

ISSUE 52
DEC 2024

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EDITORIAL

Welcome to our December Edition of Little Village.
Read our Guide to Black Friday Deal Shopping and hopefully
it will provide you with tips on how to spot a genuine bargain.
Christmas TV advertisements are a popular feature of the
festive season. Look at our article and see how many of
these well-known TV Christmas ads you still remember.

Finally, Nostradamus's predictions for 2025, let's have a look and then see what 2025
brings!!!!

On behalf of the team at Little Village we would like to wish you a Happy Christmas
and a great 2025.

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Black Friday Deals Are they genuine?



Black Friday deals are generally genuine, but their value can vary greatly depending on the retailer, product, and timing. Here's a closer look at the nuances:

Why Black Friday Deals Are Genuine

- 1. Clearance Inventory:** Retailers often use Black Friday to clear out older inventory, making room for newer products. Discounts on these items are usually real.
- 2. Competition:** Intense competition among retailers drives them to offer significant discounts to attract customers.
- 3. Loss Leaders:** Some items are sold at a loss (e.g., popular electronics) to draw people in, hoping they'll buy additional items at full price.
- 4. Manufacturer Discounts:** Manufacturers sometimes subsidize prices for Black Friday, allowing retailers to offer authentic discounts.

Why Some Deals Might Be Misleading

- 1. Inflated Original Prices:** Some retailers artificially inflate the "original price" to make the discount seem larger.
- 2. Lower-Quality Models:** Products, especially electronics or appliances, might be slightly different models with fewer features than regular items.
- 3. Limited Stock:** Doorbuster deals often have

very limited quantities, making them hard to access.

- 4. Bundled Discounts:** Offers that bundle fewer desirable products with the main item might inflate perceived savings.

Tips to Spot Genuine Deals

- **Research Prices Ahead of Time:** Use price tracking tools like CamelCamelCamel for Amazon, or Honey, to see if the "deal" is actually a discount compared to earlier prices.
- **Focus on High-Value Items:** Discounts on expensive items like TVs, laptops, and smartphones tend to be more substantial than smaller items.
- **Avoid Impulse Buys:** Retailers count on the frenzy of Black Friday to encourage unnecessary purchases.
- **Check Reviews and Specs:** Ensure you're buying the quality and model you expect, not a stripped-down version.

In summary, many Black Friday deals are genuine and worth taking advantage of but being an informed shopper will help you avoid the traps of misleading discounts.



Electric Vehicle sales

Are Electric Vehicle sales slowing in Ireland?

Yes, the sales of electric vehicles (EVs) in Ireland have slowed down in 2024 compared to the previous record-breaking years. Several factors contribute to this decline:

1. **Grant Reductions:** The reduction of government grants for EV purchases from €5,000 to €3,500 in mid-2023 has discouraged buyers. Many rushed to buy before the change, leading to a dip in demand afterward.

2. **Supply Chain Issues:** Delays in shipping vehicles from Asia, including a shortage of car transport ships, have hindered the supply of popular EV brands like Hyundai and Kia. This has led to fewer EVs being available for purchase.

3. **Market Adjustments:** Price reductions on new EVs have impacted the resale value of older models, causing some hesitation among potential buyers. Additionally, buyers are waiting for updated EV models, such as Tesla's Model Y facelift, rather than purchasing current versions.

4. **Infrastructure Challenges:** While public charging infrastructure is improving, it remains inadequate in some areas, deterring buyers, especially those without home charging facilities.

Despite these challenges, the EV market in Ireland remains a key focus for policymakers and manufacturers. Future improvements in infrastructure and technological advancements are expected to sustain long-term growth in EV



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ADHD or Attention Deficit Hyperactivity Disorder

ADHD is becoming more prevalent in Ireland today. What is it and why?

What is ADHD?

ADHD (Attention Deficit Hyperactivity Disorder) is a neurodevelopmental condition characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning. It affects people of all ages, though symptoms may vary between children and adults.

Key symptoms include:

- Inattention: Difficulty focusing, organizing, or completing tasks.
- Hyperactivity: Restlessness, an inability to stay still, or excessive movement.
- Impulsivity: Acting without thinking, interrupting others, or struggling with self-control.

ADHD can range in severity and is thought to arise from a combination of genetic, neurological, and environmental factors. It is not caused by parenting or lifestyle choices, although these can influence symptom management.

Why is ADHD becoming more prevalent in Ireland?

The increased prevalence of ADHD diagnoses in

Ireland can be attributed to several factors:

1. Improved Awareness and Education:

Public and professional understanding of ADHD has significantly improved. Teachers, parents, and healthcare professionals are more likely to recognize symptoms and seek assessments.

Campaigns by advocacy groups such as ADHD Ireland have highlighted ADHD's impacts and the importance of early diagnosis and intervention.

2. Better Diagnostic Tools and Access:

Advances in diagnostic criteria and tools have led to more accurate identifications of ADHD, particularly in adults who were previously overlooked.

3. Increased Focus on Mental Health:

Growing attention to mental health has encouraged people to seek help for challenges they may have ignored in the past. This shift includes greater scrutiny of behaviours in children and adults that might be linked to ADHD.

4.Changing Social and Educational Expectations:

Modern life places higher demands on attention, organization, and multitasking. In settings like schools or workplaces, individuals with undiagnosed ADHD may struggle, prompting evaluations and diagnoses.

5. Reduction in Stigma:

ADHD is increasingly recognized as a legitimate medical condition rather than a behavioural issue, encouraging more individuals to seek diagnosis and treatment.

Broader Considerations:

While diagnosis rates are increasing, ADHD itself may not be more common. Instead, greater recognition and reduced stigma likely mean individuals who would have gone undiagnosed in the past are now receiving the help they need.

For Ireland specifically, ADHD support services remain under strain despite rising diagnoses, highlighting a need for more resources to address this growing awareness.



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TRAD Fest



20 Years of Ireland's Biggest Celebration of Trad & Folk Music. Tickets for TradFest 2025 On Sale NOW

TradFest celebrates 20 years as Ireland's leading trad and folk festival in January 2025, with some of the biggest artists from home and abroad set to perform at iconic locations across Dublin.

2025 will mark 20 years of this hugely popular annual celebration of Trad and Folk. Over 2 decades the festival has enthralled audiences with its daytime and evening concerts at spectacular venues in the city centre and north county Dublin, including historical landmarks like Collins Barracks, St. Patrick's Cathedral, Malahide Castle and Swords Castle. In 2025 TradFest will extend into South Dublin County, with venues including Áras Chrónáin Irish Cultural Centre Clondalkin, Court of Petty Sessions Rathcoole and St. Maelruain's Church in Tallaght set to host a variety of events.

