

Study: The Impact of the One Earth Solar Farm on Mental Health

BACKGROUND

[REDACTED]. I have a background in community General Practice, currently specialising in patient health in custodial settings with a special interest in Substance Misuse.

The One Earth Solar Farm Proposal is a plan to convert around 3,500 acres of agricultural land and countryside around the over 1,000 year old historic villages of North and South Clifton, Fledborough, Ragnall, and surrounding Nottinghamshire parishes into a massive industrialised solar 'farm'. In total almost 4,000 acres of farmland will be removed from important food production and if it is given the go-ahead, it will be one of – if not *the* – largest solar farm in Northern Europe, and over four times larger than the largest solar farms in comparable countries such as France and Germany.

The loss of countryside has profound effects on small communities, disrupting their way of life and cultural heritage. Rural areas often rely on the countryside for their economic activities, such as farming, tourism, and local craftsmanship. As these lands are lost to urbanization or industrial development, small communities may face economic decline, loss of jobs, and diminished social cohesion. Additionally, the natural environment plays a crucial role in the identity and traditions of these communities and its loss can lead to a weakening of communal bonds and a sense of place. This transformation can result in population decline as residents move elsewhere, further eroding the social fabric of these communities.

A study into the mental health effects of industrial development is crucial for understanding how rapid industrialization impacts psychological wellbeing. Industrial developments such as this, by the developers own admission, do not provide large long term employment opportunities and increased wealth across these communities, but can instead lead to environmental pollution, in the form of noise, constraints on social activities previously enjoyed and disruption. This may then contribute to stress, anxiety, and other mental health issues. Additionally, the loss of natural spaces due to industrial expansion can further exacerbate these problems.

Unwanted industrial developments such as the One Earth Solar Farm can significantly impact mental health, often fostering a sense of social injustice among affected communities. This sense of injustice arises from a perceived disregard for their well-being and opinions, leading to frustration and diminished trust in decision-makers. The emotional toll of feeling sidelined or unfairly treated can exacerbate mental health issues, highlighting the need for equitable and transparent planning processes that genuinely consider community concerns and protect their quality of life.

By investigating these effects, the study can inform policies and practices that mitigate negative mental health outcomes, promoting a healthier balance between industrial progress and community wellbeing.

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As a GP, human health falls high on my agenda. When browsing the One Earth information booklets, I was immediately struck by the following statement:

‘Human Health – Likely significant positive effect’.

This is a quote from One Earth regarding how they believe their solar proposal will impact human health. The booklet refers to positive effects on physical health from green energy but there was little to no mention of mental health, which forms one of the major components of human health alongside the physical element.

There is a strong association between mental and physical health. Evidence indicates that mental health problems such as stress and anxiety are strongly linked to causality and exacerbation of many physical health problems, for example stress and anxiety causing and/or worsening high blood pressure. We also know that physical health problems can cause and/or exacerbate mental health problems. Or mental health conditions can run parallel to physical health problems, but they may be unrelated. There is overlap between these two brackets of health, but they are equally important.

Concerned that mental health had not been recognised by One Earth, I produced a document outlining some personal concerns regarding the mental health of numerous residents I had spoken to privately about how the project was making them feel (Appendix 1).

These findings prompted me to conduct a study within the local area to produce some evidence relating to the impact of the One Earth Solar proposal on mental health.

METHODOLOGY

This is an anonymous study conducted over approximately two weeks in July 2024 to ascertain the impact of the One Earth Solar project on the mental health of the people living in the affected areas.

Mental health questionnaires were distributed throughout the villages of South and North Clifton (Appendix 2). No personal information other than gender and age was asked to be provided.

Those wishing to partake completed the form and handed it back, either at the time or at a later date.

The data from the above forms was then collated and summarised as follows.

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STUDY RESULTS

109 completed questionnaires were received.

Demographics

Age

- Range: 23 - 85 years
- Mean (average): 50 years

Gender

- Female: 54 (49%)
- Male: 47 (43%)
- Not Stated: 9 (8%)

Area of Residence

- South Clifton: 35 (32%)
- North Clifton: 65 (60%)
- Spalford: 2 (1.5%)
- Thorney: 2 (1.5%)
- Not Stated: 6 (5%)

Findings

Demographics

- There was a similar split between male and female participants (43% and 49% respectively).
- Mean age of participants 50 years.
- North Clifton had the majority of participants (60%), followed by South Clifton (32%).

Impact of One Earth Solar project on mental health

- 83% (90 participants) stated that their mental health was already being negatively impacted by the One Earth Solar proposal.
- 86% (94 participants) stated that their mental health was likely to worsen should the One Earth Solar proposal be approved.

Individual comments regarding how the One Earth Solar proposal is currently negatively affecting mental health

- See Appendix 3

Individual comments regarding how mental health is likely to worsen should the One Earth Solar proposal be approved

- See Appendix 4

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Further comments relating to mental health and the One Earth Solar proposal

- See Appendix 5

DISCUSSION

An overwhelming majority (83%) of participants stated they believed their mental health was already being negatively affected by the solar proposal with a similar majority (86%) believing their mental health was likely to worsen should the project be approved.

Emotions and disorders most referred to in the comments section included anxiety, stress, sleep problems, low mood and depression. One comment from a participant made reference to the fact they had already sought advice and support from their GP and were now on medication and having therapy. There was further reference to medication, with one individual stating they were requiring sleeping medication and another that they had increased the dose of their anxiety medication because of the impact the One Earth proposal was having on their mental health. A further comment was from an individual who stated due to anxiety and sleep deprivation they have lost time with their newborn baby. There were statements from several individuals who were concerned about worsening of their current mental health conditions.

