with Parkinson's: Evidence, Empowerment and Enablement. The lecture was given by Julie Jones, a physiotherapist specialising in Parkinson's, who is a Senior Lecturer at Robert Gordon University in Aberdeen.



## Upcoming Events

### Save the date:

Assistive Technology talk the 28th of November at 7.00 pm

## Exercise Classes

### Active Neuro Exercise Classes

These excellent online exercise classes were set up and are run by Prof. Susan Coote (above) and are funded by Sliante Care. They are currently available for people living with any neurological condition residing in Limerick, Clare, Tipperary, Galway, Mayo, Roscommon, Wicklow, Dun Laoghaire and Southeast Dublin. There is no charge for this class. Click the button below to register/

[Register now](#)

### Parkinson's Exercise class

See video below of **New Ross class**, which is on every Wednesday at 12.00. Please email [info@eopd.ie](mailto:info@eopd.ie) for more details or ring 01-5252994.

[View Video](#)

### Activator Pole Class

Rua Red, Tallaght.  
This class has changed to every **Thursday** at 10.00am.  
It is conveniently located beside the Luas.



[See Dates and Info](#)



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