

**PARISH COUNCIL
INFRASTRUCTURE STATEMENT 2024 ONWARD
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Potential projects

1. West Wood, footpath improvements
2. Extension of car park in Recreation Ground Riding Lane
3. Replacement pavilion on Hildenborough Recreation Ground, Riding Lane
4. Electrical rewiring of Hildenborough Village Hall
5. Playground extension and additional equipment
6. Goal revision and renovation, Westwood
7. Dog Exercise area, West Wood
8. Pump Cycle track improvements
9. Safety Measures and improvements at West Wood Pond
10. Drainage of Village Green

Not on Parish Council Land

1. None

Schemes already funded via S106

1. Play equipment for disabled children
2. Foot path around the Recreation Ground

Quotes and Further Evidence

External References

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Table One

Priority Level	Name and Type of Open Space	Location	Identified need and evidence base	Cost estimate (£)	Funding source
1.	West Wood – natural woodland	Hildenborough bounded by Tonbridge, Leigh and Stocks Green Roads	<p>Parts of the footpaths within the woodland area become very wet and boggy during wet weather resulting in restricted use by walkers. A reinforced path with wooden platform covered in wire to avoid slippage whilst walking would encourage year-round exercise for all. In addition a nature trail and footpath signage would enhance the possible activities and extend the use of this valuable woodland environment.</p> <p>Evidence:</p> <p>With reference to TMBC Technical Reference Strategy, we can see that the mean benefit perceived by the public for places to walk ranks as fourth most important from the list of topics with a mean benefit score of 4.7 (Chart 1, pg.4) We also see that out of those responses 92.3% of people replied that places to walk are very beneficial. (chart 2, Pg.5) We also see from the following chart (chart 3) that places to walk are the second most used open space. We also see there is a need for disabled access to these open spaces and for places to walk for disabled people to ensure safety. This has been indicated as it rates as the fifth most important improvements for a park (Chart 4 Pg.7).¹</p> <p>We can also see that from the Population Health Needs, Inequalities and Commissioning Opportunities in West Kent CCG that 20% of premature deaths in the area are caused by circulatory disease (Fig. 32 pg37), increasing to 27% over the age of 65. The ability to provide accessibility to green space throughout the year will provide greater opportunity to the local population to keep fit and healthy and reduce instance of obesity and cardiovascular disease. We also see that in TMBC adults classified as obese or overweight make up 61.9% of the population, again the opportunity that this improvement would provide will have impact.²</p>	£30,000 (not yet fully costed) Estimate for the accessible footpath £12,000 from Silva Woodland Management. Development of a full design current being commissioned.	We will be seeking funding from S106 (if available) and grants

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			<p>Walking is a simple health behaviour that can reduce rates of chronic disease and ameliorate rising health care costs, with only a modest increase in the number of activity-related injuries. (L-Min Lee, 2008)³</p> <p>Forest Research suggest; Good woodland and greenspace design and interpretation can help make people feel welcome and reduce the perception of threats in an unfamiliar environment. A wider range and diversity of individuals and groups should be included and incorporated. (Gov, n.d.). They also suggest; contributing to a new woodland/greenspace culture by thinking more widely than public access normally enjoyed by only certain groups of people undertaking traditional recreational activities - by promoting access at different levels and incorporating a wider range of cultural traditions, including those enjoyed by minority groups.⁴</p> <p>For these reasons, West wood would benefit from an all-weather foot path encouraging and enabling disabled residents using wheel chairs and residents of all ages to be able to access the green woodland, encouraging health and wellbeing. We also feel that improving the interest of the woodland would make it more attractive to visitors and residence and encourage more usage. Particularly the addition of a nature trail would encourage children to use the woodland and benefit from it.</p> <p>This project is in the early stages of development (May 2023). A feasibility study has been undertaken for an accessible to all footpath with a design currently in the development stage.</p> <p>We are very keen to ensure disabled access to as much of the Parish Council's public space to ensure those with disabilities are able to enjoy the sites.</p>		
2.	Recreation Ground	Riding Lane, Hildenborough	<p>The free car park in the Recreation Ground has approximately 25 spaces available.</p> <p>It is often full leading to cars parking in Riding Lane which leads to traffic congestion and danger to pedestrians crossing this road. We also have continued issues with security and crime.</p>	<p>Estimate from Marchants £60,000</p> <p>Cctv £1,184</p>	<p>Funding from PC budget, funded low level lighting for current car park and</p>

