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FEBRUARY 2026

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‘Race is on’ for Kildare schools

News likely to have appeal for Kildare teachers and pupils looking to get the New Year off to an active and healthy start is the reminder from Fyffes that its search to find ‘Ireland’s Fittest School 2026’ is still open for school registrations ahead of the January 26th start.

Running for 8 weeks, the top four schools from each province will then compete head-to-head across four live regional qualifier events in April, after which the top school from each will progress to May’s grand final at which the prize package will include €8,000 worth of sports equipment.

Schools can register online at www.fyffesfittestschool.ie



children's art

1955



2026

Search to find 2026 Texaco children’s art competition winners launched

The search to find the young artists who will excel in this year’s Texaco Children’s Art Competition has begun. Acknowledged as the longest running arts sponsorship in the history of arts sponsoring in Ireland, the Competition has been in existence since 1955 and has enjoyed an unbroken history of success.

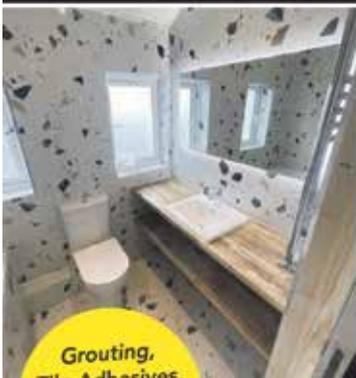
The closing date for entries is Friday, 27th February. Judging will take place in March with winners to be announced in April.

Details are available at www.texacochildrensart.com or at Texaco service stations throughout the county.



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EDITORIAL

Welcome to the latest edition of Little Village Kildare, and thank you for the continued support from our readers. This issue looks at the rise of a new localism, with our cover story celebrating “Love Local, Shop Local” and the growing support for Kildare’s local businesses. We also explore why the county is becoming a popular choice for balanced living, offering country calm alongside commuter convenience. Along the way, we dip into wellness and outdoor life in Kildare, highlight new funding boosting local tourism, and add a light-hearted touch with some “get out of jail” tips for anyone who forgot Valentine’s Day. We hope you enjoy the read.

Until next time,

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Supermarket price wars

Is there going to be a supermarket price war in Ireland in 2026



The competitive landscape in Ireland's grocery sector is shifting, with clear signs of price competition emerging on key staples. Major supermarkets like Aldi and Lidl have implemented cuts on essentials such as milk and butter, with competitors quickly matching them on these core products. This has the feel of early skirmishes, a dynamic further evidenced by moves like SuperValu cutting prices on hundreds of items to sharpen its competitive position at the start of 2026.

However, analysts caution that this does not yet constitute a full-blown, sector-wide price war. Many observers frame the current reductions as tactical marketing and competitive positioning, particularly on high-profile items like milk, which are often described as "loss leaders" aimed more at generating positive headlines and footfall than at triggering a deep margin battle across the store. The highly concentrated structure of the Irish market, dominated by Tesco, Dunnes Stores, SuperValu, Aldi, and Lidl, means strategic price matching is a key tool, but these firms remain financially wary of the sustained profit erosion a true, unrestricted price war would necessitate.

For the Irish shopper, this creates a mixed and sometimes confusing picture. On one hand, there are tangible savings to be had on specific, heavily promoted essentials. A shopper diligently comparing prices may secure a cheaper basket of staples. On the other hand, this is unfolding against a complex economic backdrop where overall food inflation, though easing, remains elevated year-on-year. The cost pressures on categories like meat, processed foods, and household goods have not disappeared. Consequently, while shoppers welcome relief on select items, the broader weekly grocery shop may not feel dramatically cheaper, leading to a perception gap between advertised price cuts and the final tally at the checkout.

The strategic calculus for retailers is equally nuanced. Price cuts are a powerful lever to win market share and demonstrate value to cost-conscious consumers. Yet, with rising operational costs—including recently announced wage increases for staff—retailers must balance attractive pricing with protecting their bottom line. This often leads to a targeted approach: absorbing losses on a limited

range of high-visibility products while maintaining margins elsewhere, or using sophisticated loyalty card schemes to offer personalised discounts rather than across-the-board price slashes.

In summary, 2026 has begun with aggressive, tactical price cutting on essentials, marking a competitive intensification. Whether this escalates into a wider, more painful price war will depend on a fragile equilibrium. It hinges on how far one major player is willing to go in sacrificing margins for market share, how consumers vote with their wallets, and whether external cost pressures from suppliers and energy markets continue to ease. For now, the sector is in a period of heightened price competition, but stops short of the all-out conflict that would redefine the market.

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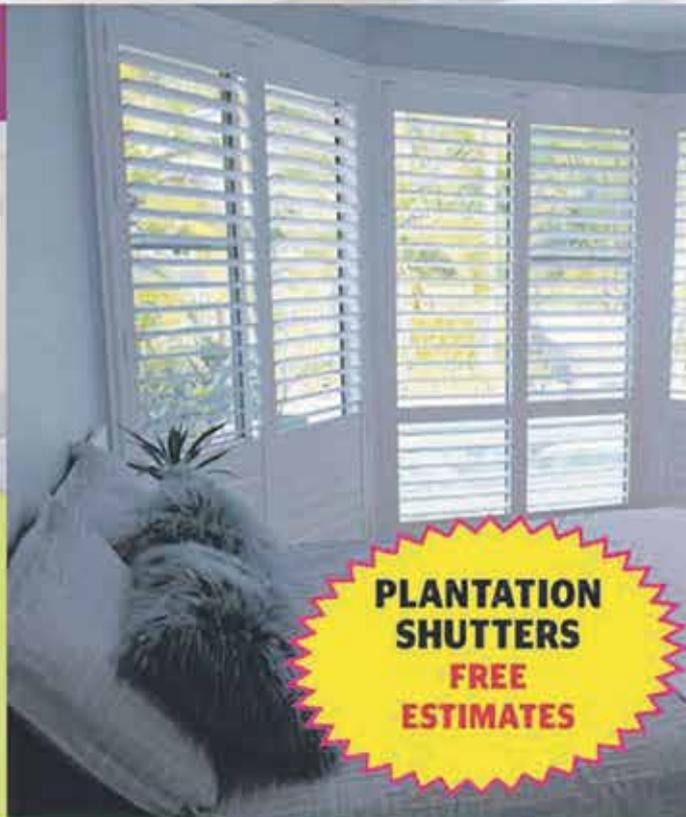
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Living Well in a High-Cost Suburb

How Dublin 15 Households Are Managing the Cost of Living

Dublin 15 has long sold itself on balance. Close enough to the city to stay connected, far enough west to offer space, green areas and a sense of community, it has become one of the capital's most popular places to put down roots. But in 2026, that balance is under pressure. Rising household bills, persistent inflation and high housing costs have turned "living well" into an active, ongoing strategy rather than a given.

Yet across Blanchardstown, Castletknock, Ongar and Mulhuddart, residents are not simply tightening belts. They are adapting—making conscious lifestyle choices that protect quality of life while keeping finances under control.

Energy Smarts at Home

For many households, the cost-of-living conversation begins with energy. Older housing stock, fluctuating electricity prices and long winters have pushed energy efficiency up the priority list. In D15 estates, it is increasingly common to hear neighbours compare insulation grants, heat pump experiences or solar panel outputs.

Small changes have become mainstream: smart thermostats, zoned heating, LED lighting throughout the house. Larger investments—external insulation, attic upgrades, solar PV—are often framed not as green gestures but as long-term lifestyle decisions. The payback may take years, but the immediate benefit is comfort: warmer homes, fewer drafts and more predictable bills.

There is also a quiet culture of shared knowledge. WhatsApp groups and local Facebook pages trade tips on grant applications, reliable installers and real-world savings—information that once felt technical but is now part of everyday conversation.

Rethinking the Weekly Shop

Food inflation has changed shopping habits more than any other expense. D15 residents still value convenience, but brand loyalty has softened. Many households now split their weekly shop: essentials from discounters, fresh produce from local greengrocers, and occasional "treat" items saved for weekends.

Meal planning has become a lifestyle skill rather than a chore. Batch cooking, freezer use and midweek meat-free dinners are less about sacrifice and more about control—control over spending, waste and time. Parents speak openly about teaching teenagers how to cook basic meals, not just as a life skill but as a way of keeping takeaway costs in check.

Interestingly, eating well remains non-negotiable. Quality coffee, good bread and fresh ingredients still matter. The difference is intentionality: fewer impulse buys, more conscious choices.

Local Living as a Cost Strategy

One of the strongest trends in Dublin 15 is hyper-local living. Reduced commuting—whether through hybrid work or job changes—has anchored people closer to home. This has reshaped spending patterns.

Instead of city-centre nights out, residents favour local restaurants, neighbourhood pubs and daytime cafés. Gym memberships, fitness classes and children's activities are chosen based on proximity as much as price. Walking or cycling locally replaces car trips where possible, saving fuel and reclaiming time.

Supporting local businesses is often framed as a community value, but it is also practical. Local services reduce travel costs, offer flexibility, and build relationships that feel reassuring in uncertain times.

The New Definition of "Luxury"

In a high-cost environment, luxury has been redefined. For many D15 households, it no longer means big-ticket purchases or frequent foreign travel. Instead, it is found in smaller, repeatable pleasures: good coffee at home, a well-designed living space, reliable broadband, a warm house, a Saturday walk along the canal or in the Phoenix Park.

Holidays still happen, but they are planned with care—shorter stays, off-peak travel, or a mix of Irish breaks and carefully chosen



trips abroad. Home improvement budgets are targeted rather than expansive, focusing on rooms that are actually lived in.

There is less interest in keeping up appearances and more focus on comfort, functionality and long-term value.

Community as a Buffer

Perhaps the most overlooked factor in managing rising costs is community. In Dublin 15, informal networks play a quiet but significant role. Carpooling for school activities, swapping childcare favours, sharing tools, passing on uniforms or sports gear—these everyday exchanges reduce costs while strengthening social ties.

Community events, free activities and local clubs offer low-cost ways to stay connected and entertained. They also reinforce a sense that people are navigating similar pressures together.

Living Well, Differently

Life in Dublin 15 has not become cheaper, but it has become more deliberate. Households are making informed, value-driven choices that prioritise wellbeing over excess. The suburb's appeal—space, community, access to green areas—still holds, but residents now work harder to protect it.

In 2026, living well in a high-cost suburb is less about what you earn and more about how you organise your life. In Dublin 15, many are proving that quality of life can be preserved—even strengthened—through adaptability, local focus and a clear sense of what truly matters.



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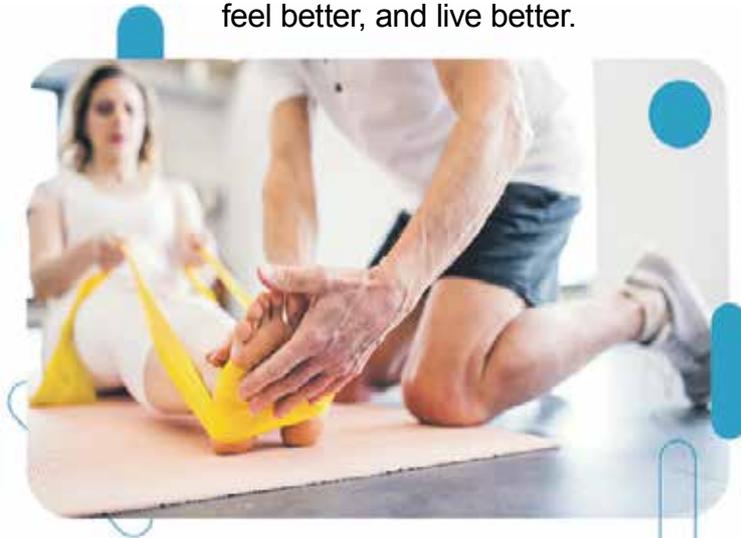


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By Elena Silcock

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Cook: 15 mins

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Serve with coriander and dollops of yogurt

INGREDIENTS

Nutrition

- 2 tbsp olive oil
- 1 onion sliced
- 1 green chilli chopped (deseeded if you don't like it very hot)
- 1 garlic clove peeled
- 1 tbsp garam masala
- 1 tsp turmeric
- 3 carrots grated
- 2 x 200g pouch brown basmati rice
- 150g frozen peas
- 50g roasted cashews
- coriander and yogurt, to serve



METHOD

• step 1

Heat the oil in a large frying pan, tip in the onion with a big pinch of salt and fry until softened, around 5 mins, then add the chilli and crush in the garlic and cook for 1 min more. Stir in the spices with a splash of water and cook for a couple of mins before adding the carrots and stirring well to coat in all of the spices and flavours.

