

Tom Hawkes

From: Jodie Amos [REDACTED]
Sent: 21 October 2025 08:05
To: Consultations
Subject: Policy N3 Thanington Recreation Ground

[REDACTED]
--Email From External Account--

To whom it may concern,

I am writing with regards to Policy N3 concerning Thanington Recreation Ground as I feel turning this green space into the car park for a park and ride would be devastating to the local community.

I am a Canterbury resident and have run my own business, [REDACTED], for over five years where I run mental health and wellbeing training to the local community and businesses. I have always used Thanington Resource Centre as the staff go above and beyond for me and our groups, the rooms are spacious and value for money and there is free parking which is a rarity these days. Learners always comment on how great the staff and services are. As you can imagine mental health training, which includes Mental Health First Aid, can be very emotional for everyone, what I love about the centre is the field next to the building. At break times or when the room feels heavy we go out for a walk or sit in the field to help us regulate ourselves and get some fresh air. During the summer months we also sit outside to do group work, we say being in nature is so good for our mental health, I like to show our learners the benefits of learning outside. Not having this space, and just a car park, would mean we wouldn't be able to do this and this is an important part of the course. I took the attached picture during one of my courses from the Stour Suite window at the centre, what a beautiful scene to look out to. One of my learners commented on how beautiful it was, do you think the same? How would you feel looking out to grey cement and lots of cars?

If the building of the car park was to go ahead I would no longer use the centre for my training, I couldn't have the noise of the building works going on while trying to run a course as my courses are heavily based on talking, sharing and group work. This would mean the centre loses out on approximately £2400 per year just from my one MHFA training course. I also run other courses from there which would mean loss of more income for the centre. I fear I wouldn't be the only business that would stop using the centre which would mean the centre may have to close, with loss of jobs and support for the local community.

Another reason I think this plan should not go ahead is because research shows just how good nature is for our mental health and wellbeing. The recreation ground provides a hub for the local community, many of whom don't have gardens. Paula and the staff at the centre use this field to provide free regular community events, which are so busy and fun, this helps to create a sense of community, bringing people together. We know that feeling connected helps to maintain positive mental health, losing the rec so they could no longer run these activities would be detrimental for the local community and future generations. Please for

once think about our future generations, they NEED this space to have a sense of belonging, to bring jobs, money and support for the local community, all of this would go. And why?? To create a car park so more people could travel to Canterbury in their cars, causing more air pollution to the local area, traffic jams when the traffic is already horrendous on that road, let's think about and prioritise the local community for a change! If we want our Country and Canterbury to thrive, we need to think about future generations, not quick wins. This means thinking about what is good for every individual that lives in that community, what is good for their physical and mental health, what will help them and children thrive. The research is out there ... nature, outdoor spaces for exercise, community, relationships, sense of purpose, support, fun, feeling of belonging is what we need NOT a park and ride car park taking away a precious green space.

We need to keep more green spaces for our mental health and for the environment, turning this space into a car park would be devastating for both.

Please re-think this plan as it would bring more harm than good.

I would be happy to discuss this further if needed.

Many thanks,
Jodie Amos