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		<p>It is possible to extend the car park for a further 20 spaces as well as providing a second exit/entrance at a safer location. Recently the Parish Council has invested in low level lighting during the hours of dark to improve the security of the area together with improved cctv coverage.</p> <p>Evidence: Lighting improves visibility and decreases concealment in public settings, thus contributing to increased safety. “Improved street lighting is a form of situational crime prevention that involves increasing the levels of illumination on the street or in other public spaces. It is intended to serve many purposes, including accident prevention, marketing and the reduction of crime. Overall, the evidence suggests that the intervention [street lighting] can reduce crime. Across the 13 studies reviewed, both violent and property crime was reduced by an average of 21 per cent in areas with improved street lighting compared to areas without.”⁵</p> <p>(There are currently no electric charging points in the village and this would be a suitable site should the area be safely lit after sunset. “The UK is already a global frontrunner in the shift to electric vehicles. The Prime Minister’s Ten Point Plan set out that we will accelerate the transition to electric vehicles, ending the sale of new petrol and diesel cars and vans by 2030”⁶</p> <p>It will therefore become essential for charging points with public access within the village to help further combat the current climate crisis. We also refer directly to TMBC’s Climate Change Strategy⁷.</p> <p>We also see that Road transport constitutes 57% of the total territorial Carbon footprint that amounts to 23,785t CO₂ per annum. (Impactforhildenborough) ⁸The Parish Council feel improved parking and charging services would contribute to the reduction of this footprint and this is essential in combating the current climate crisis but unfortunately, at this time, it is not possible for the Parish Council to seek funding or provide charging points since it does not have the Power to install them. It would be possible for the Parish Council to lease land for another provider.)</p>		<p>improved cctv.</p> <p>Additional spaces and an additional exit/entrance funded from suitable grants or S106 funding</p>
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3.	Replacement Pavilion	Hildenborough Recreation ground, Riding Lane	<p>There is a need for modern, innovative and appropriate sporting and community assets in the village of Hildenborough. Our current pavilion used for various sporting clubs on the recreation ground was built in 1932 and no longer meets the needs of the public. With no disabled access and various levels within it is no longer fit for purpose.</p> <p>A modern building which would provide a wider range of facilities which would include; an efficient heating system, fire exits, all areas accessible to all including wheelchair users, additional meeting rooms, changing rooms and up to date kitchen facilities. As such the Recreation Ground could be used for further recreational activities which require access to changing rooms, kitchen facilities or meeting rooms.</p> <p>Evidence: The current pavilion was built as little more than a wooden hut and neither its means of construction or its layout are fit for purpose today. The current building comprises a kitchen, toilets, pavilion room and store rooms. It is of a very poor construction. After many years of repairs and patching up it is no longer economically viable for further refurbishment.</p> <p>The old pavilion is at the end of its useful life, but it is very important that the village has a new sports pavilion in order to support this active and thriving community. Hildenborough is alive and flourishing and we need to look ahead to being able to meet the needs of a growing population and encouraging new regular users with improved facilities.</p> <p>A new up to date pavilion would benefit the community hugely. It would provide a community hub for a wide range of uses; sporting but also community based events.</p> <p>Community hubs help build more cohesive and resilient communities which provide community led regeneration.⁹ As the population of Hildenborough continues to increase with new building projects. The importance of promoting community cohesion becomes increasingly obvious.</p>	Estimated £500,000 to remove and replace existing pavilion	S106 or grants
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			<p>It is also clear that the provision of sports venues is beneficial to every layer of a community, from old to young.</p> <p>Positive effects from sports are achieved primarily through physical activity, but secondary effects bring health benefits such as psychosocial and personal development. Because physical activity is increasingly conducted in an organized manner, sport's role in society has become increasingly important over the years, not only for the individual but also for public health.¹⁰ As such the provision of a suitable sporting venue would have a direct impact on the health of the users.</p>		
4.	Electrical Re-wiring and upgrade	Hildenborough Village Hall, Riding Lane	<p>Hildenborough Village Hall currently provides an excellent asset for the village. It is currently used by a very wide range of users and has a huge beneficial impact of the village.</p> <p>The electrical system in the hall is adequate, but outdated and in need of modernising to ensure the hall continues to provide a community hub for the village.</p> <p>Evidence: Village and community halls in England offer extensive economic and social benefits to rural communities. Just before lockdown 2,109 halls took part in the National Village Halls Survey 2020 which provides a detailed snapshot of the operations and management of community buildings across the country.</p> <p>The survey found that village halls make a significant contribution to the economy.</p> <p>An estimated 50,000 people were identified as earning a living connected to the use of these community buildings, from Pilates and Yoga teachers to people running dog training classes. A further 4,500 people are employed as cleaners, caretakers and managers.</p>	Quoted £30,000	PC funding/S106 or grants