• step 2

Tip in the rice, peas and cashews, then use the back of your spoon to break up any clumps of rice and combine with the rest of the ingredients, cover and cook over a high heat for 5 mins (it's nice if a bit of rice catches on the base to give a bit of texture to the dish). Scatter over the coriander with spoonfuls of yogurt, then serve straight from the pan.

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Is 2026 the year to go electric with your new car in Ireland?

Yes — but with caveats

For many drivers in Ireland, 2026 presents one of the strongest cases yet to switch to an electric vehicle (EV), thanks to continuing government support, evolving market dynamics, and lower running costs. At the same time, a range of practical and financial hurdles still contribute to hesitation among some buyers.

What SEAI Says for 2026

Recent commentary from the Sustainable Energy Authority of Ireland (SEAI) emphasises that 2026 is a prime year to consider buying an EV: •SEAI reports that it supported more than 18,600 EV purchases and 16,000 home charger installations in 2025, showing strong momentum in adoption.

• Ruth Buggie, Head of Mobility and Smart Networks at SEAI, said there “really never has been a better time to buy an electric vehicle,” citing lower fuel costs, reduced maintenance, and lighter tax burdens as compelling financial reasons to switch.

• SEAI estimates that, based on average usage (~18,000 km/year), drivers could save around €900 per year with an EV compared to a petrol/diesel car — even more if charging at off-peak electricity rates.

• SEAI continues to support government grant schemes that make EV purchases and home charger installations more affordable.

Grants and incentives in 2026 include:

- A grant of up to €3,500 for qualifying new passenger EVs (BEVs).
- Additional support toward charging infrastructure, such as the Electric Vehicle Home Charger Grant (up to €300).
- Continued tax advantages including favourable motor tax and reduced Benefit-in-Kind (BIK) treatment for company EVs.

These supports are aimed at reducing the total cost of ownership and making EVs competitive with traditional internal-combustion vehicles.

Why 2026 Is Attractive for EV Buyers

1. Stronger Market and Choice

Ireland’s EV market continues to mature, with increasing availability of both new and used models — which helps improve affordability and choice for different budgets.

2. Lower Long-Term Running Costs

EVs typically cost less to operate due to cheaper electricity compared with petrol/diesel, fewer moving parts (lower maintenance), and favourable tax regimes designed to encourage uptake.

3. Growing Charging Infrastructure

While still expanding, Ireland’s network of public and home charging options continues to improve, increasing convenience for everyday users.

Why Some Drivers Are Still Reluctant

Despite the positives, many drivers remain hesitant to switch to electric. The main reasons include:

1. Higher Upfront Costs

Even with SEAI grants, new EVs can still have a higher purchase price than comparable petrol or diesel cars, particularly for models with long range or premium features. This cost barrier is cited repeatedly by buyers.

2. Charging Infrastructure Concerns

Drivers without access to reliable home charging (especially apartment dwellers) or those worried about public charging availability continue to see EVs as less convenient — especially for longer trips and rural driving.

3. Range Anxiety

Although the average EV range for new models (350-550 km) is improving, some consumers still worry about range limitations and charging delays, particularly outside urban centres.

4. Perceived Reliability and Familiarity

Some drivers prefer the familiarity and perceived robustness of internal combustion vehicles and are hesitant to adopt newer technologies. Others await even more advanced battery technology before committing.

5. Incentives Changing Over Time

Government incentives like VRT relief and certain subsidies are scheduled to taper in coming years, making the timing of incentives an important factor in purchasing decisions.

Conclusion: Is 2026 the Right Year?

For many buyers, yes.

2026 benefits from substantial government backing through SEAI and other incentives, improving total ownership costs and making EVs an increasingly compelling choice. Continued improvements in charging infrastructure and growing used EV markets strengthen this case.

However, hesitations remain valid for drivers concerned about purchase price, charging access (especially for those without dedicated parking), and the ongoing evolution of EV technology.

If your priorities include lower long-term costs, environmental goals, and access to incentives before they diminish, 2026 is a strong year to go electric in Ireland — provided the current barriers align with your personal use case and budget.

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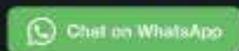


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SPOT THE BOT

A Modern Guide to Identifying AI-Generated Images

Once upon a time, a photograph was proof. Today, it is merely a suggestion.

From flawless holiday snaps to viral news images and eerily perfect portraits, AI-generated visuals are now woven into daily digital life. Some are playful and creative; others are misleading, commercial, or deliberately deceptive. For anyone scrolling social media, reading online news, or even browsing property listings, the ability to identify AI-generated images has become a modern life skill—up there with spotting fake reviews or phishing emails.

So how do you tell what's real, what's retouched, and what was never real at all?

1. Hands, Teeth and Other Human Giveaways

AI has become astonishingly good at faces—but it still struggles with anatomy.

Hands are the biggest tell. Count fingers carefully. Extra digits, fused fingers, odd nail shapes or hands that seem to melt into objects are classic signs. Teeth are another giveaway: overly uniform smiles, too many teeth, or teeth that blur into gums without clear separation.

Ears, jewellery and glasses also deserve scrutiny. Look for asymmetry, floating earrings, or spectacles that don't quite sit on the nose or align with the ears.

2. The "Too Perfect" Problem

AI images often look better than reality—suspiciously so.

Skin can appear airbrushed to the point of plasticity, with no pores, blemishes or texture. Lighting may be cinematic but inconsistent, with shadows falling in impossible directions. Interiors and landscapes can feel staged, immaculate, and oddly sterile, as if designed rather than lived in.

If an image looks like a stock photo on steroids, pause before believing it.

3. Backgrounds That Don't Make Sense

While AI focuses heavily on the main subject, backgrounds are frequently an afterthought.

Watch for warped railings, bending door frames, roads that fade into nothing, or crowds that repeat the same faces like a visual echo. Text in the background—shop signs, street names, labels—is often gibberish or almost legible but not quite right.

In lifestyle and travel imagery, this is particularly common: beautiful cafés with menus that spell nothing, or city streets that feel familiar but don't exist anywhere.

4. Clothing, Logos and Branding Errors

AI struggles with logos and consistent typography.

Look closely at branded clothing, sports kits, or signage.

AI-GENERATED



Letters may be slightly off, logos distorted or designs subtly incorrect. A GAA jersey with the right colours but the wrong crest proportions, or a luxury handbag logo that's just nearly right, should raise suspicion.

This matters commercially too—AI images are increasingly used in advertising mock-ups and fake product listings.

5. Emotional Flatness and the "Uncanny Valley"

Even when everything looks correct, something can still feel off.

AI faces often lack emotional depth. Smiles don't reach the eyes. Expressions feel frozen, neutral, or oddly intense. Group photos may show people reacting differently to the same moment, as if each face belongs to a separate scene.

Trust your instinct here. The uncanny valley is real—and your brain is good at detecting it.

6. Check the Context, Not Just the Image

Images rarely exist in isolation.

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Ask where it came from. Is it shared by a verified source? Is there a photographer credit? Has the image appeared suddenly with no backstory? Reverse image searches can help, but many AI images are entirely new—no prior history because they were never taken by a camera.

In news or political contexts especially, a single striking image with no corroboration should always be treated cautiously.

7. Look for Disclosure (or the Lack of It)

Ethical creators increasingly label AI-generated content, especially in advertising, design, and editorial work. Phrases like “AI-assisted,” “created with generative tools,” or platform labels are becoming more common.

The absence of disclosure doesn’t automatically mean deception—but transparency is quickly becoming the mark of credibility.

Why It Matters

This isn’t about distrusting everything you see. AI imagery can be creative, useful and legitimate. The problem arises when artificial images are passed off as real—shaping opinions, selling false narratives, or quietly rewriting reality.

In a world where images once meant truth, visual literacy is the new critical thinking.

The rule of thumb is simple:

If an image makes you stop, stare, or feel something strongly—take a second look.

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- GUTTERING
- FASCIA 7 SOFFITS
- ROOF CLEANING
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- DRIVEWAY SEALING
- PRESURE WASHING

bark

LOVE LOCAL SHOP LOCAL

The New Localism



Why Dublin 15 Residents Are Choosing Independent Over Big Brands

Not so long ago, convenience in Dublin 15 meant one thing: the shopping centre. Big brands, long opening hours and everything under one roof defined how people shopped, ate and socialised. While those options remain firmly in place, something quieter—and more personal—is happening across Blanchardstown, Castleknock, Ongar and Mulhuddart.

Residents are increasingly choosing independent businesses over national and international chains. It is not nostalgia, nor is it a rejection of modern life. It is a lifestyle shift rooted in trust, value and a desire for connection closer to home.

Familiar Faces, Real Relationships

One of the strongest pulls of independent businesses is familiarity. In local cafés, gyms, salons and food shops, customers are recognised. Orders are remembered. Conversations pick up where they left off.

For many residents, particularly those working from home or juggling family life, these everyday interactions matter. They provide a sense of routine and belonging that large-format retail rarely offers. A coffee becomes more than a caffeine stop; a haircut becomes a catch-up; a gym session feels less transactional and more communal.

In an era of automated checkouts and app-based everything, human interaction has quietly become a luxury.

Value Reconsidered

Independent does not automatically mean cheaper, but many D15 residents argue it offers better value. Portions are generous, quality is consistent and service feels invested rather than scripted. Mistakes are corrected quickly because reputations are local and fragile.

There is also greater transparency. Customers know where food is sourced, who runs the business and how long it has been part of the community. That knowledge builds trust—and trust reduces the temptation to shop around endlessly for marginal savings.

In high-cost times, value is increasingly measured in reliability and satisfaction, not just price.

The Rise of the Local Routine

Localism has also been shaped by changing work patterns. Hybrid and remote work have anchored people closer to their neighbourhoods during the day. Mid-morning coffees, lunchtime errands and after-school activities now happen locally rather than near city-centre offices.

This has allowed independent businesses to build steady, repeat trade rather than relying solely on weekend footfall. Residents speak of “their” café, “their” butcher, “their” gym—places that fit naturally into daily life rather than requiring a special trip.

The result is a more walkable, self-contained rhythm that feels calmer and more sustainable.

Supporting Local, Without Making a Statement

Interestingly, most people do not describe their choices as political or ideological. Supporting local is rarely framed as a protest against big business. Instead, it is practical and instinctive.

Parents value flexibility and understanding from local service providers. Older residents appreciate accessibility and familiarity. Younger professionals seek authenticity and quality. Across demographics, the

motivation is less about making a point and more about making life easier.

The pandemic accelerated this mindset, but rising costs have cemented it. When spending is careful, people want to know where their money is going—and who it is helping.

Independent Businesses as Community Anchors

Local businesses often do more than sell products or services. They sponsor youth teams, host charity events, display community notices and provide informal meeting spaces. Over time, they become part of the area’s social infrastructure.

In Dublin 15, this role is increasingly visible. Independent cafés double as remote work hubs. Local gyms foster supportive networks. Small retailers act as informal information centres, connecting people to what is happening nearby.

These are functions that no app can replicate.

A Balanced Future

Big brands are not disappearing from Dublin 15, nor are residents abandoning them entirely. Convenience, scale and choice still matter. But the automatic default has shifted.