Regarding physical health, one individual stated the stress from a previous solar farm installation caused them to have a stroke, whilst another expressed concern that the stress of the current situation was causing flare-ups of their vertigo.

Common factors which were repeatedly referenced to relating to why the project was causing deterioration of mental health included concern over destruction of the countryside, loss of countryside views, fall in house prices/reduced saleability, negative impact on leisure activities, increased flood risk, food insecurity, wildlife destruction, community disagreements due to differing opinions, uncertainty of long-term health risks and noise/traffic pollution.

There is an overwhelming sense of despair. Many imply their lives will never be the same again should the project go ahead, and due to the fall in house values, moving away would probably not be possible. There is an overall impression that many individuals feel trapped within the area and unable to escape what is coming to them. Many of the comments were extremely upsetting and disturbing to read.

There were no positive comments given relating to impact on mental health, even by the study participants who indicated their mental health is not, and likely will not be impacted by the proposals.

There has clearly been an oversight of the important matter of mental health by One Earth. The evidence provided here clearly demonstrates there **is** a major concern relating to human health **currently** in our local community which has been created solely by the One Earth Solar Panel proposal. This evidence clearly contradicts the statement that the One Earth Solar project is likely to have a 'significant positive effect' on human health. Given that this research has been conducted at a relatively early stage in the project, this is of **grave concern**.

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ACTIONS

1. To submit this study to the company One Earth as evidence for the negative impact this proposal is already having on the mental health of the local community.
2. To submit this evidence formally to the South Clifton Parish Council requesting it is presented to One Earth at their next joint meeting.
3. Although not a member of the Parish Council, I intend to participate in future Parish Council meetings to encourage our community mental health to be given the priority status it deserves.
4. To continue collecting data as evidence of how this project is impacting community mental health.

Dr Sarah Fletcher

General Practitioner

MBChB, DFRH, DRCOG, MRCP, GPwER Substance Misuse

July 2024

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Appendix 1: The Impact of the One Earth Solar Project on Mental Health (Dr S. Fletcher, July 2024)

‘Human Health – Likely significant positive effect’.

This is a quote from the One Earth consultation booklet regarding how their solar industrialisation project will apparently impact human health.

Does it take a doctor to highlight that human health incorporates mental health as well as physical health? As a doctor, I am faced with the spectrum of manifestations of mental health conditions on a daily basis, therefore when I first became aware of the One Earth Solar proposal the impact on mental health came to mind immediately. I would expect the majority of people to realise the importance of mental health, especially as there has been a general increase in the awareness of such over recent years. I am therefore astonished that mental health has not been given any consideration whatsoever relating to the One Earth Solar proposal.

Mental health incorporates everything relating to how one feels, encompassing psychological and emotional well-being. This influences how the individual acts and the choices they make. A few examples of some of the common emotions and disorders that fall under the mental health bracket include stress, worry, anger, anxiety, sleep disturbance, low mood and depression, which can unfortunately then lead to acts such as self-harm, substance misuse and suicide. One in four people will experience a mental health problem of some kind each year in England¹, with around one in six people reporting to experience a common mental health disorder, such as anxiety and depression².

Mental health problems are **very common**. Mental health is **very important**.

So, what is the relevance of this in relation to the One Earth industrialisation proposals? I am certain that should this project proceed, it will have a significant negative effect on the mental health of many people in the immediate and surrounding areas. I can go further in saying I am certain mental health is already being damaged, even at this early stage, and included in this document is evidence to support this. Even though the numbers affected may seem small, the percentage of the population exposed to the proposed installation (whether nearby or further afield) whose mental health will be affected negatively by the project will be very high. It is important to realise that new mental health problems have sadly already been and will be created going forward. There will also be a worrying compounding of existing mental health problems, increasing the risk of more serious conditions developing.

Most people who live or have chosen to move to a rural area have intentionally done so to benefit from the countryside experience. This may include a considered move to a rural area from perhaps a more built-up environment, thus a contrast in views from buildings, for example, to open fields. There is the advantage of access to rights of way such as bridleways, byways and footpaths, benefiting those such as horse riders, walkers, cyclists and runners.

¹ McManus, S et al (2009). Adult psychiatric morbidity in England, 2007: results of a household survey.

² McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014.

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These leisure pursuits are ways that people unwind from the stresses of everyday life and keep themselves physically and mentally healthy. The advantages of such cannot be overestimated.

‘Our economies, livelihoods and well-being all depend on our most precious asset: Nature’

(Dasgupta Review, 2021)

Nature is life. It underpins everything we do. It provides us with clean air, food, water and shelter. It regulates our climate and controls disease. Beyond this, it is central to recreational, cultural, social and spiritual aspects of human life. It is fundamental to our health and well-being³.

There is robust evidence to support the following:

- Exposure to green space is associated with improved psychological well-being, physical activity and linked health outcomes;
- Exposure to nature increases activity levels among children and young people;
- There are psychological benefits of nature-based interventions, in particular reduced depression and improved mood;
- Blue space exposure is also beneficial for psychological wellbeing and physical activity.