From 22-26 January audiences will enjoy performances throughout Dublin City Centre, Fingal, South Dublin and Temple Bar. Just some of the artists performing at next year's festival include:

Tom Paxton, Ralph McTell, Transatlantic Women with Mairéad Ní Mhaonaigh, Maura O'Connell, Julie Fowles, Muireann Nic Aomhlaibh, String Sisters, The Scratch, Frankie Gavin and De Dannan & Bliard, Women of Note with Aoife Scott, Peggy Seeger, Eric Bibb, Féile Kíla, Wallis Bird -Vision of Venus, Stockton's Wing, Scullion, Sean Keáne, Martin Simpson, Karen Casey - The Women We Will Rise, Liz and Yvonne Kane with John Blake, Macalla, Yankari & Ines Khai, Dug, Landless, Eoghan Ó Ceannabháin and many more

Without any doubt, Stephen Rea is one of the most iconic and important cultural figures not alone of his own but of any generation to come from Ireland. The Oscar-nominated and multi award-winning actor has for long had a global reputation for his exceptional skills

on both stage and screen. As TradFest patron, over four nights in The Lark Theatre, Balbriggan, TradFest will honour Stephen through words and music. Joining Stephen over the 4 nights will be poet Paul Muldoon and Felispeaks, award winning actress Sinead Cusack, musicians Neil Martin, Louise Mulcahy, Matt Molloy, Maighread Ní Dhomnaill, Paddy Glackin and Derek Hickey.

In 2025 TradFest will also celebrate the life of Barney McKenna, original member of The Dubliners. TradFest Artistic Director, Kieran Hanrahan, himself a banjo player says: "Barney McKenna was probably the single most important and influential figure in tenor banjo playing in Irish traditional music. He changed the landscape" Barney's influence stretched beyond Ireland. Internationally renowned, he was much loved for his music and singing throughout Europe. Across 2 days and nights in The Abbey Tavern, Howth, TradFest will honour Barney through music and stories and craic. A well-deserved recognition for a very special musician.

Whether you're a fan of live music, or just looking for a night of Irish culture and craic, TradFest is where you want to be in January 2025

Tickets are available from tradfest.com

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TradFest is produced by The Temple Bar Company with support from The Arts Council, Diageo, Fáilte Ireland, Tourism Ireland, Fingal County Council, South Dublin

Councillor

John Walsh

Phone: 087 6486228 Email: john.walsh@cllr.fingal.ie  @JohnWalshDWest

Dear Resident

I would like to thank everyone who voted for me in the General Election or supported our local Labour campaign. I greatly appreciate the many conversations which I had with people on the doors and am grateful for the courteous and friendly response which my team and I received.

While we were not successful in the most recent election, I am honoured to represent my community as a Councillor and will continue to work constructively to achieve change as a member of Fingal Council.

Please don't hesitate to contact me if you have any queries or would like to discuss anything directly.

I would like to wish you a very happy Christmas and very best wishes for 2025.

John



*Working with
Cllr Mary McCamley*


Labour

Refusal of Emergency Works for Coolmine Community School Disgraceful



‘First Community School in country shamefully neglected’

Cllr John Walsh, Labour Party candidate in Dublin West, challenged the Minister for Education for the shameful neglect of the oldest community school in the country, Coolmine Community School in Dublin 15.

Cllr Walsh said: ‘As a newly appointed member of the board of Coolmine Community School, I was absolutely shocked at the appalling condition of the roof, which is badly damaged and leaves sections of the school open to the elements. Students and staff should not have

to dodge buckets in the corridors and work on a daily basis in such difficult conditions which could easily compromise their health and safety. It is disgraceful that the Department of Education turned down the school’s recent request for Emergency Works funding to make essential repairs to the roof. Coolmine Community School is the oldest and one of the most successful community schools in the country and the first community school or college in Dublin 15 - the school deserves the full support of Government Ministers in the constituency whose silence on this has been

deafening’.

Walsh also commented that: ‘It is baffling that the Minister for Education Norma Foley TD can provide €9 million for mobile phone pouches, but there is no money for essential repairs to Coolmine Community School. The school should have received a new building years ago, but instead it has been shamefully neglected by the Department of Education.’

Cllr Walsh secured approval from the local Area Committee for Dublin 15 for a motion calling on the Minister for Education to deliver Emergency Works funding urgently for Coolmine Community School and to start planning for a new school building.

Walsh added: ‘I am calling on the Minister to act immediately to provide essential funding to repair the roof at the school and start planning immediately for a new building – Coolmine should not have to wait for a new Minister or a new Government. This is yet another example of bad planning and inadequate investment in schools under the present Government’

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Fingal County Council has been shortlisted in the Transport category for this year's SEAI Energy Awards



Fingal County Council has been shortlisted in the Transport category for this year's SEAI Energy Awards.

The Awards cover a broad spectrum of energy-related achievements, with a particular emphasis on the key focus areas of reducing carbon emissions, enhancing energy efficiency, and fostering sustainable practices. With eleven categories highlighting diverse energy innovation, the awards aim to recognise those paving the way to a sustainable energy future.

Since 2018, Fingal County Council have led

the way in energy efficiency and innovation, particularly in the electrification of its fleet. As part of its ongoing commitment to sustainability, the organisation launched its first Fleet Electrification Programme, – a green initiative aimed at transitioning to a fully electric commercial fleet. This ambitious programme has seen rapid progress, with Fingal County Council now operating a fleet of 86 fully electric vehicles, including vans, tipper trucks, and utility vehicles,

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all of which are powered by renewable energy sources.

The fleet electrification programme has been complemented by a robust infrastructure rollout, featuring strategically located charging hubs in Balbriggan and Swords, ensuring operational efficiency and minimizing downtime. The transition to electric vehicles was carefully phased to meet operational needs, with extensive staff training provided to ensure smooth integration into everyday operations. This approach underscores Fingal County Council's commitment to both innovation and practical implementation.

The environmental benefits of the fleet electrification programme are significant. The shift away from fossil fuel-powered vehicles has resulted in an annual reduction of 55,000 litres in diesel consumption, leading to a substantial decrease in carbon emissions. Additionally, the programme has generated considerable cost savings in fuel and maintenance.

Mary.T. Daly, Director of Services, Fingal County Council said "We are delighted to be shortlisted for the Transport category at the SEAI Energy Awards. This recognition highlights

the impactful progress we are making through our Fleet Electrification Programme, driving the transformation of our commercial vehicle fleet in alignment with national decarbonisation objectives. Our ongoing efforts to reduce emissions reflect Fingal County Council's commitment to provide a positive environmental legacy for generations to come."

The electrification of Fingal County Council's operational fleet is closely aligned with national decarbonisation goals and demonstrates the organisation's leadership within the local authority sector.

As a finalist in the Transport category, Fingal County Council is proud to be recognised for its role in driving energy innovation and advancing sustainability. Fingal County Council remains dedicated to leading by example in the adoption of clean energy solutions. The continued success of the fleet electrification programme, along with future initiatives, underscores Fingal County Council's ongoing commitment to sustainability, energy awareness, and the pursuit of a carbon-neutral future.



A festive Christmas advertisement for Duffy Auctioneers. The background is a deep blue with white snowflakes. At the top left, Santa Claus is depicted in his sleigh, pulled by reindeer. The Duffy Auctioneers logo is prominently displayed in the upper center. To the right of the logo is a large, realistic Santa hat. The text 'Merry Christmas' is written in a large, elegant white script. Below this, in smaller white capital letters, is the message 'MAY THIS CHRISTMAS BRING YOU LOTS OF LOVE AND JOY FROM'. The company name 'Duffy Auctioneers' is written in a large, white script font. Below the company name, the text 'Thinking of selling in 2025?' is written in white. At the bottom left, there is a cartoon snowman wearing a top hat and a striped scarf, standing next to a small reindeer. At the bottom right, there is a smartphone displaying a QR code and the text 'How much is my property worth?' and 'Scan me for FREE valuation'. The phone is surrounded by more reindeer and snowflakes. The phone screen also shows the text '01 823 7087'.