The new localism is about balance: using large retailers when they make sense, but consciously choosing independents when quality, connection and trust matter more. It is a lifestyle decision shaped by time, cost pressures and a renewed appreciation for community.

In choosing independent, Dublin 15 residents are not looking backwards. They are shaping a way of living that feels more grounded, more human and—quietly—more resilient.



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Opening Hours

Mon - Thur: 5:00pm - 12:00am
Fri - Sun: 5:00pm - 12:30am

Delivery Service

Mon - Sun:
5:30pm - Close

FREE Prawn Crackers with order over €45
or Large Bottle Drink and Prawn
Cracker with orders over €100



(does not include Munchies Box/any meal deal/online order)

Please note all dishes are standard, any extras may cost extra

Closed 25th December
Re-Open 26th December



Accept Debit & Credit Cards



THAI MENU

Authentic Thai Cuisine

Tom Yum Soups (Hot & Sour)

(Contain Soya Bean, Fish Sauce) 1,10,11

Chicken €6.90 King Prawn €7.90 2 Mushroom €4.90

Curry (Contains Shrimp Paste, Fish Sauce) 2,11

Green Curry: Cooked with Onion, Green Peppers, Peas

Red Curry: Cooked with Onion, Green Peppers, Bamboo Shoots

Massaman Curry: Cooked with Onion & Peanuts

Ren Dang Curry: The Most Flavouful Curries in the world
cooked in and Authentic Malaysian Spices.

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Pork €13.90

Vegetables €12.95

Noodles Box

Phad Thai (Contains Fish Sauce, Rice Flour, Peanut, Egg) 3,4,5,11

(Traditionally Thai Stir fried Flat Rice Noodles in Tamarind Sauce,
Served with Fresh Lime & Crushed Peanuts)

Choice of: Mixed Seafood €15.95 Chicken €13.95

King Prawn €15.95 ToFu €12.95

Spicy Rice Noodle 5,14 Chicken €13.95 Beef €14.95

(Stir Fried Rice Noodles with Onion, Green Peppers, Chilli, Garlic,
Mushroom, Beansprouts, Asian Green, Light Soya, Oyster Sauce
& Sweet Basil)

Munchies Box 12" 3,5,9

Chicken Balls (4)
Salt & Chilli Chips
Salt & Chilli Chicken Pieces
& Chilli Chicken Wings Salt &
Chilli Ribs
Curry Sauce 8oz
with 2 FREE Cans of Coke

€33.95

Munchies Box 9" 3,5,9

Chicken Balls (2)
Salt & Chilli Chips
Salt & Chilli Chicken Pieces
Salt & Chilli Chicken Wings
Salt & Chilli Ribs
Curry Sauce 8oz
with 1 FREE Can of Coke

€19.95

China Mega Box 14" 3,5,9

Chicken Balls (8), Crispy Shredded Chicken, Crispy Chicken
Pieces, Salt & Chilli Chips, Curry Sauce 8oz (2), Egg Fried
Rice, Stir Fried Noodles, Large Bottle of Coke

€41.95

Munchies Box Junior 3,5,9

A personal size box (16cmx25cm), packed with crispy chick-
en pieces, shredded chicken, 2 chicken balls, chicken wings,
ribs, chips & small tub of curry sauce

€14.95



PLEASE NOTE: ALTHOUGH WE MAY NOT HAVE ADDED
ALLERGENS TO SOME DISHES, ALL ALLERGENS ARE PRESENT
IN OUR KITCHENS AND CROSS CONTAMINATION IS POSSIBLE

- | | | | |
|--------------|---------------------|--------------|------------|
| 1. Soya Bean | 2. Crustaceans | 3. Eggs | 4. Peanuts |
| 5. Wheat | 6. Nuts | 7. Sesame | 8. Celery |
| 9. Milk | 10. Sulphur Dioxide | 11. Fish | |
| 12. Mustard | 13. Lupin | 14. Molluscs | |

Pattaya 5,14

(Duck Egg Noodle Stir Ried with Hoi sin Sauce, Chilli, Asian Green,
Peppers, Onion, Beansprouts)

€16.95

Spicy Seafood Egg Noodles 1,2,14

(King Prawn, Squid, Mussels with Onion, Green Peppers, Chilli, Garlic,
Mushroom, Beansprouts, Asian Green, Light Soya & Sweet Basil)

€15.95

Stir Fried

Bangkok Stir Fried (Contain Fish Sauce, Soya Sauce) 1,11,14

Chilli Lemon Leaf & Sweet Soya with onion, Asian Green, Green Peppers, Mushrooms

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Pork €13.95

Vegetables €12.95

Chilli Sweet Basil 1,14

with Onion, Asian Green, Peppers, Oyster Sauce, Light Soya & Mushroom

Choice of:

Mixed Meat €14.95 King Prawn €15.95 Roast Duck €16.95

Chicken / Pork €13.95

Vegetables €12.95

Seafood Combination 1,2,14

King Prawn, Squid, Mussels with Garlic, Chilli, Onions,
Peppers, Light Soya & Sweet Basil

€15.95

Mekong Duck (half a duck) 1,14

with Onion, Garlic, Chilli, Chinese Leaf, Beansprout & Sweet Basil

€16.95

Bang Bang Chicken 14

Crispy Shredded Chicken & Black Pepper with Onion, Garlic, Broccoli & Carrot

Large €14.95

Fire Cracker

Stir fried with onion, carrot green pepper, dry chilli, scallion in hot spicy

Choice of:

Chicken / Tofu €13.95 Beef €14.95

Prawn €15.95 Duck €16.95

All main dishes (except fried rice & noodle dishes) served with boiled
rice 50c extra, chips or fried rice 90c extra. Fried noodles or young
chow fried rice €2.60 extra.

CHINA KITCHEN LEIXLIP | 624 5578

www.chinakitchenleixlip.ie

Appetisers

- A1. House Combination for 2 2,7,11,4,5,9 €15.55
(Honey Spare Ribs, Spring Roll, Sesame Prawn Toast & Chicken Skews Satay)
- A2. Aromatic Duck 5 (1/4) €14.10
(Served with Pancake, Hoisin Sauce & Fresh Vegetables) (1/2) €22.90
- A3. Skewered Chicken Satay (3) (sauce on side) 1,2,4,5,6,9,11 €8.60
- A4. Skewered King Prawn Satay (4) (sauce on side) 1,2,4,5,6,9,11 €8.90
- A5. Sesame Prawn Toast (2) with Sweet & Sour Dip 1,2,7,11 €8.90
- A6. Pork Spare Ribs (3) €7.85 (4) €9.95
(Choice of: BBQ, Sweet & Sour, Salt & Chilli or Honey Sauce)
- A7. Chicken Wings Small 1,3,5,7 €7.50 Large €9.95
(Choice of: BBQ, Sweet & Sour, Salt & Chilli or Honey Sauce)
- A8. Smoked Shredded Chilli Chicken (Dry) 3.5 Small €6.95 Lrg €11.95
- A9. Crispy Spring Roll (3) (with Plum Sauce Dip) 5,9 €7.90
- A10. Crispy Spring Roll (2) (with Plum Sauce Dip) 5,9 €4.85
- A11. Vegetarian Spring Roll (3) V 5,9 €6.40
with Sweet & Chilli Sauce Dip
- A12. Chicken Cheese Roll (3) with Sweet & Sour Sauce Dip 5,9 €7.60
- A13. Salt & Chilli King Prawn 2,3 €9.70
- A14. Yuk Sung (Chicken/Pork) (Contains Peanuts) for 1 €9.70
(Served with iceberg lettuce) 1,4,6,7,5,10 for 2 €14.10
- A15. Crispy Won Tons (5) with Sweet & Sour Dip 2,5,11 €8.60
- A16. Crispy Chicken Curry Puff 1,5,8,9,12 €8.15
- A17. Lollipop Chicken 3 €8.40
(Skewered Crispy Chicken Pieces Glazed in Honey Sauce)
- A18. Gyoza (Crispy Dumpling in chicken or veg with soya sauce) 1,5,7 €8.60
- A18a. Salt & Chilli Crab Claws 2 // €8.60
- A18b. Tempura King Prawn (6) 2,3,5,7 €9.95

Spice Bag Selection

- A19. Spicy Bag 3 Small €7.90 Large €10.90
Large with Free Bottle Water (Except online orders)
- A20. Primary Spicy Bag 3 €11.90
(No Chilli Spicy Bag Suitable for any age)
- A21. House Special Spicy Bag 3 €13.90
(2 Chicken Balls, Crispy Shredded Chicken & Chips)
- A22. Tofu Spicy Bag V 1 €11.35
(Mixed of deep Fried Tofu & Chips in Salt & Chilli)
- A23. Boneless Spicy Box 3 €15.95
(2 Chicken Balls, Crispy Shredded & Piece of Chicken, Chips and Small Curry Sauce, all Salt and Chilli)
- A24. The Grand Vegan Spicy Box V 1,5,7,9 €15.85
(with Tofu, Chips, Mushroom, Broccoli, Onion, Carrot, Green Pepper 2 Pieces of Vegetable Gyoza & Small Curry Sauce Dip)
- A25. Munchies Box Junior 3,5,9 €14.95
A personal size box (16cmx25cm), packed with crispy chicken pieces, shredded chicken, 2 chicken balls, chicken wings, ribs, chips & small tub of curry sauce
- A26. Spicy Bag Chicken Nuggets 3,5,9 Small €7.95 Large €10.95
Chicken nuggets, chips, onion, carrots with salt & chilli seasoning
- A27. The Grand Spice Bag 3 €13.95
The usual Spice bag in a box with small tub of curry sauce
- A28. Crispy Chicken Honey Spice Bag 3 €13.95
- A29. House Special Honey Spice Bag 3,5 €15.95
- A30. Fried Chicken Wings Spice Bag 3 €11.95
- A31. Spice Bag in King Prawn 2,3 Small (6) €12.99
Mix of king prawn, chips in salt & chilli, onion & carrots Large (10) €15.95
- A32. Spice Bag Sausage 5,10,12 €10.95
Mix of sausage, chips in salt & chilli, onion & carrots
- A33. Chicken Ball Spicy Bag 1,3,5,8,9 €13.90
- A34. Jumbo Bag 3,5,9 €14.95
Chicken ball, chicken wings, shredded chicken, chips, choice of sauce from: curry, satay, king do, BBQ, sweet sour sauce

Soup

- S1. Chicken & Sweetcorn Soup 3 12oz €6.35 32oz €14.40
- S2. Crab Meat & Sweetcorn Soup 2,3 12oz €6.90 32oz €15.60
- S3. Chicken Mushroom Soup 12oz €6.35 32oz €14.40
- S4. Chicken Noodle Soup 12oz €5.90 32oz €11.80
- S5. Hot & Sour Soup 3 12oz €6.35 32oz €14.40
- S6. Won Ton Soup 2,11 // 12oz €7.50 32oz €16.95
- S7. Mixed Vegetables Soup V 12oz €5.95 32oz €13.45
- S8. Gyoza Soup (Chicken/Vegetable) 1,5,7,12oz €6.35 32oz €14.40
- S9. Seafood Ramen Soup 32oz 2, 11,14, 5, 1.7 €14.95

Noodle Box

Choice of Noodle

- Thin Noodle
- Thick Noodle
- Udon Noodle (extra €1.50)
- Flat Rice Noodle (extra €1.50)
- Ramein (extra €1.50)
- Vermicelli (extra €1.50)

- Chicken / Pork €12.95
- Mixed Meat 2 €13.95
- King Prawn 7 €14.95
- Mixed Seafood 2,11 €14.95
- Mixed Vegetable €11.95



Choice of Sauce

- Oyster Sauce 5,14
- Sweet Chilli Sauce 5
- Black Bean Sauce 5
- Black Pepper Sauce
- Satay Sauce 4,5,9
- Curry Sauce 5,9
- Szechuan Sauce 1
- Sweet & Sour Sauce

