

attention.

### Clondalkin Notes More benches, tables for parks

SOUTH DUBLIN COUNTY COUNCIL has confirmed at its April meeting that there are proposals for 16 benches and 19 upgrades and replacements to benches in the 19 wards, writes Kim O'Leary.

There are also three picnic tables and two wheelchair accessible seats for Waterstown Park.

The Public Realm said there will be two new benches and five upgrades for Rathfarnham in addition to the five benches that were added in 2020.

There will be eight new benches for Tymon Park, four new benches in Greentrees Park and two new benches in Kilnamanagh Estate Park.

The council confirmed that nine benches will be upgraded or replaced in Sean Walsh Park and five will be upgraded or

replaced in Dodder Valley Park.

It's expected that the works on the benches and picnic tables will happen this year but may be delayed due to Covid-19 restrictions.

All of the benches will be made by South Dublin County Council staff and are a new type of bench that they are rolling out across the county.

### Gluepot pitch and putt to reopen May 10

THE POPULAR Gluepot CPM pitch and putt golf course club is set to reopen on May 10th as Covid-19 restrictions are eased, writes Kim O'Leary.

The nine-hole course will re-open to the public on May 10, offering reasonable prices with €5 green fees for an adult non-member.

The club has a remarkable history as it was formerly known as the club was originally set up for workers at the former paper mills,

Visitor can rent clubs, buy golf balls at the club, and they hope to be open during the Summer from 8.30am/9am to 7.30pm/8pm.

### Lucan Notes Tech firm to create 120 jobs

DUBLIN BASED tech firm Nostra has announced it will create 120 new jobs over the next two years including at its headquarters in Lucan, writes Kim O'Leary.

The highly skilled positions will be in engineering, IT support, cybersecurity and sales and marketing, bringing the company's total workforce to 270.

Nostra's headquarters are in Lucan and it also has offices in Smithfield, Dublin, Athlone, Co. Galway and Mountmellick, Co. Laois.

CEO Kevin O'Loughlin said the new roles are being created after the company experienced "exponential" recent growth.

He said: "This is due to our attention to detail, technical expertise, and innovative approach to Managed IT Services."

"Technology changes rapidly and a company must have the ability to pivot, especially now in uncertain times."

Speaking about the announcement, Taoiseach Michael Martin expressed his delight at the growth of an Irish owned company.

He said: "Nostra's continued success speaks to the innovation and dynamism of Irish companies."

The Taoiseach the announcement by Nostra as a 'strong vote of confidence in our talented and skilled workforce' and that it is a welcome boost to help rebuild the economy.

### Northside Notes New Covid-19 test centres for Ballymun and Blanchardstown

TWO NEW WALK-IN Covid-19 testing centres have opened this week in Ballymun and Blanchardstown, writes Kim O'Leary.

These walk-in centres are temporary and are for



### Raheny Notes

NUTRITIONIST Mary Bagnall Flannery - The Food Healer - was delighted by at the reopening of the Red Stables Farmers Market in St Anne's Park, Raheny. Open from 10-4pm every Saturday with a wide variety of organic foods, local produce crafts and delicious snacks.

Full gallery in next week's edition.

Photo: Alison O'Hanlon

### Donabate Notes Missing man turns up safe

Garda confirmed (Wednesday) that a north Dublin man missing for over a month, has been found safe and sound, writes Kim O'Leary.

John Redmond (pictured above), 44, had not been missing for almost a month and a half and was last seen in Donabate on March 15.

Garda said they would like to thank the media for their assistance in this ensuring the matter got widespread public

## CREATIVE BURSARY

COULD YOUR SCHOOL WIN A SHARE OF €10,000?

GRIFFITH COLLEGE HAS PARTNERED WITH THE INSTITUTE OF ADVERTISING PRACTITIONERS IRLAND (IAP) TO ENCOURAGE SECONDARY SCHOOLS STUDENTS TO PARTICIPATE IN THEIR 2021 CREATIVE BURSARY.

