

Planning sought for new large-scale residential development in Athenry

• Site takes in Cullairbaun House

By Mark Walsh

A PRE-SCHOOL and an after-school creche are included in plans for a major new residential estate in Athenry of 133 homes.

Athenry Ventures Ltd have applied to Galway County Council for the large-scale development (LRD) in the townland of Cullairbaun. The proposed development will

consist of 109 three-bedroom units, with the remainder divided between one-bed, two-bed and three-bed units.

Cullairbaun House will be redesigned as a pre-school creche with a bike storage area and provision for open space. While Cullairbaun House is a listed building on the National Inventory of Architectural Heritage, the two-storey building is not registered as a protected structure in the

Galway County Development Plan 2022-2028. Sheds beside Cullairbaun House are to be demolished in order to make way for the construction of a new after-school creche.

The rest of the Athenry site is greenfield land. There is an esker on the site and a report on eskers from Dr Robert Meehan, a consultant geologist, was submitted with the planning application.

There are plans for a designated pedestrian and cyclist access point from the L3105

Road adjacent to the Cullairbaun LRD, as well as provision for 185 car parking spaces, 374 bicycle spaces, and two places for motorcycles to park.

Play areas on the 3.9hectare site will be a mixture of natural play features and climbing equipment, with SUDS (Sustainable Drainage Systems) rain gardens included in the drainage system plans for the development. The Cullairbaun LRD is approximately 800 metres from Athenry town centre. Gaelscoil Riada

and St Mary's GAA pitches are to the west of the site, and it is bordered by the An Cheathrú Bhán and Cluain Lara housing estates. There are two ESB substation kiosks to the north and south of the site.

Uisce Éireann have supplied a letter of feasibility with the planning application. This confirms that the local water treatment plant has the required capacity to facilitate water connections from the Cullairbaun LRD.

However, Uisce Éireann

have said a sewer extension of roughly 130metres will be needed to connect the proposed housing estate to the nearest wastewater treatment plant.

The planning application argues that the proposed development aligns with policy objectives set out in the Galway County Development Plan. The site is zoned for residential development in the Athenry Local Area Plan 2024-2030, according to the application.

HAPPY 100TH BIRTHDAY!



PATRICK and Mark with their grandmother Mary Newell, formerly Kenny from Kilshanvey, who celebrated her 100th birthday at her home in Cloonkeely, Tuam recently.

PHOTO: RAY RYAN

Supporting parents to help support their teens

• Expert speakers at Galway conference

By Neha Kumari

A TUAM therapist is hoping to support parents and professionals to deal with the challenges facing teenagers through an adolescent conference in Galway.

Psychotherapist Gina Dermody told *The Tuam Herald* that with increased access to technology at younger ages, there are higher chances of adolescents facing heightened anxiety and stress.

"The idea of this conference is to bring together people and share the knowledge, because no one is an expert in everything.

"Parents are presenting with a lot of adolescents who have heightened anxiety and stress, and they don't know where to go and what to do."

The Adolescence and Beyond conference aims to demystify some of the work being done by professionals and highlight the issues being presented by parents.

"There are a lot of queries around neurodiversity, heightened tensions and anxiety, asking if their adolescent is neurodivergent," remarked Gina.

There are several factors including increased use of technology, family environments and tensions that could lead to anxiety and stress, but Gina believes that having proper conversations between the parents and adolescents can reduce these risks to some extent.

"Sometimes we forget to lis-



GINA Dermody, psychotherapist and organiser of the upcoming conference.

PHOTO: RAY RYAN

ten, and it doesn't need any skills to just listen to someone."

Among the guest speakers are lecturer in parenting and childhood education Dr Mary O'Kane; psychotherapist and columnist Dr Richard Hogan; lecturer at University of Galway and Clinical Psychologist Dr Malie Coyne; popular author on parenting and mental health, psychotherapist Stella O'Malley; Clinical Supervisor Dr Joanna Fortune and Chief Executive Officer of AsIAM Adam Harris.

Dr Richard Hogan will talk about the influence of technology and the basics of managing screen time.

"With Covid, we had a lot more people online and everybody getting a smartphone at 11, it's a lot harder to unplug," said Gina.

The conference will look at ways to help parents have more confidence in their roles.

“Sometimes we forget to listen, and it doesn't need any skills to just listen to someone.”

"Adolescent development is always tricky. We may have more support available today and we may be more open towards counselling, but we have got to support parents to support adolescents, and support educators to support parents and adolescents."

The conference takes place in the Salthill Hotel in Galway on Tuesday, April 8.

More information and registration details for the conference can be found at www.adolescence.ie.