

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

Stakeholder ID	4143	Name	christine	wade
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Date	5/12/2016
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Letter or Email Response:

I am writing in response to the draft Local Plan for the Loughton area and my objections to the planned housing on the beautiful iconic Jessel Green which has contributed to the health and well-being of the community for many decades. At a time when traffic emissions continue to increase, with detrimental affects on the health of young and old alike, the green open spaces such as Jessel Green are an essential part of the community. As a resident of Loughton for more than 50 years, I have witnessed the changes brought about by increased density of housing and loss of green open spaces which were previously School Playing Fields such as those, for example, at Hereward and Fairmead Schools. This continued loss of green open spaces is not sustainable for the community. Although in this area we are surrounded by Epping forest, which looks amazing in all the seasons of the year, it is in the green open spaces that are accessible near to the existing houses that people feel most relaxed to walk in, either alone or with others. In an age of high stress and increasing mental health problems, walking in green open spaces does reduce stress, anxiety and depression. Just seeing the soothing colour of green grass and hearing birds in the trees, in a beautiful area like Jessel Green, will increase a sense of well-being and calmness. This pleasant green open space for relaxation and enjoyment is vital for good mental and physical health. Reducing stress will have a positive impact on high blood pressure. Walking is recommended for general fitness, including for Type 2 diabetes, reducing obesity and maintaining bone strength. Respiratory conditions will be helped by breathing in good quality air from green open spaces. At a time when the NHS is under severe financial pressure, it is most important to take into consideration, the need to maintain good mental and physical health amongst the residents of the Loughton area. I am therefore requesting the Planning Department of Epping Forest District Council, to reconsider the options and alternatives which do not involve the loss of green open spaces, which have been enjoyed for many decades, by the local and wider community of Loughton. Please can you confirm which alternative brownfield derelict sites have been considered for redevelopment and would be far more suited for new housing development than the loss of green open spaces such as the iconic Jessel Green. I look forward to hearing from you which criteria were used by EFDC for site selection and the brownfield sites which you may have considered (and apparently rejected) for new housing.

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