Should this project proceed as proposed, there will be disruption of and damage to popular rights of way such as the Sustrans cycle track and many footpaths and bridleways, both during the construction and operational phases. Consequently, individuals will be unable to carry out their normal leisure pursuits as they would have done and the positive visual impact of a walk, run, ride or cycle through the beautiful countryside will be destroyed within a black desert.

There will be some residents whose houses will sadly become swamped within in a mass of industrial black PV panels, having previously been surrounded by open farmland. Coupled with this is the noise pollution that will unavoidably affect certain areas that were once quiet. Furthermore comes the inevitable fall in house prices and reduced saleability that will ensue, both during the construction and operational phases of the proposed project. When deciding to move to the country to enjoy the peace and tranquillity of rural village life, this is not a situation such individuals could have ever envisaged. I challenge anybody to claim that in the same situation they wouldn't feel at very best, stressed, low or anxious. Realistically however, I predict a far greater impact.

Our body can be as fit and healthy as an Olympic athlete, but if we are not in a sound place mentally our quality of life is compromised. The stress caused by the One Earth project has the capacity to massively reduce the quality of life of every inhabitant of the immediate and surrounding areas affected by it.

³ Lamont R, Hinson C (March 2024). NEER030: A narrative review of reviews of nature exposure and human health and wellbeing in the UK.

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Mental health **should not be ignored**.

Shocking statistics stated by Dr. Elaine Lockhart, Chair, Royal College of Psychiatrists' Child and Adolescent Faculty London, has stated there were nearly a million referrals to children and young people's mental health services in the past year, a rise of 143% compared with 2019-20. She went on to say, "we need all political parties to prioritise the prevention of mental illness and the treatment of mental health conditions."

Below is just a handful of the many, many comments from local residents concerning the impact that the One Earth solar project is already having on their mental health (note this is even at the early 'consultation' phase):

'I've been in South Clifton for 16 years and I will never be able to take my horse out again if the solar farm goes ahead'.

'I can't sleep to be honest'.

'We're a couple who have lived in North Clifton almost all our lives. We are in total despair with what may happen with the solar farm. It just can't. Our lives will be ruined'.

'I'd consider moving, even though I've been here for 40 years'.

'I've woken up in the night restless and angry, and have to get up, make a drink, and calm down, finally going to sleep some hour or so later. It's just wrong'.

'As a resident of our village I own and ride horses who are kept at home and also walk our little dog. The reality is I will no longer be able to hack whilst the work is undertaken and am not sure if it will be safe to hack when completed. I work in a stressful job and without the riding it will absolutely impact on my health and wellbeing. Also I think walking our dog without the filter of the beautiful countryside will have a similar impact. Walking mindfully looking at solar panels doesn't have the same impact as flowers and countryside I am certain'.

'I live in North Clifton, this solar installation is the devil's work. We may not live in an AONB but this does not mean our countryside isn't beautiful. I despair for the wildlife, and this is destroying peace of mind for so many. I am also scared we will hear the battery storage, especially at night. It regularly reduces me to tears, it's nothing short of environmental vandalism. Very worried that the new government will just rubber stamp this'.

'It's adversely affecting my work and my family life. I can't eat. I can't sleep. I feel anxious. I'm drinking more to help numb the pain. I'm not sure where this will lead'.

'I live in Fledborough and have ridden round here for 20 years except for the last 5-the ever-increasing traffic from pears factory including smalls tankers has made it literally impossible to access our one and only bridlepath as this has to be accessed via the main 60mph road and now with the proposed extra traffic with the solar fields it's too dangerous! I had hoped to maybe start riding out again that way but with the proposed increase of traffic during the solar fields construction it will make it nigh on impossible. I don't think anyone involved with the building of these projects understand how they have devastated our equestrian community, it saddens me and has made me contemplate giving up my horses altogether-I

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couldn't live with myself if anything happened on the road knowing full well the amount of HGVs that are on there 24/7, we can only hope they listen'.

'One Earth will cause and already has caused mental health problems. People are worried, upset and dismayed at the thought of our countryside being covered in ugly solar panels, BESS, inverters and sub-stations. Our leisure will be affected - walking, cycling and horse riding will be contained within fencing and with close views of panels etc. Homes will be surrounded by panels where before all they saw was green fields and trees. We are fighting to stop this abomination. If we fail a lot of people will be fed up and depressed by the major adverse effects this plan will bring'.

'I can't sleep. I can't function during the day. All I ever think about now is the solar farm. I am worrying about the knock-on effect it is having on my family'.

'My wife and I retired to Thorney 3 years ago. One of the main attractions were the open fields and big skies. This monstrous solar farm will destroy this feeling of wellbeing and happiness in our retirement. Our visits to the Red Lion bar in South Clifton would never be the same. We wouldn't see the panels from our lovely garden, but we will hear the hum of the inverters. We asked at the recent One Earth event at South Clifton about future expansion and disruption of our lanes caused by months of lorries and heavy machinery being moved about. They just looked sheepish and embarrassed. On expansion they said they would have to apply again, but admitted they could do. We understand the huge sub-station they plan to build will cater for expansion. We are very worried'.

'I have high pressure with my day-to-day job but feel now I am being pushed to the limit. People have chosen to live in a rural environment for their own wellbeing, but this is now being stolen from them – inflicted by other people's greed and lack of morals. I have worked hard all my life to get where I am, and it could all be for nothing'.