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BOXUP UNIT OFFICIALLY LAUNCHED IN MILLENIUM PARK, BLANCHARDSTOWN



The unit which provides free access to sports and leisure equipment was launched by Mayor of Fingal Cllr Brian McDonagh on Friday November 1, 2024.

Fingal County Council has officially launched a BoxUp unit in Millenium Park, Blanchardstown. The unit which provides free access to sports and leisure equipment was launched by Mayor of Fingal Cllr Brian McDonagh on Friday November 1, 2024.

The introduction of BoxUp to Ireland is a collaborative initiative as part of Sport Ireland's Active Cities project, aiming to improve access and opportunities for people of all ages and abilities, and to make it easier for them to choose to lead a healthier and more active lifestyle.

BoxUP is an outdoor locker system that allows members of the public to access and use sports and leisure equipment for up to three hours, through a dedicated app, and best of all they can do this for free. To access the equipment, users can simply download the BoxUp app and register their account and all that is required is a form of identification.

Brian McDonagh, Mayor of Fingal commented, "These innovative units will provide a valuable addition to our local recreational spaces that will enable residents, workers, and visitors to fully enjoy the outstanding amenities offered in our communities, fostering a healthy and vibrant outdoor lifestyle."

AnnMarie Farrelly, Chief Executive of Fingal County Council says, 'We nurture healthy, happy, and connected communities when we provide opportunities for everyone to take part in sport and exercise. BoxUp is a fantastic inclusive initiative that welcomes people of all ages to enjoy sport at their local beach or

park without any cost.'

The unit has 6 lockers containing a variety of equipment to suit various needs and abilities, such as Basketball, Football, a Skateboard and more. To get started the user can download the free BoxUP app and set up an account using photo ID. They can then select their location and BoxUp station and choose which locker they want to open and take out the equipment.

Once the user is finished, they can reopen the box with the app, place the equipment inside and close the door. They will then be prompted to take a photo of the equipment inside the locker and once that is accepted by the app their session ends.

These BoxUp units are co-funded through Dormant Account Grants and Fingal County Council. For more information on BoxUp or Active Cities Dublin, see our website (<https://www.fingal.ie/active-cities>) or email our Active Cities Coordinator ian.farrell@fingal.ie.



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DUBAI TO HOST FORMULA WOMAN'S FIRST EVER GLOBAL NATIONS CUP MOTOR RACING



50 drivers from 25 nations to compete in the Formula Woman Global Nations Cup qualifying event at Dubai Autodrome

In December Hanna Celsie will represent the Republic of Ireland, racing against competitors from 25 countries Inaugural Formula Woman Global Nations Cup scheduled for May 2025 in Dubai, UAE - October 24, 2024: Fifty of the world's leading female drivers from 25 countries will be battling it out in the first ever Formula Woman Global Nations Cup qualifying round at the Dubai Autodrome as Formula Woman revs off on December 12. The female drivers will be aiming to make it through to the inaugural

Formula Woman Global Nations Cup, which will also be hosted by Dubai in May 2025, in the exciting, brand-new professional initiative motorsport circuit for women, with additional races planned around the world for next year.

Formula Woman is the world's first and only all-female motorsport community, which is already proving a massive success with 5,000 members drawn from beginners with a motorsport passion to seasoned race drivers and attracting major interest from the industry and global media. The series aims to tap into the huge pool of talent and passion for motorsport among women with the ultimate target an all-female team in the world famous 24-Hour Le Mans endurance road race.

HANNA CELSIE WILL REPRESENT IRELAND RACING AGAINST COMPETITORS FROM 25 COUNTRIES

Speaking about the upcoming event, Hanna Celsie said: "I'm so grateful to be able to represent my country in such a trailblazing event. I'm so proud of how far I've come in a short amount of time, and so thankful for

all the support I've gotten along the way." Formula Woman is the brainchild of Founder and CEO Graeme Glew, a former race driver and Formula One executive, whose ambition is to give women the chance to compete at the highest level and showcase their undoubted race driving abilities to the world. Graeme Glew, Founder and CEO, Formula Woman, said: "We're so excited to come to Dubai to give race fans there, and around the globe, the opportunity to see what our fabulously talented women drivers are capable of," he said. "We know that there is a reservoir of female driving stars out there just waiting to show the world what they can do, and Formula Woman will give them the opportunity to do just that. The fantastic racetrack at Dubai Autodrome is the perfect setting for this first step in what we believe will be a revolution in motorsport." Glew is supported by a highly experienced team of seasoned professionals from motor racing, dedicated to building the profile of women in motorsport, with additional events planned around next year and beyond.





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DUBLIN APPLICATIONS FOR TEXACO 'SUPPORT FOR SPORT' FUNDING INVITED



Applications from sports clubs in Co. Dublin and beyond are now being invited under the fifth Texaco Support for Sport initiative in which a fund of €130,000 will be divided in €5,000 amounts and distributed to successful applicants in each of the twenty-six counties.

Over the past four years, a gross figure of over €500,000 has been distributed to a variety of more than 100 sports clubs across Ireland, of which €5,000 each went to four successful Co. Dublin clubs: Cliffhangers Youth Climbing Club, Finglas (2021), Glasnevin's St. Vincent's Basketball Club (2022), Astra Handball Club, Ballinteer (2023) and Lusk Athletic Club (2024).

Open to all sports clubs irrespective of sporting discipline, size, membership, age, cultural appeal or gender (including clubs that may have been unsuccessful in their application previously), the initiative is one that ‘recognises and supports the valuable contribution that sports clubs make to communities and throughout Irish society’.

Launching the 2025 initiative, James Twohig, Director of Ireland Operations, Valero Energy (Ireland) Limited – the company that markets fuel in Ireland under the Texaco brand – described the programme as one that “provides a route to vital funding for those clubs and communities that need it most”.

Following lines similar to that which proved successful over the past four years, clubs wishing to apply should first register their interest on www.TexacoSupportforSport.com, followed, before closing date, by a completed application that should include details of their sporting activity, the importance of the club in their local community, the purpose for which the funding is sought, and the use to which the

funds will be put.

A sole qualifying requirement is that clubs must be properly constituted and hold a valid GS Exemption Number (Games and Sports Exemption Number) that features on the list published by the Office of the Revenue Commissioners on 30th June 2024.

Closing date for applications is 31st January 2025 with adjudication taking place thereafter.

Leading the adjudication process once again is Texaco Support for Sport ambassador, broadcaster and former Irish rugby international, Donncha O’Callaghan. Clubs that received funding to date span the spectrum of Irish sporting activity – archery, athletics, badminton, basketball, bowls, boxing, camogie, climbing, cricket, diving, Gaelic football, golf, gymnastics, handball, hockey, hurling, kayaking, rowing, rugby, soccer, squash and tennis amongst them.



