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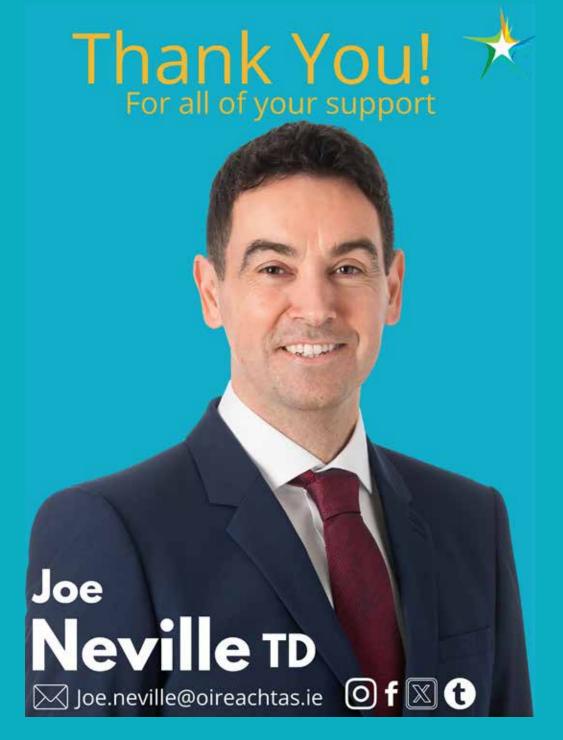
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would firstly like to thank everyone who supported me in 2024 in both the Local and General elections and indeed in my time as Mayor of County Kildare. It was a really busy year and as we begin 2025, I am truly honoured to have been elected to represent the people of Kildare North as your new TD. I look forward to working hard on behalf of the people of Kildare North for local items and the country on key topical national issues.

As a Councillor I have worked on many projects in Leixlip and Celbridge, helping the Community, improving sports facilities, making our roads and path safer among many other items. I am now delighted to be able to work on

a national level to deliver key infrastructure and vastly improved services for our growing needs in North Kildare.

I have already began working in Leinster House on key issues such as transport, Castletown House, better water services and childcare places in both Dail questions and as direct inputs into the new programme for Government. I am also happy to help anyone with issues big or small and can be reached through my office email Joe.neville@oireachtas.ie. You have placed your trust in me, and I assure you that I will work hard on your behalf and will deliver for our constituency and the Country.



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EDITORIAL

elcome to the first 2025 edition of Little Village. Our theme is about looking forward to the year ahead. Nearby events such as St Brigid's Day, Valentine's Day and some of the events planned for 2025. For the motorists we look at new cars to be launched this year.

We hope you enjoy our mix of local and general news. We welcome contributions about local events and activities. We are pleased to include artistic awards to Loah and 1iing Heaney who have strong Kildare connections.

Best wishes for the year ahead,

The Little Village Team

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LITTLE VILLAGE MAGAZINE

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Kildare County Council Arts Service, in collaboration with MERITS Innovation Thinkspace Naas, has announced 1iing Heaney as the recipient of the new VECTOR Digital Arts Residency.

iing Heaney is a visual artist based in Leixlip Co. Kildare. Her focus for the residency will be to develop her practice that merges digital art, technology and ecology. Using computer-generated imagery her work explores how the Irish landscape, folklore and nature can be mediated through technology to create virtual worlds. She examines the boundaries between virtual and reality and our disconnection from the natural world.

VECTOR aims to support innovation and collaboration in the digital arts sector. It will provide 1iing with a space in MERITS Innovation Thinkspace, Naas, to work over a four-month period starting this January. The residency will also include bespoke mentoring with Jo Mangan, Artistic Director of Maynooth-based Performance Corporation and a place in the SPACE international multi-disciplinary artists residency in Paris in July 2025.

Eláine Donnelly, Acting Arts Officer, Kildare County Council said "We are delighted to announce 1iing Heaney as the recipient of this inaugural award for a Digital Artist based in Kildare. This residency is the first of its kind for the county and we welcome this new partnership with MERITS Innovation Thinkspace

in resourcing the opportunity. VECTOR will support an artist working in the crossover between art and technology. Having access to MERITS will enable connection and creative conversations with the digital and technology organisations based there. Together with the mentoring provided by such a well-regarded practitioner as Jo Mangan, we hope this residency will lead to exciting opportunities for 1iing in the future".

Lauren O Reilly, Programme Manager, MERITS commented "MERITS, as an Innovation Hub funded by Kildare County Council and Enterprise Ireland has always been a community focused base for entrepreneurs and digital creatives, we are delighted to be commencing our first digital artist in residence programme."

Kildare Arts Service initiated the VECTOR Digital Arts Residency in response to its strategic priorities to Support Artists and reimagining space for art, and national policy to promote and develop existing resources in the Digital Arts sector in Kildare. The pilot residency is supported by MERITS and funded by Kildare County Council's Arts Service with grant aid from The Arts Council of Ireland/An Comhairle Ealaíon.



