



**EOPD.ie**

Early Onset Parkinson's Disease Ireland

We would like to take this opportunity to thank all those who helped us in our first year as a newly formed charity. We appreciate the time and help given by the volunteers and directors. Their contribution is essential as at present we do not have any paid employees. We would like to thank those who have fundraised for EOPD.ie and for the donations we received online, it is really appreciated. We would like to thank our members for their support during the year and for the peer support that they give to others.

The Board of Trustees and myself would like to wish you all a very Happy Christmas and we look forward to working together in 2023.

Mary Casserly, Chairperson

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**2022 Wrapped Up...**  
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**Information**

We held online talks:

- Speech Therapy, by Emer Moroney.
- Wim Hoff method (Benefits of Focus Breathing and Cold Therapy) by Neil O Murchu.
- Physiotherapy workshop by Jack O'Halloran.
- Medication Self Management by Neurologist Prof. David Bradley.
- Stem cell research update by Dr. Elis Dowd.
- Social Welfare payment entitlements by Family Carers Ireland.
- Assistive Technology talk by Leahnora Clohessy.

Issued monthly newsletters.

Published articles of interest on website.

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**Advocacy and Research**

- Working with the Disability Matters Committee.
- Supporting the cost of Disability motion in the Dail as per invitation by Holly Cairns T.D.
- Support for continuation of the Slaintecare Active Neuro Program, currently hosted by MS Ireland.
- Part of the Patients deserves better campaign with NAI (Call for investment in nationwide community rehabilitation teams.)
- Assisting with DNI on research with those members who have informed us of their interest in participation.
- Working with MSD regarding medication packaging from the end user point of view.
- Working with Bial and advocating to have Ongentys available in Ireland.
- Part of Knowledge Translation Award, HRB by Trinity College for grant funding. More information to follow.

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**Social**

We met in person;

- Inistioge (Woodstock Gardens,Walk and Coffee)
- Galway (Salthill Prom, Walk and Coffee)
- Dungarvan Greenway (Cycling and Dinner)

And we met online for our Zoom socials to connect people around Ireland.

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**Activities**

We were active online;

- Exercise classes by UL students
- Dance for PD by Olwyn Lyons
- Facial exercise classes
- Exercise Classes by David Coen

And on location

- Exercise classes held in New Ross and Tallaght.

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**Fundraising**

We had all kinds of fundraisers;

- Paddy's calendars (Images are of the Hook Lighthouse area)
- Poulpeasty Vintage Club, St.Stephen's Day Tractor Run. (Wexford)
- Mountain climb completed by 4 Wexford people
- 4 ladies ran a relay in the Edinburgh Marathon
- Killeen Golf Club - A day of events including an auction and a 25KM walk carrying a bag of golf clubs.
- UCC Choral Society's - Carol Service (Collection on performance nights)
- Facebook Birthday fundraising

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**Awareness**

We raised awareness locally and nationally;

- Article in 4 Wexford papers/online Independent
- Articles in 2 engineering publications
- Interview on Clare FM
- Interview on South East Radio
- Interview on RTE's Drivetime
- Exhibit at 3 information nights
- Active on social media

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**Collaborating**

And let's not forget our collaborators:

Disability Matters Committee

Neurological Alliance Ireland

University of Limerick

Dublin Neurological Institute

MSD

Bial

MS Ireland

Ipposi Ireland (Patient and Public involvement in Irish Health Research)

Sunflowers for Hidden Disabilities

Public Participation Network

Sports Partnerships

Multiple System Atrophy Trust

Parkinson's UK

Family Carers Ireland



## Our Board of Trustees

**Directors:** *Mary Casserly (Chairperson), Joe Condon (Secretary), John Kernan (Treasurer), Prof. David Bradley, Lucia Power, Kieran Fallon, Fiona Staunton, Ciaran Bolger.*

We have regular meetings online (due to the disperse locations of our board members). We had our 2022 AGM in Portlaoise which was also available to attend online. Details of the charity set up and financial accounts (available on [www.EOPD.ie](http://www.EOPD.ie)) were outlined.

We recently came together for a workshop in Dublin to discuss our strategy going forward and we have another one planned for early in the new year. We will provide a further update after this meeting. The board are committed to ensuring that EOPD.ie's mission and values are implemented so as to ensure that people with early onset Parkinson's and their loved ones have information available to them, so they can live well with Parkinson's.



**We had a great year.  
Thank you for being part of it!**



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