



Dalston Neighbourhood Plan

Health and Wellbeing in Dalston Parish

Dalston Neighbourhood Plan recognises that the built environment has an impact on the health and wellbeing of the population. The potential impacts of developments are wide-ranging and due consideration must be given to how spatial planning, good design, housing and commercial and industrial developments can enhance and not detract from the health and wellbeing of the Parish. It is therefore an underlying theme when considering any application for development.

With particular reference to Dalston there is strong evidence that retaining the rural identity of the Parish is crucial to the health and wellbeing of the residents and new development should not compromise this.

To protect the health and wellbeing of Dalston Parish residents, new development should take into account:

- Access to services and facilities
- Facilitate walking, cycling, access to meeting places and places of worship, and to sports facilities and green spaces.
- The protection of the natural and cultural heritage of the Parish
- Enhancement and conservation of the landscape
- The reduction of the fear of crime
- The improvement of services and facilities where necessary.
- Promotion of new or enhanced healthcare

Services and facilities

Not all of these can be related to land use, but all are important when considering the quality of life for the people of the Parish.

In Dalston Parish the services and facilities are mainly located in Dalston Village, so naturally, are not easily available to those in the hamlets and mainly necessitate the use of a car. Consequently they become difficult to access for the young and those who are too old or infirm to drive. Anyone with economic problems might be similarly affected.

Dalston Village

St. Michael's C of E Primary School

Caldew School (Comprehensive)

St. Michael's Pre-school Playgroup

Dalston Methodist Church – Buggy Brigade

GP Practice (With pharmacy)

Small corner shop, including;

Pharmacy

Newsagents

Post Office

Veterinary Practice

Dental practice with beauty therapy

Barras House (sheltered housing for the elderly}

Barras Close (some sheltered bungalows)

St. Michael's C of E Church

Methodist Church

Bowling Club

Leisure Pools – Private Hire

Tennis Club

Dalston Agricultural Society Show-field

Recreation Ground with football field.

Recreation Centre for activities, meetings and classes including changing facilities.

Small play-park at Summerfields (under threat of closure)

Meeting Rooms: Victory Hall, Church House. Methodist Church. Recreational Centre

Buses to Carlisle: mainly one per hour, during the day. These are well-used in the middle of the day particularly by those with bus passes and by youngsters travelling to and from the secondary school.

Seasonal Saturday buses to Keswick via Caldbeck.

Access to wider Cumbria services available at Orton Grange.

Trains: between Carlisle and the west coast. Request stop.

Dalston Hall Hotel

Dalston Hall Caravan Park

The Blue Bell Inn

Bridge End Inn

Café
Sandwich shop
Co-op general store
Baker's
Butchers with fresh vegetables and delicatessen
Two hairdressers
Gift Shop
Wedding/Prom dress agency
Cutie Pie Cup Cake Company (Wedding Cake baker)
Three nurseries (plants)
Car Sales and garage
Cycle repairs
Building Society
Solicitors
Estate Agents

The Hamlets

Raughton Head:

C of E Primary School
All Saints' C of E Church
Raughton Head Little Rascals Nursery
Lime House Independent Day and Boarding School (nearby)
Hawksdale Lodge B and B
Hall Hills Holiday Cottages
Rose Castle (To become a Faith and Reconciliation Centre)

Stockdalewath:

Methodist Chapel
Beech House Self-catering Lodges
Wythmoor House, Self-catering Lodges (2015)

Gaitsgill:

Primrose Hall
Gaitsgill Parent & Toddlers

Cumdivock:

St. John's C of E Church

W I Meeting Room

Orton Grange:

Garden Centre

Cardewlees:

Indian Restaurant

Broadfield:

Crown Inn, Gastro Pub

Services as at December 2014

Goal:

To proactively sustain and improve the health and sense of wellbeing of the people of Dalston Parish.

This Plan seeks to promote the following:

1. The creation of a high quality environment which will enable people to make healthy choices through physical activities such as cycling and walking footpaths and trails and other recreation areas
2. High quality social interaction
3. Accessible local services and jobs
4. Sustainable transport facilities and routes
5. High quality design which ensures that developments consider the lifetime quality of the area and create safe and accessible environments
6. The meeting of Lifetime Homes Standards (see note) where possible and available.
7. The enhancement of an individual's independence at both a personal and community level
8. High levels of public safety and feelings of security
9. Encouragement of locally produced food through the role of community growing spaces such as allotments, community gardens, orchards and farmer's markets.
10. Integrated green infrastructure networks
11. Consideration of extreme weather events and resilience to climate change.
12. Maximisation of opportunities for renewable and decentralised energy.
13. Consultation with public health partners when felt necessary
14. The requirement of a Health Impact Assessment, if felt necessary.

Note: Lifetime Homes Standards apply to thoughtfully designed houses which are accessible, inclusive and incorporate design features which add to the comfort and convenience of a home and support the changing needs of individuals and families at different stages of their lives. Over time they would allow older people to stay in their homes for longer and reduce the need for adaptations for the disabled.

P Dalton