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			<p>Village halls also offer extensive social and cultural benefits, ACRE’s research found.</p> <p>Those living in rural areas are at heightened risk of social isolation, which can lead to poor health, loss of independence and lower quality of life, according to the Local Government Association.</p> <p>This makes the work of village halls particularly important. An astonishing 60% of respondents stated that their halls are the only meeting place for their community, with activities such as coffee mornings and luncheon clubs helping to address loneliness among vulnerable groups.¹¹</p> <p>As such it is vital that the village hall electrical system is modernised to ensure the continuation of the wonderful community space that is provided.</p>		
5.	Playground extension, replacing and improving existing equipment and purchase additional playground equipment	Westwood & Hildenborough Recreation Ground playgrounds.	<p>The playgrounds at Westwood and The Recreation Ground are coming to the ends of their life. As such the Parish Council would like to renovate both playground areas, updating all equipment to more modern accessible items.</p> <p>There is currently a lack of playground provision for disabled children which the council feel is a necessity. As such any upgrade to the playground equipment will include additional equipment for disabled children. The council would also like to provide more sensory equipment which is currently lacking.</p> <p>Evidence: The British Children’s Play Survey was conducted in April 2020 with a nationally representative sample of 1919 parents/caregivers with a child aged 5–11 years. Respondents completed a range of measures focused on children’s play, independent mobility and adult tolerance of and attitudes towards risk in play. The results show that, averaged across the year, children play for around 3 h per day, with around half of children’s play happening outdoors. Away from home, the most common places for children to play are</p>	Estimated £70,000	

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		<p>playgrounds and green spaces. Away from home, children on average spent more time playing at playgrounds than in any other place.¹²</p> <p>Improving fitness – NHS recommendations are that children between 5 and 18 should do around 60 minutes of moderate or intense physical activity per day. Public playgrounds provide opportunities for children to be active and also to build strength via equipment such as balance beams and overhead bars. Introducing children to physical activity at a young age is important for development, and for understanding the necessity of regularly moving your body, especially when screens and devices have become so dominant. It's important to ensure that, at an early age, children are active but not focused on fitness in a way that could create challenging beliefs later in life. Playgrounds are the ideal space to help ensure this, as there is plenty of opportunities to run around and burn off energy, without the focus on body expectations and image that might be found in a gym.</p> <p>Providing a community hub – Where there is a playground in a community, provides a location for people to gather. It's a safe space for children to come and interact with friends, exercise, get creative and explore their imagination. Playgrounds provide a place where parents can connect too, and everyone within the local community can join in and get to know each other more.</p> <p>Children learn through play – There is a huge bank of evidence now that shows just how much children really learn through the kinds of activities they will do in a playground. This will support development in many different ways. For example, play supports cognitive development because when children are playing, building, and interacting with various materials they are also analysing, counting and communicating. Playgrounds are spaces where kids have the freedom to start building friendships and exploring social development. Play can also be vital to emotional development as a playground may generate a whole range of feelings, from excitement to fear, and children can start to get used to regulating these. Creative development is also triggered by playgrounds that are vivid and vibrant and encourage</p>		
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			<p>imagination. And, of course, physical development is facilitated by a playground environment focused on building fitness and strength.</p> <p>As such the Parish Council would want to encourage children to engage with the outdoors and feel additional equipment is a major factor in doing this.</p>		
6.	Goal revision and renovation	Westwood	<p>There is currently a lack of provision for ball sports at Westwood, particularly during the wet and winter months, due to the topography the main area for ball sports becomes excessively wet and as such is totally unsuitable for use.</p> <p>However, a rubberised tarmacked goal area would enable use throughout the year, irrelevant of the weather.</p> <p>Evidence: The World Health Organisation states: Physical activity has significant health benefits for hearts, bodies and minds Physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetes Physical activity reduces symptoms of depression and anxiety Physical activity enhances thinking, learning, and judgment skills Physical activity ensures healthy growth and development in young people Physical activity improves overall well-being Globally, 1 in 4 adults do not meet the global recommended levels of physical activity People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active More than 80% of the world's adolescent population is insufficiently physically active¹³</p> <p>It is therefore clear that any improvement to the sporting facilities would be beneficial for public health within the village. Particularly for our young people.</p>	Estimated £8,000	PC funding/S106 or grants
7.	Dog exercise area	West Wood	<p>A dog exercise area is planned to enable dog owners to exercise their dog in the freedom of the exercise area. Many users of the West Wood area are anxious when dogs are left to run freely and there have been incidents of</p>	Quotation from Landscape	PC funding/S106 or grants

