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# News In Brief

## June 2026

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Our Annual Parliament Meeting was held on the 13<sup>th</sup> May 2026. It brought together 70 delegates representing affiliated organisations from across the country. The Annual gathering serves as a crucial platform to review progress, set advocacy priorities, and explore the latest research in positive ageing.

The meeting opened with a review of the organisation's 2025 Annual Report (available to read in full online) which outlines the Parliament's continued advocacy work in key areas such as pensions, healthcare, housing, and transport.

A major highlight of this year's meeting was an engaging session with our guest speaker, Dr Ann Monaghan, Project Manager at TILDA (The Irish Longitudinal Study on Ageing) based at Trinity College Dublin.

Guest Speaker  
Dr. Ann  
Monaghan  
addressing APM  
on Insights  
from TILDA:  
Ageing with  
Purpose.



Dr Monaghan shared crucial insights from TILDA's extensive research on how to maintain a high quality of life as we grow older. Her presentation focused on actionable strategies for 'ageing well' emphasising:

- Biological vs. Chronological Age - Understanding how lifestyle choices and physical safety impact how our bodies age, rather than just the number on a calendar.

- The Power of Connection: The profound impact that active social engagement, community involvement, and lifelong learning have on long-term cognitive and emotional well-being.
- Physical Resilience: Practical, evidence-based approaches to physical activity, exercise, and proactive falls prevention to maintain independent living.

"Active participation in community and educational activities doesn't just pass the time - the data shows it fundamentally enhances health outcomes and quality of life."

The session concluded with an interactive Q&A, allowing delegates to bridge the gap between world-class academic research and the real, everyday experiences of older people across Ireland.

The afternoon session saw delegates take to the floor to debate and vote on 15 motions for the coming year. Motions ranged from the need for an Independent Commissioner for Older People to Pension Equality, to the Shingles Vaccine.

These motions form the bedrock of our mandate and work for the coming year.

To progress motions, the ISCP Team together with our Executive committee lobby the government through submissions to the Departments of Finance, Social Protection, Health and Transport.

We also engage with government through our participation in Alliance of Age Sector NGOs and Community & Voluntary Platform in Bilateral meetings with the Departments. This work ensures that the organisation continues to directly and democratically represent the needs of its 250,000 collective members through this lobbying of national policymakers and government bodies.

With a clear strategy forged from debated motions, and fresh insights from the TILDA report, the ISCP enters the coming year stronger and more focused than ever.

## 2026 – 2027 Executive Committee

**Board Members**

|                    |                    |
|--------------------|--------------------|
| <b>President</b>   | Tom Gillen         |
| <b>V President</b> | Steve Petherbridge |
| <b>Treasurer</b>   | Mick Casey         |
| <b>Hon Sec</b>     | Margaret Cooney    |
| <b>Trustee</b>     | Mick O'Reilly      |
| <b>Trustee</b>     | Anne Duffy         |

**Committee Members**

|                  |                 |
|------------------|-----------------|
| Norman Croke     | Pat Daly        |
| Sean Fahy        | Rory Fitzgerald |
| Cathal Flood     | Anne Flynn      |
| John Graham      | Ronan Leydon    |
| Joe Little       | Teresa Mooney   |
| Danny O'Donoghue |                 |
| Martin Ryan      | Tom Ryan        |
| Mary Talbot      | Ann T Winters   |

**Motions Passed****Department of Finance**

- Property Tax
- Pension Promise

**Dept Social Protection**

- Cost of Living
- Increase Tax Credit for Pensioners
- Living Alone Allowance

**Dept Health**

- Shingles Vaccine
- Health Care—Full Medical Card for Pensioners
- Cost of Private Health Insurance for Older People

**Dept Housing**

- Housing for Older People

**General Motions**

- Commissioner for Older People
- Union Structures between Work Force & Retirees
- Recognition by Government as a Social Partner
- End levy on Pensions
- Digital Exclusion
- Industrial Relations Pension Bill



Share the information with your fellow group members and your circle of friends and contacts.

For booking and to check out all upcoming dates see: <https://seniortimes.ie/50-plus-expo/>

There is **NO** Admission Fee if you **PRE-REGISTER**

For those who do not have access to or prefer not to use online booking 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.



We continue our collaboration with Age Friendly AI, please check their website for events taking place throughout the country and sign up for their newsletter at: <https://agefriendlyai.ie>

### Portlaoise: Join the Age-Friendly AI Training Workshop at Portlaoise Library

📅 Wednesday, 24th of June 2026

#### Event Details

📅 Wednesday, 24th of June 2026

🕒 6pm - 7.30pm

📍 Portlaoise Library

Registrations are handled directly through the local library. If you would like to join, please call (057) 862 2333 or send an email to [portlaoiselibrary@laoiscoco.ie](mailto:portlaoiselibrary@laoiscoco.ie).

The event is free of charge.

## Remembering



Tribute to Niamh Kavanagh

RIP 17th March 2026

Niamh, joined the Irish Senior Citizens Parliament in 2023. Niamh's bright personality was immediately evident, and her natural warmth was a constant reminder of the heart within.