'I have moments of mixed emotions with frustration, anger and despair when I think that piles of money and big foreign industry are hiding under 'Greenwashed' cloaks that's stealing people's lives and livelihoods, killing our farmland, chasing our indigenous wildlife away and creating a PV panel desert amidst our beautiful countryside. I detest greed. And greed under the guise of 'For The Common Good' is wallowing close to the top of the cess pit of 'Legalised Criminal Activities'.

'I received a call from a close friend who lives nowhere near us, but saw the hideous industrial proposal. He said 'cut your losses and get out now while you still can.' I told him that this is our home, this is where we live and intend to live out our lives. He paused and replied 'Ok, I understand, but be prepared for what's coming at you and your friends. You're having a massive pile of monster [REDACTED] dumped on you. You may be in countryside and farmland now, it'll become worse than living in the middle of a city'. Could that have been some of the best advice of my life?'

'Our daughter has formally been diagnosed with being highly autistic, severe anxiety (medicated), learning difficulties and difficulties processing and understanding language and does not interact with peers or anyone outside of her circle (family and a few family friends).

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We moved to South Clifton to give her a better lifestyle suited to her needs - peace and quiet, less people, lovely countryside. Horse riding has been a massive part of her life since moving here. It's all she has. She is a novice horse rider who enjoys quiet riding around the tracks, bridleways and fields. If this proposal goes ahead, she will lose the one thing in her life she loves to do. It will be too dangerous to ride within these areas and beyond stressful. There are no other suitable riding areas locally. This is unthinkable and the effects on her mental health will be devastating. She is already in panic mode, not sleeping, worrying and is very unsettled. She will decline, inevitably. There will be a knock-on effect for our family and added pressure. This cannot be allowed to happen. It is too high a price to pay for this project to go ahead. In the past my daughter has self-harmed - an outlet for her anxiety and depression. Since moving here she has not harmed herself at all. However over the last few weeks due to her mounting anxiety and worrying over this solar development her mental health has deteriorated and she has begun to hurt herself again. This is genuine and witnessed by her support staff where she attends a special school for youths with disabilities. If you ignore this, then shame on you'.

'Although I am myself not local, I have family and friends in the area hence visit on a regular basis. I also horse ride in the local area and am familiar with many of the unspoilt paths and bridleways that allow for safe exploration of the area. This is a stunning part of the country; it is quiet, beautiful and enhanced by the vast variety of birds and wildlife. The thought of 3500 acres being blanketed in black panels is too shocking for words. When people often struggle obtaining planning permission for simple house extensions, how can the ruining of so much land surrounding quaint and historical village even be on the radar as a possibility? I am not against the development of renewable energy but this surely must be carefully balanced with the negative effects on the landscape, local people and wildlife. I can only envisage destruction if the plan is passed. Destruction of land; destruction of wildlife; destruction of family ties as people inevitably decide to flee the area; strain on and destruction of relationships as tensions build by either having to put up with/adapt to the variations or deal with the financial implications as house prices crash. I can already see the effect that this proposal is having on the mental health of friends and family members, even at this early consultation stage. The knock-on effect is that my own mental health is also starting to suffer. The proposal and the devastating effects that will follow if the plan is passed is at the forefront of my mind – and I am not local. I can only imagine the catastrophic effect on the mental health that is bound to ensue in relation to many directly affected'.

'I have been subjected to numerous acts of [REDACTED], both at home and abroad. As such, it has been paramount that I mitigate the residual effects of this for my emotional wellbeing. It is not by accident that I therefore chose to live in the village of South Clifton. There is immediate access to go running, walking, cycling or painting. All these pastimes are key in attaining the correct equilibrium needed for my mental health. I feel a pending sense of doom with the application of the One Earth Solar Panel project, which will destroy the very reason for my living here. How ironic that this may lead to another act of [REDACTED]. This time the victim will be the beautiful countryside'.

'Erecting black panels over any area will stop the sun reaching the earth below, this will slow down the evaporation of surface water. We live in a HIGH RISK FLOOD AREA, the water needs

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to disperse/evaporate unhindered or the water table will rise quicker causing more devastation. Flooding will be another consequence. The prospect of this is already causing anxiety which is having an adverse effect of my daily life. When and how will this end?’

‘The threat of our lives being ruined clearly has a marked effect on our mental health. We have been married for a long time and together we have been experiencing matters of a similar nature. Starting with SLEEP or most notably the lack and quality of it. Nightmares are definitely on the increase, most are of a very dark nature and so vivid in their presentation that sometimes one wakes up actually wondering if the night horror just experienced is true! DEPRESSION, ANXIETY, ANGER, GLOOM and downright out of character outbursts of BAD TEMPER are all too common. We both worry about our future quality of life; the [REDACTED] of our beautiful countryside by mindless [REDACTED]; values of our homes that we have saved for all our lives disappearing with nothing to pass onto our children. The open greed of just a few individuals who want to make a financial killing by giving their land to a gang of foreigners. Also there is the NOISE aspect to consider. We both have pretty low noise thresholds so to be exposed to unnatural noise from a solar farm would be purgatory. Has anyone given any thought to the fact that in the next few years we and NATO allies are likely to be in armed conflict with a number of [REDACTED] authoritarian states. The Notts/Lincs area will be producing the bulk of UK electricity therefore turning us into very real target for modern weapons. Furthermore, another reason for DEPRESSION - where are the millions of solar panels coming from? Yes, you guessed it Red China. What a mess’.

