

Top tips for hay fever sufferers



Chloe Mulvihill, Supervising Pharmacist at Lloyds Pharmacy Ashe Street.

ALMOST A third (29%) of Kerry based adults have experienced hay fever symptoms in the last 12 months, research from Lloyds Pharmacy has found.

Chloe Mulvihill, Supervising Pharmacist at Lloyds Pharmacy, Ashe Street, Tralee, said: "Allergies can have a real impact on people's lives, as demonstrated by this research. It's really important to treat symptoms correctly and ensure the appropriate products are being taken to treat symptoms."

To help sufferers of hay fever, Chloe is advising the following tips.

1. Be aware of the pollen count and on high pollen count days (often warmer days) take steps to minimise your exposure such as keeping windows closed in your house, office or car.

2. Exercise in the morning rather than the evening when

there are higher rates of pollen falling.

3. It's a tough one, but try to minimise contact with pets that have been outdoors and are likely to carry pollen.

4. Ask others to refrain from smoking in your home. Smoking and breathing in secondhand smoke irritates the lining of your nose, eyes, throat and airways.

5. Do not keep fresh flowers in the house.

6. Identify your allergens and triggers and take measures to avoid them. Keep a record of when these triggers are most troublesome and make sure to take effective medication early.

For further information, visit www.lloydspharmacy.ie/.



Portmagee's May the 4th be with You festival went online this year with talks and virtual events, pictured here catching up with one of the online events were L-r: Storm Troopers Aodhán, Siún and Donie Coffey with James Murphy.



Niamh McAuliffe, Listowel, who celebrated her 19th birthday in Muckross Gardens, Killarney on Sunday, L-r: Niamh, Aisling, Mark and Mags McAuliffe.



Dr. Vinnie James Casey who received his PhD (The Surgical Cutting Edge: An Experimental and Computational Investigation) from NUI Galway in April 2021. Vinnie is the youngest son of Jimmy and the late Joan Casey, Bailedearg, Cahersiveen. Vincent is pictured here on the farm of his great-grandparents James and Mary Casey, Clahanelinehan.

PUBLIC NOTICE

PUBLIC NOTICE APPLICATION FOR A FORESHORE LICENCE

Notice is hereby given pursuant to Section 19 of the Foreshore Act, 1933 that EirGrid PLC, The Oval, 160 Shelbourne Road, Ballsbridge, Dublin 4, D04 FW28 has applied to the Minister of Housing, Local Government and Heritage for a Foreshore licence under Section 3 of the said Act

A proposed electricity transmission infrastructure development and associated works (known as the 'Cross Shannon 400 kV Cable Project') generally comprising the laying of 400 kV underground cables (UGC) across the Lower Shannon Estuary, between the existing Moneypoint 400 kV Electricity Substation in the townland of Carrowdolia South Co. Clare and the existing Kilpaddoge 220/110 kV Electricity Substation in the townland of Kilpaddoge, Co. Kerry. The proposed development comprises 3 main elements:

Connection of a 400 kV UGC Installation at the Moneypoint 400 kV Electricity Substation (Co. Clare), including:

- the laying of 3 no. 400 kV UGC (approx. 1.8 kilometres (km) each) between the existing Moneypoint 400 kV Electricity Substation and 3 no. land-submarine transition joint bays located east of the existing Moneypoint Generation Station. The UGC will be installed by standard trenching and includes the provision of 3 no. joint bays along their length and the associated provision, upgrading and/or extension of existing internal access tracks to provide operational vehicular access.
- the provision of 4 no. land-submarine transition joint bays located east of the existing Moneypoint Generation Station to connect the land cables to submarine cables (this arrangement also includes a land-submarine transition joint bay for the spare submarine cable).

Laying of 400 kV Submarine Cables across the Lower Shannon Estuary, including:

- the laying of 4 no. 400 kV submarine cables (approx. 2.8 km each) from the proposed land-submarine transition bays located east of the existing Moneypoint Generation Station in Co. Clare across the Lower Shannon Estuary to the proposed 400 kV Air Insulated Switchgear (AIS) Compound at the existing Kilpaddoge 220/110 kV Electricity Substation in Co. Kerry. The submarine cables will be installed by standard submarine installation techniques, which primarily involves them being buried in the seabed.
- the installation of communication links between both substations, this will take the form of a fibre optic cable that will be integrated into each of the proposed 400 kV cables. o the installation of fibre optic cables for maintenance and cable monitoring, this will take the form of an armoured fibre cable wrapped helically around each of the proposed 400 kV cables. o associated works in the foreshore include the reinforcement of the ground beneath and around the cables by various methods including concrete ramps, concrete cable channels, infilling with gravel/concrete, articulated pipes, gabion wall and rock protections where required.