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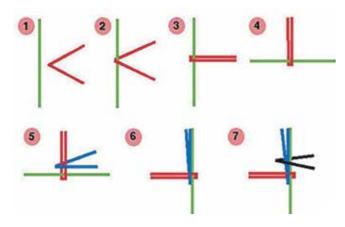
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How to make a St Brigid's Cross

Making a St Bridget's Cross is a custom in Ireland. The St Bridget's Cross is made out of plants called rushes (Juncus effusus) for hanging above the entrances to dwellings to invoke the help of St Bridget in warding off disease.



t Bridget's Day is celebrated on the 1st of February each year and the crosses are made at that time. Rushes were traditionally used to make the St Bridget's Cross. These were collected from wetlands and cut into pieces, 8-12 inches long. Rushes can be hard to get for city dwellers so ordinary paper environmentally friendly drinking straws are a good substitute. Use rubber bands to tie up the ends.

If You Can't Get Rushes, You Will Need:

9 paper environmentally friendly drinking straws4 small rubber bands

What to Do

Hold one of the straws vertically. Fold a second straw in half as in the diagram.

Place the first vertical straw in the centre of the folded second straw.

Hold the centre overlap tightly between thumb and forefinger.

Turn the two straws held together 90 degrees counterclockwise so that the open ends of the second straw are projecting vertically upwards.

Fold a third straw in half and over both parts of the second straw to lie horizontally from left to right against the first straw. Hold tight.

Holding the centre tightly, turn the three straws 90 degrees counterclockwise so that the open ends of the third straw are pointing upwards.

Fold a new straw in half over and across all the straws pointing upwards.

Repeat the process of rotating all the straws 90 degrees counterclockwise, adding a new folded straw each time until all nine straws have been used up to make the cross.

Secure the arms of the cross with elastic bands. Trim the ends to make them all the same length. The St Bridget's Cross is now ready to hang.

Rest assured Have your own say

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BEYOND THE PALEThis edition takes you to County Carlow

You might think it early in the year to think about traveling in Ireland but with Spring on the way Altamont House in County Carlow is a great option.

hile some of Ireland's beautiful gardens remain closed until late spring/early summer, there are those that like to show off their floral collections of snowdrops, bluebells and more in springtime. Altamont Gardens in County Carlow displays its renowned blanket of February snowdrops during snowdrop week (12 to 18 Feb)

Altamont Gardens are an enchanting blend of River Slaney.

formal and informal gardens with riverside walks covering over 40 acres (16 hectares). Lawns bisected by sculpted yews, slope down to a lake surrounded by rare trees and rhododendrons and lead in turn to a very different garden featuring exotic shrubs and trees. A fascinating walk through the Arboretum, Bog Garden and Ice Age Glen with its canopy of ancient oaks and huge stone outcrops leads the visitor to the River Slaney



"Every visitor says it has a special atmosphere, that's why so many people come back. Every element you want from a great garden is here, from lovely lawns, floral beds and beautiful woodland going down to the river, to a walled garden and really superb collections, such as the snowdrops, rhododendrons and the fabulous oaks in the Arboretum" — Paul Whyte, head gardener at Altamont Gardens.

You can enjoy refreshments at the Walled Garden Sugar & Spice Café with lovely coffee/ tea, scones and cakes, with a takeaway option available, open February – October daily 11 a.m. – 4.30 p.m.

FACILITIES: Toilets, outdoor picnic tables, car and coach park, restricted wheelchair access. No dogs allowed except guide dogs.

the M9 at junction 5 for N80 Rosslare. Continue along the N80 through the village of Ballon applie and the N80/N81 junction. Turn left at the next crossroad junction signed Altamont Gardens.

From Carlow Town follow the N80 through Ballon and continue as above.

OPENING TIMES:

January 1st – 31st, 9 a.m. – 4 p.m. 7 days per week.

February 1st – 28th, 9 a.m. – 4.30 p.m. 7 days per week.

March 1st - 31st, 9 a.m. - 5 p.m. 7 days per week

April 1st – September 30th, 9 a.m. – 6.30 p.m. 7 days per week.

October 1st – 31st, 9 a.m. – 5 p.m. 7 days per week.

November 1st – 30th, 9 a.m. – 4.30 p.m. 7 days per week.

December 1st – 31st, 9 a.m. – 4 p.m. 7 days per

ADMISSION: Car park fee of €2 per vehicle applies. Free admission to gardens. Free guided tours daily Feb-end of Nov, 10.30am-4pm every 30 minutes. Booking for group tours required.



Relay for Life Kildare 2025



elay For Life Kildare 2025 was launched on January 23, 2025, at The Curragh Racecourse — the home of Irish flat horse racing.

Relay For Life is a 24-hour event

that sees the local communities in Kildare come together to celebrate cancer survivors, remember loved ones lost to cancer, and stand shoulder to shoulder with those facing cancer.