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Christmas Recipe

Black Forest Yule Log

It wouldn't be Christmas without a Yule log, and this one has a fruity, boozy hit of cherries and kirsch.

This decadent yule log recipe is sure to stand out on your Christmas dining table. With a Black Forest cherry flavoured twist and the addition of kirsch to give it a boozy hit, we're certain it will become a yule log recipe to repeat year after year.

Yields: 12 serving(s) Prep Time: 40 mins Cook Time: 20 mins Total Time: 1 hr

INGREDIENTS

For the cake

- Butter to grease
- 5 large eggs
- 100 g caster sugar, plus 2tsp to dust
- 1 tsp. vanilla extract
- 60 g plain flour
- 40 g cocoa powder, plus 2tsp to dust

For the filling

- 100 ml double cream
- 75 g white chocolate, melted and cooled
- 2 Tbsp. kirsch
- 5 Tbsp. cherry jam
- 125 g black cherries in syrup (drained weight), roughly chopped, we used Epicure for the ganache
- 200 g dark chocolate (70% cocoa)
- 200 ml double cream
- 1 Tbsp. golden syrup

DIRECTIONS

Step 1

Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 23 x 33cm (9 x 13in) Swiss roll tin with baking parchment. Using a freestanding mixer or in a large bowl with a handheld electric whisk, beat eggs and caster sugar until extremely thick, about 5min. Beat in vanilla.

Step 2

Sift in flour and cocoa, and gently fold in with a large metal spoon. Scrape into prepared tin and level gently with a palette knife. Bake for 15min until sponge is firm to the touch. Dust top with the extra cocoa and caster sugar, lay a piece of baking parchment on top, then place a wire rack over the top. Invert sponge on to the parchment and



rack and gently peel away top lining parchment. While warm, carefully roll up sponge from a long edge, using the parchment to help. Cool on a wire rack (rolled).

Step 3

To make the ganache, whizz chocolate in a food processor until fine (or finely chop by hand), then tip into a heatproof bowl. Heat cream and golden syrup in a small pan over medium heat until almost boiling. Pour over chocolate, leave for 2min, then stir gently until melted. Cover loosely with clingfilm and set aside while you make the filling.

Step 4

Whisk cream until it just holds its shape. Beat in melted cooled white chocolate until stiff. Gently unroll sponge, then spread cream mixture over the top. Mix kirsch and jam and drizzle over the cream, then scatter over chopped cherries. With the help of the parchment, roll the sponge up again. Using a serrated knife, cut a short section diagonally from one end.

Step 5

Transfer to a large platter and place the cut section on one side to look like a stump. Slowly pour or spoon ganache over the sponge, spreading with a palette knife. Chill for at least 20min until set before serving.

CHRISTMAS TV ADS

TV Christmas ads have become a popular feature of the festive season.

The most successful Christmas TV ads are memorable for their emotional appeal, creativity, and cultural impact. Here are a few standout examples:

1. John Lewis:

“The Long Wait” (2011): This ad features a boy eagerly anticipating Christmas—not for his own gifts, but to give one to his parents. It resonated widely for its heartwarming twist. “Monty the Penguin” (2014): This tells the story of a boy and his penguin friend longing for companionship, using a magical mix of imagination and emotion

2. Sainsbury’s:

“1914” (2014): Based on the World War I Christmas Truce, this ad highlights a moment of humanity and connection during wartime, making it unforgettable

3. Coca-Cola:

Their “Holidays Are Coming” ad with iconic red trucks and the catchy jingle has been a staple since the 1990s,

symbolizing the start of the festive season for many

4. WestJet:

“Christmas Miracle” (2013): This Canadian airline’s ad involved passengers sharing their Christmas wishes before a flight, only to have the gifts waiting for them upon arrival. Its genuine surprises brought joy and became a viral hit

5. Heathrow Airport:

“Coming Home for Christmas” (2016): This ad features teddy bears navigating the airport to reunite with family, evoking nostalgia and warmth

6. Apple:

“The Surprise” (2019): This ad about a family cherishing memories of a late loved one shows how technology can strengthen emotional bonds during the holidays. These ads effectively combine storytelling, music, and visuals to create festive joy, often leaving a lasting impression that goes beyond their commercial purpose.

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WHERE ARE THE POLICIES FOR OLDER PEOPLE IN GENERAL ELECTION 2024?

Reacting to the first weeks of the 2024 general election campaign, Age Action is asking all political parties and candidates to make clear what they will do to meet the needs and concerns of older people, to uphold the rights and equality of all of us as we age, and to combat ageism.

Dr Nat O'Connor, senior policy adviser, said: "In this general election, nearly one in three voters will be aged 60 or older, yet older people are telling Age Action that they haven't heard meaningful discussion of policies addressing their concerns."

Older people have told us that 'we do not think the politicians take sufficient notice of older people' and that 'we're not respected'.

Older people have told Age Action about the difficulty of making ends meet on the state pension, their frustration of trying to access public services, banking or utilities without constantly being forced to go online, as well as growing anxieties around housing, healthcare, and transport.

"Today, there are over one million people aged 60 or older, including 185,000 aged 80 or older. In just twenty years from now, there will be nearly twice as many older people, including many more in advanced older age who will need the state to provide health and social care services, as well as adequate housing and transport systems. None of the parties seem to be planning long-term to meet this eventuality, which is a major concern for older voters, and should be for all of us as we age."

"Age Action is calling on all parties to take a new approach to ageing policy, based on the rights of older people and reflecting their diversity and diverse needs. Political parties need to demonstrate that they take older people seriously and that they

are capable of meeting the changing needs of our ageing population.” Dr O’Connor concluded.

Age Action’s ten asks for the general election are:

1. Appoint a Commissioner for Ageing and Older Persons, with a supporting legal framework and an independent budget, to ensure we are all treated fairly and with dignity as we age.

2. Pass a law to benchmark and index the state pension so that its rate will always be at least equal to 34% of total average earnings to preserve its status as the bedrock of income in older age.

3. Abolish the prevalent ageist practice of mandatory retirement, so that we all have the option to remain in or re-enter employment beyond age 65, as a step towards eliminating legally permitted age discrimination.

4. Develop a comprehensive, all-of-government national ageing strategy, with a requirement for implementation plans in every relevant state agency, to eradicate ageism and to ensure that we prepare sufficiently for the demographic transition.

5. Deliver on the pledge of a strong, fully universal and accessible healthcare system that is tax-

funded and free-of-charge at the point of use.

6. Implement an Energy Guarantee for Older Persons payment, targeting those in poorly insulated homes as well as those on lower incomes, as a tangible example of climate justice.

7. Prohibit ‘digital only’ services, fund digital skills training and adequately resource traditional alternatives such as desk and telephone services, as a step towards implementing a rights-based approach to accessing publicly funded services.

8. Introduce a care strategy using a human rights-based approach to improve, expand, and harmonize our care options.

9. Implement policies to ensure that all of us can age in place in our homes and communities, in particular, support and protections for older persons renting, and the enforcement of universal design principles for all new builds.

10. Support the introduction of a UN Convention on the Rights of Older Persons to address the gaps in the existing human rights system by clarifying states’ human rights obligations and responsibilities towards older people.