THIS YEAR WE WANT SCHOOLS TO DEVELOP A COMMUNICATIONS CAMPAIGN THAT HIGHLIGHTS THEIR SCHOOLS SUSTAINABILITY INITIATIVES AND POLICIES.

FOR DETAILS ON HOW TO APPLY, PLEASE VISIT [WWW.GRIFFITH.IE/CREATIVE-BURSARY](http://WWW.GRIFFITH.IE/CREATIVE-BURSARY)

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people who do not have symptoms.

The HSE's aim in the opening of these centres is to enhance Covid-19 testing for local communities and allow further identification and understanding of any variants of concern within communities.

Of the 50,000 people who have been tested for coronavirus in these centres 3.4pc were positive according to latest figures published by the HSE.

The new Dublin walk-in centres will include the Ballymun Sports and Fitness Centre, Gateway Centre, Dublin which is open from May 4th-7th from 10am-6pm, and the TU Dublin, Cool (Block C), Blanchardstown Campus, Blanchardstown Road North, Dublin which is open from May 1st-7th from 10am-6pm.

HSE lead for testing and tracing Niamh O'Beirne said: "We are seeing significant numbers of people availing of our walk-in

Covid-19 testing service and it continues to be an important part of the HSE's Public Health response to Covid-19."

"Availing of Covid-19 testing, even when you don't have symptoms helps us stop the further spread of Covid-19 and protects our communities," she added.

For more information and to view the full list of walk-in centres currently operation in Dublin visit [www.hse.ie](http://www.hse.ie)

### Sandyford Notes New Classrooms For School

SPECIAL EDUCATION Minister Josepha Madigan has announced the provision of new classrooms for Queen of Angels Primary School in Wexfordwood, Sandyford, writes Amy Robu.

She stated that the school had been approved for three new mainstream

classrooms and two new special education classrooms.

Speaking about the timeframe for the work Minister Madigan said: "Queen of Angels is a wonderful and inclusive school. It is important now that these new classrooms are built as quickly as possible for the benefit of the school community. I will be following up with the Department of Education to ensure this happens."

### Dun Laoghaire/Rathdown Notes Artist sought for Canvas Project

Dun Laoghaire-Rathdown County Council is participating in the Dublin Canvas project against this year, writes Amy Robu.

Applications are open now for artists to get involved this summer. The project takes previously grey traffic boxes and turns

# Dubliners avoid the outdoors because of hay fever season

One out of five people don't take meds to relieve symptoms



By KIM O'LEARY

LOYDS PHARMACY research shows that over a third (38%) of Dublin-based adults have experienced hay fever symptoms in the last 12 months, with people's everyday lives being impacted quite substantially as a result.

Of those experiencing symptoms, 36% said that their sleep has been impacted and 49% are spending less time outside as a result of their symptoms.

Due to the pandemic, it is more important than ever to manage your hay fever symptoms correctly. This can help avoid misdiagnosing symptoms that can be attributed to both hay fever and COVID-19.

Pollen season typically runs from April to September and some people across Ireland can experience hay fever as the pollen levels

increase.

LloydsPharmacy research shows some of the most common hay fever symptoms range from sneezing (74%), runny or blocked nose (74%) and itchy, red and/or watery eyes (68%). The LloydsPharmacy team is on hand to help keep symptoms under control and Pharmacists can recommend the correct products to protect, treat or relieve hay fever symptoms.

LloydsPharmacy Superintendent Pharmacist, Denis O'Driscoll's expert tips for when allergies hit include:

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.

These tips are great to keep in mind in general for hay fever sufferers, but in order to best manage and treat symptoms visiting your local LloydsPharmacy is important to get advice that is personal to your symptoms, medical history and lifestyle.

LloydsPharmacy research found that 1 in 5 of those that

have had hay fever symptoms in the past 12 months do not use products or take medication to help relieve their hay fever symptoms.