It is a celebration of solidarity and helps to raise awareness of the services provided by the Irish Cancer Society locally and nationally.

Members, friends and families of teams take it in turns to walk a designated distance or time, with someone from the team being on the move at all times in the 24-hour period.

All are invited to come to The Curragh in www.relayforlife.ie/event/kildare/home

June and join in. When not walking, members of the teams, and their friends, families and colleagues socialise, enjoy live entertainment and take part in activities arranged by their committee.

There is also a Candle of Hope ceremony, where hundreds of candle bags that have been personalised with messages of hope and remembrance are lit during a moving ceremony.

This poignant event involves music and speeches and always attracts a large crowd of people.

For more information on the event or if you would like to become a member, team captain, join as a survivor please contact Peter on 087 1232901 or email kildarerelay@gmail.com or www.relayforlife.ie/event/kildare/home

MISSING CHILDREN AND TEENAGERS IN IRELAND



In Ireland, the number of children and teenagers reported missing each year has been increasing.

ccording to An Garda Síochána, the national police service, the total number of missing person reports has risen from 8,494 in 2020 to 11,014 in 2024. Specifically, the number of individuals reported missing increased from 3,334 in 2020 to 4,080 in 2024. While the exact proportion of these figures representing children and teenagers isn't specified, it's evident that a significant number involve young individuals.

Focusing on children in State care, reports indicate that 37 children and young people went missing from Tusla's care in 2024.

Similarly, nearly 30 teenagers disappeared from State care in 2024, with one 14-year-old

boy missing for two months.

These statistics highlight a concerning trend of increasing missing person cases among children and teenagers in Ireland, underscoring the need for continued attention and action to address this issue.

The ISPCC's Missing Children's Hotline provides emotional support and advice to young people and adults alike in relation to missing children.

The Hotline can be contacted for free 24 hours a day, every day, by calling 116 000.

The service is available to take calls from the general public, family members of a missing child and children who are missing.

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Ingredients

300g plain flour
plus, a little extra for dusting
200g salted butter
diced
120g golden caster sugar
2 large egg yolks
2 tsp vanilla extract
½ tsp rosewater
or 25g/1oz freeze-dried raspberries, whizzed to a
powder (optional)
red or pink food colouring

Method

Step 1

Tip the flour and butter into a food processor and whizz to fine crumbs. Add the sugar and yolks then whizz to a smooth dough. Remove one-third of the dough, add vanilla to what's left and pulse to whizz in. Wrap this dough in cling film and leave at room temperature.

Step 2

Put the reserved dough back in the processor with the rosewater or dried raspberries, if using, and a drop of food colouring. Pulse and add more colouring to achieve an intense colour. If the dough has become too soft, pulse in a few spoonsful

more flour until a similar consistency to the vanilla dough. Put the dough in the fridge, remembering to remove it 30 mins before you need to roll it out.

Step 3

Thickly roll out the coloured dough between baking parchment. Use a small 3-4cm heart cutter to stamp out hearts. Keep re-rolling and stamping until all the dough is used. Line up hearts on top of each other and press to form a cylinder, taking care to retain the heart shape. Wrap in cling film and freeze for 3 hrs until solid.

Step 4

When the heart dough is hard, roll the vanilla dough, using your hands, into 3 cylinders the length of the heart stack. Stick one to each 'side' of the hearts, pat together to form a fat cylinder, then gently roll on your work surface until it completely encircles the coloured dough, with the frozen heart dough hidden in the centre. Chill for 2 hrs.

Step 5

Heat oven to 180C/160C fan/gas 4. Use a sharp knife to slice the log into 1cm-thick discs. Place on trays lined with baking parchment, allowing space for spreading, and bake for 20 mins. Cool on wire racks. Will keep for up to 4 days in an airtight container.



Emer CURRIETD

WORKING FOR DUBLIN WEST

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Thank you!

I am honoured to have been elected as your Fine Gael TD for Dublin West and would like to extend a heartfelt thank you to everyone who supported me in the election and over the years. Alongside our excellent team of Councillors, I will work hard to deliver for you all.

Emer





Fingal County Council agrees to Feasibility Study on Guinness Bridge for walkers & cyclists

The CEO of Fingal County Council has recently updated me on the decision to co-fund a joint feasibility study with South Dublin County Council to examine the potential opening of Guinness Bridge for walkers and cyclists. This follows my public meeting in November 2023, calling for such a study and the development of a Liffey Valley Park in partnership with communities in Dublin and Kildare.

Last year a €1.4 million restoration project was completed on the bridge, but it remains isolated from visitors. Both Councils have confirmed they are now in regular contact to agree a brief for the feasibility study to assess how the bridge can be developed as an asset.



Neighbouring Councils progress 'Liffey Valley Park' - we should too

Kildare County Council has commenced a feasibility study and public survey to evaluate the opportunity and deliverability of a Liffey Valley Park from St Catherine's Park all the way to Celbridge. If delivered it would be the first phase of a Liffey Valley Park, a concept that was initially launched in 2006 as part of an overall Strategy including Fingal County Council and the OPW, but has never been progressed.