Connection of a 400 kV UGC Installation and substation extension at the Kilpaddoge 220/110 kV Electricity Substation (Co. Kerry) including:

- the laying of the 4 no. 400 kV UGC (approx. 51 metres (m) in length) from the southern foreshore of the Lower Shannon Estuary, to a proposed extension (approx. 5,500 m²) to the north of the existing Kilpaddoge 220/110 kV Electricity Substation.
- the provision, within the proposed substation extension, of a 400/220 kV AIS compound, containing electrical equipment and apparatus to connect the submarine cables to the existing Kilpaddoge 220/110 kV Electricity Substation including the following:
 - 9 no. surge arrestors (approx. 7.9 m high);
 - 6 no. cable sealing ends (approx. 7.4 m high);
 - 1 no. 400 / 220 kV transformer (approx. 8.9 m high);
 - 9 no. post insulators (approx. 9.8 m high);
 - 1 no. disconnector (approx. 8.6 m high);
 - 9 no. instrument transformers (approx. 7.6 m high);
 - 3 no. circuit breakers (approx. 7.5 m high);
 - 5 no. lightning protection masts (approx. 25 m high);
 - a control building (approx. 14.6m x 6.6m x 4.6m high);
 - an associated access track (approx. 155 m in length and 5 m in width);
 - 12 no lighting poles (approx. 9 m high);
 - 3 no. 220 kV UGC (approx. 151 m in length);
 - The AIS compound will be enclosed by a palisade fence (approx. 2.6 m in height).

The proposed development includes all associated and ancillary development, including communication links, temporary construction compounds, temporary construction tracks, site development, landscaping works and vegetation removal. Access to the existing electricity substations will be retained from their existing entrances onto the N67 Road in Co. Clare and the L1010 Tarbert Coast Road in Co. Kerry.

An application for planning consent in accordance with Section 182(A) of the Planning and Development Act 2000 (as amended) is currently before An Bord Pleanála (Case reference: VA03.307798) for consideration.

ESB Moneypoint Generation Station is licensed by the Environmental Protection Agency (EPA) under an Industrial Emissions (IE) Licence (Ref: P0605-04). The proposed development includes works located within ESB Moneypoint Generation Station which is an Upper-tier establishment to which the Chemicals Act (Control of Major Accident Hazards Involving Dangerous Substances) Regulations 2015 (the COMAH Regulations) apply. Article 215 of the Planning and Development Regulations 2001 (as amended) applies to this development. A Natura Impact Statement has been prepared in respect of this application for Approval. A Foreshore Licence is separately required to be obtained in respect of this proposed development.

Project Area Foreshore Licence Application F5007083



The Irish Transverse Mercator XY Coordinates of Location Points Displayed on Map are set out in the table below.

TOWNLAND	CO-ORDINATE POINT	EASTING (ING)	NORTHING (ING)
Not applicable	Point No. 1	504303.33	651034.56
Not applicable	Point No. 2	504835.84	649090.46
Kilpaddoge, Co. Kerry:	Point No. 3	505267.61	648733.15
Kilpaddoge, Co. Kerry:	Point No. 4	505411.55	648782.81
Not applicable	Point No. 5	505353.55	648857.88
Not applicable	Point No. 6	505070.97	650089.34
Not applicable	Point No. 7	504710.86	650756.71
Not applicable	Point No. 8	504674.54	650824.03
Not applicable	Point No. 9	504489.26	651087.76
Carrowdolia South, Co. Clare	Point No. 10	504445.31	651190.34
Carrowdolia South, Co. Clare	Point No. 11	504295.83	651213.33

A copy of the application, and the relevant documents, maps, plans, and drawings, are available for inspection, between 7 May 2021 and 7 June 2021, free of charge at:

- Clare County Council – Opening hours Monday - Friday 09:00 - 13:00 hours by appointment only. Appointments can be arranged through planoff@clarecoco.ie or alternatively by calling 065 6846232.
- Kerry County Council – Opening hours Monday - Friday 09:00 - 17:00 hours by appointment only. Appointments can be arranged through plan@kerrycoco.ie or alternatively by calling 066 7183582
- Kilrush Garda station – Opening hours Monday - Sunday 09:00 - 21:00 hours appointment only. Appointment can be arranged through 065 9080550.

In light of Covid-19 restrictions Regulations published under the Health Act 1947 (Statutory Instrument No. 448 of 2020) have identified planning-related activity within the schedule of what is considered to be 'essential services' in order to ensure the continued and safe operation of all aspects of the statutory planning system. The Regulations permit a person to attend the offices of a planning authority or An Bord Pleanála to engage in a statutory planning process. There is no specified restriction on the distance that persons engaging in a statutory planning process, may travel. This approach also applies to this foreshore public consultation.

The documentation is available on the Department's website at: <https://www.gov.ie/en/foreshore-notice/07fcb-eirgrid-plc/>

Any person who wishes to make an objection to, or a representation in respect of the grant of the lease/licence sought as part of this public consultation should do so in writing, giving reasons, between 7 May 2021 and 7 June 2021 (quoting ref: FS 007083) to the Marine Environment and Foreshore Section, Department of Housing, Local Government and Heritage, Newtown Road, Wexford, Co. Wexford or foreshore@housing.gov.ie. The closing date for submissions is close of business (17.30) on 7 June 2021

All objections and representations received will be forwarded to the applicant for comment prior to any decision being made in the matter. Material upon which the Minister shall determine this application may be published on the Department's website. In this regard the Department wishes to draw attention to its policy on defamatory material that may be contained in submissions it receives, which may be found at: <http://www.housing.gov.ie/planning/foreshore/public-participation-foreshore-consent-process>

Dated this 4 May 2021