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			<p>users being attacked by free running dogs. A dog exercise area is planned to enable dog owners to exercise their dog in the freedom of the exercise area.</p> <p>Evidence: Many users of the West Wood are anxious when dogs are left to run freely and there have been incidents of users being attacked by free running dogs. This results in the area not being accessible to all. It is planned to have a securely fenced area, gated at each end away from the play and field area available to play ball games etc. Dog walking is now creating a greater demand which will increase with increased population.</p> <p>In 2011 people in the UK owned 8.3million dogs, in 2020 people in the UK owned 10.1million dogs (PDSA, n.d.)¹⁴This shows a huge increase in the general population and there will only be an increasing need for areas for dogs and dog walkers, especially if the housing numbers increase.</p> <p>Its also important to note that the presence of dogs can be a social and cultural barrier. ¹⁵The dedicated dog walking area will provide a resolution to this.</p>	Services £5,500	
8.	Pump Cycle Track	West Wood	<p>The existing pump cycle track is ageing and requires renovation and extension to be more valuable to the local community. The Parish Council plans to extend and resurface with tarmac to improve user experience.</p> <p>Evidence: The current pump cycle track has been in place since 2012 with some small renovations to the surface but no major works or maintenance undertaken.</p> <p>Positive effects from sports are achieved primarily through physical activity, but secondary effects bring health benefits such as psychosocial and personal development. Because physical activity is increasingly conducted in an organized manner, sport’s role in society has become increasingly important over the years, not only for the individual but also for public health.¹⁶ As such</p>	Estimated £10,000	

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			<p>the provision of a suitable opportunities for physical activity would have a direct impact on the health of the users.</p> <p>The pump cycle track is currently most used by younger members of the Hildenborough community and the Parish Council wish to continue to provide suitable activities to engage with local youth.</p>		
9.	Pond	Westwood	<p>In 2024 the Medway Valley Countryside Partnership renovated the pond in Westwood by removing silt and returning the pond to its natural depth.</p> <p>The Parish Council wish to improve the safety and usability of this natural asset. Improvements would include additional signage, improved lifesaving equipment and the installation of a pond dipping platform.</p> <p>Evidence: The Royal Life Saving Society UK – Westwood Pond Safety Assessment¹⁷ commissioned by the Parish Council sets out the improvements both safety and usability. It indicates that additional signage and lifesaving equipment would improve safety of the pond. It also sets out the possibility of the provision of a pond dipping platform and its benefits for the local community.</p>	Estimated £10,000	
10.	Drainage Improvements	Village Green	<p>The Village Green suffers from both surface water and ground water flooding during the winter months. The Parish Council have looked into various solutions to this. It has been agreed that the only solution would be the installation of a large soakaway with the arisings being used to construct a bund against the eastern boundary to solve the two-fold problem of surface and groundwater flooding.</p> <p>Solving the issue of flooding on the village green will mean that its accessible for members of the public to enjoy for the whole year. It will also improve the safety of the public space solving the associated risks of pooling water.</p> <p>Evidence:</p>	Estimated £40,000	

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			<p>With reference to TMBC Technical Reference Strategy, we can see that the mean benefit perceived by the public for places to walk ranks as fourth most important from the list of topics with a mean benefit score of 4.7 (Chart 1, pg.4) We also see that out of those responses 92.3% of people replied that places to walk are very beneficial. (chart 2, Pg.5) We also see from the following chart (chart 3) that places to walk are the second most used open space. We also see there is a need for disabled access to these open spaces and for places to walk for disabled people to ensure safety. This has been indicated as it rates as the fifth most important improvements for a park (Chart 4 Pg.7).¹⁸</p> <p>We can also see that from the Population Health Needs, Inequalities and Commissioning Opportunities in West Kent CCG that 20% of premature deaths in the area are caused by circulatory disease (Fig. 32 pg37), increasing to 27% over the age of 65. The ability to provide accessibility to green space throughout the year will provide greater opportunity to the local population to keep fit and healthy and reduce instance of obesity and cardiovascular disease. We also see that in TMBC adults classified as obese or overweight make up 61.9% of the population, again the opportunity that this improvement would provide will have impact.¹⁹</p> <p>Walking is a simple health behaviour that can reduce rates of chronic disease and ameliorate rising health care costs, with only a modest increase in the number of activity-related injuries. (L-Min Lee, 2008)²⁰</p> <p>For these reasons the solution to this flooding issue would enable improved access and usability of this green space.</p>		
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Table Three

