

Epping Forest District Council Representations to the Draft Local Plan Consultation 2016 (Regulation 18)

Stakeholder ID	3781	Name	G. A & M J Collins
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Date	13/11/2016
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Letter or Email Response:

Dear Sir, Debden Greens, Car Parks and Borders Lane Site We are most concerned about the recent plans to build housing on Jessel Green and Rochford Green and, in fact, all development on any of the above sights. We initially moved from East London approximately forty one years ago as we did not wish to bring up our children and grandchildren in a concrete jungle. Moving to Loughton was a hard financial struggle but worth it for the open spaces and a cleaner environment . Unfortunately, over the years, these benefits have become less and less and your plans concerning the above areas appear to be the 'nail in the coffin!' It is very pleasant to be able to go for a walk - not too far - to a green, open space just to breathe in fresh air and relax. In the summer we have taken our children to Jessel Green for a picnic and they have thoroughly enjoyed the freedom of being able to play and enjoy themselves not too far from home. We would think that with 248 dwellings a minimum of at least 248 parking spaces would be required but there are not enough parking spaces in this area for current residents without requiring more. The residents of these new dwellings would also requires schools, colleges, clinics, dentists, doctors, hospitals etcetera and we cannot help but think this has not been thought through thoroughly. It is difficult enough now to obtain an appointment for medical treatment and hospitals that serve this area (Princess Alexandra at Harlow and Whipps Cross at Leytonstone) are already overstretched. Few would be surprised to learn that those who live in upmarket, leafy suburbs tend to have healthier lives. Now, however, scientists have found that being closer to nature brings even greater advantages. Those who live in places surrounded by greenery are also more generous, sociable, calm and trusting - no matter how impoverished the area might be. Health benefits come irrespective of other factors and that once we are deprived of green space, our health suffers dramatically. Access to nature and green environments yields better cognitive functioning, more self-discipline and impulse control, and greater mental health overall. But greener environments also enhance recovery from surgery, enable and support higher levels of physical activity, improve immune system functioning and help diabetics achieve healthier blood glucose levels. By contrast less access to nature is linked to exacerbated attention deficit hyperactivity disorder symptoms, higher rates of anxiety disorders, and higher rates of clinical depression. Environments with less green space are associated with greater rates of childhood obesity, higher rates of many physician-diagnosed diseases, including cardiovascular diseases, and higher rates of mortality in younger and older adults. We still find these benefits when they are measured objectively, when non-nature lovers are included in studies, when income and other factors that could explain a nature-health link are taken into account - the strength, consistency and convergence of the findings are remarkable. In greener settings, we find that people are more generous and more sociable. We find stronger neighbourhood social ties and greater sense of community, more mutual trust and willingness to help others. In less green environments, we find higher rates of aggression, violence, violent

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Stakeholder ID 3781

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crime, and property crime - even after controlling for income and other differences -more evidence of loneliness and more individuals reporting inadequate social support. Public transport would also be required whilst, at this present time, the local bus services are being cut. Finally, we are attaching herewith a partial excerpt from a Daily Mail newspaper article which we believe sums up all we are trying to say. We would implore you to please reconsider this very bad decision to deprive us and our next generation of the few open spaces we have left in this community. Yours faithfully, G. A Collins (Mrs.) and M J Collins