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## EDITORIAL

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

Christmas ads you still remember.

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

On behalf of the team at

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# ADHD or Attention Deficit Hyperactivity Disorder

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

## What is ADHD?

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

## Key symptoms include:

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

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

Why is ADHD becoming more prevalent in Ireland?

The increased prevalence of ADHD diagnoses in Ireland can be attributed to several factors:

### 1. Improved Awareness and Education:

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

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

### 2. Better Diagnostic Tools and Access:

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

### 3. Increased Focus on Mental Health:

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

### 4. Changing Social and Educational Expectations:

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

### 5. Reduction in Stigma:

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

#### Broader Considerations:

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

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

# CHRISTMAS TV ADS

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

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

**1. John Lewis:**

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

**2. Sainsbury's:**

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

**3. Coca-Cola:**

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

symbolizing the start of the festive season for many

**4. WestJet:**

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

**5. Heathrow Airport:**

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

**6. Apple:**

“The Surprise” (2019): This ad about a family cherishing memories of a late loved one shows how technology can strengthen emotional bonds during the holidays

These ads effectively combine storytelling, music, and visuals to create festive joy, often leaving a lasting impression that goes beyond their commercial purpose.

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# Kildare Civil Defence takes 3rd place at the World Rescue Challenge, Azores, Portugal

Ranked as the world's fourth best Trauma Team

**K**ildare County Council is delighted to announce that Shannon Reid, Assistant Civil Defence Officer, Kildare Civil Defence, and Aaron Cullen, Volunteer, Kildare Civil Defence, achieved 3rd place in the Trauma Complex Challenge at the recent World Rescue Challenge, Azores, Portugal, and were ranked as the 4th best Trauma Team globally.

Competing against 31 other trauma teams worldwide, the team is representing Kildare Civil Defence and Ireland for the second time at The World Championships, and their second time to receive a 3rd place prize.

The team were assessed on their pre-hospital emergency care and "lifesaving" capabilities, for two fifteen-minute trauma-based scenarios that evaluated scene safety, initial patient contact, assessment of injuries and condition, treatment of casualty and patient handover. The results highlight the high standard of training and professionalism of Civil Defence Volunteers throughout Ireland.

The objective of the World Rescue Organisation Trauma Challenge is to assist in the development of trauma related skills of Firefighters, First Responders and Rescue Workers and to enable them to deal successfully with the vast range of casualty-centred incidents. The mission is to provide a platform for rescue personnel from around the world to come together, to enhance and develop competence levels in first responder trauma care.

Having secured first place in the Rescue Organisation of Ireland National Trauma competition for two consecutive years, Kildare Civil Defence achieved National titles as the Best Trauma Medics, earning them the opportunity to represent Ireland in the World Rescue Challenge. They hold the highest ranking as an

Irish Trauma Team on the global stage.

The Kildare team has achieved a significant accomplishment by showcasing excellent technical skill and care, alongside other Irish Teams who are acknowledged globally.

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# Kildare County Council wins at Excellence in Local Government Awards 2024

## Winner of Age Friendly Initiative Award

**K**ildare County Council was the recipient of the Age Friendly Initiative award at the 2024 Excellence in Local Government Awards, which took place in the Crown Plaza Hotel, Dublin on Thursday 21st November.

Following the census of 2016, Ballymore-Eustace was selected as a potential village for Age Friendly and Climate Change Friendly initiatives by Kildare County Council due to its high proportion of elderly residents compared to the rest of the county. Ballymore-Eustace was selected as a case study for how rural commuter villages can implement community-level solutions to address climate change, focusing on Climate Action.

The objective for Ballymore-Eustace was to identify the problems affecting the walkability of the village for elderly residents and at-risk road users. Through analysing the problems and talking about possible solutions, Ballymore-Eustace had the opportunity to enhance its walkability and transform into a more accessible public area, while finding sustainable ways to increase resilience in the face of climate change by involving the community.

Instead of solely concentrating on main street in Ballymore Eustace, Kildare County Council also considered other amenities in the village, such as the river walk. Kildare County Council upgraded a section of the standard trail by adding new surfaces and constructing fishing areas, turning 800m into an accessible recreation spot. This pathway is now open to everyone and can be accessed by all.

