



**WE'RE HERE.
FOR YOU.
WHENEVER YOU
NEED US.**

For more info see:
www.eopd.ie



Dear Denise,

Welcome to the April newsletter from EOPD.ie.

On 11th April, it was World Parkinson's Day. On the day we shared a wonderful written piece by one of our members, Charlotte. We are so thankful that Charlotte allowed us to share her journey.

If you have any information, stories or events that you would be interested in sharing with our community, please don't hesitate to get in touch. We would be happy to chat further through email info@eopd.ie or Whatsapp call 086 103 0266.

This month's newsletter includes:

- World Parkinson's Day:
 - Personal story from Charlotte
 - Fiona on Clare FM
- 2024 EOPD.ie Strategy Update
- Parkinson's Article, by Professor David Bradley
- 2024 EOPD.ie Calendar Fundraiser - Thank you Paddy and Ann
- Lixisenatide Trails - Diabetes Drug may slow progress of Parkinson's
- Pharmacist extension of prescriptions
- Move4Parkinson's Live Your Best Life Conference 2024, 20th April
- Dancing Well with Parkinson's, 10 week course
- AHEAD Ireland Building the Future 2024, 24th May
- Exercise classes



Me Myself and Ted

Thank you to Charlotte who has kindly shared her journey of living with EOPD. Please read her brilliant piece below.

Me Myself and Ted

October 2013 at the age of forty-two and a primary school teacher I was diagnosed with Early Onset Parkinson's Disease (EOPD). Further tests showed that I have the mutant PARK-2 gene, so I look upon myself as always having had PD especially when thinking back in time I remembered periods of slow movements' stooped shoulders and poor balance. That October I was relieved to have a diagnosis as I was struggling to walk. I remember resigning myself to an altered life but my doctor at the time suggested that might not be the case. She was right. Medication in the form of dopamine agonists worked well upon my brain. Once my dose was titrated right and my body adjusted to the side effects, I began to feel better, I was ready to begin navigating life with PD. I continued to work for another three years but it was exhausting and my health was suffering in turn my medication had to be increased. I didn't like this, I didn't want to race through all the possible drugs available at speed, picking up side effects and losing out on a good quality of life.



Please keep reading on next page

I read literature, watched tv campaigns and listened to fellow sufferers who wrote, portrayed or spoke about “fighting the disease”. Yet the notion of fighting myself day in day out did not promote self-love or self-worth. For me it sounded very exhausting. I cannot say where or when but at some point, over the past ten years I found a more positive way to live with the condition. I gave my PD a name. I named it Ted. I see Ted as part, not all of me. I visualise him as a thin sometimes thick layer that hovers over me. He can be high maintenance so he has medication on time, all the time, he doesn’t take alcohol because a few sips in and he is walking into door frames. When there have been emotional issues he loves the drama, he gets stuck replaying, acting out the same scenario over and over again, sometimes he runs riot causing stress. This separation makes it easier for me to define a problem as being Ted related or not. It separates me, Charlotte from the disease. It stops me feeling clumsy, stupid or anxious because it is clear to identify my PD symptoms and unstick them from the whole of me. It might not work for everyone but for myself and my husband it does, especially as I can blame Ted for all sorts of things, and he makes us giggle.

Charlotte Morgan





Fiona Staunton on Clare FM

On World Parkinson's Day, 11th April, Fiona Staunton spoke on Clare FM. Fiona is a director of EOPD.ie and spoke about living with Parkinson's. Fiona is a terrific advocate. Norman,...

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2024 EOPD.ie Strategy Update

Dear Member, Review of 2023
We want to update you on the progress made in 2023 and our plans for 2024. In 2023, we continued to organise informative talks and to...

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Parkinson's Disease is a slowly evolving neurodegenerative disorder that results in both motor and non-motor symptoms, writes Professor David Bradley

Home»Clinical TimesAdd to Bookmarks Photo: Getty Images Update on Parkinson's Disease ByProf David Bradley9th April 2024 Parkinson's Disease is a slowly evolving neurodegenerative disorder that results in both motor and...

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2024 EOPD.ie Calendar Fundraiser



Thank you, Paddy and Ann

EOPD.ie are so thankful to Paddy O'Shea and Ann Rice for their tremendous hard work that they put into creating the 2024 EOPD.ie Calendar with beautiful pictures of the Hook...

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Research



Diabetes Drug Lixisenatide May Slow Progress of Parkinson's

The diabetes drug lixisenatide is in trials for the treatment of Parkinson's. In France, results from a one year, phase 2 clinical trial has shown positive results suggesting that lixisenatide...

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Information



Pharmacist extension of prescriptions

From 1 March 2024, prescribers, including GPs, can write prescriptions for patients for up to 12 months.

Pharmacists can also extend prescriptions, written after 1 March 2024, to up to...

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Events



Live Your Best Life Conference 2024

Move 4 Parkinson's 20 April@10:00 Am-3:30 PmUTC+0 Venue: The Gibson Hotel Point Square D01X2P2 Conference Speakers: Cost: €25 per person to include refreshments & Lunch. For further details and book a...

[Read more...](#)



Dancing Well with Parkinson's – 10 week in-person course and online classes

Live Dance Lessons organised by Dance Theatre of Ireland in association with Move4Parkinson's, are running a 10 week course on Fridays, (from 19th April – 28th June), 12.30-1.30pm. These in-person...