Priority Level	Name and type of open space	Location	Identified need and evidence base	Cost estimate (£)	Funding source	Action/Programme/Comments /Who/When
Funding Agreed Via S106						
1.	Play equipment for disabled children	Recreation Ground/West Wood	The installation Play equipment for disabled children in West Wood and the Recreation Ground play areas	£30,000	Berkeley S106	P.C. to seek desirable equipment from disabled children/parents when funding become available Quotations to be obtained from recognised and trusted play equipment suppliers
2.	Perimeter footpath	Recreation Ground	A footpath to give access to all, particularly during the winter months when the field becomes waterlogged	£50,000	Berkeley S106	Original quotation per linear meter from Landscape Services. To be out for quotations once S106 funding available

Evidence

Reference	Project Location	Evidence
1.	West Wood – natural woodland Hildenborough bounded by Tonbridge, Leigh and Stocks Green Roads	<p>Parts of the footpaths within the woodland area become very wet and boggy during wet weather resulting in restricted use by walkers. A reinforced path with wooden platform covered in wire to avoid slippage whilst walking would encourage year-round exercise for all. In addition a nature trail and footpath signage would enhance the possible activities and extend the use of this valuable woodland environment.</p> <p>Evidence: With reference to TMBC Technical Reference Strategy, we can see that the mean benefit perceived by the public for places to walk ranks as fourth most important from the list of topics with a mean benefit score of 4.7 (Chart 1, pg.4) We also see that out of those responses 92.3% of people replied that places to walk are very beneficial. (chart 2, Pg.5) We also see from the following chart (chart 3) that places to walk are the second most used open space. We</p>

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		<p>also see there is a need for disabled access to these open spaces and for places to walk for disabled people to ensure safety. This has been indicated as it rates as the fifth most important improvements for a park (Chart 4 Pg.7). ²¹</p> <p>We can also see that from the Population Health Needs, Inequalities and Commissioning Opportunities in West Kent CCG that 20% of premature deaths in the area are caused by circulatory disease (Fig. 32 pg37), increasing to 27% over the age of 65. The ability to provide accessibility to green space throughout the year will provide greater opportunity to the local population to keep fit and healthy and reduce instance of obesity and cardiovascular disease. We also see that in TMBC adults classified as obese or overweight make up 61.9% of the population, again the opportunity that this improvement would provide will have impact. ²²</p> <p>Walking is a simple health behaviour that can reduce rates of chronic disease and ameliorate rising health care costs, with only a modest increase in the number of activity-related injuries. (L-Min Lee, 2008)²³</p> <p>Forest Research suggest; Good woodland and greenspace design and interpretation can help make people feel welcome and reduce the perception of threats in an unfamiliar environment. A wider range and diversity of individuals and groups should be included and incorporated. (Gov, n.d.). They also suggest; contributing to a new woodland/greenspace culture by thinking more widely than public access normally enjoyed by only certain groups of people undertaking traditional recreational activities - by promoting access at different levels and incorporating a wider range of cultural traditions, including those enjoyed by minority groups.²⁴</p> <p>For these reasons, West wood would benefit from an all-weather foot path encouraging and enabling disabled residents using wheel chairs and residents of all ages to be able to access the green woodland, encouraging health and wellbeing. We also feel that improving the interest of the woodland would make it more attractive to visitors and residence and encourage more usage. Particularly the addition of a nature trail would encourage children to use the woodland and benefit from it.</p> <p>This project is in the early stages of development (May 2023). A feasibility study has been undertaken for an accessible to all footpath with a design currently in the development stage.</p> <p>We are very keen to ensure disabled access to as much of the Parish Council’s public space to ensure those with disabilities are able to enjoy the sites.</p>
2.	Recreation Ground Riding Lane, Hildenborough	<p>Evidence: Lighting improves visibility and decreases concealment in public settings, thus contributing to increased safety. “Improved street lighting is a form of situational crime prevention that involves increasing the levels of illumination</p>