This project has enhanced and promoted the inclusivity of, and engagement in, community life for older persons and individuals with disabilities, while enhancing the availability of public and community spaces.

The Excellence in Local Government Awards showcase best

practice in local government and recognise the skills, hard work, innovation and enthusiasm within local government that can often go unrecognised. The Excellence in Local Government Awards were held in conjunction with the Department of Housing, Local Government and Heritage.

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

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

**1. Natural Disasters:** Nostradamus mentions volcanic eruptions and flooding, which some

interpret as potential disasters in Brazil, particularly around the Amazon region and its capital, Brasília. These could signify flooding or increased volcanic activity in South America

**2. War and Plague in Europe:**

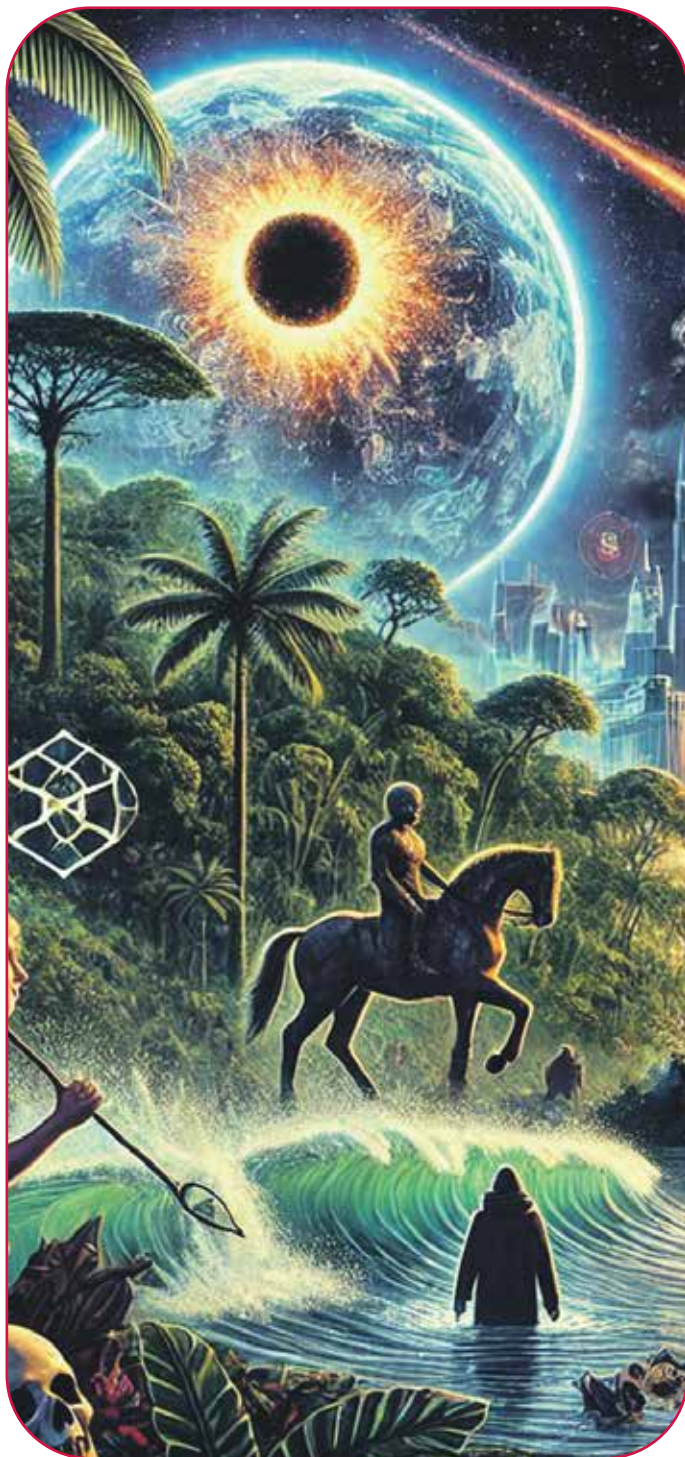
He describes “cruel wars” and a resurgence of “ancient plagues,” which some interpret as a continuation of geopolitical tensions and



potential new health crises in Europe. England is specifically mentioned in a context that some link to post-Brexit isolation and its implications

