As a resident and active community member in the village of Friston I am deeply troubled by this application and wish to formally object.

We are a small rural community who are being asked to bear too much pressure from large scale construction and industrialisation.

The phrase cumulative impact is one we have heard many times before and I'm sure we will hear it more, it's real for us.

What does it actually mean for people living here and for our daily lives?

We live with uncertainty about our future because the developers are PLAYING the planning system by asking for one approval at a time. If all these projects had been applied for in one request, along with Sizewell C, I am sure they would not have been approved due to cumulative impact.

At least with Sizewell, we know the scale and limits of the plans. In Friston this whole thing started with what appeared to be a small development in the middle of a field, this has grown and grown. We have no idea what we will eventually have or when it will end.

The multiple companies involved in the proposed construction of the substation and cable links don't talk to each other, so we get different stories about what is happening and when, they don't actively communicate with us, and they certainly don't use plain English, We need one version of the truth.

It is impossible to walk or drive anywhere locally without being impacted by devastation, construction and traffic, yet they tell us the works have not even begun, so things can only get worse.

Medical appointments have been missed, children are getting to school late, and it is impossible to get to work on time because of heavy traffic and constantly changing road works.

Frustrated drivers are speeding through usually sleepy villages trying to catch up on their delays.

Nature is being devastated. Our area is totally unsuited to the scale of the construction being proposed, and we're seeing precious, irreplaceable agricultural land being torn up on a massive scale. Food security is as big an issue to our country as energy security.

We need a promise now that there will be clear limits on the number of connections and we won't be back here next year, the year after or in five years' time for a further ever-expanding site in Friston.

On top of the substations and converter stations now there is talk of the UK's largest solar farm. The secret of where they propose to put this "close to the NG substation" is making villagers sick with worry about what will happen next. Houses don't sell without prices being slashed by hundreds of thousands of pounds already, the uncertainty is torture.

As well as my formal objection, I have five requests of Scottish Power and National Grid and any other companies involved:

Be honest about your plans.

Please improve communication with the villagers.

Talk to us as people not lawyers.

Tell us what the limits are.

Reassure us about our future.

Finally I'd like to request a minute in silence in dedication to a Friston villager who sadly took his own life after being ignored through years of the planning process and could see no way forward.