Despite her youth, or perhaps because of it, Niamh brought a fresh perspective and new skills to our team. She helped develop a more vibrant and colourful image for the ISCP, particularly through her creative work on our website and her talent with Canva. She had a gift for making life look beautiful.

When working with our members and groups, Niamh possessed an easy way of communicating and a knack for insightful presentations. She connected generations with ease.

Niamh moved on from the ISCP in September 2024. As is the way of the world, circumstances change and different opportunities arise.

It was with great sadness that we learned of Niamh's untimely death, we shared our deepest sympathy with her family and friends.

The Staff team know that our workplace was brighter for her presence and all who met her during her time with the Irish Senior Citizens Parliament will cherish her memory.

On the 13<sup>th</sup> May at the 2026 Annual Parliament Meeting the ISCP President Tom Gillen led the delegates in paying tribute to Niamh (where her photo held place).

Codladh sámh Niamh.

## Workshops



Pictured above: SIPTU National Retired Staff Council Members at Think Ahead Planning Pack Workshop May 2026.



We continue to receive excellent feedback on workshops. To enquire about a workshop contact Sharon @ 085 2604955 or [development@seniors.ie](mailto:development@seniors.ie)

Our recommendation is for organisers to arrange a pack for each participant in advance of the day. Please contact IHF directly to arrange packs.

To request a quote or enquire about invoicing, please contact [thinkahead@hospicefoundation.ie](mailto:thinkahead@hospicefoundation.ie)

For those who prefer not to use electronic contacts you can also order by phone at: IHF contact details: phone (01) 679 3188 or email: [info@hospicefoundation.ie](mailto:info@hospicefoundation.ie)



## Healthy Skin & Hydration

By Liz O'Hagan, Pharmacist & Lifestyle Medicine Expert

Maintaining healthy skin becomes increasingly important as we get older. Our skin acts as the body's first line of defence against infection and illness. With age, our skin naturally becomes thinner, drier, and more fragile, and it can take longer to heal after cuts or injuries. Looking after the skin is therefore not just about appearance - it plays a vital role in health, comfort, independence, and overall wellbeing.

As a pharmacist, I often remind patients that small, consistent daily habits can make a meaningful difference to skin health and healthy ageing.



One of the most significant contributors to premature skin ageing and skin damage is excessive sun exposure. While we do need some sunlight for vitamin D production and to help regulate our sleep-wake cycle, balance is key. We absolutely want people to enjoy the outdoors, but it is important to protect the skin, especially when UV levels are higher. This includes using SPF 50+ sunscreen, wearing hats and sunglasses, and choosing protective clothing to reduce the risk of skin cancer and long-term sun damage. In Ireland, it is recommended that everyone takes a vitamin D supplement (the sunshine vitamin) all year round, unless advised otherwise by their doctor.

It is also important to become familiar with your skin and to notice any changes early. Look out for new moles, sores that do not heal, or changes in the size, shape, colour, or texture of existing moles. If anything looks unusual or is evolving over time, it should always be checked promptly by your doctor.

As we age, the skin barrier naturally weakens, making skin more prone to dryness, irritation, bruising, and tearing. Supporting the skin barrier can help reduce discomfort and lower the risk of infection.

Helpful steps include:

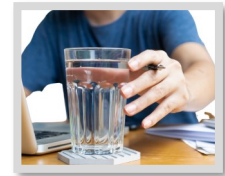
- Using gentle, fragrance-free cleansers instead of harsh soaps
- Avoiding very hot showers or baths
- Moisturising every day, especially after

bathing

- Choosing fragrance-free ointments or creams for dry or sensitive skin (e.g. Silcock's Base or Emulsifying Ointment)

Many older adults experience what is often called "paper skin" - fragile skin that tears or bleeds easily. Even minor injuries can sometimes progress to slow-healing wounds or ulcers. Regular moisturising, good nutrition, staying physically active, and protecting the skin during daily tasks such as gardening or housework (for example with long sleeves or gloves) can all help reduce the risk of injury.

Another way to help support the skin barrier is to stay hydrated.

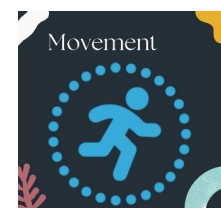


Key benefits of staying well hydrated include:

- Supporting brain function - even mild dehydration can cause poor concentration, tiredness or confusion
- Reducing fall risk - helps maintain blood pressure and prevent dizzy spells
- Preventing infections - particularly urinary tract infections by supporting bladder and kidney function
- Supporting digestion - helps prevent or ease constipation

One of the simplest ways to check hydration is by observing urine colour. Pale yellow urine with minimal odour usually suggests good hydration. Dark yellow or orange urine with a stronger smell indicates the need to drink more fluids. It's an easy habit to build- and one that pays off.

Healthy skin and good hydration are powerful foundations of healthy ageing - and small, consistent daily habits really do make a difference.



An Roinn Forbartha  
Tuisithe agus Pobail