### 3. Cosmic Collision:

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



### 4. The “Aquatic Empire”:

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

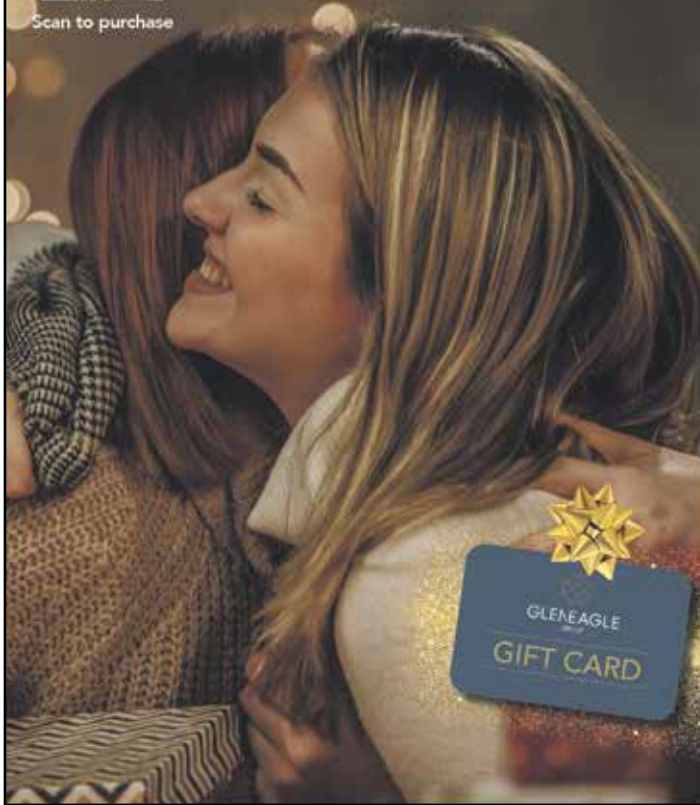
### 5. Medical and Economic Shifts:

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

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



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## SuperValu celebrates 29 years working with Irish poinsettia supplier Uniplumo

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

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

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

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# Kildare County Council announce Final Phase for Submissions for Community



Final opportunity for community groups and organisations to benefit from this significant funding initiative

**K**ildare County Council is pleased to announce the final application window for the Community Recognition Fund 2024 is now open, offering a final chance for community groups and organisations to benefit from this significant funding program.

In March 2024, Kildare County Council launched details of the 2024 Community Recognition Fund, a government-led program aimed at supporting local communities in recognition of their contribution in welcoming and hosting significant numbers of arrivals from Ukraine and other countries.

As part of this initiative, Kildare was allocated €830,007 to finance a range of community projects throughout the county. To date, a number of deserving projects in Kildare have successfully secured funding through this scheme.

We are now seeking expressions of interest for the final phase of applications. This is a unique opportunity for communities across the county to gain financial support for initiatives that are capital in nature, will benefit local areas and enhance community facilities.

Community groups, organisations, and relevant stakeholders are encouraged to submit their applications during this final window to ensure consideration for funding. Funding for or improvements to existing

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sports clubs, play facilities, recreational areas, walking amenities, local transport and additional initiatives are eligible for funding under the Community Recognition Fund.

Criteria for eligibility includes:

- A minimum spend of 50% of funding from the Community Recognition Fund must be incurred for the project by October 2025.
- All projects must be fully completed with funding drawn down by October 2026. The minimum level of funding for an individual project is €50,000 to a maximum of €500,000.
- Areas in the County with the highest number of arrivals from Ukraine and other countries will be deemed eligible.

Full details can be found on the Kildare County Council website at:

<https://kildarecoco.ie/AllServices/Community/CommunityGrants/CommunityRecognitionFund/>

The expression of interest process will be competitive and applications from areas that have the highest number of arrivals from Ukraine and other countries will be deemed eligible. The successful projects will be capital in nature, will address needs in their areas and will deliver medium-long term benefits for the entire community.

The closing date for applications for expressions of interest is 4:00 p.m. Friday, 13th December 2024.