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VOLUNTEER EXPO FINGAL

Dublin 15

VOLUNTEER EXPO HIGHLIGHTS OPPORTUNITIES WITH DUBLIN 15 CHARITIES

This month, Fingal Volunteer Centre hosted a Dublin 15 Volunteer Expo during which people interested in volunteering chatted with their local charities.

This public gathering in Blanchardstown Library, provided 12 not-for-profits organisations the chance to chat with the public about their missions and what volunteering with them looks like. Set up in 2007, Fingal Volunteer Centre is an independent charity that promotes the value of volunteering. Events like the Expo offer an opportunity for individuals thinking of volunteering to meet directly with local organisations and have a quick chat about their roles, facilitating the first steps into their volunteer journey.



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Everyone can be a volunteer. Most of the roles do not require any specific skills and when necessary, training is provided. Some roles do require specific knowledge and people who have experience in any area are valuable. Roles include befriending, administration, arts & crafts, event stewarding, fundraising, IT, mentoring and tutoring, board positions, coaching and many more.

Dublin 15 hosts over 100 not-for-profits organisations which focus on promoting positive mental health, supporting youth / the elderly / people with disabilities, taking environment & climate actions, encouraging sports, radio broadcasting and much more. Groups at the Expo represented this diversity of causes and roles: Avista, B.C.I.L., Blanchardstown Village Tidy Towns, Castleknock Tidy Town, Children for World Children, Cycling Ireland, Empower Local Development Company, Foroige, Home-Start Blanchardstown, Millennium Community Garden, and 92.5 Phoenix FM Radio.

On the night, we spoke with one of the local organisations that partners with Fingal Volunteer Centre to find volunteers. Empower Local Development Company is an organisation that offer free services in areas such as English lessons for beginners, quit smoking support, 'Healthy Food Made Easy,' LGBTQ+ in-person support groups, and social prescribing plus much more. They serve people in Blanchardstown, Mulhuddart and Balbriggan. Empower rely on volunteers to be able to deliver conversational English classes and have opportunities on offer on ivol.ie regularly.

Louise from Empower told us the Expo helps them in several ways: it introduces potential volunteers to the organisation and its aims; it makes local people aware of Empower's services. The Expo also provides helpful networking opportunities with other Dublin 15 groups. It really is a win-win for not-for-profits and volunteers alike.

Did you miss the event?

That's ok. Fingal Volunteer Centre is part of a nationwide network of 29 Volunteer Centres who share a website www.i-vol.ie. Here, you can search directly for hundreds of volunteer opportunities that may interest you.

If you would rather have a chat, you can ring or email the volunteer centre about the type of roles that would interest you. Or you can drop in at one of the "Fingal Volunteer Centre Library Pop-Ups" events happening in libraries across Fingal to meet with the team. Dates and times are listed on their website.

So, whether you are interested in once-off or regular volunteering, or part of an organisation that needs volunteers, Fingal Volunteer Centre is the place for you. www.volunteerfingal.ie 01 899 1921 or email info@volunteerfingal.ie for more information.

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GRACIOUS AND SANGUINE; AONTÚ CLLR ELLEN TROY SAYS SHE WILL BE BACK IN THE HUNT FOR A DÁIL SEAT IN DUBLIN WEST.

Aontú's Cllr Ellen Troy was sanguine when the final results were called at the Phibblestown count centre in D 15, meaning she narrowly missed on a Dáil seat for Dublin West.



Just losing out by a few hundred votes to a former Minister in Roderick O' Gorman was a massive success for the Castleknock woman who put in a stellar performance and is seen as a major contender for future election.

Cllr Troy says.

"I am absolutely delighted with how I did. This is not a loss, this is a win for Aontú, a massive endorsement for Aontú and our clear policies".

"I spoke to thousands and thousands of people across Dublin West over the last few months and our message of accountability, genuine care and compassion for those who need it and are struggling in so many ways, highlighting huge Government waste and the huge chasm between the 'haves' and the 'have nots' really resonated with people".

"Aontú genuinely cares about those who are less fortunate, those who can't rent a home let alone buy one, little children waiting for long promised scoliosis treatments, people working all hours just to pay the bills, the list is endless".

"I am incredibly happy with the campaign I and my wonderful team ran. We ran a clean, professional, compassionate and decent campaign on an absolute shoestring. It was a true team effort, and I can't thank them enough. What we didn't have in terms of the huge sums of money all the other parties receive in funding, we more than made up on with true grit and passion. Not having a huge slick campaign and operating with a tiny team without State funding makes our successes all the more stunning. My Aontú colleagues, who are like family to me, wore out shoe leather to talk to the electorate of Dublin

West, they were, and are superb and their efforts are reflective of our ethos".

"I am so happy with the vote I achieved, and I genuinely want to thank each and every one of those who voted for me in Dublin West, they believed in me and knew that I would have stuck to my word and delivered for them. I am passionate about my country and its people and believe they have been badly served by successive governments. I am a democrat and I accept the will of the people but I will be watching to see if the promises made by my fellow candidates across this area who were elected will come good on the promises they made and if not, I will hold them to account, make no mistake about that".

"We can hold our heads up high. We have a superb party and a superb leader in Deputy Peadar Tóibín who is a man of real substance and real integrity".

"That is the stuff that matters and people do see that, you simply cannot fake real care for those who are less fortunate in our society".

"I know I have a solid base of voters, and I am going to continue to build on that and grow it through my work as a Cllr. What we have achieved in just five years since the foundation of Aontú is nothing short of remarkable".

She says "I want to thank the people of Dublin West who believed in me and stayed with me. They know me to be a woman of determination, character and integrity".

"To the people who were elected in my area, I do wish them well, politics is not easy, and we need to remember they are human beings with all the feelings that human beings have".

Cllr. Ellen Troy... True class.



Mile Buiochas to all the wonderful people of Dublin West who believed in me and trusted me with their votes.

I did extraordinarily well and I am proud and honoured with my campaign, which was professional, clean, dignified and all done without any state funding.

Happy Christmas;
Nollaig Shona agus Aontú Abu

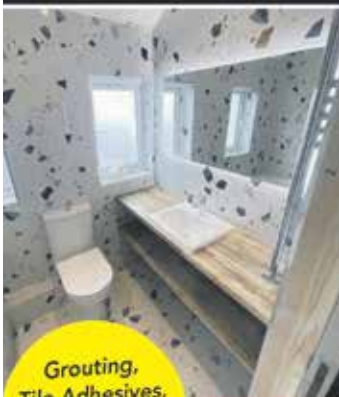
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DUBLIN 15 COMMON APPLICATION TRIAL

13 Schools in Dublin 15 to Participate in
Groundbreaking Common Application Trial

A new Common Application Trial, supported by 13 primary schools in Dublin 15, is set to streamline the school application process for parents in the area. The initiative, which has received strong backing from school patrons, parent groups, Minister Naughton and the Department of Education, is designed to make school enrolment easier for families and ensure fair access for all students. The trial, which was launched with the instrumental support of the National Council of Special Education (NCSE), allows parents to apply once for any of the participating schools. This single application process eliminates the need for multiple forms, helping to reduce the stress and complexity often associated with school enrolment.