SINGAPORE BOX 1,3,4,5,6,11,12 €14.95

Thin Rice Noodle Roast Pork, Chicken & Vegetable
(Contain egg, peanut sauce, soy sauce wheat flour shrimp paste)

HOT BOX 2,3,5,14 €15.95

Thick Egg Noodles, Chicken, Beef, Roast Pork, King Prawn
and Green Vegetables, Wok Tossed in our Secret Chilli Sauce

TERIYAKI CHICKEN BOX 1,3,8,14 €15.95

Thick Egg Noodles, Chicken and Asian Green
Vegetables, Wok Tossed in our Teriyaki Sauce

Chef's Recommended

- C1. Shredded Crispy Chicken in King Do Sauce 1,5 €13.95
- C2. Shredded Crispy Chicken
with Sweet Chilli Sauce 1,3 // €13.95
- C3. Shredded Crispy Chicken
in Szechuan Sauce 1,3 // €13.95
- C4. Crispy Shredded Chicken
with Sweet & Sour Sauce // €13.95
- C5. Sesame Shredded Chicken
with Honey Chilli Sauce 9 // €13.95
- C6. Crispy Shredded Chicken
with Honey Chilli Sauce 3 // €13.95
- C7. Crispy Shredded Beef
with Chilli Sauce 1,3 €14.95
- C8. Salt & Chilli Chicken (Piece of Shredded) // €13.95
- C9. Spicy Samba
Chicken / Pork 1,5,11 €13.95
Beef / Spicy Sambal King Prawn / House Special 1,2,5,11 €15.95
(Samba) sauce contains soybean fish sauce shrimp paste)

Sweet & Sour Dishes 5

1. Sweet & Sour Chicken (Hong Kong Style) 3 €13.95
2. Sweet & Sour Chicken Balls (8) (sauce on side) €14.95
3. Sweet & Sour Pork (Hong Kong Style) 3 €13.95
4. Sweet & Sour King Prawn (Hong Kong Style) 2,3 €15.95
5. Sweet & Sour King Prawn Balls (sauce on side) 2,3 €16.95
6. Sweet & Sour Duck (half of duck) €15.95
7. Sweet & Sour Mixed Vegetables V €11.95

Curry Dishes (Contains Flour) 5,9 //

8. Chicken with Curry Sauce €12.95
9. Beef with Curry Sauce €13.95
10. Pork with Curry Sauce €12.95
11. King Prawn with Curry Sauce 2 €14.95
12. House Special with Curry Sauce 2 €13.95
13. Duck with Curry Sauce (half a duck) €15.95
14. Fillet Beef with Curry Sauce (steak) €19.85
15. Breast of Chicken with Curry Sauce (Diced) €13.95 (Whole) €14.95
16. Mixed Vegetables with Curry Sauce V €11.95

*Sauce Allergy Advice: (Curry 1, 5,9,8,12) (Hoi Sin 1,5,7) (Bbq 1,5,7) (Black B
(Oyster Sauce 14,5,9,1,7) (Sweet and Sour 5) (Black Pepper 1,5,7,9,14) (Swe
(Samba 1,2,11,5,7,9,14,10) (Red Curry/Green Curry/Masaman



MALAYSIA BOX 1,3,4,5,6,11 €14.95

Egg Noodle & Vegetable, Chicken stir fried in a fragrant hot Malaysia satay paste
(Contains egg, peanut sauce, soy sauce wheat flour shrimp paste)

YAKI SOBA 3,5,11,14

Choice of: Chicken €13.95 King Prawn 2 €15.95
Tofu & Vegetable 1 €12.95
(Soba Noodles with Beansprouts, Pepper, Onion, Spring Onion, Carrot and Soba Sauce, Garnished with Shallots, Ginger & Sesame Seeds)

House Special Dishes 2

(Chicken, Beef, Pork, King Prawn, Mixed Meat)

- 17. House Special with Honey & Black Pepper Sauce 14 €13.95
- 18. House Special with King Do Sauce 5 €13.95
- 19. House Special with Black Bean Sauce €13.95
- 20. House Special with Satay Sauce 1,5,6 €13.9
- 21. House Special with Ginger & Scallions €13.95
- 22. House Special with Szechuan Sauce €13.95
- 23. House Special Kung Po with Cashew Nuts 6 €14.45
- 24. House Special with Hot Garlic Sauce €13.95
- 25. House Special Chop Suey in Oyster Sauce 5,6 €13.95
- 26. House Special Cashew nuts in Oyster Sauce 5,6 €14.95
- 27. House Special with Black Pepper Sauce €13.95
- 28. House Special with Macau Curry Sauce 5,9 €13.95

Chicken Dishes

100% Fresh Chicken Fillet

- 29. Chicken with Satay Sauce 1,5,6 €12.95
- 30. Chicken with Mushroom in Oyster Sauce 5,14 €12.95
- 31. Chicken with Chop Suey in Oyster Sauce 5,14 Lrg €13.95
- 32. Chicken with Cashew Nuts in Oyster Sauce 5,14 €13.95
- 33. Chicken with Lemon Sauce 10 €12.95
- 34. Chicken with Orange Sauce 10 €12.95
- 35. Chicken with King Do Sauce 5 €12.95
- 36. Chicken with Szechuan Sauce 1,2 €12.95
- 37. Chicken Kung Po Sauce with Cashew Nuts 6 €13.45
- 38. Chicken with Ginger & Scallions 14 €12.95
- 39. Chicken with Hot Garlic Sauce €12.95
- 40. Chicken with Black Pepper Sauce 14 €12.95
- 41. Chicken with Broccoli in Oyster Sauce 5 €12.95
- 42. Chicken with Honey & Black Pepper Sauce €12.95
- 43. Chicken Green Pepper Black Bean Sauce €12.95
- 44. Chicken Mushroom Black Bean Sauce €12.95
- 45. Chicken with Macau Curry Sauce 5 €12.95
- 46. Mexico Chicken Contains Flour Soybean 1,5 €12.95
- 47. Chicken Pineapple €12.95

ean 1,9,5,14,7) (Satay 4,5,9,1,2,11) (King Do 5,1,8,11) (Szechuan 1,5,7,9) (Hot Chili 1,5,8,11) (Kung Po 1,5,8,11,4) (Hot Garlic 1,5,7,9) (Plum Sauce 5,2,11) (Ren Dang 1,9) (Garlic Mayo 3,12) (Chilli Oil 1,5,7)

Beef Dishes



(Fillet Beef with €5.90 Supplement)

- 48. Beef with King Do Sauce 5 €13.95
- 49. Beef with Mushroom in Oyster Sauce 5 €13.95
- 50. Beef with Satay Sauce €13.95
- 51. Beef with Chop Suey in Oyster Sauce 5 Lrg €13.95
- 52. Beef with Cashew nuts in Oyster Sauce 5 €14.95
- 53. Beef with Ginger & Scallions 5 €13.95
- 54. Beef with Szechuan Sauce €13.95
- 55. Beef with Kung Po Sauce with Cashew Nuts 6 €14.95
- 56. Beef with Hot Garlic Sauce 1,5 €13.95
- 57. Beef with Black Pepper Sauce €13.95
- 58. Beef with Broccoli in Oyster Sauce 5 €13.95
- 59. Beef with Honey & Black Pepper Sauce €13.95
- 60. Beef with Green Pepper Black Bean Sauce €13.95
- 61. Beef with Mushroom Black Bean Sauce €13.95
- 62. Beef Pineapple €13.95

Roast Pork Dishes (100% Irish Pork)

- 63. Roast Pork with Mushroom in Oyster Sauce 5 €12.95
- 64. Roast Pork with Satay Sauce 6 €12.95
- 65. Roast Pork with Chop Suey in Oyster Sauce 5 €12.95
- 66. Roast Pork with Cashew Nuts in Oyster Sauce 5 €13.50
- 67. Roast Pork with Ginger & Scallions 5 €12.95
- 68. Roast Pork with Szechuan Sauce 1,5 €12.95
- 69. Roast Pork Kung Po Sauce with Cashew Nuts 6 €13.95
- 70. Roast Pork with Hot Garlic Sauce 1,5 €12.95
- 71. Roast Pork with Black Pepper Sauce 5 €12.95
- 72. Roast Pork with Broccoli in Oyster Sauce 5 €12.95
- 73. Roast Pork Green Pepper Black Bean Sauce 5 €12.95
- 74. Roast Pork Mushroom Black Bean Sauce 5 €12.95

Roast Duck Dishes (Half of Duck)

- 75. Roast Duck Cantonese Style Soya Sauce on side €15.95
- 76. Roast Duck with Satay Sauce 1,5,6 €15.95
- 77. Roast Duck with Chop Suey in Oyster Sauce 5 €15.95
- 78. Roast Duck with Cashew Nuts in Oyster Sauce 5 €16.95
- 79. Roast Duck with Ginger & Scallions 5 €15.95
- 80. Roast Duck with Szechuan Sauce 1,5 €15.95
- 81. Roast Duck Kung Po Sauce with Cashew Nuts 6 €16.45
- 82. Roast Duck with Plum Sauce €15.95
- 83. Roast Duck with Lemon Sauce €15.95
- 84. Roast Duck with Orange Sauce €15.95
- 85. Roast Duck Green Pepper Black Bean Sauce 5 €15.95
- 86. Roast Duck Mushroom Black Bean Sauce 5 €15.95
- 87. Glazed Duck €16.45
Roast Duck with Green Veg and Honey Cashewnuts

Seafood Dishes 2,5

- 88. Mixed Seafood with Ginger & Spring Onions €14.95
(King Prawn, Squid, Mussels) 2,5
- 89. King Prawn with Satay Sauce 1,5,6 €14.95
- 90. King Prawn Chop Suey in Oyster Sauce 5 €14.95
- 91. King Prawn Cashew Nuts in Oyster Sauce 5,6 €15.45
- 92. King Prawn with Ginger & Scallions 5 €14.95
- 93. King Prawn with Szechuan Sauce 1,5 €14.95
- 94. King Prawn Kung Po Sauce with Cashew Nuts 6 €15.45
- 95. King Prawn with Hot Garlic Sauce 1,5 €14.95
- 96. King Prawn with Black Pepper Sauce 5 €14.95
- 97. King Prawn Green Pepper Black Bean Sauce 5 €14.95
- 98. King Prawn Mushroom Black Bean Sauce 5 €14.95
- 99. Squid with Salt & Chilli €14.95
- 100. Squid with Ginger & Scallions 5 €14.95
- 101. King Prawn with Salt & Chilli €14.95
- 101a. Salt & Chilli Crab Claws €14.95



Vegetarian Dishes

102. Hot & Spicy ToFu V 1,5 	€11.95
103. Szechuan Style ToFu V 1,5 	€11.95
104. Salt & Chilli ToFu (Long Tray) V 	€11.95
105. Mixed Vegetables with Choice of Sauce V (Curry, Black Bean, Black Pepper, Cashew Nuts, Satay, King Do, Szechuan etc)	€11.95

Fried Rice Dishes ³

106. House Special Fried Rice ²	€13.95
107. King Prawn Fried Rice ²	€14.95
108. Chicken Fried Rice	€12.95
109. Pork Fried Rice	€12.95
110. Beef Fried Rice	€13.95
111. Vegetables Fried Rice V	€11.95
112. Yung Chow Fried Rice	€13.95
113. Singapore Fried Rice 1,3,4,5 	€14.95
114. Nasi Goring Chicken Fried Rice 1,3,4,5 	€14.95
115. Samba! Chicken Fried Rice 1,3,4,5 	€14.95
115A. Roast Duck Fried Rice 1,3,4,5	€15.95

(113-115 Contains peanut sauce, soy sauce wheat flour shrimp paste)

European Dishes

116. Roast Breast of Chicken with Onion & Mushroom	€14.95
117. Special Omelette or Foo Young 2,3	€14.95
118. King Prawn Omelette or Foo Young 2,3	€15.95
119. Chicken Omelette or Foo Young 3	€13.95
120. Mushroom Omelette or Foo Young V 3	€12.95
121. Fish & Chips Box 2	€12.95