Fingal County Council and South Dublin County Council should now follow suit and collaborate on a similar study, focusing on the river corridor from St Catherine's Park to the Phoenix Park and Memorial Gardens, as envisaged in the original strategy. A design for a pedestrian and cycling bridge between the Memorial Gardens and Chapelizod Road, is already being progressed by Dublin City Council and the OPW. Guinness Bridge could also be incorporated.

A Liffey Valley Park and Trail would be a hugely valuable natural amenity for all of Dublin West, linked to the Phoenix Park and an investment in biodiversity for generations to come. I will continue to work towards this.

Getting things done!

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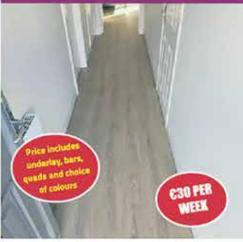




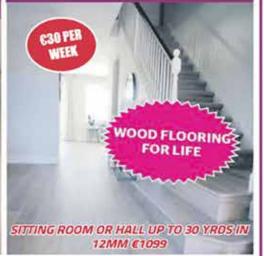
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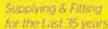




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EXCITING NEW CARS COMING IN 2025

With the automotive industry buzzing with innovation, 2025 promises to bring some incredible new car launches.

rom electric vehicles (EVs) to iconic nameplates reimagined, here's a look at some of the most exciting models set to hit the roads in Ireland before the summer ends, just in time for the 251 registrations.

Audi Q5 Sportback



The sleek Audi Q5 Sportback continues Audi's tradition of blending practicality with sporty design. Despite Audi's push toward EVs, this midsized SUV persists with petrol and diesel options. Built on the Premium Platform Combustion (PPC), the Sportback offers:

- Engine Options: 2.0-litre turbocharged petrol (TFSI) or diesel (TDI), and a high-performance SQ5 with a 367hp V6 TFSI.
- Design: Its dynamic styling sacrifices little boot space, making it an attractive option for families who want practicality with flair.

Citroën C3/e-C3 Aircross



The lovable Citroën C3 expands its charm with the C3 Aircross, offering more space and versatility.

- Powertrains: Available as a petrol model or the fully electric e-C3 Aircross, which features a 44kWh battery and a range of up to 300km.
- Configurations: The petrol version introduces a seven-seat option, though this won't be available in the EV.

Ideal for urban families, the C3 Aircross balances value and practicality with Citroën's trademark character.

Cupra Tavascan



Cupra Tavascan Cupra's second all-electric vehicle, the Tavascan, is poised to make waves in the coupe-SUV segment. Sharing its platform with the VW ID.5 and Skoda Enyaq Coupe, the Tavascan stands out with:

- Battery & Power: A 77kWh battery paired with a 286hp motor, offering impressive performance.
- Variants: The lineup will include the dualmotor, all-wheel-drive VZ version with 340hp.
 With stylish looks and competitive specs, the Tavascan is set to bolster Cupra's reputation as an EV pioneer.

Ford Puma Gen-E



The Ford Puma Gen-E signals a key step in Ford's electric transformation. Based on the popular combustion-powered Puma, this EV boasts:

- Performance: 168hp and up to 376km of range.
- Practicality: A larger boot than its petrol counterpart, with 574 litres thanks to an innovative underfloor storage space.

By maintaining the familiar Puma design, Ford ensures a seamless transition for fans of the original model.

Range Rover Electric



The luxury SUV brand enters the EV market with the Range Rover Electric. While specific details on range and power remain under wraps, early tests in the Arabian Peninsula suggest a strong focus on performance and durability.

 Significance: This is only the second EV from JLR (following the Jaguar I-Pace) and is critical to the company's lineup as Jaguar prepares for a 2026 relaunch.

Expect unparalleled luxury and capability in this highly anticipated electric Range Rover.

Suzuki e-Vitara





Suzuki's first fully electric vehicle, the e-Vitara, modernizes one of its longest-standing nameplates. Key highlights include:

- Battery Options: Two choices 49kWh or 61kWh with ranges exceeding 400km, even with the smaller pack.
- Performance: Power outputs range from 144hp to 183hp, with the latter reserved for dual-motor, all-wheel-drive variants.

Combining practicality with advanced EV tech, the e-Vitara aims to be a strong contender in the affordable EV market.

Toyota Land Cruiser



An icon of durability and off-road capability, the latest Toyota Land Cruiser merges classic styling with modern advancements.

- Design: Retro-inspired exterior meets a tech-enhanced, high-quality interior.
- Powertrain: A rugged 2.8-litre turbodiesel engine shared with the Toyota Hilux.
- Capacity: Standard seven-seat configuration ensures versatility for families and adventurers alike.

With a heritage dating back to 1951, the Land Cruiser continues to be a symbol of reliability and performance.

