

CATSS - Quarry Health Facts for use in Objections

- The Ministry of Defence (MOD) has stated there is an unacceptable risk to aircraft with wet working in the area of AOS E; therefore, a dry worked quarry would be Sibelco's and NCC's plan for Shouldham Warren which would destroy this peaceful recreational area. The recommendation of the NCC Development and Infrastructure Committee (minutes of 17 July 19) stated with reference to AOS E, "a smaller area that is elevated (not wet) could come forward in this plan and not cause significant objections". Shouldham Warren is elevated and is approx 21m above sea level. That being the case the community should be very concerned for health implications arising from dry worked quarrying within Shouldham Warren. If wet working quarries is Sibelco's answer to the problem of dust, what is their answer to the destruction of an area that is our sanctuary from modern pressures? Three links,^{1 2 and 3} to health implications of dry quarrying silica sand (respiratory problems and a higher risk of lung cancer) should be must-reads for the suits at County hall.
- Dry or wet worked (any) quarry in Shouldham Warren will have a devastating impact on the mental health of both villages' residents and for the other communities who use the Warren as their natural gym. Evidence shows natural outdoor spaces help with mental and physical health and social interactions. Shouldham Warren and Marham Fen both are used extensively by tourists and locals for experiencing the great outdoors which is backed up by the research of NHS Forest⁴ and the Natural England Monitor of Engagement With The Natural Environment⁵.
- It cannot be argued against that the loss of outdoor space, reduced access to nature and the countryside has a negative effect on health and well-being. DEFRA 25 year plan encourages access to green space to promote positive mental health and reduce obesity. Other health benefits include; resilience to stress, increased mobility, higher cognitive functioning and observation skills, reduction in Type2 diabetes and depression. Those with learning disability or Attention Deficit Hyperactivity Disorder (ADHD) also experience positive outcomes from being outdoors and closer to nature (MacFarlane as cited in People's Manifesto 2018). Public Health England (PHE) suggests that landscape may be referred to as a spatial unit as well as a socio-cultural

¹ [Minnesota Medicine Magazine](#)

² [Danger in the Air](#)

³ [Dust to Dust - Hazards Magazine](#)

⁴ [NHS Forest Benefits](#)

⁵ [Natural England Monitor of Engagement With The natural Environment](#)

asset. The fenland area between Shouldham and Marham is seen as an asset by the local people and all who visit and use it from all around Norfolk and the UK. Inactivity is the 4th leading factor for global mortality accounting for 6% of deaths. Our local residents, old or young, benefit from the outdoor lifestyle afforded by Marham Fen and Shouldham Warren with regular walks enhancing our heart health, lowering blood pressure, improving weight control, while keeping joints and muscles strong and improving mood and mental well being.

- The social and emotional impact of losing our outdoor area and nature cannot and should not be underestimated and is unacceptable .