When it comes to deciding on which products to buy, previous experience when using a product (48%) and the advice of the pharmacist (40%) are deemed to be most important.

Denis O'Driscoll Superintendent Pharmacist 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."

"The LloydsPharmacy team and Pharmacists are available to advise on the best products to use to treat allergies. Feel free to pop in store or call them and they will be happy to help."



Blog: [www.donsdublin.wordpress.com](http://www.donsdublin.wordpress.com)

Twitter: @donsdublin



## Royal College of Surgeons

THE COLLEGE dates back to 11th February 1784 when it received its charter from George III, and held its first meeting in the boardroom of the Rotunda Hospital on 2nd March. Among those present on that auspicious day were the first president, Professor Samuel Croker-King, and William Dease, the first professor of surgery. Admission was not barred on sectarian grounds, as was the custom at the time. In fact, Dease was one of a dozen Catholics to become president of the college.

Over the years many of the college's former students have made famous contributions to medicine, and beyond. William Wallace (1791-1857) studied dermatology in London under Thomas Bateman, and it was here that he learned about inoculation and vaccination. When he returned to Dublin he opened the first hospital in the British Isles to treat skin disease. Charles Cameron (1830-1921) was as the forefront of hygiene and public health, and was granted the Freedom of Dublin for his work. The McDonnell's, father John (1796-1892) and son Robert (1828-1889), both made significant medical finds. John is known as being the first person in Ireland to use ether as inhalation anaesthesia during the amputation of an arm in the Richmond Hospital on New Year's Day 1847. And, on 20th April 1865 Robert performed the first human blood transfusion in Ireland on a young girl in Dublin's Jervis Street Infirmary. He was elected President of the College in 1877.

During the Easter Rising the building on St Stephen's Green was occupied by members of the Irish Citizen Army, under the command of Michael Mallin and Countess Markievicz. Gunfire from Crown forces based in the Shelbourne Hotel raked the building, and numerous marks can be seen on its front. One smashed into a door in the Board Room and its mark is still there. Volunteers stayed in place until the final order to surrender was given.

After nearly two hundred and fifty years the college still plays an important role both at home and abroad.

## Griffith College's €10,000 bursary for disadvantaged schools

THE FACULTY of Journalism and Media Communications at Griffith College in partnership with IAPI (Institute of Advertising Practitioners Ireland), have launched their €10,000 Creative Bursary aimed at disadvantaged and DEIS Schools across Ireland.

The theme for this year's bursary is 'Sustainability'. To be eligible for a place of the bursary, schools are being asked to develop a creative communications campaign that highlights their sustainable initiatives and policies.

Schools are asked to be as creative as possible with submissions, and are encouraged to use video, audio, graphic design, social media and creative writing to demonstrate how their school practises sustainability.

Discussing the bursary, Deputy Head of the Journalism and Media Communications Dr Robbie Smyth said: "We are delighted in the media and communications faculty to be able to fund and support this bursary for a third year.

Students are key for creating the next generation of ideas and innovative solutions that will move us to an environmentally sustainable future. We look forward to hearing first-hand what is happening on the ground in schools across Ireland."

CEO of IAPI Charley Stoney said: "The Creative Bursary has become a key project for IAPI and we are delighted to be working with the team in Griffith for this, our third year. This initiative allows us to reach out

to talented secondary students from all over the country and ensure they are aware of the possibilities open to them within the creative communications sector.

Lockdown and school closures have made this bursary all the more imperative, we need to be sure we can nurture the next generation of creative talent despite the recent upheavals".

Now in its third year, the bursary will be re-launched in September 2021 for the 2021/2022 academic year.

To enter your school, please see the link below to register your interest and a member of Griffith College's School Liaison Team will be in contact: [www.griffith.ie/creativebursary](http://www.griffith.ie/creativebursary)