Participating Schools:

St Brigid's Mixed National School
Scoil Bhríde Buachaillí
Scoil Oilibhéir
St Ciaran's National School
Sacred Heart National School
Castleknock Educate Together NS
Mary Mother of Hope Senior NS
Scoil Choilm Community NS
Mary Mother of Hope Junior NS
Hansfield Educate Together NS
Powerstown Educate Together NS
Pelletstown Educate Together NS
Scoil Mhuire Mount Sackville



An Chomhairle Náisiúnta
um Oideachas Speisialta
National Council
for Special Education

DUBLIN 15
AUTISM CLASS
APPLICATION TRIAL



**D15 ACAT dedicated
help desk opens 4/11/2024**



email: D15ACAT@ncse.ie

You can also contact participating schools &
find information on their websites

Key Dates:

Application Window Opens: 4th Nov 2024
Application Window Closes: 8th Jan 2025 at 2pm
Parents Notified of Decision: 24th January 2025
Confirm Acceptance of Offer by: 31st Jan 2025

This initiative offers parents the convenience of completing just one application for all 13 schools. By making the process more transparent and accessible, the Common Application Trial supports parents in making informed decisions about their children's education.

Comprehensive information about applying for an Autism Class place in Dublin 15 has been made widely accessible to ensure all families receive the support they need.

Details have been shared on the websites of all participating schools.

- NCSE: The National Council for Special Education (NCSE) has a dedicated webpage outlining the application process. <https://ncse.ie/the-ncse-and-13-dublin-15-schools-commence-autism-class-application-trial>
- Fingal Community Childcare: Information has been communicated to registered preschools in D15 by the Fingal Community Childcare network.
- Private Autism Preschools: We have ensured that private autism preschools are informed of the application process.
- HSE Teams: Community Disability Network Teams and Primary Care Teams in Dublin 15 have been

briefed on the procedures.

- TESS / Education Welfare Officers: Key details have been shared with Education Welfare Officers to reach more families.

- Dublin 15 Autism Parents' Groups: We have actively engaged with parent advocacy groups in D15 to ensure as many parents as possible are informed about application procedures, supports and deadlines.

To further support parents, Drop-In Clinics are available across Dublin 15. These clinics offer assistance with the application process for Autism Class places.

Drop-In Clinic Schedule:

- Sacred Heart NS, Huntstown, D15 KF65, Wednesday, 4th December, 10 am – 11 am,

- Mary Mother of Hope JNS, Littlepace, D15 TA49, Wednesday, 11th December, 10 am – 11 am

- Powerstown ETNS, Tyrrelstown, D15 VR80, Wednesday, 8th January, 10 am – 11 am

We encourage all parents who require support to attend these clinics or contact us for more information. Together, we aim to ensure every child has access to the education they deserve.

For more information about the Dublin 15 Common Application Trial, please email D15ACAT@ncse.ie

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Saoirse Ronan fronts heartbreaking appeal for ISPCCC as Christmas dreams are revealed to be Christmas nightmares for thousands of children



Academy Award nominee Saoirse Ronan is the voice of Childline by ISPCCC's Christmas Appeal as Ireland's only 24/7 listening service for children reports 50 children reach out weekly in relation to sexual, physical and emotional abuse

Saoirse urges the people of Ireland to "take a moment to think of all the young people in your community who could be going through this behind closed doors, alone, afraid and feeling unloved"

Link to 'Once I was that Child' radio campaign: <https://youtu.be/mrQrUdNKs8U>

Dublin, November 18, 2024 – Childline by ISPCCC today launches a national Christmas appeal, voiced by actress Saoirse Ronan, with shocking statistics from Ireland's only 24/7

listening service for children and young people that reveal:

- 300 children a year contact Childline about sexual abuse involving rape, incest and being forced to watch and/or perform sexual acts
- 50 children a year are in the process of trying to take their own life while on the phone to the Childline team
- 50 contacts are received every week in relation to sexual, physical and emotional abuse
- Physical abuse contacts are related

to domestic violence, hitting and physical punishment

- Physical abuse peaks when children are 13 years of age; sexual abuse peaks at the age of 16

- The Childline team spends the equivalent of 50 full days a year talking to children and young people in immediate crisis

Academy Award nominee Saoirse Ronan has put her full support behind ISPCC's vital campaign to reveal the dark truths behind childhood in Ireland. "Once I was that Child," a national radio campaign, is brought to full, terrible, haunting life by the power of Saoirse's performance. The Blitz and Outrun actress urges the listener to think of and donate to the ISPCC, which needs public support to continue its essential work helping so many traumatised children and young people.


Saoirse Ronan said: "For too many children and young people, Christmas doesn't mean presents or a happy day full of warmth and safety. Instead, it means abuse, neglect and loneliness. It breaks my heart to know that it can be nothing but a living nightmare for many

of our young people across this country. Take a moment to think of all the young people in your community who could be going through this behind closed doors, alone, afraid, feeling unloved.

"At Childline, there is always someone there to listen, support and be there for them - while their world is crumbling around them. Childline has long been a cause close to my heart and I know that their vital work makes a real and lasting difference. I am so proud to support this appeal and urge everyone to donate whatever they can to help ensure that Childline can remain a lifeline to children this Christmas."

"Once I was that child, screaming inside as I was stolen and eaten alive." This line spoken by Saoirse in the powerful radio campaign is a sentiment that tragically resonates only too well with the team at ISPCC.


Children and young people reach out to ISPCC's team of trained volunteers and professional staff to tell them of the trauma they endure, which includes sex trafficking, experiencing choking and strangulation and being made to watch and perform sexual acts.



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• Sophie's* father has become so out of his mind on drugs at times that he has forced himself on her, thinking she is his partner. Sophie is terrified of him.

• Sixteen-year-old Aisling* is petrified of her fiftysomething "boyfriend" who makes her perform sexual acts that she doesn't want to do.

• Conor*, who is only eight years old, lives in terror of his mother's new partner who takes his anger out on him. He worries that no one would believe him, although he has the bruises to prove it.

• Orla* is 10 years old, fatherless and lonely. She rings Childline for company while she minds her three-year-old brother when her mother leaves her alone to go out drinking.

It takes a lot of courage for a child to ring Childline, and the 24/7 Childline listening service means that there is always someone to listen if a child or young person needs to share their story, during the festive season and all through the year.