‘I’ve found the impact of the solar farm plans to be impacting most aspects of my life, home and work. I got to a point where I was crying daily especially when outside my home or driving by the areas that are potentially going to have panels on them and if I thought about the scheme for any period of time I would also end up in tears. I am normally very robust, but this has had such a detrimental impact on my life and ability to function normally I have had to seek help from my GP. I am waiting for talking therapy and have started medication to try and help me cope with the plans. I can’t see any end to the way I feel as the impact on our home and village life is immense. The only way I can see me feeling better eventually is if the plans were to not be approved. If they do go ahead then I’m not sure how I will function long term without us moving away or taking medication which I really don’t want to be taking for prolonged periods of time. The worry about the potential loss of value on our home and inability to sell in the future, has also created a lot of stress and anxiety as we could find ourselves in negative equity and trapped in our home with no other options but to live within the scheme! The worry of the unknowns such as the noise of the inverters is also concerning as until the scheme is in, I don’t believe anyone can truly say people won’t hear the noise from their homes’.

The nature of some of these comments is so incredibly concerning that I feel a professional and personal obligation to follow some of these people and families up to try to ensure that their mental health does not deteriorate further. I have already advised several of these individuals to consult their own General Practitioners to seek additional advice and support.

I openly admit that I have experienced anxiety, low mood and sleep disturbance as a result of the One Earth proposals. Being a horse rider in South Clifton who also walks, cycles with my

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husband and [REDACTED] son, and runs along many of the public rights of way I am already concerned about the direct impact that industrialisation of this area will have on my family and I. I worry about our [REDACTED] son and future generations. I worry about my neighbours and local communities. I can see the negative impact this is already having on those around me. I have seen emotions in individuals that I have never seen before including anger, despair, frustration, resentment and even contempt.

At this stage, purely through direct messages being received, the evidence is clear. There are countless negative voices coming from those who feel that they have no power or influence over what is being forced upon them – changes that will affect their lives on a permanent basis. Some of the messages indicate total despair, hopelessness and loss, akin to a bereavement reaction. If the government ignore this and sign off the proposal to allow the erection of black panels so close to domestic areas, they are totally disregarding their moral obligation.

A genuine concern I have is that the company, 'One Earth,' by way of their marketing campaigns are manipulating people's perceptions to influence views and opinions about the project. Even the very name 'One Earth' is staggeringly misleading. 'One Earth' suggests a green agenda, protecting the world, uniting people even globally (a very bold statement). The unfortunate reality is very different. One Earth have stated in their own literature that should the marketing/consultation stage of the project be passed, One Earth will no longer exist and the true company behind this project, 'Orsted' (a Danish government-owned business) will become the owner and operator. One Earth has clearly been used as a marketing tool, implying that this is an environmentally friendly proposal which will also benefit human health. At that transition phase, people would understandably feel confused and betrayed.

There are better ways of supporting renewable energy – ways which don't impose such detrimental impact on human life, health and wellbeing. Ones which don't lead to a dramatic reduction in food security, irreparable destruction of farmland and incalculable harm to indigenous wildlife.

One Earth has demonstrated a disturbingly blinkered one-dimensional veneer vision regarding human health. Rather than being driven by genuine fact-finding, the mention of human health appears to be yet another tick-in-the-box exercise to push their project through. It has been used and passed off as evidence when clearly it is not. This astonishing and extremely concerning oversight of mental health needs addressing as a matter of urgency and to be given the priority status it demands.

These findings will constitute documentary evidence as part of an auditable process. It may be used in any future legal procedures regarding the adverse effects on a person's health. Should this document, with the evidence, be disregarded by any appropriate governance body for endorsement, they will be held culpable.

'Human Health – Definite significant negative effect'.

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Appendix 2: Questionnaire

Age: Gender: Area of residence:

Please circle as appropriate:

Do you think your mental health has been negatively impacted because of the One Earth solar farm proposal (for example anxiety/altered mood/disturbed sleep)? Y / N

If yes, please give details:

Do you feel your mental health is likely to worsen should the One Earth solar farm be approved? Y / N

If yes, please give details:

Do you currently, or have you ever had, any of the following mental health problems?

Please circle as appropriate:

Anxiety Sleep problems Depression

Low mood Post-traumatic Stress Disorder (PTSD)

Other (please specify)

Any further comments relating to your mental health/solar proposal (please include any concerns regarding worsening of current mental health conditions):

***Please note all information will remain anonymous.
Thank you for taking time to complete this survey.***

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Appendix 3: Individual comments regarding how the One Earth solar project is currently negatively impacting mental health