What to Watch For in 2025

The first half of 2025 promises something for everyone—whether you're looking for cutting-edge EVs, stylish SUVs, or timeless 4x4s. From the sleek Audi Q5 Sportback to the iconic Toyota Land Cruiser, these new models highlight the exciting direction of the automotive industry.





Kildare County Council Announces **Equality, Diversity and Inclusion Artist practice Bursary Award**

Kildare County Council Arts Service has announced Loah as the recipient of their new EDI (Equality, Diversity and Inclusion) Artist Practice Bursary Award.

is a singer songwriter of Irish and Sierra Leonean descent. She is currently working on her debut album, which is set to be released in early 2025.

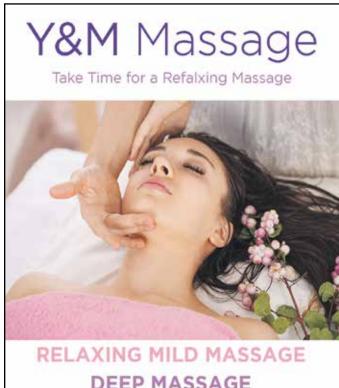
The EDI Bursary Award, supported by The Arts Council | An Chomhairle Ealaíon, provides an artist from an underrepresented background with a grant of €5000. This award aims to give the recipient the opportunity to focus on developing their professional practice, or to work on a specific artistic project.

three Eps, showcasing a unique voice and achieve some real leaps and bounds in my

oah, real name Sallay-Matu Garnett, fusion sound derived from her incredibly expansive influences, a sound which she calls "ArtSoul". The scope of her influence pool and the modernity of her character as an artist shines through her work, be it her transcendental debut EP 'This Heart', her 2020 sophomore EP 'Sweet Sorrow' with Bantum, or her 2021 release 'I Will Rise Up' - a collection of 1920's poetry set to music, recently pressed to vinyl. Her work reflects her undeniable musicality and her upbringing in both Kildare and West Africa.

Speaking of her plans for the €5000 award, Throughout her career, Loah has released Loah stated, "Through this award I hope to practice as a guitarist and composer, working with world-renowned virtuoso and mentor Niwel Tsumbu. Through his guidance I hope to continue developing a unique and personal playing style, a fusion of Western and African styles of guitar playing, composing instrumental pieces that reflect this style in the process. improving in skill and striving for excellence."

Following the announcement Eláine Donnelly acting Arts Officer, Kildare County Council said "We are delighted to announce Sallay Matu Garnett as the recipient of this inaugural EDI Artist Practice Bursary. This award is the first of its kind for the county and we were very impressed with the level of interest expressed and the breadth and quality of applications received. This Artist Practice Bursary Award will provide an opportunity for Sallay to focus on the development of her professional practice and will contribute to the great tradition of Irish balladeers through a unique fusion of Irish folk and West African blues "



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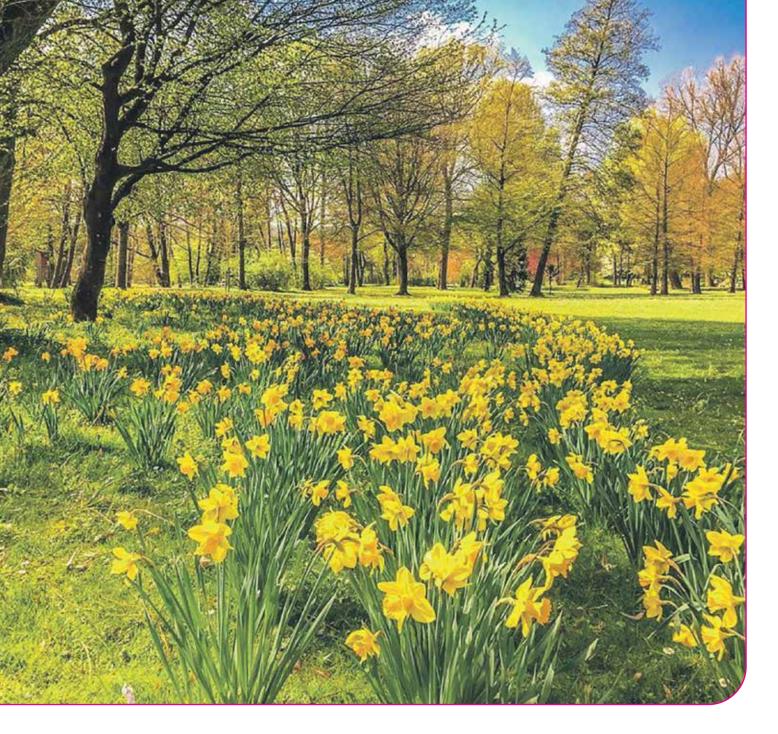


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When Does Spring Start in Ireland

Spring in Ireland, like all seasons on the Emerald Isle, is hard pin down exact dates.

raditionally speaking, spring generally starts in March and continues through April and May. However, Ireland's Gaelic calendar is quite different than what most people consider spring to be.