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		<p>on the street or in other public spaces. It is intended to serve many purposes, including accident prevention, marketing and the reduction of crime. Overall, the evidence suggests that the intervention [street lighting] can reduce crime. Across the 13 studies reviewed, both violent and property crime was reduced by an average of 21 per cent in areas with improved street lighting compared to areas without.”²⁵</p> <p>(There are currently no electric charging points in the village and this would be a suitable site should the area be safely lit after sunset. “The UK is already a global frontrunner in the shift to electric vehicles. The Prime Minister’s Ten Point Plan set out that we will accelerate the transition to electric vehicles, ending the sale of new petrol and diesel cars and vans by 2030”²⁶</p> <p>It will therefore become essential for charging points with public access within the village to help further combat the current climate crisis. We also refer directly to TMBC’s Climate Change Strategy²⁷.</p> <p>We also see that Road transport constitutes 57% of the total territorial Carbon footprint that amounts to 23,785t CO₂ per annum. (Impactforhildenborough)²⁸The Parish Council feel improved parking and charging services would contribute to the reduction of this footprint and this is essential in combating the current climate crisis but unfortunately, at this time, it is not possible for the Parish Council to seek funding or provide charging points since it does not have the Power to install them. It would be possible for the Parish Council to lease land for another provider.)</p>
3.	Replacement Pavilion Hildenborough Recreation Ground, Riding Lane	<p>Evidence:</p> <p>The current pavilion was built as little more than a wooden hut and neither its means of construction or its layout are fit for purpose today. The current building comprises a kitchen, toilets, pavilion room and store rooms. It is of a very poor construction. After many years of repairs and patching up it is no longer economically viable for further refurbishment.</p> <p>The old pavilion is at the end of its useful life, but it is very important that the village has a new sports pavilion in order to support this active and thriving community. Hildenborough is alive and flourishing and we need to look ahead to being able to meet the needs of a growing population and encouraging new regular users with improved facilities.</p> <p>A new up to date pavilion would benefit the community hugely. It would provide a community hub for a wide range of uses; sporting but also community based events.</p>

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		<p>Community hubs help build more cohesive and resilient communities which provide community led regeneration.²⁹ As the population of Hildenborough continues to increase with new building projects. The importance of promoting community cohesion becomes increasingly obvious.</p> <p>It is also clear that the provision of sports venues is beneficial to every layer of a community, from old to young. Positive effects from sports are achieved primarily through physical activity, but secondary effects bring health benefits such as psychosocial and personal development. Because physical activity is increasingly conducted in an organized manner, sport’s role in society has become increasingly important over the years, not only for the individual but also for public health.³⁰ As such the provision of a suitable sporting venue would have a direct impact on the health of the users.</p>
4.	Electrical Re-wiring and upgrade Hildenborough Village Hall, Riding Lane	<p>Evidence: Village and community halls in England offer extensive economic and social benefits to rural communities. Just before lockdown 2,109 halls took part in the National Village Halls Survey 2020 which provides a detailed snapshot of the operations and management of community buildings across the country.</p> <p>The survey found that village halls make a significant contribution to the economy.</p> <p>An estimated 50,000 people were identified as earning a living connected to the use of these community buildings, from Pilates and Yoga teachers to people running dog training classes. A further 4,500 people are employed as cleaners, caretakers and managers.</p> <p>Village halls also offer extensive social and cultural benefits, ACRE’s research found.</p> <p>Those living in rural areas are at heightened risk of social isolation, which can lead to poor health, loss of independence and lower quality of life, according to the Local Government Association.</p> <p>This makes the work of village halls particularly important. An astonishing 60% of respondents stated that their halls are the only meeting place for their community, with activities such as coffee mornings and luncheon clubs helping to address loneliness among vulnerable groups.³¹</p> <p>As such it is vital that the village hall electrical system is modernised to ensure the continuation of the wonderful community space that is provided.</p>