Extra Dishes (Change sauce €1.50 extra)

Salt & Chilli Chicken Balls 1,3,5,8,9 (6) €9.95 (8) €12.95	
Salt & Chilli Chips in Long Tray	€6.85
Chicken Balls (3)+Chips & Curry Sauce (in Long Tray) 1,3,5,8,9	€9.85
Sausages (3), Chips & Curry Sauce (in Long Tray) 5,10,12	€8.85
Shredded Crispy Chicken+Chips & Curry Sauce 1,3,5,7,9	€8.85
5 in 1 (Shredded Chicken, Chicken Ball (2), 1,3,5,7,8,9 Curry Sauce, Fried Rice & Chips)	€10.85
4 in 1 (Chicken Balls (2)+Chips+Fried Rice & Curry Sauce) 1,3,5,7,8,9	€8.85
3 in 1 (Fried Rice+Chips+Curry Sauce) 3,5,9 Small €5.85 Large €6.85	
Chicken/Beef Curry with Fried Rice 1,3,5,7,9 Small €7.85 Large €9.95	
2 in 1 (Chips with Curry Sauce) 5,9 Small €4.85 Large €6.85	
French Fried Onion Rings 1,3,5,7 Small (4) €4.85 Large (8) €7.95	
Fried Plain Onion 1,5,7,14	€7.95
Fried Soft Noodles 1,5,7 Small €6.90 Large €8.95	
Egg Fried Rice 1,3,7 Small €4.95 Large €6.25	
Boiled Rice Small €3.80 Large €4.95	
Chips Small €4.85 Large €6.35	
Sauce Options 8oz €3.65 12oz €5.25	

Curry/Sweet And Sour/Bbq/Satay/Szechuan/Black Bean/Black Pepper/King Do/Sweet Chilli/Kung Po/ Hot Garlic/Plum Sauce/Macau Curry/Oyster Sauce/Samba Sauce/Red Curry/ Green Curry/Masaman/Ren Dang	
Sauce Options 4oz €3.00 8oz €5.70	
Garlic Mayo/Honey Sauce/Chilli Oil/Soy Sauce/Hai Sin Sauce	
Chicken Balls (8) 1,3,5,8,9	€11.55
Chicken Balls (6) 1,3,5,8,9	€8.65
Chicken Balls (4) 1,3,5,8,9	€6.90
Chicken Balls (3) 1,3,5,8,9	€5.40
Chicken Nuggets (12) with Curry Sauce 5,9	€7.95
Chicken Tenders (6) with Curry Sauce 5,9	€8.95
Sausage (each) 5,10,12 Plain €1.65 in Batter €2.95	
Beansprouts	€7.95
Mixed Vegetables	€9.95
Mushrooms	€8.95
Cashew Nuts (8oz)	€5.50
Prawn Crackers	€3.50
Sushi Ginger (4oz)	€2.50
Soft Drinks (Coke, Coke Zero, 7up, Diet Coke, Orange) Can	€2.00
Large Bottle	€5.50
Water (500ml)	€1.85

Set Meal Deals

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House Combination for 2
 Beef with Black Bean Sauce
 Chicken Curry
 Egg Fried Rice
 2 Cans of Coke

SAVE
€11.40

For 3 People €61.50

House Combination for 3
 Beef with Black Bean Sauce
 Chicken Curry
 Sweet & Sour Chicken (Hong Kong Style)
 Egg Fried Rice
 Bottle of Coke

SAVE
€12.90

For 4 People €82.45

House Combination for 4
 Beef with Black Bean Sauce
 Chicken Curry
 Roast Duck Cantonese style
 Sweet & Sour Chicken (Hong Kong Style)
 Egg Fried Rice
 Bottle of Coke

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Happy Kid €9.95

Popcorn Chicken
 Sausages (2)
 Chips
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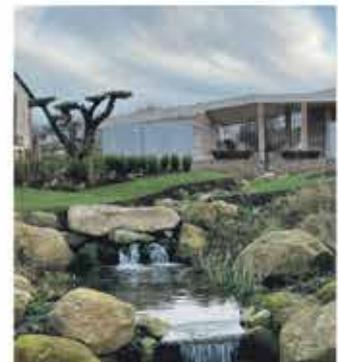
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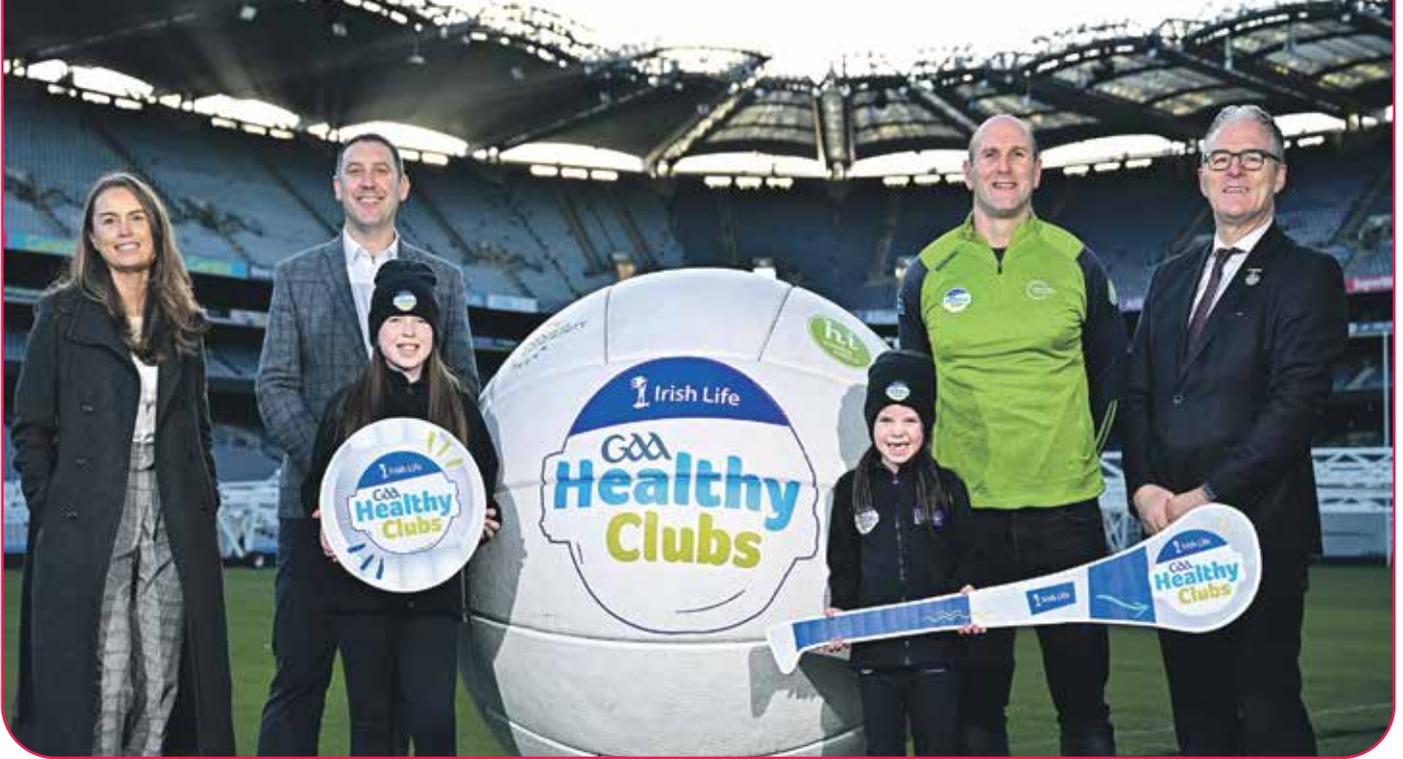
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Connected to their Communities

Almost 90% of Irish Life GAA Healthy Clubs participants feel more connected to their communities

Irish Life has renewed its support of the GAA Healthy Clubs Programme, which helps clubs support the holistic health of their members and communities they serve.

A record 1,100 GAA clubs and 39,000 participants took part in the 2025 'Irish Life GAA Healthy Clubs Steps Challenge' challenge, clocking over 7 million kilometres.

Dublin, January 6: 90% of participants in the Irish Life GAA Healthy Clubs 2025 steps challenge reported feeling more connected to others after completing the programme, highlighting the prominent role of local clubs in fostering community connection, social inclusion and positive physical and mental wellbeing in communities nationwide. The milestone comes as Irish Life renews its partnership with the GAA Healthy Clubs Programme, building on ten years of supporting the holistic health of members and communities across Ireland.

The 2025 Irish Life GAA Healthy Clubs Steps Challenge, a flagship initiative of the overall Irish Life GAA Healthy Clubs programme, saw participants record over 7 million kilometres of walking, with a record 1,100 GAA clubs and 39,000 participants taking part nationwide.

Nine out of ten participants reported feeling more connected to their community following completion of the challenge, a 16% increase from the previous year's challenge, demonstrating the power of community challenges to foster widespread health benefits. On average, participants in the challenge increased their active days from 4.5 to 5.5 per week, highlighting the Steps Challenge's contribution towards increased physical activity and wellbeing.

The results come as Irish Life and the GAA celebrate 10 years of their Healthy Clubs partnership, which aims to promote health and wellbeing within communities across Ireland.

Stacey Machesney, Head of Health and Wellbeing at Irish Life,

said: "We are proud to be celebrating 10 years of partnership with the GAA on their Healthy Clubs Programme. This programme has a huge impact in local communities. By encouraging people to incorporate more movement into their daily lives, we're not only supporting improved physical fitness but also helping to strengthen mental wellbeing and boosting social connection. The record participation over the last year shows a growing awareness of how staying active can reduce stress, boost mood, and create strong, connected communities. Through our Irish Life Health of the Nation research, we discovered that 35% of Irish adults sit in the 'fair' or 'poor' health category, so there is still work to do in encouraging increased levels of activity. Fortunately, our research indicates that 90% of people are aware that physical activity contributes to stress management, meaning we have a solid foundation to build upon."

Jarlath Burns, President of the GAA, said: "After a decade of landmark success, high achievement and impact, it is fantastic news to be able to announce that our successful partnership with Irish Life will continue until 2030. Since 2015 the visionary input of Irish Life in the support of our suite of initiatives synonymous with the GAA's Community and Health Department has had a profound and lasting impact on the lives of tens of thousands of people all over the country.

The GAA is about Games but, in truth, it is about people and supporting people – on and off the field. That is where a GAA Club is at its best and the Irish Life sponsorship supports this work. We see the results daily in the physical and mental health benefits of our members and the knock-on effect this has on the communities that our clubs serve. Our investment in Community and Health is one of the biggest success stories in our history and the support of Irish Life allows us to plan for the future with confidence."

Declan Bolger, CEO of Irish Life said: "Irish Life is proud to extend our sponsorship of the Irish Life GAA Healthy Clubs programme for another four years. Our decade-long partnership is a reflection of our commitment to supporting the health and wellbeing of people across Ireland. We are genuinely delighted to continue this journey and to champion a programme that benefits people's health, helps communities thrive and builds better futures."

Rory O'Connor (Rory's Stories), Irish Life GAA Healthy Clubs Ambassador, said: "As someone whose own club is part of the Irish Life GAA Healthy Clubs programme, I've seen how powerful it can be in bringing people together. What stands out to me is how much it supports overall wellbeing - not just physical health, but I'd say more importantly mental wellbeing and that sense of connection we all need, especially on those dark winter days. Whether it's community events, the Irish Life GAA Healthy Clubs Steps Challenge or simply having a space where people feel supported, the programme creates real, positive change in everyday lives. It reminds us that looking after ourselves is easier when we look after each other and I'd encourage anyone looking to start healthy habits this year to get involved in their local Irish Life GAA Healthy Club, meet new people and as always, have a bit of craic along the way."