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# Kildare man rowing 5,000 kilometres across the Atlantic in memory of his daughter

John O'Driscoll is doing it for his daughter Saoirse (13), who passed away in April from congenital heart disease

**A** heartbroken father is taking on the challenge of a lifetime by rowing 5,000 kilometres across the Atlantic in memory of his daughter. John O'Driscoll is doing it for his daughter Saoirse (13), who passed away in April from congenital heart disease. Her death came just days after being accepted onto the emergency transplant list at London's Great Ormond Street Hospital.

John (45) – along with four friends – formed Team Power of One and are taking part in the World's Toughest Row to raise funds for Crumlin Children's Hospital and Heart Children Ireland. John, from Lucan, said the idea was first formed two years ago when Saoirse was still alive.

Now he is taking the epic journey in her memory and to raise €250,000 for the two charities. The tough challenge starts on December 12 in the Canary Island and finishes in Antigua after approximately 39 days of continuous rowing. John said part of the reason why he decided to take on the

row was to mirror Saoirse's daily struggles.

He said: "Every day I felt like Saoirse's journey in life was like rowing the Atlantic. She would wake up every morning and what happened that day was never in her control, it depended on how her body felt, how her heart was feeling.

"I wanted to inspire her like she has inspired me. She didn't get to see it happen, but she was hugely excited about me doing it. We have raised €125,000 but we are going to dig deep now to hit the €250,000."

John continued: "Saoirse was amazing. I learned more from her than I could ever have taught her.

"She was our superhero because she was so strong, so determined and never gave up. She always got on with life no matter what it threw at her. She was incredible."

John said his wife Aoife convinced him it would have been what Saoirse wanted. He added: "It's not long since we lost her. Myself and Aoife talked a few weeks ago about it and she said to me, 'You started this journey with

Saoirse, you should finish it for her’.

“There will be 37 other boats and it’s the fastest boat across the Atlantic to land in Antigua. It will probably take about 39 days in total.

“That’s the Irish record, 39 days, and we would like to make Saoirse and the charities proud by smashing that.” His friends Roger McMarrow (48), Conor McCarthy (52), Enda McNicholas (52) and Daragh Kelly (55) are going with him.

He said: “There will be five of us in the boat, which is eight and a half metres long by one and a half metres wide. There will be three of us rowing at any one time.

“We do two hours rowing, two hours resting, 24 hours a day, seven days a week. We will have rowed 700 hours each by the end of it.”

During Saoirse’s lifetime, she underwent 30 surgeries including open-heart surgery at just six-months-old. She became a passionate advocate and fundraiser for charities that support children with CHD. She competed in the Dublin Marathon where her father John pushed her wheelchair for the entire race.

John said one of the big down sides to the challenge is being away from his wife and son Riain (10) during Christmas. He continued: “It will be Aoife and Riain’s first one without Saoirse and I. It will be very tough.

People’s lives move on, but we are stuck on April 16, the day Saoirse died. John concluded: “Her picture is on the side of the boat which means she will be there with me the whole way.”



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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, 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 Flavourful 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 / Beef / 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 Chicken / Beef Rice Noodle** 5, 14 €13.95

(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 Salt  
& 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



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

€15.95  
(Duck Egg Noodle Stir Ried with Hoi sin Sauce, Chilli, Asian Green,  
Peppers, Onion, Beansprouts)

### Spicy Seafood Egg Noodles 1, 2, 14

€15.95  
(King Prawn, Squid, Mussels with Onion, Green Peppers, Chilli, Garlic,  
Mushroom, Beansprouts, Asian Green, Light Soya & Sweet Basil)

### 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 / Beef / 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 / Beef / Pork €13.95

Vegetables €12.95

### Seafood Combination 1, 2, 14

€15.95  
King Prawn, Squid, Mussels with Garlic, Chilli, Onions,  
Peppers, Light Soya & Sweet Basil

### Mekong Duck (half a duck) 1, 14

€16.95  
with Onion, Garlic, Chilli, Chinese Leaf, Beansprout & Sweet Basil

### Bang Bang Chicken 14

Large €14.95  
Crispy Shredded Chicken & Black Pepper with Onion, Garlic, Broccoli & Carrot