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Irish Open Parkinson's Golf Championship

Irish Parkinson's Golf Network will be hosting the inaugural Championship for people with PD on 30thApril/ 1stMay 2024 This event aims to: •to create awareness of golf as an excellent...

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AHEAD Ireland Building the Future 2024 – 29th May

GetAHEAD are hosting their annual unique careers event for students and graduates with disabilities, Building the Future. The careers event will be Wednesday May 29th, from 10am – 2pm, in...

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Exercise Classes



University of Limerick Online Exercise Classes Fridays from 9am-12pm

This exercise programme is being run in conjunction with University of Limerick and EOPD. The class will be run online on Fridays from 9am-12pm, and the classes will start on...

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A poster for Rock Steady Boxing. At the top, it says "LAUNCHING APRIL 2024" in red and white. Below that, "ROCK STEADY BOXING" is written in white on a blue background. The dates and locations are listed: "Sat 6th April, 10am - Stillorgan" and "Sun 7th April, 11am - Mulhuddart". A red banner states "Class delivered by Qualified OT + RSB Coach". Below that, a blue banner says "OUR CLASSES FOCUS ON OVERALL FITNESS:". A list of activities follows: "Strength training", "Coordination", "Non-contact", "Multitasking", "Voice volume", and "Balance". Another blue banner says "Activities that are cognitively stimulating". The bottom section, in white text on a dark blue background, states: "ROCKSTEADY BOXING DUBLIN offers cost effective, social and fun exercise classes to people living with Parkinson's. This is an evidenced based exercise programme to help delay disease progression." At the very bottom, it says: "You do not need any prior gym experience, each class is tailored to you and your ability. Our classes are open to people of all ages. Class Duration is 1 hr".

**LAUNCHING
APRIL 2024**

**ROCK STEADY
BOXING**

Sat 6th April, 10am - Stillorgan
Sun 7th April, 11am - Mulhuddart

Class delivered by Qualified OT + RSB Coach

OUR CLASSES FOCUS ON OVERALL FITNESS:

- Strength training
- Coordination
- Non-contact
- Multitasking
- Voice volume
- Balance

Activities that are cognitively stimulating

ROCKSTEADY BOXING DUBLIN offers cost effective, social and fun exercise classes to people living with Parkinson's. This is an evidenced based exercise programme to help delay disease progression.

You do not need any prior gym experience, each class is tailored to you and your ability. Our classes are open to people of all ages.
Class Duration is 1 hr

Rock Steady Boxing Stillorgan & Mulhuddart

Saturdays, 10 AM – Stillorgan
Sundays, 11AM – Mulhuddart
RBS Classes Focus on Overall Fitness Rocksteady Boxing Dublin offers cost effective, social and fun exercise classes...

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NEW CLASS ANNOUNCEMENT
PARKINSONS FIT

THIS NEW PROGRAM AIMS TO COMBAT THE MENTAL AND PHYSICAL EFFECTS OF PARKINSONS DISEASE THROUGH EXERCISE/REHAB

WHAT ARE THE BENEFITS?

- REDUCES MOTOR SYMPTOMS
- IMPROVES SLOWED MOVEMENT AND BALANCE PROBLEMS
- ENHANCES THE EFFECTIVENESS OF LEVODOPA THERAPY
- IMPROVES HEART AND LUNG CAPACITY
- IMPROVES ENDURANCE
- REDUCES GAIT PROBLEMS
- IMPROVES COGNITIVE FUNCTION
- IMPROVES QUALITY OF LIFE

THE SEQUEL WAY
 ADAPTED PHYSICAL ACTIVITY, EXERCISE, HEALTH & WELL BEING

087 115 1502

STARTING SATURDAY 18TH OF FEBRUARY AT 12PM
 UNIT 11, 4 PARK, FARANFORE, CO.KERRY
 087 115 1502

The Sequel Way Faranfore Kerry

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

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EOPD.ie
 Early Onset Parkinson's Disease Ireland

FARRELLFITNESS
NEW ROSS

PARKINSON'S EXERCISE CLASS

Wednesdays at 12.00
Contact 01-5252994 for more details.

WORKING ON FLEXIBILITY, BALANCE CO-ORDINATION, STRENGTH AND MORE!

Keep moving stay strong

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

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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

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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_Yq Individuals can also call 01 855 8800 for more information. DanceHouse is located on...

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Rock Steady Boxing Portlaoise

Rock Steady Boxing Classes
Portlaoise please contact Mirek
Midlands Unit 13 B National
Enterprise Park Portlaoise, Co.
Laois, Ireland R32 A588 Email:
midlands@rsbaffiliate.com Phone:
353-86-886-8403

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Exwell Exercise Classes

About ExWell Medical Dr. Noel
McCaffrey would like to
welcome you to ExWell Medical
(exercise for wellness with
medical oversight). The
rationale behind ExWell Medical
is that a large proportion of...

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Personal Health Medical Exercise Clinic

Address: 16/17 Rathgar Road,
Rathmines, Dublin 6. D06 X653
New Group Class SCHEDULE
2024 for Parkinson's BIG
Bootcamp: Bootcamp is for
young people living with
Parkinson's Disease. It is a...

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Early Onset Parkinson's Disease in Ireland

Early Onset Parkinson's Disease CLG 77 Lower Camden Street, Dublin D02
XE80

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