The 2026 Irish Life GAA Healthy Clubs Steps Challenge is now open for registration and is free to enter for all residents on the island of Ireland aged 18 and over. Participants can track and measure their progress via Irish Life's MyLife app.

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Get Out of Jail Tips for Those Who Forgot Valentine's Day



There are few moments in modern Irish domestic life more chilling than the realisation, sometime around 7.42pm on 14 February, that Valentine's Day has come and gone—and you have done absolutely nothing about it. No card. No flowers. No hastily assembled “I meant to, honestly” gesture. Just the quiet hum of the dishwasher and the growing sense that you are about to spend the evening in emotional custody.

Fear not. Redemption is still possible. Not guaranteed, mind you and possibly expensive but possible. Here is a practical, field-tested guide to damage limitation for those who forgot Valentine's Day and now wish to avoid sleeping on the couch until Easter.

1. Do Not Pretend You Don't Believe in Valentine's Day

This is the rookie error. Claiming that Valentine's Day is “a commercial scam” while your partner is scrolling through Instagram posts of surprise weekends in Lisbon will only deepen your predicament. You may not believe in Valentine's Day, but your partner does—and right now, belief trumps ideology.

Instead, acknowledge the miss. Calmly. Sincerely. Without qualifiers like “I was busy” or “I assumed we weren't doing anything this year.”

2. Immediate Contrition Beats Elaborate Excuses

A clean apology is more effective than a complex alibi involving work deadlines, traffic on the M50, and a dying phone battery. Say the words clearly:

“I forgot, and I'm genuinely sorry.”

Do not add:

- “But you know I love you anyway”
- “I thought we said we weren't exchanging gifts”
- “Sure every day should be Valentine's Day”

Those phrases are not apologies. They are accelerants.

3. The Emergency Gesture (Timing Is Everything)

If it is still Valentine's night, act fast. Petrol stations are no longer just for diesel and despair. A respectable bunch of flowers, decent chocolates (not the crushed box behind the till), and a card with more than your name written inside can still salvage the evening.

If Valentine's Day has already passed, do not attempt to backdate your effort. Late flowers with a sheepish explanation are acceptable. Flowers with “Happy Valentine's Day” written three days later are not.

4. Plan Something—Properly—And Own It

Vague promises are worthless currency. “We'll do something nice soon” translates as “I hope this blows over.”

Instead, propose a specific plan:

- A booked restaurant
- A night away (even one night counts)
- Tickets to something they actually like
- A planned day off together

Details matter. Dates matter. Bookings matter. Screenshots of confirmations matter most of all.

5. The Thoughtful Pivot Strategy

If romance isn't your strong suit, lean into thoughtfulness. This is not about cost—it is about effort.

A handwritten note acknowledging what your partner means to you will outscore an expensive but impersonal gift every time. Mention shared memories. Reference something they care about. Prove, in writing, that you are emotionally present, even if calendar-challenged.

6. Do Not Attempt Humour Too Early

Irish wit is powerful—but timing is everything. Self-deprecating jokes about “forgetting dates” or “being useless at romance” may eventually land, but not while the offence is still fresh. Earn forgiveness first. Quips can follow.

7. Accept That Forgiveness Is Not Instant

You may do everything right and still face a frosty reception. This is normal. Stay consistent. Stay kind. Stay patient. Redemption is a process, not a transaction.

And whatever you do, do not ask, “Are you still annoyed about that?” within the first 48 hours.

8. Learn for Next Year (Or At Least Set a Reminder)

Once peace is restored, take preventative action. Calendar alerts. Notes on your phone. A discreet reminder from a trusted friend. There is no honour in repeating the same mistake annually.

Final Word

Forgetting Valentine's Day does not make you a bad partner—but how you respond might. Own the error. Make the effort. And remember: romance isn't about perfection; it's about showing up, even when you get it wrong.

Now put the magazine down and go fix it.



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“No, Not American!”

A Canadian in Ireland and the Art of Telling Them Apart



Canadians are not travelling to the USA as much now for reasons we all know. Some are coming to Ireland. They are, of course, very welcome, but if you want them to come again we need to avoid upsetting them.

The easiest way to do this is to call them American! So how do we recognise a Canadian. Here is some advice.

There's nothing quite like the soft “eh?” of a Canadian explaining to a bemused Irish barista that they are not, in fact, American. For Irish hosts who encounter visitors from across the Atlantic, this linguistic tangle comes with a wink and a shrug: tell a Canadian they're American at your peril.

After all, Canadians themselves will happily napkin-sketch the difference if given half a chance — especially these days. With trans-border tourism trends shifting in 2025, fewer Canadians are making the traditional pilgrimage southward to the United States and are increasingly peering toward destinations with greener landscapes, friendlier vibes, and — critically — fewer mistaken identities.

A Subtle Shift in the Wind

Reluctance to cross into the United States isn't just a punchline at social gatherings — it has real travel consequences. In 2025, Canadian travel to the U.S. has been noticeably down, with road crossings plunging and flights cancelled or rethought. Political frictions, uncertainties at the border, and a growing desire for new experiences have combined to make destinations beyond the traditional southern road trip more appealing.

Some Canadian travellers are now exploring Europe, Mexico, and the Caribbean with renewed zeal; trends for travel searches from Canada to European destinations including Ireland have climbed in the first half of the year.

Ireland may not yet be the number one alternative to the U.S., but it's steadily rising on Canadian radar screens. In 2023, around 180,000 Canadians visited the island of Ireland, spending handsomely and lingering for over a week on average.

This is precisely the sort of thoughtful wanderlust that fits seamlessly into Irish travel lore: friendly land, rolling hills, good craic and, crucially, correct national labels.

How to Spot a Canadian (Without Asking Directly)

Irish hosts and fellow travellers might enjoy learning a few fun behavioural clues to help distinguish a Canadian from their southern neighbour:

1. Accent Melodies

Canadian English has its own rhythm — softer vowels, gentler inflections, and the occasional “eh?” — that a quick-ear listener in Dublin or Galway might recognise. It's a subtle song compared to the broad chorus of American accents.

2. Linguistic Clues

If someone asks where the washroom is, mentions Zed instead of zee for the letter “Z,” or says holiday instead of vacation, you're likely in friendly Canadian territory.

3. Apologising as a National Sport

Canadians are famously polite — “sorry” is practically part of the tourism package. If a visitor says “sorry” after you bump into them, don't be fooled: they might just be Canadian in disguise.

4. Hockey, Politics and Passports

Ask about sport or politics carefully. A chat about the NHL or a cheer for a non-U.S. hockey team, paired with

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mild disdain for being called “American,” is a reliable giveaway.

The Great “Not-American” Mantra

Canadians are quick to correct “You’re American, right?” — and often with good humour. But the insistence is real: “American” in daily parlance typically means a citizen of the United States, and Canadians are happy to remind you of their distinct identity. This isn’t just etiquette; it’s part of how they see themselves on the world stage. Indeed, being mistakenly lumped under the giant “American” umbrella can provoke anything from a patient smile to a polite lecture on global geography.

Ireland as a Warm Transatlantic Refuge

Ireland’s tourism numbers in 2025 show a mixed picture overall, but North America remains an important contributor, with visits from both the U.S. and Canada helping to counteract declines elsewhere.

Whether they’re watching sheep on the Dingle Peninsula, sharing pints in Temple Bar, or simply enjoying the long summer evenings in Killarney, Canadians bring a curious blend of politeness, dry humour, and yes — corrective national pride — to Ireland’s welcome mat.

So, to all the Irish hoteliers, bartenders and travel-obsessed locals: next time someone politely declines your offer of “American fare”, smile, hand over the Guinness, and say, “Ah, Canadian — got it.” They’ll appreciate it, and you’ll get the story next time around.

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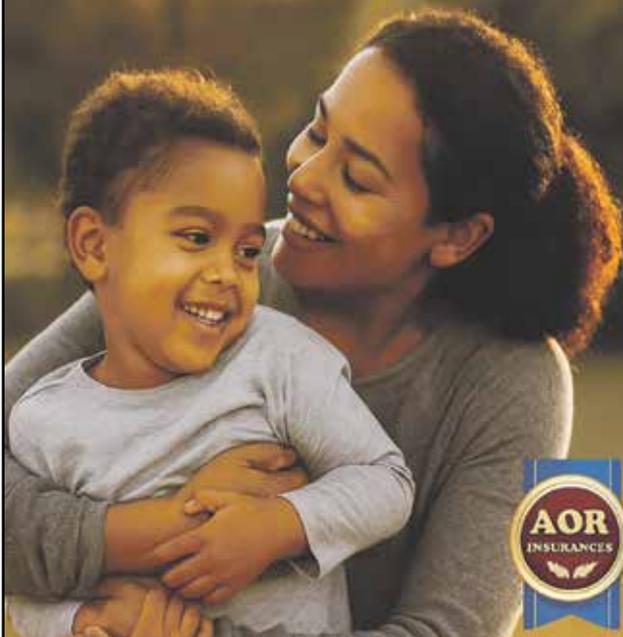


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Why Kildare Is the New Choice for Balanced Living

For years, Kildare sat quietly in Dublin's shadow—close enough to commute, far enough to breathe. Today, that balance is no longer a secret. As housing pressures, hybrid working and quality-of-life priorities reshape how people choose where to live, Kildare has emerged as one of Ireland's most compelling lifestyle counties.

It offers something increasingly rare: space without isolation, community without compromise, and countryside that still connects seamlessly to the capital.

The Appeal of Space and Simplicity

One of Kildare's strongest draws is physical space. Larger homes, gardens that are more than symbolic, and access to open countryside remain achievable for many buyers and renters who have been priced out of Dublin. Whether it's a modern estate in Naas, a period home in Athy, or a commuter-friendly development near Maynooth or Celbridge, the county offers variety without sacrificing amenities.

For families, that space translates into safer streets, more outdoor play, and a pace of life that feels manageable. For downsizers and remote workers, it means room for home offices, hobbies, and a quieter daily rhythm.

Commuting Without the Burnout

Kildare's transformation would not be possible without connectivity. Rail links from towns such as Newbridge, Sallins, Kildare Town and Maynooth place Dublin within realistic reach, while road access via the M7 and M4 continues to underpin commuter confidence.

Crucially, commuting is no longer an everyday requirement for many. Hybrid and flexible working arrangements have made Kildare an ideal base—close enough for two or three office days a week, but far enough to avoid the constant pressure of city living.

Towns with Their Own Identity

What truly sets Kildare apart is that its towns are not dormitories. Naas has evolved into a vibrant hub with restaurants, cafés, boutiques and a lively evening economy. Maynooth blends historic charm with youthful

energy, driven by its university and cultural scene. Celbridge and Leixlip retain strong community identities, while towns such as Monasterevin and Kilcock are quietly building reputations for livability and value.

Local markets, festivals, sports clubs and voluntary groups play a central role in daily life. There is a sense that people still know their neighbours—and value that connection.

Green by Nature

Kildare's landscape is another decisive factor. Canal walks, riverside trails, parklands and boglands are woven into everyday routines. The Grand Canal, the Curragh Plains, Donadea Forest Park and Castletown House provide accessible escapes that do not require planning or long drives.

For many residents, wellbeing is no longer something scheduled—it's embedded. Morning walks, lunchtime cycles, and weekend family outings are part of the natural rhythm of living here.

A County Looking Forward

Kildare's growth has not been without challenges, particularly around housing supply and infrastructure. Yet there is a growing sense that the county is consciously shaping its future—investing in town centres, public amenities and sustainable development rather than unchecked sprawl.

That balance between growth and quality of life is what continues to attract new residents while retaining those who grew up here.

The New Definition of "Close to Dublin"

Kildare's rise reflects a broader shift in how people define success and comfort. Proximity to Dublin still matters—but not at the expense of space, calm and community. For many, Kildare now represents the best of both worlds: the reassurance of connection and the luxury of breathing room.

In a time when lifestyle choices are being reassessed across Ireland, Kildare is no longer just convenient. It is, increasingly, the destination.



