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# News In Brief

## APRIL 2026

Office: 085 2604957 (Tues-Thurs)  
CEO: 087 4303342  
MDO: 085 2604955 (Tues-Wed)



**WHEN:** Wednesday 13<sup>th</sup> May @ 10.30am

**WHERE:** Liberty Hall, Dublin City Centre

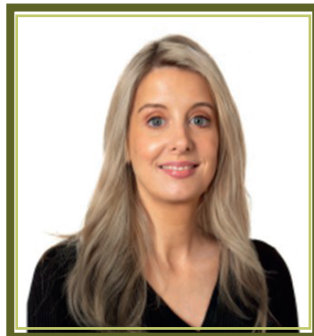
Closing dates for return of completed documentation as follows:

**Thursday 16<sup>th</sup> April 2026:** Motion Forms & Nomination Position Forms

**Friday 24<sup>th</sup> April 2026 APM:** Delegate Nomination

For any queries in relation to the APM, please contact CEO Pat Mellon on 087 430 3342.

We are delighted to announce our Guest Speaker at this year's APM is Ann Monaghan.



Ann is Project Manager with The Irish Longitudinal Study on Ageing (TILDA) a nationally representative study of ageing that collects longitudinal data on over 10,000 participants, ongoing since 2009. Ann completed her PhD in Physiotherapy in TCD in 2019. Prior to this, Ann obtained a Bachelor of Science in Physiotherapy (TCD) in 2014 and a Post-graduate Certificate in Statistics (TCD) in 2015. Ann is also a certified PRINCE2 Practitioner.



Pictured above at RDS 12th March, our team Sharon, Grace & Pat with volunteers Anne Duffy and Angela O'Callaghan Browne

Our team and volunteers had two very busy and enjoyable days at 50 Plus Show in RDS on Thursday 12th and Friday 13th March. It was great to see so many of our members pop by to say hello, our only regret was that we were so busy we had only a small amount of time to catch up with you and to visit other stands.

Thank you to Senior Times, and Des Duggan in particular for the invite. All upcoming dates are available on: <https://seniortimes.ie/50-plus-expo/>

Details of Limerick 50 Plus show on next page.



Our team with volunteers Teresa Mooney and Steve Petherbridge (top), John Graham and Pat Daly (bottom)



## Remembering

We were sad to learn of the Death of our Committee Colleague David McManus. who passed away on 22nd of Feb 2026. His Brother Adrian had passed away just over two weeks earlier.



Dave was a well respected Nurse, held in high esteem by Patients and Colleagues wherever he worked. He trained in General Nursing in England, and when Dave moved back to Ireland he commenced his Psychiatric Nurse Training in St Lomans Hospital here in Dublin, where he excelled at his chosen career, moving out to work as a Community Psychiatric Nurse, in the Crumlin area, sometimes covering for annual leave in the Ballyfermot and Walkinstown areas. He helped generate an awareness and need for Mental Health Community treatment and care.

Dave was very interested in football, and followed the Soccer all over the world. His close Friends and Colleagues would have great memories of the various trips to matches which they all thoroughly enjoyed with Dave. He also had a big interest in Music, loved going to the Concert Hall, treated his family regularly to wonderful Concerts there. His Nephew spoke so fondly of these occasions at his funeral.

Dave had a great Social awareness. He was a regular Blood Donor. He was actually awarded the gold Pelican for his years as a frequent donator of blood.

During his working days Dave was an active Member of the PNA Union and was a regular Delegate at their Annual Conference, and a vocal contributor.

Dave was a great asset to our Retired Nurses Association of Ireland, Eastern Branch, and a wonderful advisor, who rarely missed attending the RNAI Annual Conference. He represented us with the Senior Citizens Parliament for many years and always reported back to us with valuable information, sometimes encouraging us to put feet on the street, when it was warranted to have government pay attention to our voice as Seniors in society. Dave will be greatly missed by all of us. RIP David. - Retired Nurses Association of Ireland—Eastern Branch.



**GREENHILLS HOTEL, LIMERICK** May 12th & 13th

The next show is in Limerick, the dates clash with our APM but for those of you who are not travelling to APM the format is similar to RDS, you will both enjoy it and find useful information. Share the information with your fellow group members and your circle of friends and contacts.

All upcoming dates are available on: <https://seniortimes.ie/50-plus-expo/>

There is **NO** Admission Fee if you **PRE-REGISTER**. For those who do not have access to online option there is a facility to email [brian@slp.ie](mailto:brian@slp.ie) or call 01 4969028 to book tickets in advance.

A €5 admission fee applies to those who have **not** registered.

## What do you think are the most important issues for 2027 Budget?

Our pre-Budget Survey is live, closing date **8th May 2026**.

Paper Survey forms have been posted to designated contacts.

Those reading online, click on: [Pre-Budget Survey What do you think are the most important issues for 2027 Budget? – Fill in form](#)

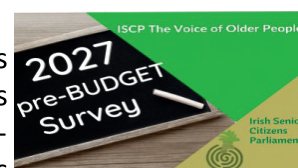
See website [www.seniors.ie](http://www.seniors.ie)

For a printer friendly version please click here:

[ISCP Pre-Budget 2027 SurveyDownload](#)

If any members would like us to post them a paper copy, please email us at [office@seniors.ie](mailto:office@seniors.ie) or telephone 086 2604957.