On the Gaelic calendar, spring or Earrach, spring starts on St Brigid's Day on February 1st, celebrating the end of winter. On the same Gaelic calendar, May is actually the start of spring.

Instead of a date we should let nature tell us. When chilly winter season is over, and the days are getting longer. Ireland's spring air – being straight off the Atlantic Ocean, is some of the freshest air in Europe. Spring flowers are peaking through, adorable fluffy lambs are bouncing around the fields, and misty mornings offer some of the most dramatic sunrises (and later sunsets) of the year. You will know when it is Spring!





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The wonder material which could hold the key to near-limitless energy



A UK An Oxfordshire-based company is using a rare-earth barium copper oxide (REBCO) for its superconducting properties in the hope it will make fusion energy a practical reality.

ut what is Fusion Energy? Fusion energy is the energy produced by nuclear fusion, the process by which two light atomic nuclei combine to form a heavier nucleus, releasing a significant amount of energy. This is the same process that powers stars, including our Sun. In fusion, typically isotopes of hydrogen, like deuterium and tritium, are fused together under extreme conditions of temperature and pressure.

The key benefits of fusion energy include:

Abundant Fuel Supply: The fuel for fusion (like deuterium) is plentiful, with deuterium being found in seawater.

Clean Energy: Fusion produces no long-lived radioactive waste or greenhouse gases, making it a very attractive alternative to fossil fuels and away from solving our energy needs.

traditional nuclear fission.

Safety: Unlike fission, fusion does not carry the risk of a catastrophic meltdown, as the reaction would naturally stop if there were any disturbance.

However, achieving controlled nuclear fusion on Earth is extremely challenging. It requires maintaining high temperatures (millions of degrees Celsius) and pressures to overcome the natural repulsion between the positively charged nuclei. The technology to make fusion energy a practical, reliable source of power is still under development, with significant projects like ITER (International Thermonuclear Experimental Reactor) aiming to demonstrate the viability of fusion as an energy source in the coming decades.

This is an exciting development, but it is while



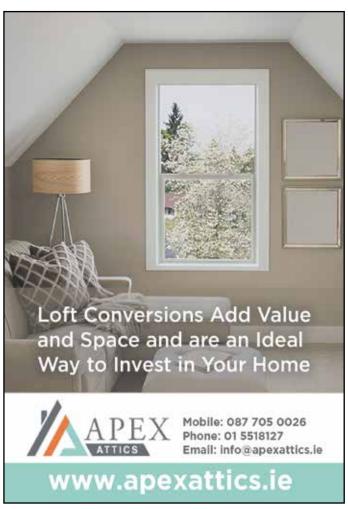
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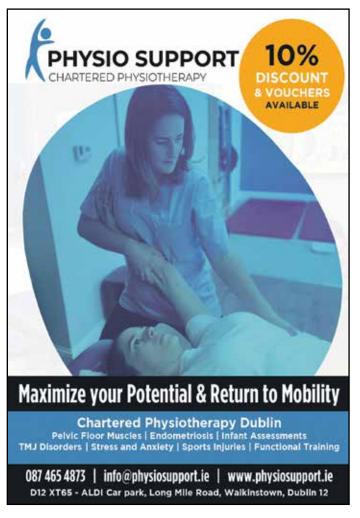
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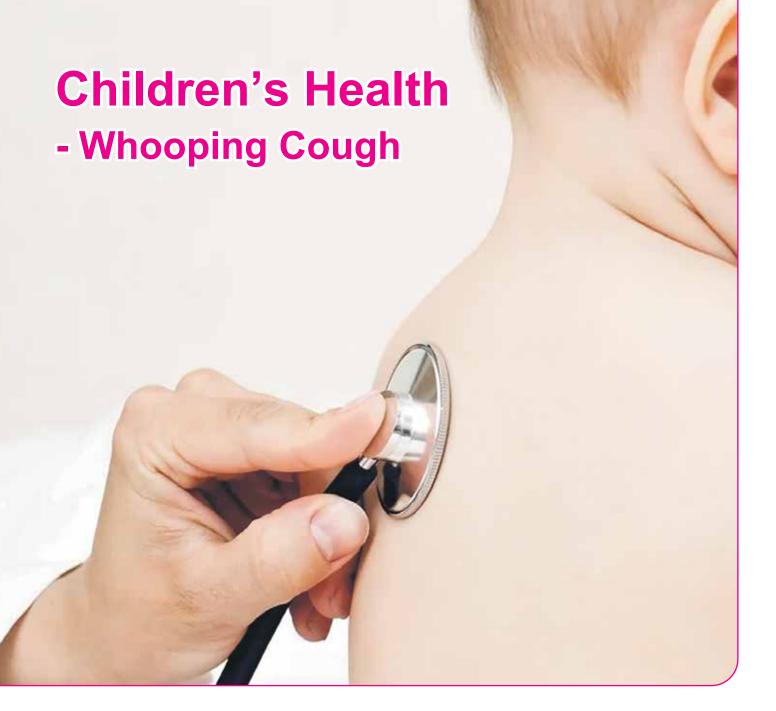
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Whooping Cough cases on the rise.

ertussis (whooping cough) is a serious illness, especially in young children. Young infants are at highest risk of severe complications.

