

Supporting statement

My Name is Alice Sharp, I am a qualified Advanced Hypnotherapist and soon to be counsellor. I am hoping to use the garden room we are having built to run my business 'Heartfelt therapy'. I work full time within a school and the business will be a part time venture, I will only be looking initially to work a few evenings a week seeing no more than 4-6 clients do in one week. Clients will be able to park on our drive, as we tend to park on the street, as there is always space available.

I will only ever see one client at a time unless I have a client who is vulnerable or under 18 then a parent/carer may be present for some of the session, the therapy I offer requires quietness, and it is one to one talking therapy/hypnotherapy. Due to the nature of the therapy I offer, the session time will also allocate time for me to write up notes and do admin, meaning there will never be a crossover of clients waiting to come into the room. Due to me working part time, some of the work will be evening work; however, this will never go on beyond 8:30pm and will move to day times when I have availability during the school holidays, the noise level is low because the therapy I will be doing requires client to only listen to the voice of their hypnotherapist meaning there will be no additional noises within the room. During the holidays and when I am working during the weekday, my first session would be from 9am until 6pm, I would never start work earlier than this. Alongside this, some of the sessions I offer will be online sessions so will not require anyone to attend the premises other than me.

My official evening hours will be from 4-8:30, this will not mean a client is present at all times, there will be times I am doing admin on my own and will not have anyone else parking or attending. During the holidays when I am working during the day, I will be intending to stick to between 9-6, again clients would be spaced out, and it would be unlikely I would have more than three – four clients during a day due to the nature of the therapy offered.

I will not be having a sign put up to advertise my business; clients will be given details of where to come via an address. I have communicated with the next-door neighbour who has an adjoining drive to let them know about the upcoming business, which they are happy with. Clients will be informed there is a space on the drive, so they will not be causing any additional traffic than usual as we park both our vehicles on the road, this is because there is a drive opposite and in the morning it can be hard to get out of the space If the owner has put both his cars there.

I want to run this business to help people overcome their mental health barriers and do not want to cause any additional traffic or cause noise which would potentially impact others. I will be mindful about operating hours and can change these if I see there are any issues which arise. My aim is to help people overcome their barriers and start enjoying life and I would like this space to represent that and the best way I have found to do this, would be by creating my own space in the garden where people can come for peace and support away from crowded clinics, hospitals and GP practices.