
I am writing to you to object the idea of getting rid of sainsburys.

There are many reasons why, for example, sainsburys is the go-to for most local residents as they sell a lot of necessities.

It would be devastating to lose the supermarket that we are so used to.

Also, it can affect mental health.

Some people can't handle big changes, and this is an example of one. I am autistic and that supermarket is the thing that gets me out of my breakdowns and panic attacks; i often go there to get a Starbucks drink and calm down if I'm stressed. I think a lot of people do quite a similar thing.

Where would we go if there was no sainsburys for our weekly shop? Waitrose is quite expensive and some people cannot afford it, and the tesco near it is very small. It would be very illogical and unreasonable to remove sainsburys.

Thank you.

The comments provided in this response to the consultation are my own views.