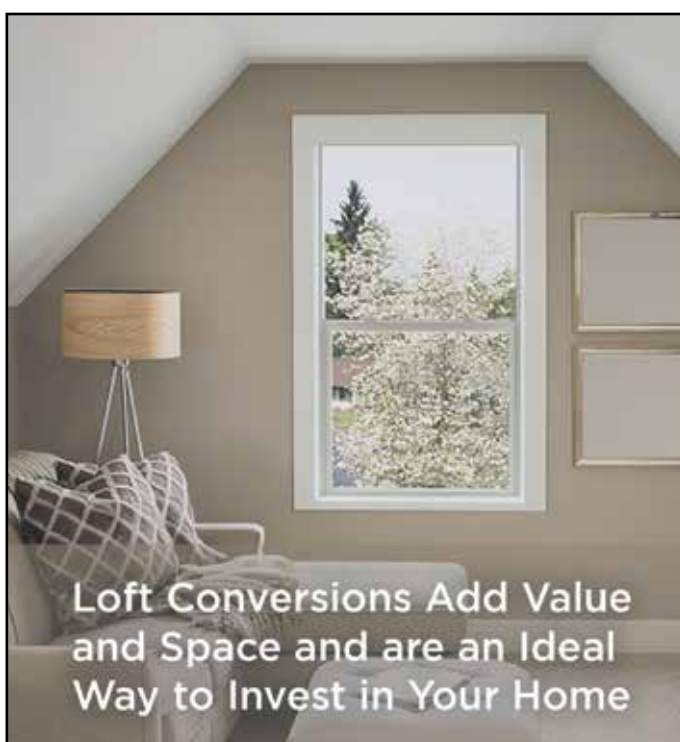
"This Christmas, we call on the people of Ireland to think of the children for whom Christmas is not a time of joy but instead just another nightmarish day in a life filled with trauma," says John Church, ISPCCE CEO.

Church continued: "Too many children in this country don't have the Christmas they deserve. Unfortunately, we still have vulnerable children and families in situations drowning without the support they require and deserve – and have a right to. We depend on donations for up to 90% of the funding which keeps us listening 24 hours a day, seven days a week, 365 days of the year. Without your help, we wouldn't be here for the children who need us so much."

"Once I was that Child" will air on national and regional radio stations from Monday, November 25th.

To help Childline help those children whose Christmas dreams have turned to nightmares, go to ispcce.ie

*Names have been changed



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WOW CHRISTMAS GIFTS FOR HER

It is a stereotype that men roll out of the pub and Christmas Eve and find the nearest pharmacy to buy their partner / wife / girlfriend whatever is left in cosmetic gift sets.



A bit harsh in the modern world but choosing for your female partner is often a real challenge. Avoid the mistake of the household appliance item and take our advice.

To truly “wow” your female partner this Christmas, consider gifts that blend thoughtfulness, luxury, and experiences tailored to her tastes. Here are some standout ideas:

1. Luxurious Jewellery or Watches

- Liwu Jewellery or Newbridge Silverware: These brands craft elegant Irish-inspired pieces. A personalized necklace, bracelet, or a timeless watch can make a lasting impression.
- Bespoke Fine Jewellery: Commission a custom piece featuring her favourite gemstones or a meaningful design.

2. Memorable Experiences

- Weekend Getaway: Book a stay at an iconic Irish castle like Ashford Castle or Dromoland Castle for a romantic escape.
- Unique Activities: Hot air balloon rides, private wine tastings, or an Irish seaweed bath experience are distinctive and memorable.

3. Designer and High-End Fashion

- Kilkenny Design's Lennon Courtney Collection: Elegant clothing and accessories inspired by Irish landscapes.
- Luxury Handbags: Brands like Mulberry or Strathberry

offer stylish and timeless options.

4. Tech with a Personal Touch

- Customized Smart Jewellery: A smart ring or bracelet that tracks fitness but looks like fine jewellery (e.g., Oura Ring).
- High-End Headphones: Noise-cancelling headphones like the Bose 700 or Apple AirPods Max in a personalized colour.

5. Ultimate Relaxation Gifts

- At-Home Spa Bundle: Include a luxury robe, Kinvara skincare products, and aromatherapy candles.
- Wellness Subscriptions: A subscription to a meditation app like Calm, or a yoga retreat.

6. Extraordinary Personalized Keepsakes

- Custom Portrait or Artwork: Commission a painting or digital illustration of the two of you.
- Personalized Star Map: A framed star map of a meaningful date and location in your relationship.

7. Big-Ticket Items

- Electric Bike: If she enjoys the outdoors, this is a fun and sustainable gift.
- Designer Luggage: A chic and functional luggage set for future adventures.

A “wow” gift should reflect your deep understanding of her preferences and desires. Think about her passions—whether it's art, travel, relaxation, or luxury—and choose something that feels uniquely her.

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From All the Team*



SuperValu celebrates 29 years working with Irish poinsettia supplier Uniplumo

“Pictured at the Uniplumo poinsettias glasshouses in Oldtown, Co. Dublin is Kayla, Theo and Uniplumo grower Paddy O’Dwyer as SuperValu celebrates 29 years working with the Irish supplier.

SuperValu has announced that they expect to sell 100,000 Irish grown poinsettias in the run up to Christmas. The vibrant red is a firm favourite with our customers every Christmas. All Poinsettias sold by SuperValu are Bord Bia-approved and carry the Bord Bia Quality Mark.

This year marks the 29th year that the North Dublin based grower Uniplumo has worked with SuperValu to supply the popular festive plant. At SuperValu, we recognise the environmental, social and economic benefits that come from supporting local and buying Irish produce.”





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NOSTRADAMUS' PREDICTIONS FOR 2025

Nostradamus, was a 16th century French astrologer, apothecary, physician, and reputed seer, who is best known for his book *Les Prophéties* (published in 1555), a collection of 942 poetic quatrains allegedly predicting future events.

Still today there is interest in his predictions. So what does he say about 2025. Based on interpretations of his cryptic quatrains, suggest several dramatic global events. Here are the key themes highlighted:

1. Natural Disasters: Nostradamus mentions volcanic eruptions and flooding, which some interpret as potential disasters in Brazil, particularly around the Amazon region and its capital, Brasília. These could signify flooding or increased volcanic activity in South America

2. War and Plague in Europe:

He describes “cruel wars” and a resurgence of “ancient plagues,” which some interpret as a continuation of geopolitical tensions and potential new health crises in Europe. England is specifically mentioned in a context that some link to post-Brexit isolation and its implications

3. Cosmic Collision:

There are references to a “fireball” or asteroid potentially nearing Earth, described as a “Harbinger of Fate.” This could be linked to the asteroid 2024 PT5, which is projected to pass relatively close to Earth in early 2025. Despite the ominous tone, current projections suggest it poses no significant threat



