

## The Impact of Noise on Wellbeing.

Like most people, my day starts with the sound of the alarm clock. A traumatic start to the day, a rude interruption of my peaceful sleep. A sound so annoying I have to turn it off

For some years as the parent of four children an alarm clock was not necessary. I would be woken by the sound of a baby crying. The sound of a baby crying is designed to cause so much stress in an adult that it will seek to comfort the child immediately to bring an end to the awful noise.

Many of us have turned down the radio that our partner is playing just a little too loud. Perhaps they enjoy Radio One whilst we opt for Classic FM, their choice will always sound louder than our own. Annoyingly so.

Whilst we love the thought that our family dog will ward off burglars, when they bark at the postman we tell them to stop; their barking is annoying.

Driving the car with Bruce Springsteen or whoever blasting out of quadraphonic speakers feels exhilarating tapping the steering wheel, singing the chorus that is until we encounter traffic congestion or until we are unsure of the route. Then we reach to turn down the sound it has become annoying. It impacts our concentration and impairs our cognitive ability.

I am sure the every parent in this room has told back seat children to "be quiet, I cant concentrate on my driving with that racket going on back there".

Fortunately, although modern day living is incredibly noisy we have sufficient control over the daily noise pollution so that it does not adversely impact our concentration our general well being and our mental health.

There are exceptions,

"BEEB BEEB BEEB this vehicle is reversing" so annoying but most of us do not have to listen to 150 plus lorries a day warning us that we may be squashed flat if dont keep out of the way.

A loud motor bike with the baffles removed from the exhaust is painful to listen to its excruciating but it travels away at speed and moves on to annoy others.

All of the above torturous sounds are either temporary or within our own control.

But not so a quarry that operates from 9 in the morning until 7 at night for a minimum of 6 days a week. That is not within the control of those subjected to the noise of the conveyor belts and the lorries that will rumble in and out all day long. Oh and of course, lorries that will be reversing on the site. This noise wont go away for 10 hours a day.

This noise isn't temporary. The quarry is not temporary. If you are a child starting school aged 5 then 11 years will be your entire school life from Reception Class to GCSE's.

If you are 70 years old, like Marylin and Andrew McDonald , this is not temporary this is for the rest of your life.

If you have just bought a house on Sion Hill with twenty year mortgage, this is for more than half the time that you will be paying for your house.

It doesnt matter how may decibels the noise level reaches , the reality is that people living in the vicinity of the quarry and children at school in the vicinity of the quarry will be subject to unpleasant , annoying , stress inducing noise that they have not control over. It will interrupt their concentration and impair their cognitive ability. It will impact their well being, their mental health.

No one could go about their daily life with an alarm clock continuing to ring through out the day; no one could parent a child that would not stop crying and who would keep a dog that never stopped barking ? Yet the people living next to this quarry would be subject to just the same type of annoyance every day, all day for the next eleven years.

I personally would not wish to have to make the difficult decision that this application presents. To have to impose a legal framework over the emotional submissions that you have heard this week. To have to weigh up and balance the strongly opposing professional submissions and to arrive at the right decision.

I feel sure that when you sit down to consider all the evidence you will do so in a quite place , free from disruption, where your mind will be able to focus on the difficult task before you. Where your concentration will not be diluted by noise pollution. You may be able to control any disturbances and interruption by working indoors , by switching off phones , by being "unavailable".

How does Andrew McDonald, a man who spends most of his day working outside ensure that he can have the same decent working environment; how do the children 40 meters away achieve the right quality of environment to learn in.

I would submit that if this appeal is allowed they will not be able to do so for the next eleven years.

Liz Black.

Former proprietor Lea Castle Equestrian Centre and Resident of Wolverley.