

Manston Airport DCO submission 08/07/2021

I live in a Grade II listed building around 500 meters south of the runway. In RSP's documentation the comments on our house are that "Modern background noise is likely to be limited and asset may be sensitive to changes in background noise." When we first moved here over 25 years ago, the airfield gave us no cause for concern, indeed it was a novelty to see the air shows and aircraft such as Concorde and the Red Arrows fly over us.

Listed buildings are not able to have double glazing installed and according to RSP's dubious evidence we live on the edge of the 60db noise contour. We also like to keep a window open in our bedroom at night, particularly in hot weather.

When the airport was operational, we were regularly subjected to the smell and fumes from aircraft which did not help the [REDACTED] suffered by our children. With a significant increase in aircraft movements as proposed by RSP, the levels of asthma are bound to increase.

The failures of three previous owners to run a viable airport business from the Manston Airport site over a period of 15 years clearly show that the airport site is just not suitable as a commercial venture.

As a military airfield Manston was in a prime location, but as a commercial airport with a limited catchment area and remote location it fails. Six reports by aviation experts also reached the same conclusion.

A Cargo Hub Airport would blight people's lives, damage house prices and put businesses and tourists off the area. Numerous studies have found that people who live near airports suffer more from respiratory and cardiac problems due to air pollution. Noise also causes stress and hypertension, particularly at night. Research has also shown significant effects on children's cognitive levels as well as an increase in dementia in the elderly.

I used to teach in Clarendon House School, which is located 3.5km from the airport and directly under the flightpath. Sound levels on a monitor at the school measured peaks of over 100db and I personally had to pause my teaching whilst an aircraft flew over. Fortunately these were infrequent; however the RSP proposals would be far more disruptive.

Reports have shown that aircraft noise levels of 60 dB in the daytime and 45 dB(A) at night are associated with an increased incidence of hypertension. Also exposure to 50 dB in the daytime can affect learning in schoolchildren. Even RSP have made clear that "aircraft noise would increase to a point where there would be a perceived change in the quality of life for occupants of buildings in these communities"

When we were previously subjected to night flights, they always woke us up. RSP claim to have "no plans" for night flights, however RSP's proposals clearly show evidence of night flight planning. This was also confirmed to me by one of RPS's representatives at the Ramsgate Consultation.

I therefore urge the SoS to reject this Proposal on the grounds that it is not viable, and if implemented would blight the whole area.

Trevor Roper (local resident)

Air pollution by NOx linked to much greater risk of dementia

Date added: September 26, 2018

Research published in the BMJ indicates there is an increase in the chance of developing dementia. About 131,000 patients in London aged between 50 and 79 were followed for 7 years, with air pollution exposure estimated by post code. People over 50 in areas with the highest levels of nitrogen dioxide (NO2) in the air showed a 40% greater risk of developing dementia than those with the least NOx pollution, according to data from London. The observational study cannot establish that air pollution was a direct cause of the dementia cases, but the link between higher pollution and higher levels of dementia diagnosis could not be explained by other factors known to raise risks of the disease. Air pollution has already been linked with cardiovascular and respiratory disease, but this is one of the first studies to examine links with neurodegenerative illness. It is possible that perhaps 60,000 of the total 850,000 dementia cases in the UK may be made worse by air pollution. This adds to the body of research on the wide-ranging effects of air pollution, including evidence that particles of pollutants can cross the placenta – an evidence from China of a “huge” reduction in intelligence associated with breathing dirty air, equivalent to losing a year’s education.

Thousands of children and teenagers face a mounting sleeplessness crisis, with the number of admissions to hospital of young people with sleep disorders rising sharply in six years, the Guardian can reveal.

Experts have described the problem as a hidden public health disaster, putting the surge down to a combination of exploding obesity levels, excessive use of social media before bedtime and a mental health crisis engulfing young people.

The Guardian analysed data from [NHS](#) Digital, the national information and technology partner to the health and social care system in England, revealing that admissions with a primary diagnosis of sleep disorder among those aged 16 and under has risen from 6,520 in 2012-13 to 9,429 last year.

It comes despite the fact that admissions for all ages for sleep disorders has fallen slightly since 2012-13, moving from 29,511 to 29,184 in 2017-18.

