

Cumulative Impacts on Health and Wellbeing ISH 12

Session2

“Adding to Chris Wilson’s remarks I mention huge savings to the NHS that tranquil places provide so when you talk of monetary terms and compensation it is really important the Planning Inspectorate take into account that if people exercise, if they recharge, if they come and relax and walk, they are actually saving the NHS massive amounts of money.”

Session4

“First thing as you know, we’re in a time of COVID recovery and there have been many reports coming from reputable organisations (BMA) about the long-term impacts of COVID and how they will be felt in years to come. So, when this morning I brought up about the Construction area and its surroundings being the most fantastic health resource that Suffolk could be utilising I was very serious because so many people like myself could be benefitting from continuing to visit the area to walk, to enjoy the sunshine, to breathe fresh air”

Supporting Information

Natural England Chief Executive Maria Spain says “NE has made it clear that Nature is good for your health. For many years we’ve been working with our health professional colleagues to make sure we can create a healthy society which is even more important as part of a green recovery to help everybody cope with the long-term impacts of the restrictions on day-to-day life necessitated by the corona virus.”

Anecdotal evidence coming from East Coast Diabetes Service states that since last autumn there have been higher than expected referrals with newly diagnosed patients with type 2 Diabetes thought to be due to COVID and the changes in lifestyle it caused e.g. homeworking and unhealthy diet. Exercise programmes and dietary changes at an early stage can sometimes reverse a diagnosis. Diabetes care is already taking up a huge part of NHS budget and we can’t afford for it to take up more.

In 2020 George Eustace Environment Secretary announced a new four-million-pound budget for a cross government project aimed at tackling mental ill health through Green Prescribing. One of its envisaged outcomes is to develop best practice in making green, social activities more resilient and accessible. The project will run until 2023 and is supported by the National Academy of Prescribing, Ministry of Housing, Public Health England, Natural England,

DEFRA and NHS England. Much more could be made of the AONB in this capacity and it is important to remember that many Visitors who come to Suffolk do so for purposes of physical and mental health improvement.

Earlier this year WWT Launched Blue Prescribing Projects. This resulted out of evidence collected with two partner Universities on the impacts on health and wellbeing on being in Wetland areas. Projects like these could be further successfully developed on the Suffolk Coast and create huge national benefits.

A Health and Wellbeing Coast rather than an Energy Coast is something worth considering. It would give huge financial benefits and would reduce public spending whilst protecting the designated landscape.

Night Time Noise

What is an acceptable disturbance of reasonable level of noise or vibration that people are supposed to put up with is subjective and will vary from person to person depending on whether they are a deep or light sleeper or somewhere in between?

However, what is not in doubt are the sleep patterns that move from light sleep to deep sleep and back again-patterns that are linked to the bodies Circadian Rhythms. Whilst someone is asleep and whether the time of the train will move a person from deep to light sleep or wakefulness is a matter of importance to health professionals as they have been reporting for many years on the serious negative impacts of disrupted night time and there are also reports coming from night shift workers and the long-term impacts of sleeping in the day rather than night sleep. I shall reference these in my additional written response but will comment that higher rates of Neurological conditions, Diabetes and Heart Disease have been recorded.

Given these concerns and my searches in vol3 I think it would be useful to know exactly how you intend to deal with a noise complaint coming from someone living close to the line to the line in Woodbridge, Campsea Ash, Saxmundham or Leiston. Before I moved back to Suffolk, I went through the process of a Noise Complaint that was decided in my favour by a Magistrate. Obviously during the long period of Construction, a Night train won't be stopped due to a noise complaint and sleep disruption it may cause. Please tell me what I can expect and how you plan to rectify a complaint. You might have touched on this in volume 3 but the detail is really important. And finally, can I have an answer from East Suffolk Council on whether they will be involved in noise complaints?

Reference:

Circadian Rhythm Disorders | NHLBI, NIH

<https://www.nhlbi.nih.gov/health-topics/circadian-rhythm-disorders>

Health Implications of Disrupted Circadian Rhythms
See attached pdf

Footnote

I was pleased that Mr Philpott agreed to answer my question relating to making a complaint but dismayed that it will be in writing and have no idea whether this means I will receive an email from him. It is reassuring that Mr Philpott had the support of medical professionals about health risks but I am concerned that in some areas there was going to be a need for closed windows. I stated my concern on this as Public Health England issues advice that in very hot weather people who are elderly or/and have various long term medical conditions should stay indoors, close their windows in the day and open them at night. These people will need a sufficient form of ventilation. It is generally agreed that if you shut out noise by double glazing etc you sacrifice much needed ventilation necessary not only for human health but also for older or listed houses. Air conditioners are only a suitable short-term solution and the offer of earplugs as suggested at Hinkley only suitable for short-term solutions.

Noise at Eastbridge

I have sent in evidence at a previous deadline of a sound recording Chris Watson made with me on a June evening in 2018 at East Bridge. I hope you will have had a chance to listen to it as you will hear a distant Cuckoo, a tractor cutting hay, a distant car on the Theberton road, Muntjac Deer barking and evening birdsong. In spite of the noise assessments that EDF has embarked on I believe that all the sounds that were recorded on that June evening will be obliterated once Construction begins and people in the area won't be able to listen to the noisy quietness I witnessed, for over a decade. That is an entire generation of children who won't be able to learn to identify bird and animal acoustic behaviour in this area of Suffolk; probably one of the best and most important places for listening to avian sound. And what of the impact of noise on the acoustic behaviours of the creatures recorded that evening? How will their behaviour change? Will they leave the area and find new territories? Ecologists won't be able to answer these questions until they can observe their behaviour in the new noisy environment that is proposed.

I have not been able to ascertain whether EDF has matched their proposed acceptable noise levels with the background sound that can be heard in the recording. This question is important and I would ask the Inspectors most sincerely to listen to background sound with and without noise levels that EDF perceive as reasonable.

Footnote

In the Hearing I asked that one of the acoustic experts should listen to the recording and let me know whether we will still be able to hear these types of sounds once Construction begins. Myself and TASC would like an answer.

The loss of quietness and the AONB Landscape Quality relating to Tranquillity will have a direct impact on any Health and Wellbeing benefits that make the area special and have the potential to save the NHS money