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Dunboyne College

A smart, flexible and cost-effective career pathway for students in Dunboyne College

As Leaving Certificate students start thinking of what next, further education vocationally focused and pre-university courses in Dunboyne College of Further Education (DCFET) are emerging as a smart, flexible and cost-effective pathway to future success.

With over 1400 students Dunboyne College is now the largest college of further education and training in the country, offering over 70 further education and training (FET) courses but many people are still unaware of the opportunities that a FET course can offer a student according to Catherine Fox, Principal, DCFET.

Information about what is on offer in Dunboyne College will be available at its Open Night on Thurs 5th Feb 2026 from 5.30pm to 7.30pm. “We are constantly hearing from students and their parents that they unsure of what they really want to do or don’t know if they are ready to face into a costly 4 year degree. So we have decided that on our Open Night this year we will really focus on talking to students about what is involved in a course in Dunboyne and the progression and career opportunities.”

The DCFET Principal believes that it is important that students and their parents fully understand the potential of a FE course. “We find that many students think that the only route to a career is via the CAO but one of the key benefits of our courses is how effectively they allow the students to develop a clearer sense of career direction in a supportive environment without huge costs – all our full-time courses are €30.”

“Students who complete a course in Dunboyne

College can use their results instead of their Leaving Certificate points to access Level 7 or 8 degrees in universities while also developing practical, job-ready skills. Over 90% of our students who apply to progress to university receive a CAO offer. This includes places on degrees in Law, Nursing, Science, Engineering, Business and Information Technology in all the universities.”

Dunboyne College courses also place a strong emphasis on employability according to its Principal. “Mandatory industry placements give students real-world experience in their chosen field. So if you are thinking of a career in healthcare then you will discover very quickly what it requires. A course in DCFET acts like a foundation year to a degree often mirroring the 1st year modules. Students also develop essential skills such as critical thinking, independent learning, time management and academic writing. These skills build confidence and ensure students are ready to thrive in either the workplace or progress to university. We hear from many universities that they really welcome the fact that students have these skills.”

Cost is increasingly a major issue according to the Dunboyne College Principal. “Further education programmes provide high-quality training at a fraction of the cost of direct entry to higher education, making them an accessible option for students and families. All our full-time courses only cost €30 which makes further education a very cost-effective investment in your future career.”

Further information on courses in Dunboyne College are available at www.dunboynecollege.ie

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Hidden Walks and Quiet Escapes

Rediscovering Kildare Outdoors

Kildare is often associated with movement—commuters, racehorses, motorways cutting east to west. Yet step just slightly off the main routes and a different county reveals itself: one defined by stillness, soft landscapes and outdoor spaces that invite you to slow down rather than hurry on.

For those willing to wander, Kildare offers a network of quiet walks and gentle escapes that feel far removed from daily pressures, even though they are often just minutes from home.

The Calm of the Canal

The Grand Canal is one of Kildare's great understated assets. Stretching through towns and countryside alike, it provides flat, accessible walking routes ideal for early mornings or reflective evening strolls. Sections around Sallins, Robertstown and Monasterevin are particularly peaceful, where the water mirrors wide skies and the only soundtrack is birdsong and the slow passage of a barge.

These walks are less about destination and more about decompression—perfect for clearing the head after a busy day.

Woodlands That Breathe

Donadea Forest Park remains a favourite, but beyond its main trails are quieter loops and corners where the forest feels almost private. Elsewhere, smaller woodlands and demesnes across the county offer equally restorative experiences without the crowds.

These spaces are especially appealing in autumn and winter, when colours deepen and the air sharpens. A short walk can feel immersive, grounding, and surprisingly restorative.

Boglands and Big Skies

Kildare's bogs—once viewed only through an industrial or historical lens—are increasingly recognised as places of rare beauty. Boardwalk trails and informal paths through bogland offer expansive views and a profound sense of openness.

Walking here is a reminder of the county's deeper rhythms. There is nothing hurried in these landscapes; time seems to stretch rather than compress.

Parklands with a Past

Castletown House and its surrounding grounds provide one of Kildare's most graceful outdoor experiences. Wide avenues, river walks and open parkland lend themselves to unhurried afternoons, whether alone or with family. Similar historic settings across the county combine heritage with outdoor enjoyment, allowing walkers to move through

centuries as well as scenery.

These are places where history and leisure coexist easily.

Small Rituals, Close to Home

What makes Kildare's outdoor escapes special is their accessibility. These are not grand adventures requiring planning or special gear. They are everyday luxuries: a lunchtime walk, a Sunday wander, a quiet conversation uninterrupted by traffic or screens.

Many residents are rediscovering these spaces not as destinations, but as rituals—part of a more mindful, balanced lifestyle.

A County Best Enjoyed Slowly

In a world that often rewards speed, Kildare quietly encourages the opposite. Its hidden walks and gentle landscapes offer permission to pause, notice and breathe. Whether along a canal, through a forest, or across open bogland, the county reveals itself best to those who take the time to walk it.

Sometimes, the greatest escape is not far away at all.

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- Pre-University Physiotherapy Science

Law & Politics

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- Pre-University Business Law
- Pre-University Politics, Economics & Social Science

Arts

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- Pre-University Liberal Arts
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- Pre-University Animal Science
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Engineering & Construction

- Pre-University Engineering
- Pre-University Construction/Furniture Studies **NEW**

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Living Well in Kildare

Wellness, Fitness and the Rise of Local Retreats

Wellness in Kildare is no longer defined by occasional gym memberships or January resolutions. Instead, it has evolved into something more integrated, more local and more sustainable—woven into everyday life rather than bolted on as an obligation. Across the county, people are embracing a quieter, more holistic approach to living well, shaped by place, pace and community.

From morning walks along the canal to yoga studios in converted townhouses, Kildare's wellness culture reflects a broader shift towards balance rather than burnout.

Fitness That Fits Real Life

Traditional gyms still play a role, but Kildare's fitness scene has diversified significantly. Small-group training studios, Pilates and reformer classes, running clubs and outdoor bootcamps are thriving, particularly in towns such as Naas, Maynooth, Newbridge and Celbridge.

What sets these offerings apart is accessibility. Classes are often timed around school drop-offs or the working day, and the emphasis is as much on consistency as intensity. For many, fitness here is social as well as physical—a way to connect, decompress and feel part of something local.

The Outdoors as a Wellness Space

Kildare's natural environment has become central to how residents look after themselves. Canal paths, forest trails and parklands are not just scenic—they are functional wellness assets. Walking groups, cold-water dipping communities and informal cycling routes have grown organically, fuelled by word of mouth rather than marketing campaigns.

This connection to the outdoors encourages a slower, more mindful approach to health. It is less about tracking performance and more about feeling better at the end of the day than at the start.

Mindfulness, Locally Rooted

Yoga, meditation and breathwork have moved firmly into the mainstream in Kildare, with studios offering everything from restorative evening classes to early-morning flows designed for busy schedules. Importantly, many practitioners emphasise inclusivity—no jargon, no pressure, and no expectation of perfection.

Alongside physical practice, there is growing interest in mindfulness, stress management and sleep health, reflecting a county that is increasingly conscious of mental as well as physical wellbeing.

Spas, Retreats and Small Escapes

Kildare's proximity to luxury hotels and countryside retreats has long been known, but there is a noticeable rise in shorter, more attainable wellness breaks. Half-day spa visits, local retreat mornings and wellness workshops allow people to reset without leaving the county—or their

routines behind.

These experiences are often framed not as indulgence, but as maintenance: time invested in long-term wellbeing rather than short-term escape.

Community at the Core

Perhaps the most distinctive aspect of wellness in Kildare is its community focus. Many initiatives are locally run, independently owned and built around genuine relationships. Instructors know their clients. Walking groups look out for one another. Wellness feels human rather than transactional.

That sense of connection is, in itself, a form of wellbeing.

A Healthier Way Forward

Living well in Kildare is less about trends and more about intention. It is about choosing movement over inertia, calm over constant noise, and local solutions over one-size-fits-all approaches.

In a county defined by space, rhythm and balance, wellness has found a natural home—and for many residents, it is no longer something they aspire to. It is simply how they live.



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MAJOR BOOST FOR TOURISM

Major Boost for Tourism in County Kildare as Five Local Projects Secure Funding

Kildare County Council is delighted to announce that five regenerative tourism projects in County Kildare have been awarded funding through Fáilte Ireland's Regenerative Tourism and Placemaking Scheme. This scheme is co-funded by the Government of Ireland and the European Union under the EU Just Transition Fund (JTF).

The five successful projects will deliver innovative visitor experiences, low-carbon accommodation and support local communities by creating new employment opportunities, while protecting and enhancing the environment.

This announcement follows a wider funding allocation in December 2025, when Minister for Enterprise, Tourism and Employment, Peter Burke and Fáilte Ireland, confirmed over €5.5 million for 17 tourism projects under the Regenerative Tourism and Placemaking Scheme.

The five Kildare-based projects receiving funding are:

- Zipit Forest Adventures Ltd, Donadea
- Lullymore Heritage & Discovery Park, Lullymore
- Burtown House & Gardens, Athy
- Boat trips.ie, Athy
- Cycling Trails and Tours in Irelands Midlands

This investment is further supported by the Tourism Activators Scheme, which provides dedicated business support services delivered by Kildare County Council as part of Fáilte Ireland's Regenerative Tourism and Placemaking Scheme.

Speaking about the scheme, the Cathaoirleach of the County of Kildare, Councillor Carmel Kelly, said: "We were delighted with the high level of engagement from Kildare SMEs, community groups and social enterprises in the Fáilte Ireland Regenerative Tourism and Placemaking Scheme.

The newly awarded projects will further enhance Kildare's rich tourism offering while regenerating communities, strengthening local economies, and delivering long-term benefits for tourism, enterprise and the environment".

Jacqui McNabb, Head of Economic Development, Enterprise, Retail and Tourism, Kildare County Council added: "Our team supported over 70 organisations through this initiative providing professional mentoring, training and advice throughout the rigorous grant application process.

We continue to support these projects and all tourism businesses across the county with training, mentoring and financial supports through the Local Enterprise Office."

To date, almost €60 million has been announced under the Regenerative Tourism and Placemaking Scheme. This includes €16 million in investment grant-aid to 85 private and community SME projects, and €26 million allocated under the Local Authority and Strategic Partner schemes. A further €9.4 million was awarded to BnM (formerly Bord na Móna) to develop and begin delivery on a network of universally accessible trails, across suitable parts of its landbank within the EU JTF territory. Further investment under this scheme is expected to be announced over the coming months.

The scheme also supports 82 businesses participating in the Tourism Learning Network Programme, 66 participants in the Digital Transformation Programme, and 8 Tourism Activators - one in each county across the territory.



Gráinne Cornally, Head of Just Transition, Fáilte Ireland, said: "We're so pleased to see such a strong and diverse range of projects in County Kildare receive funding through Fáilte Ireland's Regenerative Tourism and Placemaking Scheme. These projects are a perfect example of how this scheme is enhancing the visitor experience and providing new opportunities for destinations across the Midlands. Investments like this help sustain local communities by supporting job creation, empowering local businesses, and providing more reasons for domestic and international tourists to visit this part of the country.

This announcement also highlights the transformative impact that initiatives like the EU Just Transition Fund can have on rural tourism development. We look forward to seeing these projects come to life and to continuing our close collaboration with local tourism businesses, communities, the Eastern and Midland Regional Assembly (EMRA), and our strategic partners as we deliver further projects under this scheme in the months ahead."

