

# ‘What is Valued Respite?’

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## Dictionary

respite



# respite

*/ˈrɛspɪt, ˈrɛspɪt/*

*noun*

1. a short period of rest or relief from something difficult or unpleasant.  
"the refugee encampments will provide some **respite from** the suffering"  
*synonyms:* [rest](#), [break](#), [breathing space](#), [interval](#), [intermission](#), [interlude](#), [recess](#), [lull](#), [pause](#), [time out](#), [hiatus](#), [halt](#), [stop](#), [stoppage](#), [cessation](#), [discontinuation](#), [standstill](#); [More](#)



# What put Ascot and Lightwater on the map in 2014?

9 News • Local News • Heathrow Airport

## More than 1,000 people turn out to meeting over Heathrow flight path noise

Thousands of people have been losing sleep due to the trials being carried out by the airport



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By **Jennie Slevin**  
08:00, 17 OCT 2014 | UPDATED 08:18, 17 OCT 2014

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More than 1,000 people plagued by aircraft noise over their homes put their complaints to [Heathrow Airport](#) representatives at a public meeting on Monday.

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## Heathrow airspace trials end early

12 November 2014









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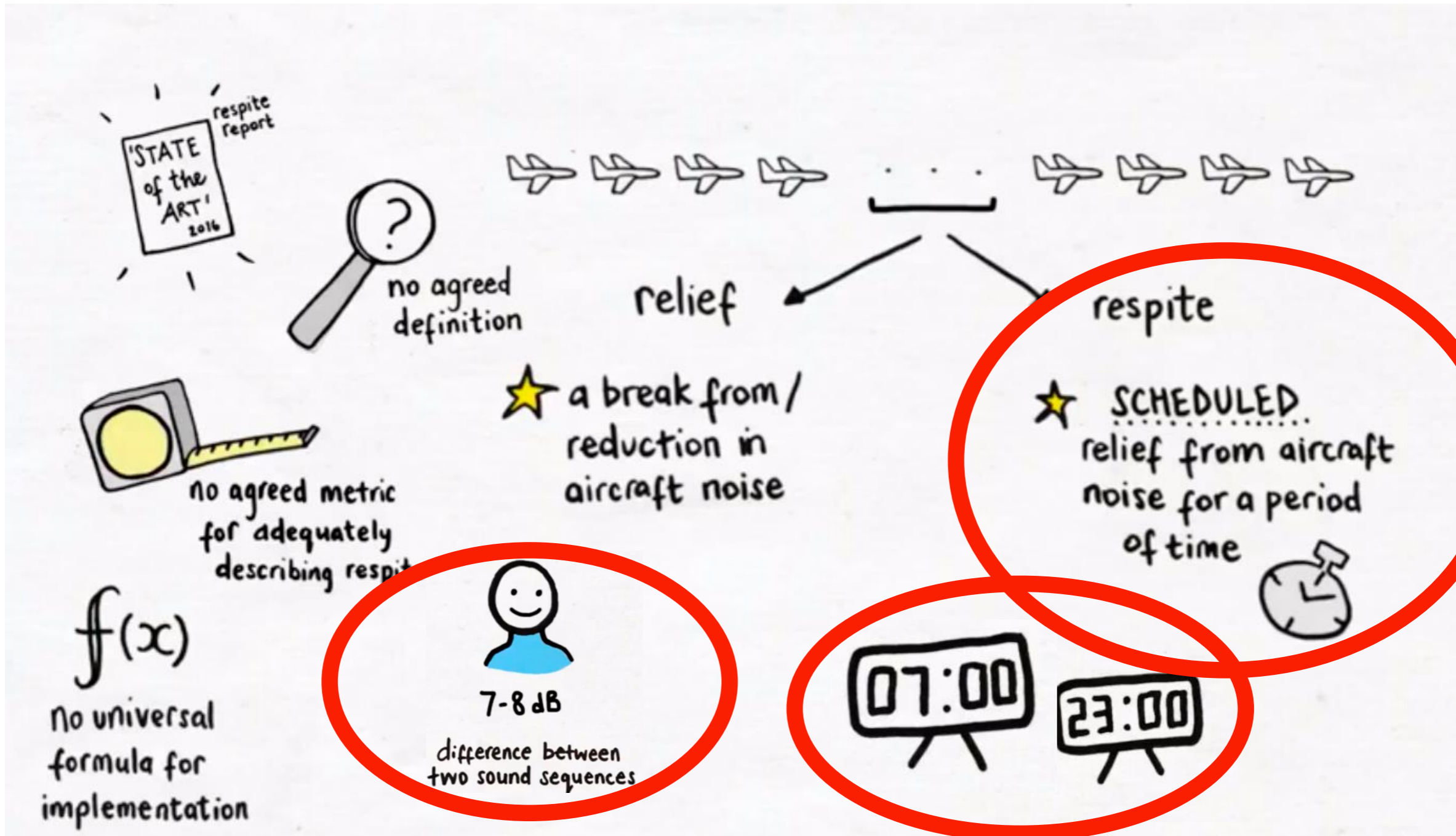




