Dr Sarah Laurie talks about "acute neurophysiological stress" that is the startle reflex - and it is also what noise engineers call "noise annoyance"..  IF people want to - another way of monitoring what is happening to them is to get a wearable device which tracks heart rate and heart rate acceleration, and wear it.  People are doing that in Australia and it is very interesting.  It is also great to have some objective physiological evidence and when that is combined with detailed diaries plus hopefully soon the noise monitoring it will help provide evidence supportive of direct causation….)

A letter to the World Health Organisation re noise issues signed by 126 and further information can be found at [www.windsofjustice.org.uk/health](http://www.windsofjustice.org.uk/health)

You will be aware that the windturbines at Arecleoch and Markhill are switched off whilst the new 96 turbine development at Kilgallioch is connected to the grid.

You may have experienced some of the symptoms listed below which co-inside with times of operation of Arecleoch and Markhill. You may have noticed that these symptoms have now disappeared since the turbines were switched off on 6th June 2016. 184 turbines will be switched on again in September. If you have experienced any of these symptoms, which have now improved or disappeared, but return again when the turbines are operating again then please report this to your doctor. Like car sickness this may not affect everyone.

The symptoms include the following:

Sleep disturbance

Headache, including migraines

Tinnitus

Ear pressure (often described as painful)

Balance problems / dizziness

Vertigo

Nausea

Visual blurring

Irritability

Problems with concentration and memory

Panic episodes

Tachycardia (fast heart rate)

More information and a video can be found at <http://waubrafoundation.org.au/information/residents/>

You can also contact <http://waubrafoundation.org.au/contact/> to report your issues

(or locally to Dr. Angela Armstrong DG8 9NG Tel: 01988860228)

Statement from a concerned resident

At last it seems that low frequency noise is receiving the attention it

deserves.  I first started complaining about this 7 years ago believing the

noise was coming from Weatherhill Windfarm outside Moniaive.  I live 9

miles from Moniaive but perhaps closer, as the crow flies.  I do wonder if

the noise travels along the fault lines which run from Northern Ireland,

under S.W. Scotland.  This would explain why people in Ayrshire are so

adversely affected and I think this theory deserves proper scientific

investigation.

I am frequently wakened by the noise between 1.00 and 4.00 a.m. as this

morning 3.38 a.m.    I have to leave my home more or less on alternate

months or I would be driven insane.  As it is, I now have no energy, am

extremely listless and find it difficult just coping with everyday chores.

My blood pressure is considerably higher than it used to be.  Environmental

Health Dept measured the noise as 18 decibels against background noise of 15

and dismissed it as of no consequence and suggested my problem was related

to old age or hearing problems.  I had my hearing tested privately and also

at Dumfries hospital and was told I had perfect hearing, very unusual in

this day and age!  I wonder if people with perfect hearing are more

disturbed by the noise than people with hearing afflictions.

I describe the noise as a "drone" as when I first became aware of it, I

thought our local farmer was running a generator through the night - not so!

We live in this remote part of SW Scotland because we love the tranquillity

and wildlife.  This will shortly change as besides Weatherhill on our North

side, we will shortly have Blackcraig 23 x 120m turbines on our Eastern side

and consented Knockman Farm 5 x 100 m turbines on our Western side.  There

are other wind farms in various stages of the planning process which taken

together could effectively industrialise the whole of this wild and

beautiful landscape.

The effect of all this has taken its toll on my health and I don't expect to

live very much longer.  Please keep fighting the cause for the sake of

future generations before we become a Nation of nervous wrecks caused by

infrasound!

I may say, I have in the past lived with a railway line at the bottom of the

garden and have lived on a major road - nothing compared to this low

frequency noise!”

Note to editor:

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Arecleoch Windfarm (26 of the 60 SPR Gamesa Turbines)