- Massively impacted every single day and night with anxiety, sleep disturbance, depression and low mood/palpitations;
- Anxiety, disturbed sleep;
- Anxiety, low mood, disturbed sleep, which also has a negative impact on my daughter who is autistic. I wake regularly with it on my mind. I'm anxious regularly;
- Anxiety/low mood/insomnia with a negative impact on my work/family/social life;
- A previous stressful experience from a solar farm proposal led me to have a stroke;
- Anxiety, anger, mood swings, disturbed sleep;
- Concerned for the future of our village and the impact on all the community;
- I am suffering from anxiety and I am unable to sleep;
- Feeling anxious most of the time and awakening me in the night;
- I believe it will negatively affect the value of our houses;
- I think the value of properties will decline;
- Worry! During all consultation, I do not feel anything will change – a 'tick-in-the-box' exercise. No answers given over specifics. Proposals massively over-sized. Landowners seemingly happy to be moving out of area leaving community to suffer once implemented;
- Anxiety due to not being able to walk/ride mindfully in the countryside;
- I am suffering from anxiety regarding the solar farm already. Just the thought of it is causing great stress;
- I am worried that we have ploughed a lot of money into renovating our house and now we risk losing a great deal should we ever have to sell;
- Worry about increased noise – including traffic during construction. Problems commuting to work from increased traffic. Long-term worries about loss of house value. Toxicity from panels, scared of potential fires;
- Change and uncertainty negatively impacting anxiety, mood and sleep – increasingly affected by age when change becomes more impactful;
- Sleep problems;
- Constantly on my mind all day, waking up at night and early morning, anxiety, sleep problems;
- This One earth solar farm proposal has caused large amounts of anxiety along with lack of sleep. It has made a huge negative impact on the time I will never get back with my newborn baby;
- I am very worried about my future environment, of living in my property if I am to be surrounded by an industrial estate. I have had anxiety, sleep problems, depression and low mood since this proposal was announced, but never before then;
- I have had anxiety and sleep problems since this all started;
- The proposal is always on my mind;
- Disturbed sleep;
- The proposed plans by One Earth solar have clearly caused a divide within the community. This has had a knock-on effect as individuals who previously got along well, now longer

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know where they stand with each other. I for one now worry that the subject will come up in conversation and disagreements with begin;

- The One Earth proposal has been dumped on us at the same time as several other proposals. This will result in 30,000 acres of prime farmland in the Trent Valley being INVADED – yes it feels like a carefully choreographed invasion by a hostile force;
- Anxiety;
- Anxiety due to uncertainty of future. No agricultural land for food;
- Visual landscape ruined, farmland lost;
- We moved here when we retired for the beautiful countryside having horses and dogs and as an artist. The peace and quiet was also important. This is all going to be destroyed – no wonder we are sleepless and anxious;
- Anxiety;
- Much concern and distress;
- Depression;
- The hypocrisy of the proposal has made me angry. It is unjust to ask our community to be altruistic when their motive is money, with little/no regard for the undesirable impact on our surroundings and life enjoyment;
- Our hard-earned homes will be valueless. We will not be able to sell and move away; so therefore we are destined to be tortured for something we have not done and not deserve – this is causing anxiety, low mood, depression sleep problems/bad dreams/irritability, gross unhappiness, fear of war with Russia – we will be a prime target for Putin's missiles;
- We moved to the countryside not to be surrounded by panels. It is stressful thinking about what we will lose, and this being 'Phase 1', worry whether 'Phase 2' will completely surround us;
- The stress and anxiety from this proposal is apparent in many. Fallings out, neighbourly upsets;
- Value of my property!! Overall look of the area I have lived in for over 30 years! This is causing sleep problems and low mood;
- It has caused a division in such a small community. Plus it has caused me to worry about local food production;
- Anxiety and disturbed sleep;
- Anxiety and sleep problems;
- I can't sleep at night knowing that the beautiful countryside will be destroyed;
- I already take antidepressants as I suffer from sleep problems and anxiety. As the peace and tranquillity of this area will be badly affected by the proposal I am already deeply concerned which has caused me sleepless nights. I am now having to take medication to help me sleep;
- We moved here a year ago to get away from the rat race, I already work in Nottingham and coming home gives me serenity;
- We came here in the recent past to escape the hustle and bustle of town life due to my acute anxiety. This has now made my condition worse! I am currently suffering from anxiety, sleep problems, depression and low mood;
- It will look so unnatural in the countryside;

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- Stress, anxiety, disturbed sleep;
- I feel the loss of the countryside and the open space will have a negative impact on my health and wellbeing;
- I moved to live in the countryside;
- It's causing me a feeling of worry and unease;
- Stress and worry to all local residents;
- Stress, disturbed sleep;
- My mental health is already very negatively being affected. I have spent many years working on my property to make nice and improve value and this solar farm will completely destroy all my hard work;
- Anxiety, disturbed sleep, altered mood. Since the plans for the solar farm were made public the impact on my day-to-day life has been significant. Working from home there is little escape from facing the reality this solar farm is going to destroy the life you live;
- Disturbed mood/sleep, anxiety;
- Low mood, sleep problems, anxiety;
- Since the plans have been out I have been unable to sleep and function normally. I was crying every day (at least once) and have had to seek medical advice/support. I am now on medication and having therapy;
- My mental health has been negatively affected because I don't want to be living next to solar panels;
- We moved from an area that was under heavy development for the sake of my mental health which was in a poor state. Within two years of making a huge lifestyle change we learned that our haven of peace may be destroyed. I can't think about it without crying;
- It has made me angry and frustrated;
- Of course – we choose to live in this area for its natural beauty which will be seriously impaired by this project!;
- How can you not realise what you are doing to the communities causing anxiety due to noise, wildlife destruction, constant traffic, loss of views;
- Moved to the area for my love of the countryside and wildlife. Pains me to see how much roadkill there is of all our precious wildlife, deer, foxes, badgers and others;
- Sad to think this could be built in our area. When we moved here we were at peace and happy to move to such a peaceful, green and calm village;
- Emergency services shift worker. The area is a lot quieter than Lincoln/Newark. Additional noise pollution will impact me further;
- Worry, disturbed sleep, anxiety;
- Anxiety due to potential impact on house sale/price;
- Anxiety about the future. Anxiety linked to comments made by other people whose opinions differ to my own;
- Concerned about noise pollution;
- Worried about house prices falling as we've just moved here;
- Anxiety because of local walking areas being ruined!;
- We have only just bought in the area and did so to get away from city life and have seen the impact on neighbouring areas on value of the house and my children's mental health;

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- Altered mood, worrying about the noise levels;
- I am concerned as when I come back from uni I like the views as this is a coping mechanism and helps me feel better when I go back;
- Worried over the impact it will have on the area – noise/light pollution, restricted walkways;
- No worries yet but will in the future;
- Altered mood/anxiety/sleep problems and frustration and anger. I didn't move here to be surrounded by a metal jungle and solar panels. House prices will decrease. This solar farm is about profit only;
- Anxious about how it will impact our lives – mainly from the noise and appearance.