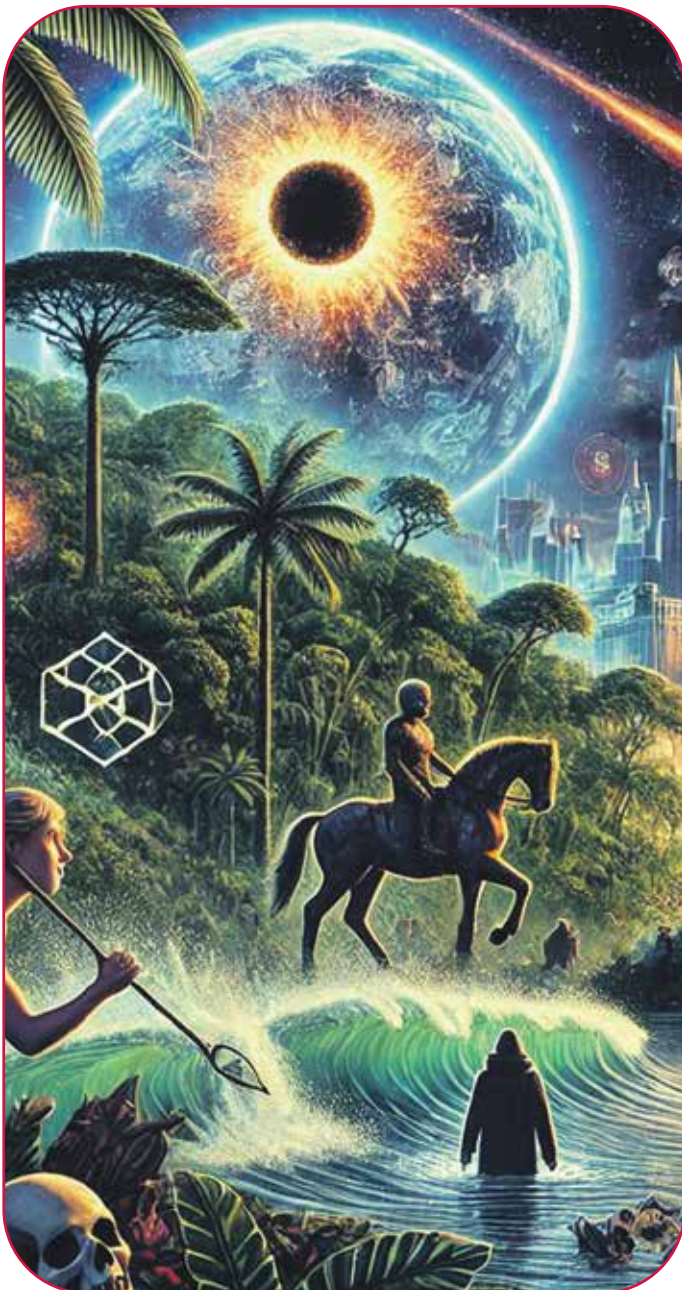
4.The “Aquatic Empire”:

Nostradamus allegedly foresees severe flooding displacing millions, possibly linked to rising sea levels from climate change. The emergence of a “mysterious leader” from the sea, forming an “Aquatic Empire,” symbolizes power shifts or challenges related to this crisis

5. Medical and Economic Shifts:

Some interpretations point to significant breakthroughs in medicine, potentially related to advances like gene therapy, and economic upheavals involving new forms of currency or shifts in global wealth

These predictions are speculative and open to interpretation. While they align with modern concerns like climate change, geopolitical instability, and scientific advancements, they are not grounded in specific evidence. Nostradamus’ writings are often interpreted differently over time. Let us see what 2025 produces.



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Generational divide emerges in Ireland's health and wellbeing standards



Generational divide emerges in Ireland's health and wellbeing standards – with more than half of younger adults considered in 'poor health'

- The National Health Score* continues to decline for fifth consecutive year – reveals the Irish Life 2024 Health of the Nation annual research report
- 100,000 more adults in Ireland have fallen into the "poor health" category, with 60% of adults now overweight or obese
- More than twice as many under 35-year-olds in the "poor health" category, compared to older adults
- Increased numbers of younger adults now

smoking or vaping – more than 1 in 3 (36%)

- Research confirms optimism for future (89%), indicating opportunity to start making meaningful changes for better health

November 19th, 2024: A generational gap is emerging in Ireland's health and wellbeing standards as people aged 16-34 score worse across a range of physical and mental wellbeing metrics, in comparison to older generations. The

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research looks at Ireland's overall health and wellbeing standards across a range of metrics, pinpointing the current health challenges Irish adults face, and highlighting the opportunities to make positive changes for our overall wellbeing. The findings were published today as part of the Irish Life 2024 Health of the Nation research.

Ireland's National Health Score declined for the fifth consecutive year, with a score of 520 in 2024, a decrease from 523 last year. The National Health Score has now declined by 4.7% since 2019, highlighting the need to incorporate healthier lifestyle habits to improve our overall health status.

100,000 more people in Ireland are now considered to be in 'poor health', with over half (54%) of all 16–34-year-olds now within this category, compared to 26% of all adults**. A larger proportion of young people – over 1 in 3 (36%) - are now vaping or smoking indicating habits form in teenage years, reaffirming the need for greater supports and education in this age cohort. Overall, 27% of adults said they vape or smoke, compared to 23% in 2023 and 18% in 2022.

The research shows an increase in average weight with 6 in 10 (60%) of adults in Ireland

now considered overweight or obese. Ireland's average weight has increased from 79kg in 2023 to 81kg this year. On average, 37% of Ireland's adult population are now spending more than half their day in a sedentary position, as our national average Body Mass Index (BMI) increases to 27.1, which is categorised as overweight.

Other key findings include:

- 1 in 4 adults (25%) report feeling stressed, depressed or anxious more than half the time.
- Average consumption of fruit and vegetable stands at 4.6 portions per day amongst all adults.
- Almost two-thirds of workplace managers (63%) see mental health needs of employees growing year on year. 42% believe their workplace is supportive of employee mental health.

Despite the health challenges that are present, 89% of Irish adults report feeling positive about the future, with 90% of all respondents believing in their ability to overcome challenges.

Dr Carol Rogan, Psychologist, Irish Life Wellbeing, said: "The results of this year's Irish Life Health of the Nation report paints a bleak picture of the nation's health, showcasing the downward trajectory we have been experiencing since 2018. The mental wellbeing findings are of



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significant concern and mirror the most recent global findings which also show no sign of a post-pandemic bounce back. It's evident that we all have a part to play – government, state bodies, employers and individuals - to take action to start to reverse the trends we have seen in recent years.

The findings of this year's research also bring into stark focus the mental wellbeing of younger adults – highlighting a clear generation gap, with younger generations struggling more overall. The good news is that the report shows that managers in the workplace are increasingly aware of the mental health needs of their employees, with almost three-quarters of managers in support of formal training in this area, with many external supports available to assist managers improve confidence and support for employees across all age cohorts. In terms of outlook, we do see that people still think they can change, with 9 in 10 people feeling positive about the future and confident in their resilience to overcome issues. As a nation we need to take the necessary actions now, to improve our mental wellbeing by making positive health and lifestyle choices."

Details of the report and potential actions:

Physical Health

Good physical health is a cornerstone of people's wellbeing and is dependent on a range of factors including BMI, nutrition, physical activity and lifestyle. This year's findings indicate

a rise in BMI, smoking, vaping and sedentary behaviour. Irish Life's health experts encourage people to break up prolonged sedentary periods and replace them with physical activity (of any intensity). On the positive side, there is evidence to suggest awareness of the importance of good nutrition is increasing.

Mental Health

The overall results in mental health are broadly comparable to last year, although the continued decline in mental wellbeing among 16-34s is of concern. In 2024, this cohort was more likely to report feeling stressed, anxious, sad or depressed than it was in 2023. This appears to be a global trend.

The research indicates managers see an increase in the numbers coming to them with mental health difficulties, and often feel ill-equipped to respond effectively. Businesses and organisations must continue to grow their mental health supports and put them front and centre of their wellbeing strategies.

Social Connection

Social health is defined by how people experience their lives in terms of their sense of belonging, relationships, patterns in socialising and being integrated into society. Good social health is a strong indicator of a healthier lifestyle in adults of all ages. Irish Life's findings show that social health has not significantly recovered since its rapid decline in 2020.



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