There have been 514 cases of pertussis in 2024 in Ireland including 402 confirmed, 59 probable and 53 possible cases. This is compared with very low numbers in recent years due to the pandemic (2021 - 5 cases, 2022 - 7 cases, 2023 18 cases).

Cycles of increased pertussis typically occur every five years. We last saw high numbers of cases in 2016 and 2017. Therefore, considering the impact of the pandemic, it is not unexpected idate in 2024, children predominate with:

to see this increase in 2024. Similar increases are being seen across Europe. Since mid-2023, several EU countries have reported an increase in the number of pertussis cases notified. This increase has continued into 2024, and some countries have reported pertussis-related deaths. As of 12th September, the United Kingdom Health Security Agency (UKHSA) reported there have been 12,200 laboratory confirmed pertussis cases between January and July 2024. In Northern Ireland, between 1st January 2024 to 22nd September, there have been 2,949 confirmed pertussis cases.

Amongst the 514 cases notified in Ireland to

101 cases (20%) in the 0-5 month age group (i.e. too young to have received their full three dose primary immunisation course)

87 cases (17 %) aged 1-2 years, 53 cases (10%) aged 5-9 years and 53 (10%) aged 10-14 years

One hundred and fifty three of the 514 cases (30%) were hospitalised including 68 of the 101 cases (67%) in infants aged 0-5 months.

The best way to protect against pertussis is vaccination. In Ireland, pertussis containing vaccines are offered as part of national immunisation programmes.

Babies born before the 30th of September 2024 are offered the following:

Childhood immunisation at 2, 4, and 6 months of age at your GP (6 in 1 vaccine)

As part of the school immunisation programme children are offered:

Booster 1 (4 in 1) in Junior Infants

Booster 2 (Tdap) in first year of secondary school

schedule, babies born on or after 1 Oct 2024 www.immunisation.ie

will be offered the above pertussis containing vaccines plus an additional 6 in 1 vaccine at 13 months.

Vaccines offered as part of national immunisations are available for free at GPs and through school immunisation teams. If your child has missed a pertussis vaccine dose or are unsure if they are protected, check their vaccine records or speak to your GP practice about getting vaccinated.

In addition, in Ireland, pertussis vaccine is recommended during each pregnancy. The vaccine is recommended between 16 and 36 weeks of pregnancy and is available at your GP.

Getting the vaccine means pregnant women will be protected against whooping cough, and this vital immunity passes to the baby in utero and will protect their newborn baby from birth during their earliest, most vulnerable months before they can be vaccinated themselves.

Information on immunisation is available from As part of the new primary immunisation the National Immunisation Office website at



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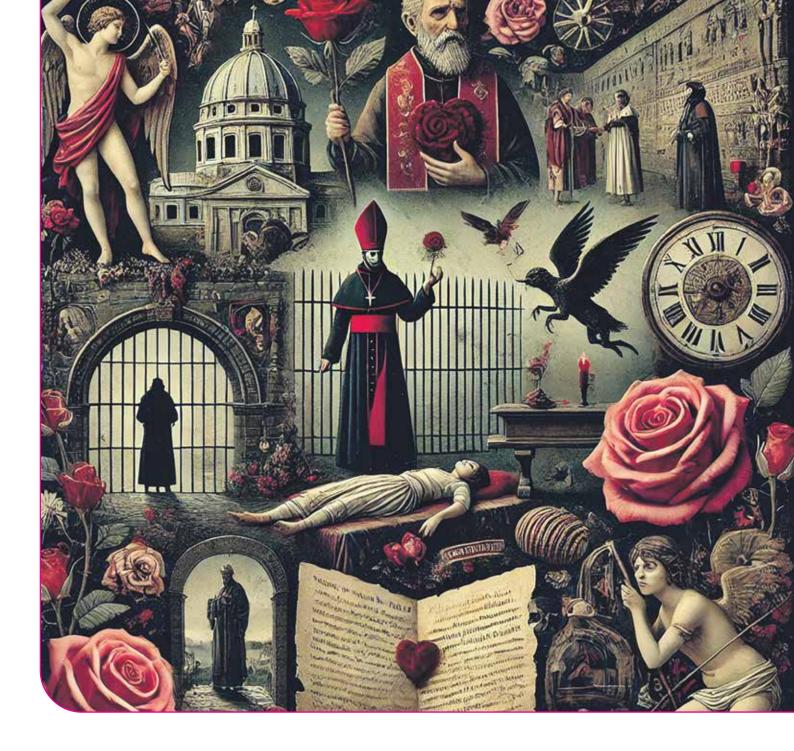
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THE DARK AND UNROMANTIC HISTORY OF VALENTINE'S DAY

Valentine's Day, now celebrated with chocolates, roses, and declarations of love, has a surprisingly mysterious, tragic, and even violent history.

eneath its cheerful exterior lies a tale of religious intrigue, ancient traditions, and legendary figures. Let's uncover how this holiday came to be, who Saint Valentine really was, and why February 14th is synonymous with love.