“Sleep issues are a huge problem ... it’s a hidden public health crisis,” said Rachael Taylor, a child sleep consultant at The [Sleep](#) Sanctuary. “There is a lot of sleep anxiety being diagnosed at the moment; it’s a new area that we are looking at, dealing with more children who have anxiety and it is coming out in sleep issues.”

At Millpond Sleep Clinic, a private children’s sleep clinic in London, the founder, Mandy Gurney, said that in the last year there had been a 30% rise in anxiety-related referrals for sleep issues among school-aged children. “It is a very worrying increase, especially if this rate rise continues to go up,” Gurney said.

She added that prescriptions for melatonin, a hormone the body produces naturally in reaction to darkness that helps prepare us for sleep, had also risen.

“We feel that the rise in sleep problems is very much based on anxiety ... There is school pressure, peer pressure, social media pressure. We saw a rise in referrals due to Manchester bombing and other terror incidents, the 10-year anniversary of Madeleine McCann and other news that children hear in the car, on the radio or [on] news feeds on their phones,” Gurney said.

Vicki Dawson, the founder of the [NHS](#) Doncaster-funded the Children's Sleep Charity, the only free specialist service that provides support to families for children's sleep, said her charity was overwhelmed by families seeking help.

She said the rise was partly down to technology and the fact that the blue light from screens suppresses the production of the sleep hormone, making it harder to fall asleep. "We are increasingly seeing families where both parents are out working and this can mean that bedtime becomes later, bedtime routines may be rushed or abandoned all together," she said.

Dawson added: "A good sleep routine is key in supporting a better sleep pattern. Diet can play a role too. We see children and young people who are consuming a lot of sugar and even energy drinks to try to compensate for the sleep deprivation that they are experiencing. This then has an impact on night-time sleep."

Most of the admissions to hospital are for [sleep apnoea](#), a serious disorder that occurs when breathing is interrupted at night, which reached a peak of 8,274 in 2017-18.

Michael Farquhar, a consultant in sleep medicine at the Evelina Children's hospital, part of Guy's and St Thomas' NHS foundation trust, said the rise in sleep apnoea was linked to growing childhood obesity rates.

There are [124m obese children](#) worldwide, a more than tenfold increase in four decades. More than a million of them live in the UK, which has [the worst obesity rates in western Europe](#). Being overweight puts an increased load on the upper airway and the airway becomes collapsible, which increases the chances of sleep apnoea as it means less air can travel through.

"We have two main epidemics among children. One is obesity and the other is mental health, and underpinning both of these is sleep," he said. "We always thought sleep was a consequence of obesity but there is an increasing understanding that sleeplessness contributes to obesity. When you are sleep-deprived, your body responds by altering the hormones that affect appetite and hunger ... you crave unhealthy things when you are tired."

Farquhar added: "If you don't sleep well you don't function as well. As a society we downplay the importance of sleep ... But it's fundamental to a lot of things. For example, those who are chronically sleep-deprived as a young adult are more likely to develop Alzheimer's.

"I describe sleep as like getting an MOT every night for your brain and body and, if you miss that for weeks or months, you won't fall to bits but the longer you leave it the more problems it causes."

Farquhar said that anxiety has a big impact on sleep, and sleeplessness can also trigger anxiety. "Children need a consistent routine from early on ... one that is consistent but not a straitjacket, there should be flexibility. Building in winding-down time at the end of the day, reducing smartphone use an hour before bedtime is important for better sleep," he added.

Dawson said that at the moment sleep support for parents and young people was “a postcode lottery”. She noted that in Doncaster the Clinical Commissioning Group commissioned a full sleep service from the charity and recently nearby Bassetlaw duplicated the service after seeing the huge impact it has had in the area.

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“In other areas families are left in crisis unable to access support; we have medical practitioners signposting families to the charity and simply cannot meet demand as we receive no funding,” she said.

One mother, Susan, 49, from south-east London, whose 14-year-old son experiences trouble sleeping, said she wished there was more support from the NHS. “GPs don’t always understand about sleeplessness unless you get lucky.” Susan’s son is autistic and she said it was common for children with the condition to have sleep difficulties.

“Most of the help I got was through local parent support groups. People in schools don’t necessarily understand. It’s vital the issue is addressed because ... it can very quickly escalate to being a mental health problem that affects the whole family.”

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