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<p>5.</p>	<p>Playground extension, replacing and improving existing equipment and purchase additional playground equipment Westwood & Hildenborough Recreation Ground playgrounds.</p>	<p>Evidence:</p> <p>The British Children’s Play Survey was conducted in April 2020 with a nationally representative sample of 1919 parents/caregivers with a child aged 5–11 years. Respondents completed a range of measures focused on children’s play, independent mobility and adult tolerance of and attitudes towards risk in play. The results show that, averaged across the year, children play for around 3 h per day, with around half of children’s play happening outdoors. Away from home, the most common places for children to play are playgrounds and green spaces. Away from home, children on average spent more time playing at playgrounds than in any other place.³²</p> <p>Improving fitness – NHS recommendations are that children between 5 and 18 should do around 60 minutes of moderate or intense physical activity per day. Public playgrounds provide opportunities for children to be active and also to build strength via equipment such as balance beams and overhead bars. Introducing children to physical activity at a young age is important for development, and for understanding the necessity of regularly moving your body, especially when screens and devices have become so dominant. It’s important to ensure that, at an early age, children are active but not focused on fitness in a way that could create challenging beliefs later in life. Playgrounds are the ideal space to help ensure this, as there is plenty of opportunities to run around and burn off energy, without the focus on body expectations and image that might be found in a gym.</p> <p>Providing a community hub – Where there is a playground in a community, provides a location for people to gather. It’s a safe space for children to come and interact with friends, exercise, get creative and explore their imagination. Playgrounds provide a place where parents can connect too, and everyone within the local community can join in and get to know each other more.</p> <p>Children learn through play – There is a huge bank of evidence now that shows just how much children really learn through the kinds of activities they will do in a playground. This will support development in many different ways. For example, play supports cognitive development because when children are playing, building, and interacting with various materials they are also analysing, counting and communicating. Playgrounds are spaces where kids have the freedom to start building friendships and exploring social development. Play can also be vital to emotional development as a playground may generate a whole range of feelings, from excitement to fear, and children can start to get used to regulating these. Creative development is also triggered by playgrounds that are vivid and vibrant and encourage imagination. And, of course, physical development is facilitated by a playground environment focused on building fitness and strength.</p> <p>As such the Parish Council would want to encourage children to engage with the outdoors and feel additional equipment is a major factor in doing this.</p>
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6.	Goal revision and renovation Westwood	<p>Evidence: The World Health Organisation states: Physical activity has significant health benefits for hearts, bodies and minds Physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetes Physical activity reduces symptoms of depression and anxiety Physical activity enhances thinking, learning, and judgment skills Physical activity ensures healthy growth and development in young people Physical activity improves overall well-being Globally, 1 in 4 adults do not meet the global recommended levels of physical activity People who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently active More than 80% of the world's adolescent population is insufficiently physically active³³</p> <p>It is therefore clear that any improvement to the sporting facilities would be beneficial for public health within the village. Particularly for our young people.</p>
7.	Dog exercise area West Wood	<p>Evidence: Many users of the West Wood are anxious when dogs are left to run freely and there have been incidents of users being attacked by free running dogs. This results in the area not being accessible to all. It is planned to have a securely fenced area, gated at each end away from the play and field area available to play ball games etc. Dog walking is now creating a greater demand which will increase with increased population.</p> <p>In 2011 people in the UK owned 8.3million dogs, in 2020 people in the UK owned 10.1million dogs (PDSA, n.d.)³⁴This shows a huge increase in the general population and there will only be an increasing need for areas for dogs and dog walkers, especially if the housing numbers increase.</p> <p>Its also important to note that the presence of dogs can be a social and cultural barrier. ³⁵The dedicated dog walking area will provide a resolution to this.</p>
8.	Pump Cycle Track	<p>Evidence: The current pump cycle track has been in place since 2012 with some small renovations to the surface but no major works or maintenance undertaken.</p>

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		<p>Positive effects from sports are achieved primarily through physical activity, but secondary effects bring health benefits such as psychosocial and personal development. Because physical activity is increasingly conducted in an organized manner, sport’s role in society has become increasingly important over the years, not only for the individual but also for public health.³⁶ As such the provision of a suitable opportunities for physical activity would have a direct impact on the health of the users.</p> <p>The pump cycle track is currently most used by younger members of the Hildenborough community and the Parish Council wish to continue to provide suitable activities to engage with local youth.</p>
9.	Pond Westwood	<p>Evidence: The Royal Life Saving Society UK – Westwood Pond Safety Assessment³⁷ commissioned by the Parish Council sets out the improvements both safety and usability. It indicates that additional signage and lifesaving equipment would improve safety of the pond. It also sets out the possibility of the provision of a pond dipping platform and its benefits for the local community.</p>
10.	Drainage Improvements	<p>Evidence: With reference to TMBC Technical Reference Strategy, we can see that the mean benefit perceived by the public for places to walk ranks as fourth most important from the list of topics with a mean benefit score of 4.7 (Chart 1, pg.4) We also see that out of those responses 92.3% of people replied that places to walk are very beneficial. (chart 2, Pg.5) We also see from the following chart (chart 3) that places to walk are the second most used open space. We also see there is a need for disabled access to these open spaces and for places to walk for disabled people to ensure safety. This has been indicated as it rates as the fifth most important improvements for a park (Chart 4 Pg.7).³⁸</p> <p>We can also see that from the Population Health Needs, Inequalities and Commissioning Opportunities in West Kent CCG that 20% of premature deaths in the area are caused by circulatory disease (Fig. 32 pg37), increasing to 27% over the age of 65. The ability to provide accessibility to green space throughout the year will provide greater opportunity to the local population to keep fit and healthy and reduce instance of obesity and cardiovascular disease. We also see that in TMBC adults classified as obese or overweight make up 61.9% of the population, again the opportunity that this improvement would provide will have impact.³⁹</p> <p>Walking is a simple health behaviour that can reduce rates of chronic disease and ameliorate rising health care costs, with only a modest increase in the number of activity-related injuries. (L-Min Lee, 2008)⁴⁰</p> <p>For these reasons the solution to this flooding issue would enable improved access and usability of this green space.</p>

