

From: [REDACTED]
To: NorfolkVanguard@pins.gsi.gov.uk
Subject: Norfolk Vanguard Project - EN010079
Date: 25 April 2019 10:13:48
Attachments: [Stress re Norfolk Vanguard.docx](#)

My registration identification number is 20012181.

Dear Planning Inspector,

I had hoped to attend the open floor hearing at Dereham last night but unfortunately was unable to do so.

Please accept my written representation for deadline 7 (this follows on from my deadline 6 submission) as I feel it is very relevant.

Please could you include it with the statements/ representations from last night's hearing, as I would have liked to have made these points, but not able to be there.

thank you

Patricia Lockwood

[REDACTED]

[REDACTED]

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Following on from my observations and questions to the applicant about the relationship between mental wellbeing and the environment submitted 5th April 2019 (11.17pm) I feel it is important to let PINS know, (in view of the mental health epidemic facing the country), that there is already much stress effecting people's health in Necton which has been directly caused by Vattenfall's proposal and consultations over the last two years.

The NHS suggests; Don't remain passive or your lack of control will make you feel anxious, so we fight. BUT the mental health foundation says there can be times when stress becomes excessive and too much to deal with. If our stress response is activated repeatedly, or it persists for a long period of time it is often called chronic, or long-term stress, and it can impact on both physical and mental health.

Please note several people opposed to Norfolk Vanguard feel this, myself included.

Here are the two quotes I refer to:

NHS "Moodzone" page states " Take control There's a solution to any problem. "If you remain passive, thinking, 'I can't do anything about my problem', your stress will get worse," says Professor Cooper..... "That feeling of loss of control is one of the main causes of stress and lack of wellbeing." "In life, there's always a solution to a problem," says Professor Cary Cooper, an occupational health expert at the University of Lancaster.....

We have been given the opportunity to be heard. BUT when it is realised that whatever is said makes little difference, we realise this is a situation where we have no control and causes long term anxiety amongst residents.

We have no voice, if this was a debate there would be a chance of making a difference IE ".....there are two general types of debates: problem debates, which are centered on philosophical questions, such as whether something is right or wrong, and mechanism debates, which deal with practical problems, such as how something should be done."

But evenif this was a debate the applicant would still have an unfair advantage over the population of Necton as the two sides would be not be fairly matched. We have not all chosen to become engineers, scientists or lawyers etc. The nearby population are NOT ignorant, and our feelings should NOT be considered as unimportant. Many people have daily jobs and families to support and cannot give their time to research and fight Vattenfall even if they were experts in appropriate fields.

During the past two years we have had to face a constant uphill struggle to defend Necton and fight for a fair compromise, as we are not against wind power only the positioning of this infrastructure, and this fight is becoming damaging to many individual's health, mine included. There are legal documents to decipher, technicalities to research, jargon to understand, before we can even start to comment which adds much pressure to everyday life.

Please also see the following quote from "Stress | Mental Health Foundation".
<https://www.mentalhealth.org.uk/a-to-z/s/stress>

“However, the effects can result in wear and tear on the body and can cause us to feel permanently in a state of ‘fight or flight’ . Rather than helping us push through, this pressure can make us feel overwhelmed or unable to cope. Feeling this overwhelming stress for a long period of time is often called chronic, or long-term stress, and it can impact on both physical and mental health.

Some research has also linked long-term stress to gastrointestinal conditions like Irritable Bowel Syndrome (IBS), or stomach ulcers¹⁴ as well as conditions like cardiovascular disease¹⁵.

However, sometimes individual actions on their own are not enough to reduce long-term stress for everyone. We can often be affected by factors that are beyond our direct control. Communities, workplaces, societies, and governments all have a role to play in tackling these wider causes of stress.”

Much stress is generated on ordinary people who have to try and cope with the PINS process and the number of legal documents outside of their experience with NO help legally or otherwise and are swamped to the point of stress related illnesses.

Vattenfall’s trained employees dedicate their working lives to produce convincing evaluations. There are now hundreds of documents published by the Planning Inspectorate regarding Norfolk Vanguard which is totally overwhelming, it proves very difficult for lay people to understand and form counter arguments. We have limited time, expertise and resources, which surely is an unfair position, as a small parish cannot afford to employ professionals to effectively understand all the detail that Vattenfall submit or form arguments at that same level.

Also, who polices the Applicants integrity, checks their statistics and data as this is a one-sided contest? I realise PINS are impartial and can only conclude from the information presented. Being made powerless and ineffectual because we cannot affect the outcome is detrimental to our mental health, especially as waiting for an Offshore Ring main would seem justified.

To use myself as an example I am now part time carer, [REDACTED]. I often have to resolve problems with her care staff, working towards finding a “win win” situation although stressful we usually find a positive outcome. I naively though similar would be true of communicating with Vattenfall, I have been writing for nearly 2 years but it is impossible for them to give any sensible answer as they have no knowledge of the area.

Last June 2018, I was taken to hospital by ambulance with [REDACTED] but it turned out stress related symptoms. I would like to point out that although dealing with problems regarding my [REDACTED] is stressful, we find solutions and I can relax. But the longevity of the Norfolk Vanguard situation demanding constant research and work has caused chronic anxiety and I know this has similarly has affected others who relentlessly work towards putting our case forward.

Seeing [REDACTED] depressed, knowing people who have retired to Necton to enjoy the tranquillity of a rural area, the inflexibility of the applicant in considering other sites exacerbates my anxiety.

Could I please ask the applicant to let us know what mitigation procedure they will adopt to help residents cope with the ongoing stress they are causing individuals and the community of Necton?