

Dear all

I am writing, hoping I am not too late, to put forward my objections to the proposed quarry site at Lea Castle Farm.

My objections fall into three categories:

1. Mental health impact
2. Environmental
- 3 Health and safety and safeguarding

1. As a mental health first aid instructor I am helping to coach the nation about the importance of exercise for positive mental health. 1 in 4 adults currently experience mental health struggles at any given time. Exercise has been proven to be as effective as antidepressants when treating depression and now new research suggests anxiety too. This proposed quarry removes footpaths that people regularly use to travel between Wolverley and Cookley and enjoy walking through.