### Fire Cracker

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

**Choice of:**

Chicken / Beef / Tofu €13.95

Prawn/Duck €15.95

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](http://www.chinakitchenleixlip.ie)

## 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	€12.95
111. Vegetables Fried Rice V	€11.95
112. Yung Chow Fried Rice	€13.95
113. Singapore Fried Rice 1,3,4,5	€13.95
114. Nasi Goring Chicken Fried Rice 1,3,4,5	€13.95
115. Samba! Chicken Fried Rice 1,3,4,5	€13.95

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

## European Dishes

116. Roast Breast of Chicken with Onion & Mushroom	€12.95
117. Special Omelette or Foo Young 2,3	€13.95
118. King Prawn Omelette or Foo Young 2,3	€14.95
119. Chicken Omelette or Foo Young 3	€12.95
120. Mushroom Omelette or Foo Young V 3	€11.95

## Extra Dishes

Salt & Chilli Chicken Balls	(6) €9.95 (8) €12.95
Salt & Chilli Chips in Long Tray (sauce €1.50 extra)	€6.85
Chicken Balls (3)+Chips & Curry Sauce (in Long Tray)	€8.85
Sausages (3), Chips & Curry Sauce (in Long Tray)	€8.85
Shredded Crispy Chicken+Chips & Curry Sauce	€8.85
5 in 1 (Shredded Chicken, Chicken Ball (2), Curry Sauce, Fried Rice & Chips)	€8.85
4 in 1 (Chicken Balls (2)+Chips+Fried Rice & Curry Sauce)	€8.85
3 in 1 (Fried Rice+Chips+Curry Sauce) Small	€5.85 Large €6.85
Chicken/Beef Curry with Fried Rice Small	€7.85 Large €9.95
2 in 1 (Chips with Curry Sauce) Small	€4.85 Large €6.85
French Fried Onion Rings	€9.25
Fried Plain Onion	€7.95
Fried Soft Noodles	Small €6.90 Large €8.95
Egg Fried Rice	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)	€11.55
Chicken Balls (6)	€8.65
Chicken Balls (4)	€6.90
Chicken Nuggets (12) with Curry Sauce	€7.95
Chicken Tenders (6) with Curry Sauce	€8.95
Sausage (each)	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	€5.30
Water (500ml)	€1.85

## Set Meal Deals

### For 2 People €54.80

House Combination for 2  
 Beef with Black Bean Sauce  
 Chicken Curry  
 Sweet & Sour Chicken (Hong Kong Style)  
 Egg Fried Rice  
 Prawn Crackers  
 2 Cans of Coke

SAVE  
€11.40

### For 3 People €75.80

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

SAVE  
€12.90

### For 4 People €96.75

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

SAVE  
€16.37

### Happy Kid €9.95

Popcorn Chicken  
 Sausages (2)  
 Chips  
 Honey Dip  
 Can of Fizz Drink  
 Tayto Crisps or Haribo



### Snack Box €9.50

- Prawn Toast (4 Pieces), Chicken Balls (2), Chicken Wings (2), Chips & Curry Sauce
- Chicken Nuggets (4), Crispy Won Ton (2), Chicken Balls (1), Chips & Curry Sauce
- Sausages (2), Chicken Balls (2), Chips & Curry Sauce