Appendix 4: Individual comments regarding how mental health is likely to worsen should the One Earth solar proposal be approved

- Concern over increased flood risk and noise;
- This is causing anxiety;
- Yes, I do not want to live in such a grotesque environment and will feel trapped, as even trying to sell up will lose tens of thousands of pounds even finding a buyer! A living nightmare;
- Altered mood and anxiety;
- Two years of heavy construction and disruption will be stressful;
- I feel overwhelmed by the idea of such destruction of our countryside;
- I will get an increase in anxiety, my mood and sleep will worsen;
- Fencing alarms me;
- Views ruined, noise pollution;
- Currently no mental health issues, but as a villager for 50 years plus a scheme on this scale is bound to have an adverse effect on me. This village is surrounded by agricultural land/pleasant countryside views so the last thing we need are solar panels and the infrastructure that comes with them;
- Being anxious about how we will all be affected;
- Extremely worried about the loss of value and reduced saleability of house prices;
- We moved to the area to enjoy the tranquillity of the countryside – not an industrial area;
- The loss of the countryside views, which helps with any stress, will be gone. I will not be able to wind down after a tough day at work;
- I personally moved to this area for the countryside aspect. I am perturbed to think I may soon have a very different aspect;
- Change from green environment to industrial environment – proven studies are available to show psychological impact from lack of plants etc in surroundings at work and home having significant negative impact;
- Environmental issues, noise pollution, congestion causing anxiety/low mood;
- No escape from the views of this industrialisation on my doorstep (close);

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- Destroying our beautiful landscape, house price deterioration – who wouldn't this impact when your whole life's work is destroyed;
- I will be even more unhappy if this is approved as I will be unable to sell my property and move elsewhere;
- My mental health will worsen due to my future living here;
- We want to live in the countryside not an industrial estate;
- The community divide will increase. Plus the increased traffic/noise will negatively impact my life and cause great concern for me. Having a small child, we regularly walk/bike ride around the village, there will be a greater risk of traffic;
- The prospect of being surrounded by mega monster solar panels is totally depressing and the fact that this will be for 60 years will last until by 3-year-old grandson will be old;
- Increased anxiety;
- Property value, noise, visual landscape ruined;
- Anxiety - unknown future;
- I don't tolerate noise well and the constant traffic when the solar 'farm' is being installed is a worry, as is the buzz from the battery storage systems. We also like to buy fresh local produce which is healthy – that will go and I worry about it;
- Concern over decrease in house prices and relationship with neighbours being affected;
- Depression may become extreme;
- Depression, daily environmental experience being permanently changed by the destruction of the local environment;
- This is an ongoing situation, akin to the feudal where landed gentry dictated to the underlings. Research indicates the habituation does not lead to acceptance or change of opinion – so I won't have any relief from the anger, upset and altered landscape.
- The noise/glare from the panels, heavy traffic on our single track roads, loss of valuable wildlife, loss of money invested in our homes;
- Who wants to look out over a sea of silicone. I live in the countryside for a reason. House pricing will also cause anxiety;
- The overall look and disturbance to natural habitats;
- It will look absolutely dreadful and will 100% affect the wildlife and the look of where I live;
- It will be a HUGE blight on the countryside. The money-greedy companies need stopping!;
- Anxiety and disturbed sleep;
- Stress, anxiety, disturbed sleep;
- I feel my mental health will worsen because I love the beauty of my area;
- I love the beautiful scenery so I expect my mental health to worsen;
- My mental health is likely to worsen because of the thought of having to see this every day;
- As I moved here for open views, I feel this will be lost and will have a negative impact on my mental health;
- I work hard to be able to have my home which I love as a family space but feel it won't be worth it if the plan goes ahead, I may move;
- Disruption whilst being constructed causing worry and anxiety;

