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Assessment Team, Major Projects
NSW Department of Planning, Housing and Infrastructure
Re: SSD-76220734 — *Indigo by Moran*, 156–164 Ocean St / 81–81A Lagoon St / 8 Octavia St, Narrabeen

Dear Assessment Team,

I am providing this submission in support of a neighbouring resident and her family, whose home directly adjoins the site. My involvement is in my capacity as a psychologist who has worked with this resident over time and is familiar with her mental health history, daily routine, and home environment.

For this family, the home is not simply a dwelling but the primary setting for work, childcare and recovery. My client works full-time from home and has young children present outside school hours. Stability in the home environment plays a key role in maintaining wellbeing therefore significant noise, environmental disruption and loss of perceived safety or control would be substantially impactful.

The proposed development is likely to disrupt this stability in several specific and avoidable ways.

Key Wellbeing and Liveability Impacts

1. Loss of Solar Access

Shadow diagrams indicate that during winter, approximately 50% of the home's windows would receive only around two hours of direct sunlight. Natural light is an important regulator of sleep, circadian rhythm, energy, and mood. Prolonged low-light environments are associated with increased fatigue, irritability and depressive symptoms. The loss of sunlight to living and working spaces poses a real, not abstract, risk to this household's wellbeing.

2. Loss of Privacy

The proposed building includes six levels of balconies and windows directly overlooking the family's living room and bedrooms. The sense of being observed can generate persistent psychological stress. Privacy is fundamental to feeling safe in one's own home.

3. Overbearing Visual Scale

A six-storey structure immediately behind the residence would become the dominant visual feature from inside the home. Research in environmental psychology shows that visual crowding and overbearing built form contribute to heightened stress and reduced perceived autonomy over one's environment.

4. Construction Noise, Vibration and Dust

The proposed construction hours (7am–6pm weekdays, 8am–4pm Saturdays) overlap entirely with my client's working hours and the children's rest/play times. Continuous noise and vibration are well-established triggers for anxiety escalation, concentration disruption, and sleep disturbance.

Considering the health history, the unpredictable or uncontrollable environmental disruption would be particularly destabilising.

5. Traffic and Safety Concerns

The addition of 300+ extra vehicles once the development is operational will increase congestion and reduce safety, particularly with young children walking and cycling locally.

What is Needed

The psychological and liveability impacts described above are foreseeable and preventable with thoughtful design and enforceable mitigation.

It is requested that the Department require:

- 1. Reduction in height and/or increased setbacks** to maintain reasonable solar access.
- 2. Privacy protections**, including screening and compliant building separation.
- 3. A construction management approach** that includes:
 - predictable scheduling of high-noise works,
 - respite periods, and
 - real-time noise and vibration monitoring with stop-work triggers.
- 4. A updated traffic and safety assessment** addressing cumulative vehicle impacts.

If these impacts cannot be adequately mitigated, refusal of the application would be highly recommended in the interest of protecting community wellbeing.

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Thank you for considering the psychological and lived experience impacts on this household and others directly surrounding the site. I am available to clarify any part of this submission if required.

Yours sincerely,

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