These survey answers along with APM Motions will feed into our pre-Budget 2027 submissions



to various Government Departments. As always submissions will be circulated to ISCP Members and will also be available on our website. Previous year's submissions are available on website or by request.

## ISCP CEO Guest Speaker



Our CEO Pat Mellon was invited to address the AGM of Retired Teachers' Association of Ireland in Croke Park Conference Centre on Tuesday 10th March. We were honoured to be joined by our National President Tom Gillen for part of the day.

Pat did a memorable introduction of himself which struck a chord with the members based on the feedback with them during breaks. Pat went on to speak about the importance of teachers in shaping our present population; the history of ISCP; upcoming ISCP APM; ISCP key objectives including Independent Commissioner for Older People and benefits it would offer; concluding with acknowledgment of the role of those present as a Resource for our communities.



CEO Pat Mellon speaking to Retired Teachers' Association of Ireland Members at their AGM in Croke Park

Pat's presentation was followed by thoughtful questions and observations from the engaged audience.

RTAI committee invited us to have an information stand in the lobby and staff members Grace and Sharon were to hand to discuss ISCP and answer their member's queries.

We formally launched our 2027 Pre-Budget Survey on the day and were delighted with the response to it, coming away with several completed forms and a positive response to availability of option to complete survey online this year.

It was inspiring to hear about the activities of RTAI members both within their organisation and in their communities.



If you have not already done so, we ask you to email, or write to your TD or if you could call into their constituency office and have a chat and help us ensure the Bill progresses to the next stage. If you already made contact and did not get a response, try again. Remind them you are one of their constituents!

Thank you to the groups and individuals who have returned their Update Contact Details form and paid their Membership Fees – reminder to those to have not already done so.

Reminder that **only paid-up groups** can submit motions and vote at APM



## Event Details

**When:** Monday, 13th April 2026

**Time:** 11:00am – 1:00pm (followed by lunch and a chance to try interactive AI demonstrations)

**Where:** Johnston Central Library, (Farnham Centre), Cavan Town

**Special guest:** Minister Niamh Smyth, Minister of State at the Department of Enterprise, Tourism and Employment

**Registration:** Free of charge. Please register via Eventbrite via <https://www.eventbrite.ie/e/1986319089868?aff=oddtcreator>. Alternatively, you can contact the library directly at Tel: 049 437 8500 to be added to the attendee list.

## Movement is Medicine: Small Steps, Big Benefits

By Liz O'Hagan, Pharmacist & Lifestyle Medicine Expert



As a pharmacist, one of the most powerful “prescriptions” I can offer doesn’t come in a box - it’s movement.

Regular physical activity is one of the most effective ways to

protect your health, maintain independence, and improve quality of life as we age. The good news? It’s never too late to start.

### Why does exercise matter?

Staying active supports a healthy weight and significantly reduces the risk of conditions such as heart disease, type 2 diabetes, stroke, and even some cancers. But the benefits go far beyond physical health.

Exercise naturally boosts mood by releasing “feel-good” hormones, helping to reduce anxiety and low mood. Many people also notice better sleep, improved energy, and sharper thinking.

Just as importantly, movement keeps your body strong and capable — improving balance, flexibility, and muscle strength, all of which help prevent falls and maintain independence.

Your social life can benefit too! Joining a class or walking with a friend can bring connection, routine, and enjoyment into your week.

### Where do I start?

Start small - and be kind to yourself. You don’t need to overhaul your life overnight.

A simple goal like a 15–30-minute walk is a great place to begin. In fact, walking for 30 minutes, five days a week has been shown to reduce the risk of early death by up to 50% - at any age!

### Ask yourself: What do I enjoy?

It might be walking, swimming, dancing, or gentle yoga. The best exercise is the one you’ll stick with.

Some helpful tips:

- Build up gradually - a little more each week
- Create a routine and write it down
- Stretch regularly to stay flexible and prevent injury
- Stay hydrated, especially if you’re more active
- Consider exercising with others for motivation and accountability



## What about strength (resistance) training?

You may have heard of resistance or strength training - but what does it mean?

Simply put, it’s any exercise that works your muscles against a resistance. This could be light weights, resistance bands, or even just your own body weight (like sitting and standing from a chair).

This type of exercise is especially important as we age. It helps maintain muscle mass, supports bone health, improves balance, and makes everyday tasks - like climbing stairs or carrying shopping - much easier.

### Support is out there: Discover ExWell

If you’re not sure where to begin, you’re not alone - and you don’t have to do it on your own.

ExWell (Exercise for Wellness) is a fantastic non-profit organisation offering community-based, supervised exercise classes for people living with long-term health conditions.

Their classes are safe, supportive, and tailored to your ability - no matter your starting point (some classes are even done sitting down). A key focus is rebuilding strength and fitness in a structured way, while also enjoying the social benefits of group exercise.

You can’t self-refer, but any healthcare professional - including your GP, pharmacist, or physiotherapist - can refer you. Once referred, the ExWell team will guide you every step of the way. (Check out their website [www.exwell.ie](http://www.exwell.ie))

### Movement really is medicine.

Whether it’s a short walk, a gentle class, or a structured programme like ExWell, every step you take is an investment in your health.

Start where you are, go at your own pace and let yourself enjoy it!



An Roinn Forbartha  
Tuisithe agus Pobail

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government supporting communities