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## Appetisers

- A1. House Combination for 2 4,7 €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) 6 €8.60
- A4. Skewered King Prawn Satay (4) (sauce on side) 2,6 €8.90
- A5. Sesame Prawn Toast (2) with Sweet & Sour Dip 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 €7.50 Large €9.95  
(Choice of: BBQ, Sweet & Sour, Salt & Chilli or Honey Sauce)
- A8. Smoked Shredded Chilli Chicken (Dry) Small €6.95 Lrg €10.90
- A9. Crispy Spring Roll (3) (with Plum Sauce Dip) €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 €9.70
- A14. Yuk Sung (Chicken or Pork) (Contain Peanuts) for 1 €9.70  
(Served with Iceberg lettuce) 4,6 for 2 €14.10
- A15. Crispy Won Tons (5) with Sweet & Sour Dip 2,5,11 €8.60
- A16. Crispy Chicken Curry Puff 5,9 €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) 6 €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 Small €7.90 Large €10.90
- A20. Primary Spicy Bag 3 €10.90  
(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 €14.95  
(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 €14.85  
(with Tofu, Chips, Mushroom, Broccoli, Onion, Carrot, Green Pepper 2 Pieces of Vegetable Gyoza & Small Curry Sauce Dip)
- A25. Munchies Box Junior €14.95  
A personal size box (16cmx25cm), pack with crispy chicken pieces, shredded chicken, 2 chicken balls, chicken wings, ribs, chips & small tub of curry sauce
- A26. Spicy Bag Chicken Nuggets Small €7.95 Large €10.95  
Chicken nuggets, chips, onion, carrots with salt & chilli seasoning
- A27. The Grand Spice Bag €12.95  
The usual Spice bag in a box with small tub of curry sauce
- A28. Crispy chicken honey Spice Bag €11.95
- A29. House Special honey Spice Bag €14.95
- A30. Fried chicken wings Spice bag €10.95
- A31. Spice bag in king prawn €12.95  
Long tray, prawns (6), mix of king prawn, chips in salt & chilli, onion & carrots
- A32. Spice Bag Sausage €10.95  
Mix of sausage, chips in salt & chilli, onion & carrots

## 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 €12.95 32oz €16.95
- S7. Mixed Vegetables Soup V 12oz €5.95 32oz €13.45
- S8. Gyoza Soup (Chicken/Vegetable) 12oz €6.35 32oz €14.40
- S9. Seafood Ramen Soup 32oz €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 / Beef / 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 5
- Satay Sauce 4,5,9
- Curry Sauce 5,9
- Szechuan Sauce 1,5,7
- Sweet & Sour Sauce

## SINGAPORE BOX 1,3,4,5,8,11 €13.95

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

## HOT BOX 2,3,5,14 €14.95

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

## TERIYAKI CHICKEN BOX 1,3,5,14 €13.95

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 or Shredded) €13.95
- C9. Spicy Samba Chicken / Beef / Pork 1,5,11 €12.95  
Spicy Sambal King Prawn / House Special 1,2,5,11 €14.95  
(Samba) sauce contains soybean fish sauce shrimp paste)

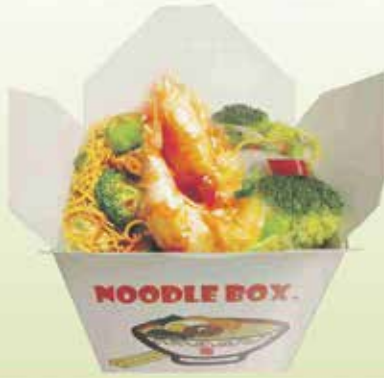
## Sweet & Sour Dishes 5

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 €12.95
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 €15.95
7. Sweet & Sour Mixed Vegetables V €11.95

## Curry Dishes (Contain Flour) 5,9

8. Chicken with Curry Sauce €12.95
9. Beef with Curry Sauce €12.95
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 €18.35
15. Breast of Chicken with Curry Sauce (Diced) €12.95 (Whole) €13.95
16. Mixed Vegetables with Curry Sauce V €11.95

\* Allergy Advice: Curry Sauce / Hoi Sin Sauce / BBQ Sauce / Black Bean Sauce / Shrimp paste. King Do Sauce / Szechuan sauce contain soya bean wheat. I



### **MALAYSIA BOX** 1,3,4,5,6,11 **€13.95**

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 €14.95  
Tofu & Vegetable 1 €11.95

(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 €13.95
- 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 €12.95
- 34. Chicken with Orange Sauce €12.95
- 35. Chicken with King Do Sauce €12.95
- 36. Chicken with Szechuan Sauce 1 €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

e contain wheat flour. Satay Sauce contain peanut, flour soy bean, Macau Curry contains milk, flour. Oyster sauce contains wheat flour.