Tourism businesses in County Kildare can access business supports, mentoring and training through the Local Enterprise Office by contacting the Tourism Activator Annmarie Sweeney on 045 906254 or amsweeney@kildarecoco.ie

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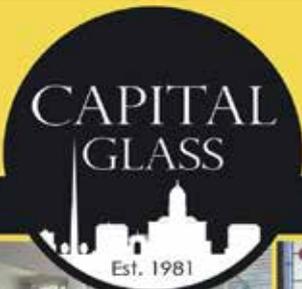


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MUID A CHUIR IN AITHNE / INTRODUCING OURSELVES



LÓGÓ (logo)



SONÓG (Mascot)

We are students from St. Joseph's College, Lucan. We are in our 4th year and we are girls aged 15-16. It is a great honour for us to write here as a project for Transition Year. This is a big deal for us and we are so happy to accept this opportunity.

We are improving our Irish in various ways in Transition Year. For example, we wrote story books for children. We learned different ways to say 'baisteach' with Manchán Magan's book. We are using more Irish in class. But the best thing is writing for the free magazine Little Village. We are interested in promoting Irish. The teacher, foclóir.ie and even Google Translate help.

We are excited that so many people will be reading in Irish here

GAEILGE AR YOUTUBE / IRISH ON YOUTUBE

There are many YouTubers speaking Irish on Youtube. Here is an example:

@BlocTG4: BLOC is a social hub. It is available on Instagram, YouTube, Tik Tok, Facebook, and X. It is aimed at an 18+ audience. BLOC is innovative, exciting and entertaining.

@Clisare: This YouTuber is Clare Cullen from Mayo. She speaks in Irish and English. She is aimed at all ages except for a few videos for an 18+ audience. She is engaging, funny and entertaining, describing life in Ireland.

@tglurgan: TG Lurgan is a music channel. It is set up by Coláiste Lurgan, Indreabhán, Co. Galway. This summer college is well-known. Many teenagers go there to improve their Irish amidst fun, music, fun and laughter. They post popular songs that have been translated and sung in Irish by the teenagers. For example, you can listen to songs from AC/DC, Lizzo, Ed Sheeran, Dua Lipa and Billie Eilish.

SEINNLIOSTA (22 amhráin) DHÁT HEANGACH / BILINGUAL PLAYLIST

1. CMAT: "Euro-Country"
2. Fontaines DC: "In ár gcróithe go deo"
3. Nóra agus Jade: "Fuil na nÓg"
4. BellX1: "Bladh"
5. Kneecap: "C.E.A.R.T.A."
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8. Kate Bush: "Mná na hÉireann"
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18. Sibéal: "Fuarú"
19. Gabrielle Aplin: "Airínn tú"
20. Maud in Cahoots: "Ag leanúint inniu"
21. Kíla: "Bí Ann"
22. Picturehouse: "Sí"
23. Sinéad O Connor: "Óró sé do bheatha bhaile"

DIALANN TY FEABHRA / TY DIARY FEBRUARY

February 1st: Here's a little taste of what's happening in Transition Year.

So much is happening in February. St. Brigid's Day is on Sunday, February 1st. We are so excited to make St. Brigid's crosses and celebrate the holiday.

February 3rd: We have two weeks of work experience in February. It's from February 3rd to 13th. We have students working in restaurants, shops, schools, libraries, swimming pools, dance studios and many other places. We are quite nervous but excited.

February 14th: Valentine's Day is also on February 14th. We are so excited to celebrate this holiday with our friends and family.

February 26th: The whole year is full of excitement for this day! We will be having our Transition Year Ball with the local CBS. There will be a DJ, photographer, videographer! We are all so happy to celebrate with our friends.

LÁ FHÉILE VALINTÍN, LÁ FHÉILE BRÍDE & RAMADAN

Valentine's Day

The story of Valentine's Day begins with Saint Valentine. He stood up to the Roman Empire. He did this by marrying couples without the Empire's knowledge. He was imprisoned. He loved the daughter of his prison guard. He sent her a letter signed "to my Valentine". He signed the letter before he died on February 14th.

Did you know

The relics of Saint Valentine are in the White Friars Street Church in Dublin. They were given to Father John Spratt in 1835 when he was in Rome.

Ramadan

Ramadan will be celebrated in February 2026. Millions of Muslims will fast for a month. They celebrate this sacred tradition every year. It is a time of self-discipline, compassion and putting oneself in the shoes of those in need. They cannot drink or eat from sunrise (suhor). They break their fast at sunset (iftar) with a date.

St. Brigid's Day

St. Brigid's Day 2026 falls on the first day of February. It is a public holiday in Ireland. It celebrates our female patron saint, the beginning of spring (Imbolc). People make St. Brigid's cross and there is storytelling and cultural events such as the "Spirit of Kildare" (five days of music, art, culture and family activities.)

TRAENÁIL MADRA AS GAEILGE

Practice your Irish with your dog! This is a nice, fun and useful book. It has beautiful pictures for children. It also teaches you how to pronounce words. It can be found in all bookstores. It costs around €8 - €9.

Mar shampla:

Suigh! : Sit!
Get down!: Síos!
Fetch!: Faigh!



JÓCANNA CNAG CNAG / KNOCK KNOCK JOKES

Cnag cnag Cé atá ann? Niamh.. Niamh cé? Ní mhiste llom seasamh sa bháisteach...fág anseo mé 😊	Cnag cnag Cé atá ann? Eoin.. Eoin cé? Ón Astráil/Iodáil... atá mé - G'day mate / Ciao bella !	Cnag cnag Cé atá ann? Sinéad.. Sinéad cé? Sin éadaí leaba! Lár an lae atá ann !
---	---	--

MUID A CHUIR IN AITHNE / INTRODUCING OURSELVES



LÓGÓ (logo)



SONÓG (Mascot)

Is daltaí muid ó Choláiste Naomh Iósaf, Leamhcán.

Táimid sa 4ú bliain agus is cailíní 15-16 bliana d'aois muid. Is mór an onóir dúinn scríobh anseo mar tionscadal don idirbhliain. Is mór an beart é seo dúinne agus táimid chomh sásta glacadh leis an deis seo. Táimid ag feabhsú ár nGaeilge ar bealaí éagsúla san Idirbhliain. Mar shampla, scríobhamar leabhair scéalta do pháistí. D'fhoghlaim muid bealaí éagsúla chun 'baisteach' a rá le leabhar Manchán Magan. Tá muid ag úsáid níos mó Gaeilge sa rang. Ach an rud is fearr ná scríobh don saoiris Little Village. Tá an chuid suim againn Gaeilge a chur chun cinn. Cabhraíonn an múinteoir, foclóir.ie agus fiú Google Translate.

Tá muid ar bís go mbeidh a lán daoine ag léamh as Gaeilge anseo.

GAEILGE AR YOUTUBE / IRISH ON YOUTUBE

Tá go leor youtubers ag labhairt Gaeilge ar Youtube. Seo agaibh sampla:

@BlocTG4: Is mol sóisialta é BLOC. Tá sé ar fáil ar Instagram, YouTube, Tik Tok, Facebook, agus X. Tá sé dírithe ar lucht féachana 18+. Tá BLOC nuálach, spreagúil agus siamsúil.

@Clisare: Clare Cullen ó Mhaigh Eo an tainm atá ar an YouTuber seo. Bíonn sí ag labhairt i nGaeilge agus i mBéarla. Tá sé dírithe ar gach aois ach cúpla físeáin do lucht féachana 18+. Tá sí tarraingteach, greannmhar agus siamsúil, ag déanamh cur síos ar an saol in Éireann.

@tglurgan: Is cainéal ceoil é TG Lurgan. Tá curtha le chéile ag Coláiste Lurgan, Indreabhán, Co. na Gaillimhe. Tá clú agus cáil ar an gcoláiste samhraidh seo. Téann a lán déagóirí ann chun a gcuid Gaeilge a fheabhsú i measc craic, ceol, spraoi agus scléip. Postálann siad amhráin mhóréilimhe atá aistrithe agus canta i nGaeilge ag na déagóirí. Mar shampla, is féidir cloisteáil le amhráin ó AC/DC, Lizzo, Ed Sheeran, Dua Lipa agus Billie Eilish.

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22. Picturehouse: "Sí"
23. Sinéad O Connor: "Óró sé do bheatha bhaile"

DIALANN TY FEABHRA / TY DIARY FEBRUARY

Seo agaibh blaiseadh beag ar a bhfuil ag tarlú san Idirbhliain. Tá an oiread sin ag tarlú i mí Feabhra. Is é Lá Fhéile Bríd ar Domhnach 1ú Feabhra. Táimid chomh sásta crosanna Naomh Bríde a dhéanamh agus an saoire a cheiliúradh.

Tá taithí oibre againn ar feadh coicise i mí Feabhra. Tá sé ón 3ú go dtí an 13ú Feabhra. Táim daltaí ag obair i mbialanna, siopaí, scoileanna, leabharlanna, linnte snámha, stiúdeonna damhsa agus go leor áiteanna eile. Tá muid sách neirbhíseach ach ar bís.

Tá Lá Fhéile Vailintín ann freisin ar an 14ú Feabhra. Tá muid lán sásta an saoire seo a cheiliúradh lenár gcairde agus teaghlaigh.

Tá an bhliain ar fad ar bís iomlán don lá seo! Beidh ár mBál Idirbhliana againn leis an CBS áitiúil. Beidh DJ, grianghrafadóir, físeagrafaí ann! Táimid go léir chomh sásta ceiliúradh lenár gcairde

LÁ FHÉILE VALINTÍN, LÁ FHÉILE BRÍDE & RAMADAN

Lá Fhéile Vailintín

Tosaíonn scéal Lá Vailintín le Naomh Vailintín. Sheas sé i gcoinne Impireacht na Róimhe. Rinne sé é seo trí lánúineacha a phósadh i ngan fhios don Impireacht. Cuireadh i bpríosún é. Bhí grá aige d'iníon a gharda príosúin. Sheol sé litir chuici a bhí sínithe "do Vailintín". Shinigh sé an litir sular bhásaigh sé ar an 14ú Feabhra.

An raibh a fhios agat

Tá iarsmaí de Naomh Vailintín i Séipéal Shráid na mBráithre Báne i mBaile Átha Cliath. Tugadh don tAthair John Spratt i 1835 iad nuair a bhí sé sa Róimh.

Ramadan

Ceiliúrfar Ramadan i mí Feabhra 2026. Beidh na milliúin Moslamach ag troscadh ar feadh míosa. Ceiliúreann siad an traidisiún naofa seo gach bliain. Is am féinsmachta é, comhbhá agus iad féin a chur i mbróga na ndaoine atá ar an ngannchuid. Ní féidir leo deoch ná ithe ó éirí na gréine (suhor). Briseann siad a dtroscadh ag luí na gréine (iftar) le dáta.

Lá Fhéile Bríde

Titeann Lá Fhéile Bríde 2026 ar an chéad lá de Feabhra. Is lá saoire poiblí na hÉireann é. Ceiliúránn sé ár naomhphátrún bainneann, tús an earraigh (Imbolc). Déanann daoine crosóga Bhríde agus bíonn scéalaíocht agus imeachtaí cultúrtha ar siúl mar shampla, "Spiorad Chill Dara" (cúig lá de cheol, ealaín, cultúr agus gníomhaíochtaí teaghlaigh).

TRAENÁIL MADRA AS GAEILGE

Déan cleachtadh ar do chuid Gaeilge le do mhadra! Is leabhar deas, spráúil agus úsáideach é seo. Tá pictiúir áille ann do pháistí. Múineann sé duit conas focail a rá freisin. Is féidir é a fháil sa siopaí leabhar go léir. Tá costas timpeall €8 - €9 air.

Mar shampla:

Suigh! : Sit!
Get down!: Síos!
Fetch!: Faigh!



JÓCANNA CNAG CNAG / KNOCK KNOCK JOKES

Cnag cnag Cé atá ann? Niamh.. Niamh cé? Ní mhiste iliom seasamh sa bháisteach...fág anseo mé 😊	Cnag cnag Cé atá ann? Eoin.. Eoin cé? Ón Astráil/Iodáil... atá mé - G'day mate / Ciao bella !	Cnag cnag Cé atá ann? Sinéad.. Sinéad cé? Sin éadaí leaba! Lár an lae atá ann !
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