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News In Brief

August 2026

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We are happy to report that ISCP has secured funding for the next three years from the new round of Scheme to Support National Organisations (SSNO).

This scheme is administered by Pobal and we wish to thank our liaison on Pobal team for their assistance and guidance.



This round of SSNO funding runs from 1st July 2026 to 31st December 2029 and covers approximately 80% of the salary costs of our three team members. Pat Mellon, CEO

Launch of the Charter for Participation: Demanding a Seat at the Table for Older Voices

As CEO of the Irish Senior Citizens Parliament, I am proud to announce the official launch of our **Charter for Participation**.

For far too long, decisions about the lives, health, housing, and financial security of older people in Ireland have been made behind closed doors, without our direct involvement.

The Charter for Participation changes that paradigm. It establishes a clear, uncompromised benchmark for how state bodies, local authorities, and policymakers must consult and collaborate with our community.

Participation is not a privilege extended out of courtesy—it is a fundamental right. Older adults represent a vast wealth of experience, expertise, and active contribution to Irish society. Yet, all too often, policy initiatives treat our demographic as passive recipients of care rather than active architects of our collective future.

The Charter sets out key commitments that demand:

- **Direct Representation:** Guaranteeing older adults a formal voice on local and national decision-making boards.
- **Accessible Consultation:** Ensuring public policies are designed *with us*, using clear language and accessible channels—both digital and non-digital.
- **Accountability:** Holding public institutions responsible for demonstrating how the feedback of older people directly shapes policy outcomes.



This Charter is a call to action. We are asking government department leaders, local councils, and community organizations across Ireland to formally sign up to these principles and uphold them in practice.

To our members and older citizens across the country: this Charter is **your** instrument. Use it to demand your seat at the table.

Together, we will ensure that growing older in Ireland means living with dignity, respect, and a voice that cannot be ignored.

Pat Mellon, CEO

Fundraiser

We asked for your ideas and you listened!

Pobal funding contributes approx. 80% of salary costs for our team. We rely on Membership Fees and fundraising initiatives to fund remainder of salary costs and day to day operation of our organisation.

A huge thank you to our Johnstown/Killiney based Group who have arranged a Greyhound Racing fundraising night at Shelbourne Park, Dublin on Saturday, 19th September.

Mark your calendars, spread the word, and get ready for a great evening out in support of our cause. Every ticket sold makes a real difference—let's fill the stands and make it a night to remember!



IRISH SENIOR CITIZENS
PARLIAMENT

GREYHOUND RACE NIGHT FUNDRAISER

10 THRILLING RACES • FOOD & DRINK DEALS
RAFFLE ON THE NIGHT

DATE: SAT, 19TH SEPTEMBER 2026

TIME: GATES OPEN: 6:00 PM
FIRST RACE: 7:42PM APPROX
LOCATION: SHELBOURNE PARK,
SOUTH LOTS RD, DUBLIN 4, D04 W5C3



Ticket options
€10 Includes Race Card **OR**
Meal Package €50 (non-refundable
deposit €20)
Booking through ISCP Office

Details are on our website www.seniors.ie

Our Office Please contact Grace either by email office@seniors.ie or telephone 085 2604957 to arrange tickets.

Meal package has an earlier booking date of 4th September with non-refundable deposit of €20 per person.



We heard you! Your feedback counts

In our communications, we try to cater to differing preferences and abilities amongst our Membership. Not everyone wishes to, or indeed are able to, access information via electronic means. To cater to those who do want to keep informed via online options our efforts to refresh ISCP website continues. Check out www.seniors.ie

Work on creation of a **Useful Resources** tab on our website is almost complete and will be available in the coming weeks. We welcome suggestions from you, our members on items of interest.

Following Member suggestions, we added a new tab for News In Brief, it is located within News tab. Archive copies from 2024 onwards are available.

We particularly request that Group Contacts inform their members that News in Brief is now available online. Paper editions continue to be posted every 2 months.

We rely on your feedback to drive improvements, please contact our MDO with any suggestions.



The origins of ISCP came about as a result of a meeting organised by the European Parliament, held in 1993 in Luxembourg. We previously circulated information on negotiations on a UN Convention on the Rights of Older Persons. In July 2026, the Intergovernmental Working Group (IGWG) tasked with drafting a legally binding instrument (LBI) on the rights of older persons met in Geneva.

This marked the first substantive session focusing on the content of the future treaty. After years of discussions on whether a new [UN convention](#) was needed, governments have now moved to negotiating what it should contain.

Keep informed. Find out more at <https://www.age-platform.eu/negotiations-on-a-un-convention-on-the-rights-of-older-persons-begin-in-geneva/>

Taking Stock: Is Government Keeping Its Commitments to Older People?

Make Your Voice Heard: Tell Your TDs and Senators to Attend Our Presentation in Leinster House on the 22nd September 2026

The Alliance of Age Sector NGOs, of which the Irish Senior Citizens Parliament is a core member—is holding a briefing presentation in the AV Room of Leinster House to launch and discuss our report, ***Taking Stock: Is Government Keeping Its Commitments to Older People?***



This report evaluates how the Government is failing to meet key promises regarding housing, pension security, waiting times, home care, and combating loneliness. Crucially, it sets out our joint call for an Independent Commissioner for Ageing and Older People to hold public bodies accountable.