## Beef Dishes

(Fillet Beef with €5.90 Supplement)



- 48. Beef with King Do Sauce 5 €12.95
- 49. Beef with Mushroom in Oyster Sauce 5 €12.95
- 50. Beef with Satay Sauce €12.95
- 51. Beef with Chop Suey in Oyster Sauce 5 Lrg €13.95
- 52. Beef with Cashew nuts in Oyster Sauce 5 €13.95
- 53. Beef with Ginger & Scallions 5 €13.45
- 54. Beef with Szechuan Sauce €12.95
- 55. Beef with Kung Po Sauce with Cashew Nuts 6 €13.45
- 56. Beef with Hot Garlic Sauce 1,5 €12.95
- 57. Beef with Black Pepper Sauce €12.95
- 58. Beef with Broccoli in Oyster Sauce 5 €12.95
- 59. Beef with Honey & Black Pepper Sauce €12.95
- 60. Beef with Green Pepper Black Bean Sauce €12.95
- 61. Beef with Mushroom Black Bean Sauce €12.95
- 62. Beef Pineapple €12.95

## 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 (King Prawn, Squid, Mussels) 2,5 €14.95
- 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

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# WOW CHRISTMAS GIFTS FOR HER

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



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

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

## 1. Luxurious Jewellery or Watches

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

## 2. Memorable Experiences

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

## 3. Designer and High-End Fashion

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

offer stylish and timeless options.

## 4. Tech with a Personal Touch

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

## 5. Ultimate Relaxation Gifts

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

## 6. Extraordinary Personalized Keepsakes

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

## 7. Big-Ticket Items

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

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



20 05  
**COURTYARD**  
 HOTEL LEIXLIP

*Happy Christmas*  
 & NEW YEAR

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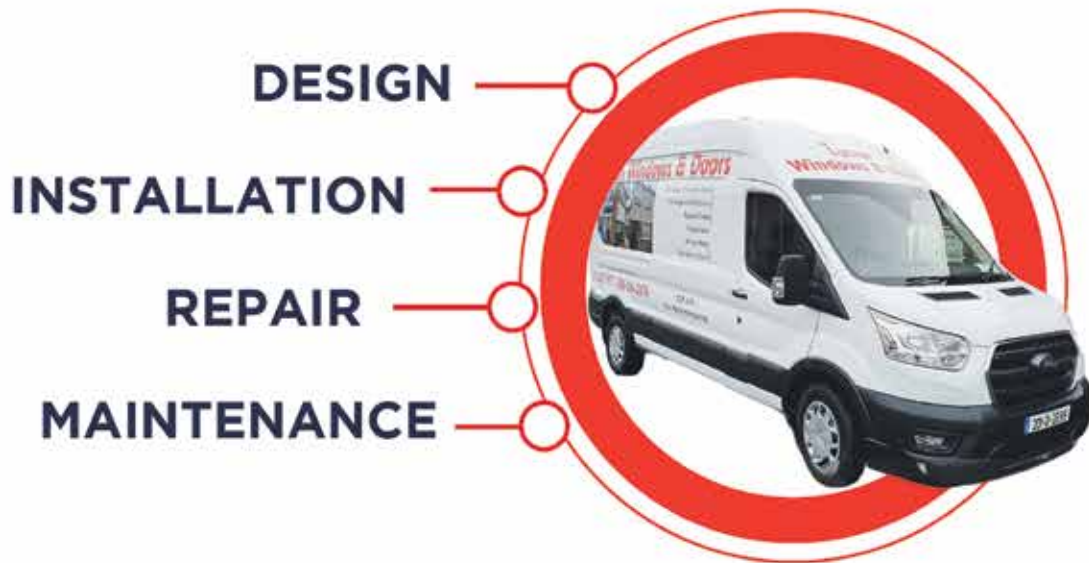
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# ELECTRIC VEHICLE SALES

Are Electric Vehicle sales slowing in Ireland?

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Ireland remains a key focus for policymakers and manufacturers. Future improvements in infrastructure and technological advancements are expected to sustain long-term growth in EV adoption.

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

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

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

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

Despite these challenges, the EV market in



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# TRAD FEST



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

**T**radFest celebrates 20 years as Ireland's leading trad and folk festival in January 2025, with some of the biggest artists from home and abroad set to perform at iconic locations across Dublin.