Who Was Saint Valentine?

The origins of Valentine's Day are murky, partly because the Catholic Church recognizes three different saints named Valentine. Of these, one legend stands out: Saint Valentine, a priest during the rule of Emperor Claudius II, is said to have secretly performed Christian marriages

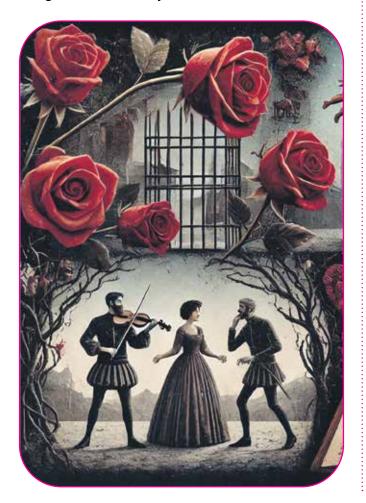
for soldiers who were forbidden to wed. For this act of defiance, Valentine was imprisoned and subjected to brutal torture.

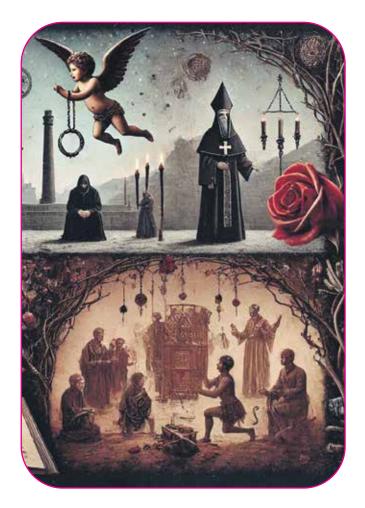
According to legend, while in prison, he fell in love with a mysterious girl—possibly the jailer's daughter—and sent her a letter signed "From your Valentine." Shortly after, he was executed, allegedly on February 14th. This romanticized story portrays Valentine as a hero of love and faith, cementing his association with romance.

Pagan Roots or Christian Celebration?

The mid-February timing of Valentine's Day likely reflects a combination of Christian and pagan influences. Some believe the date honours the anniversary of Saint Valentine's death in 270 AD, while others suggest it was chosen to replace the pagan festival of Lupercalia, celebrated on February 15th.

Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, and included rituals like pairing men and women through a random draw, sometimes leading to lifelong partnerships. In the late 5th century, Pope Gelasius outlawed Lupercalia and officially designated February 14th as Saint Valentine's





Day.

Despite its Christian makeover, the holiday retained elements of its pagan origins, with themes of fertility and romance persisting.

When Did Romance Enter the Picture?

For much of its early history, Valentine's Day lacked its modern romantic undertones. However, during the Middle Ages, the idea of love began to take hold. In England and France, February 14th was thought to mark the beginning of birds' mating season, a belief that naturally tied the date to themes of love.

Writers like Geoffrey Chaucer and William Shakespeare further popularized Valentine's Day as a celebration of romance. Poems and plays from this era romanticized the holiday, creating a cultural foundation for its modern associations.

Cupid's Role in Valentine's Day

No Valentine's Day would be complete without Cupid, but his origins are rooted in mythology. In Greek tradition, Cupid was known as Eros, the god of love, who used golden arrows to manipulate emotions. The Romans later reimagined Eros as the cherubic figure we

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recognize today.

Cupid's enduring connection to Valentine's Day comes from his role as a symbol of love and desire, perfectly aligning with the holiday's themes.

The First Valentine's Day Cards

While Valentine's greetings were exchanged as early as the 5th century, written cards didn't gain popularity until the 15th century. The Duke of Orléans is credited with sending one of the earliest Valentine's cards to his wife while imprisoned in the Tower of London. Later, King Henry V famously hired a writer to craft a card for his future queen, Catherine of Valois.

By the 1700s, hand-written notes and small gifts became common in England and America. In the 19th century, Esther Howland, known

as the "Mother of the Valentine," introduced elaborate homemade cards featuring lace, ribbons, and images. The tradition of mass-produced Valentine's cards began in 1913 with Hallmark, turning the holiday into a commercial phenomenon.

A Day of Love and Commerce

Today, Valentine's Day is one of the most commercially celebrated holidays, second only to Christmas in terms of card sales. While its history is steeped in religious sacrifice, ancient rituals, and literary inspiration, it has become a day for expressing love in countless ways.

So, no matter how it began, don't forget to celebrate Valentine's Day—whether with chocolates, flowers, or simply a heartfelt

"I love you."



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