

EFDC,

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28/1/18

RE: EFDC Draft Plan – Jessel Green

Dear EFDC,

I am a local resident, .....Redacted.....

Jessel Green is an important part of the estate, providing a space for people, like me, to use and enjoy. It is a space easily accessed by anyone, and everyone. On any day you may see dog walkers, people strolling, kids playing, families engaging with each other (not their mobile devices). In winter there are people sledging and in the summer, relaxing in the sun. Most importantly all benefitting from using the space.

I believe that living near to green space, has positive benefits on both physical health and mental health and wellbeing. With so many people living close to Jessel Green, access to this public open space, will be important in maintaining, if not increasing levels of physical activity, and through this has the potential to reduce healthcare costs. Urban green spaces, like Jessel Green, also contributes environmental benefits including healthy habitats for humans, wildlife and plants. There is increasing evidence in published papers that supports this view.

Our house has limited garden space, which a previous owner paved over. I experience the benefits above as I walk across Jessel Green. I find opportunities to relax after a stressful day, a chance to breathe fresh air after a commute from London, a free public space in which to walk and increase my physical activity, and a community space, on which I see many others doing the same.

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I see first hand the changes that students and young people experience when they spend time outdoors. This includes personal & social skills, a connection to nature, and an appreciation of the wider world. I see these first hand with people using Jessel Green.

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Helen Robertson

Local Resident.