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

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

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

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

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

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

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

**Tickets are available from [tradfest.com](http://tradfest.com)**

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

South Dublin

# TRAD FEST



22-26 JANUARY 2025

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Wallis Bird - Vision of Venus Stockton's Wing

Eleanor McEvoy Scullion Seán Keane Martin Simpson

Stephen Rea, Neil Martin, Louise & Michelle Mulcahy,

Matt Molloy, Maighread Ní Dhomnaill, Paddy Glackin

Moya Brennan Karen Casey, Niamh Dunne,

Sean óg Graham - The Women We Will Rise

Liz & Yvonne Kane with John Blake Macalla

Mike Hanrahan & Eleanor Shanley Gerry O'Connor

Steo Wall, Katie Theasby, Trish Reilly, Wilzee & Stephen Pecker Dunne

Mick Hanly with Anto Drennan & Eoin O'Neill The Henry Girls

Tara Breen Yankari & Ines Khai Phelim Drew Laoise Kelly Daoirí Farrell

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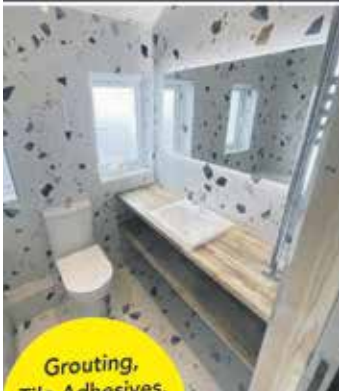
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# Generational divide emerges in Ireland's health and wellbeing standards



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

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

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

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

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



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

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

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

The research shows an increase in average weight with 6 in 10 (60%) of adults in Ireland now considered overweight or obese. Ireland’s average weight has increased from 79kg in 2023 to 81kg this year. On average, 37% of Ireland’s adult population are now spending more than half their day in a sedentary position, as our national average Body Mass Index (BMI) increases to 27.1, which is categorised as overweight.

**Other key findings include:**

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

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

Dr Carol Rogan, Psychologist, Irish Life Wellbeing, said: “The results of this year’s Irish Life Health of the Nation report paints a bleak picture of the nation’s health, showcasing the downward trajectory we have been experiencing since 2018. The mental wellbeing findings are of significant concern and mirror the most recent global findings which also show no sign of a post-pandemic bounce back. It’s evident that we all have a part to play – government, state bodies, employers and individuals - to take action to start to reverse the trends we have seen in recent years.

The findings of this year’s research also bring into stark focus the mental wellbeing of younger adults – highlighting a clear generation gap, with younger generations struggling more overall. The good news is that the report shows that managers in the workplace are increasingly aware of the mental health needs of their employees, with almost three-quarters of managers in support of formal training in this area, with many external

supports available to assist managers improve confidence and support for employees across all age cohorts. In terms of outlook, we do see that people still think they can change, with 9 in 10 people feeling positive about the future and confident in their resilience to overcome issues. As a nation we need to take the necessary actions now, to improve our mental wellbeing by making positive health and lifestyle choices.”

**Details of the report and potential actions:**

**Physical Health**

Good physical health is a cornerstone of people’s wellbeing and is dependent on a range of factors including BMI, nutrition, physical activity and lifestyle. This year’s findings indicate a rise in BMI, smoking, vaping and sedentary behaviour. Irish Life’s health experts encourage people to break up prolonged sedentary periods and replace them with physical activity (of any intensity). On the positive side, there is evidence to suggest awareness of the importance of good nutrition is increasing.

**Mental Health**

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

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

**Social Connection**

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



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# Where are the Policies for Older People in General Election 2024?

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

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

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

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

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

"Age Action is calling on all parties to take a new approach to ageing policy, based on the rights of older people and reflecting their diversity and diverse needs. Political parties need to demonstrate that they take older people seriously and that they are capable of meeting the changing needs of our ageing population." Dr O'Connor concluded.

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

1. Appoint a Commissioner for Ageing and Older Persons, with a supporting legal framework and an independent budget, to ensure we are all treated fairly and with dignity as we age.
2. Pass a law to benchmark and index the state pension

so that its rate will always be at least equal to 34% of total average earnings to preserve its status as the bedrock of income in older age.

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

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

5. Deliver on the pledge of a strong, fully universal and accessible healthcare system that is tax-funded and free-of-charge at the point of use.

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

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

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

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

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

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