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- Ongoing noise, people around more, destroying landscape;
- Living in the middle of this solar farm, I feel I will no longer want to live in my once idyllic home and will suffer a massive financial loss doing so, which is also causing stress;
- Nice view outside my residence at the moment, do not wish to be seeing solar panels on my doorstep;
- I am struggling to imagine how life will be living within a solar scheme. The joy of countryside living will be gone and my happy home life won't be the same. I worry about the views and the noise there will be;
- At the moment I have a lovely view of countryside outside my windows. I don't want to be looking at solar panels;
- Without a doubt my mental health will worsen. Everything here that has dragged me from depression – the peace and quiet, the wildlife, the beautiful walking routes – will be negatively affected, and I honestly don't know how I will cope. I am dreading it;
- There will be concerns regarding the effect it will have on our health and also financial security with all our money being tied to our property;
- Value of house will diminish;
- It will probably worsen due to the increased noise and battery safety;
- Mental health will worsen due to environment changing – moved to the country for the landscape and sounds;
- Importantly the devaluation of my house is a major factor;
- I need to walk in the countryside every day to help keep my mental health stable;
- We retired here – it's quiet. You are ripping communities apart, covering farms with panels. Really wish we were somewhere else;
- I believe with large areas of countryside fenced off it will leave little space and wildlife will be concentrated towards roads;
- Constant noise, unable to walk around the countryside with restricted views and access;
- Impact on sleep in daytime (emergency services shift worker) with construction and inverters;
- The friction the proposed project has caused in the community has caused increased levels of stress and anxiety when attending community events;
- If the solar farm is approved I am concerned I will have further anxiety/guilt in relation to the impact on local wildlife and ethical implications arising from Chinese production and labour;
- I often work nights and have disturbed sleep. The noise will keep me awake leading to other issues with my health;
- Moved here for the tranquillity of a small village, will be worried about the panels causing health problems;
- Anxiety will worsen as more stress comes because of noise, nowhere to walk etc!;
- Worrying about my children's health, investment in the local area and also my own sleep patterns. I have stayed in other areas close to solar farms and the noise of the panels affects my sleep;
- Won't be anywhere local to ride my bike that's quiet;

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- A coping strategy would have been removed and will feel like I am just surrounded by plastic/metal instead of away from anyone else;
- My feelings about this going ahead are bad enough. I fear the long-term impact this will have on my family and I;
- We need to move house at some point in the next few years. If this goes ahead then there will be significant worry around house prices and whether we can afford to move;
- Noise! Ruins our beautiful countryside as well!

Appendix 5: Further individual comments regarding mental health and the One Earth solar proposal

- The accumulative impact of the vast range of solar farm developments in one area has basically made his part of the midlands area a gargantuan industrial scale solar plant. To call them solar 'farms' completely misrepresents the situation from when district to district, county to county across Lincolnshire and Nottinghamshire we are becoming completely swamped. The utter rage, frustration, and desperation residents feel is immeasurable. This adds significantly to our daily mental load. We feel put on and disregarded. The impact this has on all our mental health is hugely significant. Having recently moved to this area specifically to be in the natural surroundings of the countryside, so we can enjoy views, quiet sounds of nature, after having worked hard all our lives, to now have to face this mass scale industrial development leaves us depressed, sleepless, and worried about the future;
- Many as yet unknown factors, but a solar farm of this scale will disrupt many leisure activities – walking, cycling and horse riding - all good activities to improve mental health;
- I find that as time passes I become more anxious – feelings I've never experienced before;
- I already take anxiety medication (fluoxetine). I was stable and doing really well but I have had to increase the dose solely because of the solar farm proposal;
- My mental health will only deteriorate due to the One Earth solar project;
- This proposal is a money-generating project only!!;
- Please, please leave our countryside as it is;
- I am deeply saddened about the proposals. I moved to the countryside for its views, relaxation and tranquillity. This will be all gone if the proposals go ahead;
- I feel this would cause unnecessary stress;
- Moved to the countryside from urban environment to improve physical and mental health. Now feel that moving again would be the best option, however may not be possible if house value has dropped – increasing stress levels, anxiety and depression which in turn is having a knock-on effect on a long-term condition I have leading to more pain. It is bad enough whilst we are in limbo awaiting the outcome – if it goes ahead I am afraid about how much worse it will get;
- The sheer amount of stress this causes, flare-up's of my vertigo episodes;
- Didn't need any additional stress, no warning;
- Concerned how it will affect my mental health in the long-run;

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- We thought we had found the ideal place to retire – now it is going to be destroyed. We cannot sell and move always our property is being devalued – money we thought our kids would inherit. The most distressing and heart-breaking element in all this is that it is not necessary, but it is out of our control. Even our MP cannot help us against ‘green at all costs’ mania;
- There are many other ways of generating cheap electricity without resorting to solar panels. With that said why not cover the roofs of Nottingham City and Mansfield with solar panels as leave us country folk alone. We fear for our children and grandchildren. Why do organisations trade with rogue states such as China for solar panels;
- For several years I struggled with leaving the house. Moving to a more rural area has helped tremendously – I walk regularly in the beautiful countryside and have started getting involved in the local community. I am genuinely worried that I may go back downhill if all I see when I leave my house is a sea of monstrous solar panels;
- The positive effect of living in a beautiful, rural environment should not be underestimated. There is escape and peace in the open countryside that cannot be found in industrial settings;
- This is a nightmare and NO-ONE cares about us – we are just collateral damage. Shame on you and your shareholders – it’s all about money;
- Worried about our futures, house prices and desirability of the area;
- Although it will not severely impact my mental health, wellbeing is important and physical health also with noise pollution initially and unaware of long-term issues with lithium batteries/solar panel parts needs to be considered when in close proximity to houses with families and pets. Use of green space which supplies oxygen through trees and pollens for bees and insects which are all vital for our health and part of the nature and nurture;
- Increased stress due to worries over construction traffic and noise, operating noise, lack of good agricultural land and UK food production, and loss of property values;
- I feel if the solar installation was to go ahead, it would lead to further community tension and give a general feeling of loss in relation to the landscape around our homes as well as uncertainty about the long-term implications on employment and house prices;
- I am concerned that the construction and installed inverters will cause noise pollution leading to sleep deprivation which in turn will negatively impact mental health. I am also concerned that access to nature and the countryside will be impacted and restricted and will again negatively impact mental health.