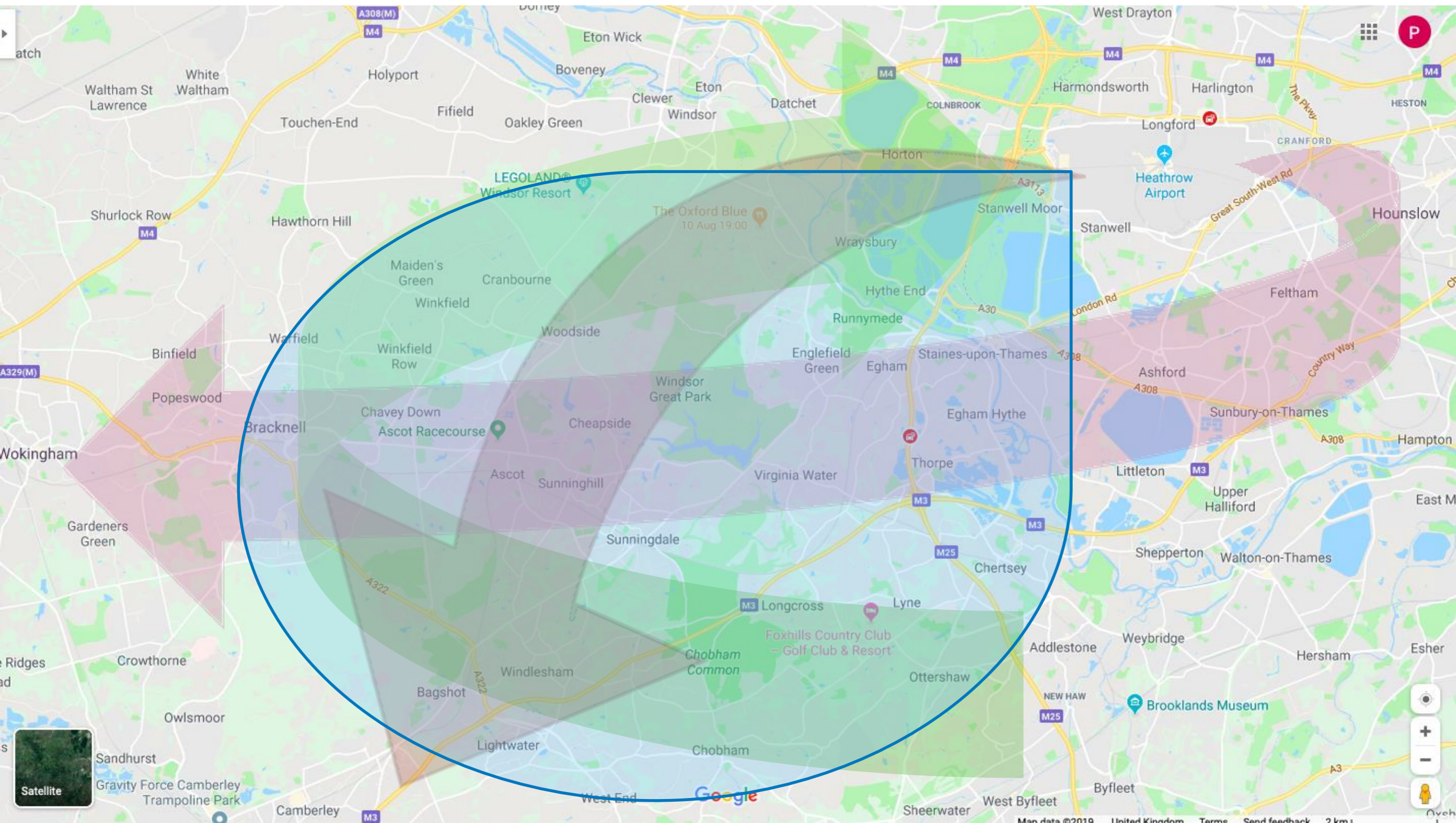
- DOKEN Trial - 16th December - 15th June 2014
- Westerly & Easterly Departure Trials - 25th Aug - 25th Nov 2014
  - Westerly Trial Report - July 2015 - 61,650 complaints from Ascot/Lightwater areas
- Respite Working Group (RWG) - Oct 2014
  - A Review on State of the Art on Respite - June 2016
    - Proposed further research
  - Respite from Aircraft noise - overview of recent research - May 2017 - Anderson Accoustics, Systra, Arup
    - Sound Lab - 60 participants from airport noise affected areas
    - Hall Tests - 124 respondents - West Windsor, Stanwell Moor, Kew, West Hounslow
- Heathrow Community Noise Forum (HCNF) - 2015



# Research & 'valued respite' the story so far....



# Example – Flightpaths South West of LHR



### Climate change 'may curb growth in UK flying'

By Roger Harrabin  
BBC environment analyst

11 May 2019



Heathrow Airport expansion



The decision on Heathrow expansion should be reviewed by Parliament, pressure group Ple

Concerns over climate change might restrict the growth of flying in the UK, government has admitted.

**Clean air guidelines 'must become law'**

Sir, Air pollution is now the biggest environmental threat to the health of the British public. To mark Clean Air Day today we are calling on all parliamentarians to help to address this public health emergency by backing a change in the law that will put protecting health at the centre of action against air pollution.

Research findings on the damage that air pollution causes to health are wide-ranging and alarming. Air pollution has been shown to stunt children's lung growth, increase the risk of lung cancer and cause potentially life-threatening asthma attacks. Exposure to toxic air can also increase the risk of a heart attack or stroke in those with an existing heart or circulatory condition. The case for immediate action is now incontestable and we welcome *The Times's* important campaign on this issue.

### Government to issue 'sleep hygiene' guidance

Leaked draft says less than seven hours' sleep can damage mental and physical health



... gets her seven hours of beauty sleep as Holly Golightly in Breakfast at Tiffany's. Photograph: AF

...ment could give people guidance on how much sleep they need according to reports.





# 'Valued Respite' Who wants it ?

*Discussion*

