

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

Stakeholder ID	1694	Name	Nicola	Holland
Method	Letter			
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### Letter or Email Response:

Dear Councillor **...Redacted...**, I am writing to you to appeal against the unacceptable proposals to build on Loughton's open spaces, Jessel Green in particular. This valuable green space lies in the middle of a large residential district and is widely used by dog walkers, adults, children and families for recreation and exercise as well as for local events, such as the annual Community Fun Day. I moved to this area 22 years ago and, for me, to have this beautiful green open space 'on my doorstep' was one of its many attractions. I regularly go there to walk and when my extended family visit we have frequently gone there to play ball games, fly kites and enjoy being outdoors. In troubled times I have gone there to sit, reflect and grieve. The fresh air and uncluttered horizon are beneficial not only to body, but to mind - which is exactly the motivation behind its creation when the area was originally developed. Surely already developed areas, such as the Clinton Cards site and parts of Langston Road, would be preferable for building on, as that would not involve eating into valuable public open space nor have such a negative impact on the environment? Destroying an area used for physical activity could have harmful knock-on effects on our residents' health, too. 2014-15 figures show that in the UK a fifth of 4-5 year-olds and third of 10-11 year-olds are already obese or overweight; around a quarter of adults are classed as obese and this figure is predicted to double by 2050. The pressure on our already overstretched health service if this prediction comes true will be catastrophic. Furthermore, we need to encourage our children and future generations to choose outdoor recreation instead of the plethora of digital devices now available. However, if the open space closest to their home is destroyed, there will be little incentive for children and young adults to venture outside; they will instead stay indoors with their ipads, tablets, Xboxes, etc. Not only will this compromise their physical health, by encouraging an unhealthy sedentary lifestyle, but it could have an impact on their ability to socialise; studies also show that sustained use of such devices can have a negative effect on brain development and concentration and can lead to problematic behaviour or mental illness. So, for the good of the people you represent, please reconsider this appalling proposal. The District Council should consider planning a new "garden village" rather than cramming our town with ill-considered and unsuitable developments, which will be detrimental to the quality of life, health and well-being of its existing residents. Yours sincerely, **...Redacted...**

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