Our elected leaders need to see that aging policy is an urgent priority across every constituency. Please reach out to your representatives today and ask them to show up for older citizens. Email, phone, or message your local TDs and Senators today ask them explicitly to attend.

Remind your public representatives that older voters expect real accountability, dedicated resources, and a seat at the decision-making table. Additional details are available on our [website](#) or by contacting any of our team.

CREATIVE BRAINWAVES

GLOBAL VOICES, CREATIVE SOLUTIONS, HEALTHIER MINDS: TALKS & WORKSHOPS

Friday 11th September
in Ennis, County Clare
from **11am To 3pm**

Venue: Temple Gate Hotel, Ennis, Co. Clare

Admission: Free and open to the public.

Booking is available via Eventbrite, see ISCP website post.

For information or to book via phone contact Karen Meenan, 0866027711 or email karen.p.meenan@gmail.com



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

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 or call 01 4969028 to book tickets in advance.

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

Something new for you!

Considering a new pastime this Autumn? Fancy learning something new?

Our Members DCU Age Friendly University recently shared information on their Autumn schedule.

Universities and Adult Education Centres nationwide are also actively promoting their courses, check out those near you.

Excerpt from DCU Age Friendly University. “We’re excited to invite you to **“A Taste of DCU”** – our annual celebration of all things Dublin City University. This special event is your chance to discover the vibrant world of DCU, from groundbreaking research to the wide variety of courses, activities, and opportunities that make our community unique.

DCU
Age-Friendly
University

Whether you’re eager to **develop new skills, pursue fresh learning interests, engage in research, make new friends** or simply **experience campus life**, this event has something for you.

📅 **Date:** Monday, 31st August 2026

📍 **Location:** [School of Nursing, DCU Glasnevin Campus](#)

🕒 **Time:** 8:30 am – 1:30 pm

Check out: www.dcu.ie/agefriendly/

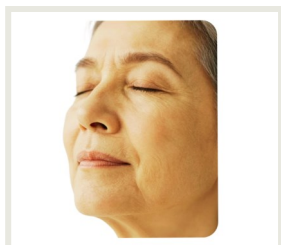
Breathe Better, Sleep Better

By Liz O'Hagan, Pharmacist & Lifestyle Medicine Expert

- Importance of nasal breathing – why?
- Tips on how to do it
- Sleep hygiene/tips

"Shut your mouth!"

It might sound like an unusual piece of health advice, but when it comes to breathing it's well worth thinking about.



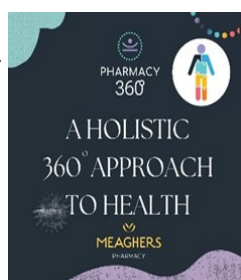
Take a moment to notice how you're breathing right now. Is your mouth open, or are you breathing comfortably through your nose? If you can, close your mouth and take a slow, gentle breath in through your nose, allowing your tummy to rise. Then breathe out slowly through your nose. It feels calming - and it's also how our bodies were designed to breathe.

Your nose does far more than simply let air in. It warms cold air, cools hot air, filters out dust and germs, and adds moisture before the air reaches your lungs. It also produces a natural substance called nitric oxide, which helps improve blood flow and allows oxygen to be delivered more efficiently around the body.

Breathing through your mouth skips many of these important steps. Over time, mouth breathing can lead to a dry mouth, sore throat, bad breath and an increased risk of tooth decay and gum disease because saliva can't do its job of protecting your teeth. It is also commonly linked with snoring and poorer quality sleep.

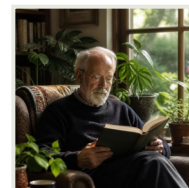
Why does this matter for sleep?

Many people think that spending eight hours in bed guarantees a good night's sleep. Unfortunately, that's not always the case. If you're breathing through your mouth while asleep, your sleep may be more disturbed, leaving you feeling tired, sluggish or dehydrated when you wake.



Nasal breathing encourages quieter, more efficient breathing and can help you achieve the deep, restorative sleep your body needs. Of course, if your nose is blocked because of a cold, allergies or another medical condition, mouth breathing may be unavoidable. But when your nose is clear, it's best to make a habit of breathing through it during both the day and the night.

Simple Sleep Tips

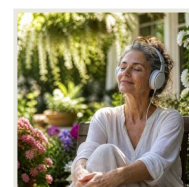


Good sleep starts before your head hits the pillow. Try these simple habits:

- Eat your evening meal 2-3 hours before bedtime.
- Avoid caffeine late in the day and limit alcohol in the evening.
- Dim the lights and switch off phones, tablets and TVs at least 30-60 minutes before bed.
- Read a book, listen to calming music or practise a few minutes of slow nasal breathing.
- Keep your bedroom cool, dark and quiet.
- Take a moment to reflect on the day or think of a few things you're thankful for.

Small changes can make a big difference.

Something as simple as breathing through your nose may help you sleep more soundly, wake feeling more refreshed, and support your overall health.



An Roinn Forbartha
Tuisithe agus Pobail