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External references

¹ See TMBC Technical Reference Strategy

² https://www.kpho.org.uk/_data/assets/pdf_file/0020/93080/West-Kent-Needs-Assessment-compressed.pdf

³ <https://pubmed.ncbi.nlm.nih.gov/18562968/>

⁴ <https://www.forestresearch.gov.uk/tools-and-resources/fthr/urban-regeneration-and-greenspace-partnership/greenspace-in-practice/benefits-of-greenspace/access-and-availability/#:~:text=Good%20woodland%20and%20greenspace%20design,of%20greenspace%20users%20and%20visitors>

⁵ College of Policing Review into Street Lighting (n.d). Retrieved from <https://whatworks.college.police.uk/toolkit/pages/Intervention.aspx?InterventionID=3>

⁶ <https://www.gov.uk/government/news/government-powers-up-electric-vehicle-revolution-with-20-million-chargepoints-boost>

⁷ <https://www.tmbc.gov.uk/downloads/file/1793/tmbc-climate-change-strategy>

⁸ <https://impact-tool.org.uk/footprint/footprint?parishId=E04005098&footprintType=territorial&scale=absolute>

⁹ <https://mycommunity.org.uk/what-are-community-hubs>

¹⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6572041/>

¹¹ <https://acre.org.uk/extent-of-rural-economic-and-social-benefits-from-village-and-community-halls-revealed/>

¹² https://www.api-play.org/wp-content/uploads/sites/4/2021/04/ijerph-18-04334.pdf?_ga=2.77581845.1864946887.1689111866-1786279140.1689111865

¹³ <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

¹⁴ <https://www.pdsa.org.uk/media/10540/pdsa-paw-report-2020.pdf>

¹⁵ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to_greenspace_2020_review.pdf Page 37

¹⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6572041/>

¹⁷ [West Wood Pond Assessment Reportv1.1](#)

¹⁸ See TMBC Technical Reference Strategy

¹⁹ https://www.kpho.org.uk/_data/assets/pdf_file/0020/93080/West-Kent-Needs-Assessment-compressed.pdf

²⁰ <https://pubmed.ncbi.nlm.nih.gov/18562968/>

²¹ See TMBC Technical Reference Strategy

²² https://www.kpho.org.uk/_data/assets/pdf_file/0020/93080/West-Kent-Needs-Assessment-compressed.pdf

²³ <https://pubmed.ncbi.nlm.nih.gov/18562968/>

²⁴ <https://www.forestresearch.gov.uk/tools-and-resources/fthr/urban-regeneration-and-greenspace-partnership/greenspace-in-practice/benefits-of-greenspace/access-and-availability/#:~:text=Good%20woodland%20and%20greenspace%20design,of%20greenspace%20users%20and%20visitors>

²⁵ College of Policing Review into Street Lighting (n.d). Retrieved from <https://whatworks.college.police.uk/toolkit/pages/Intervention.aspx?InterventionID=3>

²⁶ <https://www.gov.uk/government/news/government-powers-up-electric-vehicle-revolution-with-20-million-chargepoints-boost>

²⁷ <https://www.tmbc.gov.uk/downloads/file/1793/tmbc-climate-change-strategy>

²⁸ <https://impact-tool.org.uk/footprint/footprint?parishId=E04005098&footprintType=territorial&scale=absolute>

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²⁹ <https://mycommunity.org.uk/what-are-community-hubs>

³⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6572041/>

³¹ <https://acre.org.uk/extent-of-rural-economic-and-social-benefits-from-village-and-community-halls-revealed/>

³² https://www.api-play.org/wp-content/uploads/sites/4/2021/04/ijerph-18-04334.pdf?_ga=2.77581845.1864946887.1689111866-1786279140.1689111865

³³ <https://www.who.int/news-room/fact-sheets/detail/physical-activity>

³⁴ <https://www.pdsa.org.uk/media/10540/pdsa-paw-report-2020.pdf>

³⁵ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to_greenpace_2020_review.pdf Page 37

³⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6572041/>

³⁷ [West Wood Pond Assessment Reportv1.1](#)

³⁸ See TMBC Technical Reference Strategy

³⁹ https://www.kpho.org.uk/_data/assets/pdf_file/0020/93080/West-Kent-Needs-Assessment-compressed.pdf

⁴⁰ <https://pubmed.ncbi.nlm.nih.gov/18562968/>