

**Design and access Statement for the
Activhealth Fitness Centre at
10 Mengham Road Hayling Island
PO11 9EL**

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BACKGROUND

Active Health began providing Personal Training services to both private and corporate clients alike as a sole trading business back in 1998.

During the period 2004 – 2009 this evolved to incorporate a facility management role for a Havant based corporate client providing fitness services for some of the area's high profile employers.

More recently in 2010, identifying the potential for development Active Health entered into a five year agreement with the facilities management company to take sole responsibility for the operation of what was then the "Onsite Gymnasium."

Following a modest financial investment and extensive re-branding the Activhealth Fitness Centre currently provides a 2,500 sqft, simple to use, easy to join, convenient 24 hour access facility utilized by over 500 onsite and offsite members.

Given the right location we firmly believe that our current model can be extrapolated to accommodate up to 5,000 sqft and up to 700 members.

PROPOSAL

With the support of the residents of PO11 Active Health would like to propose:-

A simple to use, easy to join, convenient 24 hour fitness centre that aims to Inspire, Motivate and Educate its members to enjoy a Healthier, Happier, Fitter Future. The centre will provide the following to its members:

24 hour Access
Free Weight Area
Modular resistance equipment
CV Stations
Free Micro Classes
Free Outdoor Classes
Free Induction
Health Screening
Health / Fitness Education
Subsidised Support Services
Personal Training / Physiotherapy
Ambient Room
Changing/Shower Facilities
Sauna and Steam Room
Free Wi-Fi

OVERVIEW

With numerous central government policies raising public awareness of the benefits of regular exercise, encouraging participation in active lifestyles and emphasising preventative interventions to reduce the incidence of Heart Disease, Obesity, Type 2 Diabetes and certain Cancers, we believe that there could not be a better time to undertake a development of this nature to serve the residents of PO11. Unlike many of the national fitness chains an Activhealth Fitness Centre is focused on helping to support mainstream healthcare through the provision of mandatory health screening as part of our joining procedure. In conjunction with health care practitioners this approach has been successful in helping clients to identify and manage a wide range of challenges ranging from Hypertension, Diabetes, Heart disease and obesity. Approximately 25% of Hayling's population is made up of people over the age of 65 for whom the risk of the aforementioned challenges is perhaps greater than average. It also has a high percentage of residents who occupy management and middle management positions of responsibility within local and national businesses who once again, are statistically more likely to experience psychological challenges such as depression. Regular exercise is now evidenced as an effective intervention in the management of such challenges.

Increasingly heavy workloads, 24 hour shift patterns and busy family lifestyles suggests that there is a need to expand the standard 6am -10pm fitness centre provision (as evidenced by the rapid expansion of the large multi-national chains like Pure Fitness and the Gym Group) to better accommodate the public at large to be able to access these evidenced based positive health outcome interventions.

As the population of Hayling continues to grow and the road network struggles to keep pace with this growth it is perhaps even more important that residents are provided with an opportunity to access a professional Health & Fitness provision without having to commute into the nearby towns of Havant and Waterlooville. A local facility will also help to increase community cohesion as residents whose paths might not otherwise have crossed are provided with the opportunity to interact via their participation in exercise. It is our intention to create a community feel within the fitness centre. We will do this by encouraging parents to exercise with their teenage children at weekends. As our membership will be open to 16 year olds it is also hoped that the local Youth community will make up an active part of our membership. Monday to Friday more senior members of the locality will be offered the opportunity to maximize their mobility and health by exercising in a controlled environment with a trainer qualified in working specifically with older populations. It is also hoped that our GP referral qualified staff will be able to work with the local surgery offering patients the opportunity to exercise in a safe and controlled environment.

From an educational perspective we will be actively promoting the benefits of regular activity, healthy eating and work life balance to the community at large and the local schools by offering free seminars and workshops. Most main stream facilities focus

predominantly on the physical aspect of health without giving due consideration to mental health. Our intention is to initially raise member and subsequently community awareness of the importance and benefits of Psychological wellbeing. Our new web site ThinkEatDo.com will be launched to coincide with the opening of the facility and can be used as a resource for visitors to better understand how individual and ultimately, community Health and Wellbeing are all interdependent on aspects of physical and psychological fitness.

VALIDATION

Potential market

There are currently 16,500 residents of Hayling Island. The Office for National Statistics indicates that, on average, approximately 12% of the UK population will utilize the services of a fitness facility at any one time. The fitness industry put it nearer 14% with the recent development of the budget chains like Pure Fitness and the Gym Group.

Within Hayling, there is currently no specific Fitness Centre provision, pointing to a potential membership of 1980 (12%). Currently, Fitness facilities operated within a local hotel, Holiday Park and a tennis club account for some 1300 members leaving a short fall in provision of approximately 700 members.

DESIGN AND ACCESS STATEMENT

Vehicular Access

The property is situated on Hayling Island, south of Havant on the South Coast, and principally accessed by the A3023 Havant Road. The property is located on the corner of Mengham and Selsmore Road, in the principle retailing area of South Hayling above a Sainsbury's local store. Given the road layout and free flowing traffic in the area it is not anticipated that our facility will adversely impact local roads.

Pedestrian Access

As the property is located in the principle retailing area of south Hayling in a heavily residential part of the Island within 2 minutes' walk from the coast line pedestrian access is optimal

Parking

Consistent with its retail location there are approximately 400 "Pay and Display Parking" bays within a 4 minute walk of the property with over 100 within 2 minutes' walk. There is also significant residential parking within 5 minutes' walk.

Public Transport services

Buses operate along Elm Grove and Seagrove Avenue. Pedestrian routes from bus services are of short distance and safe to access.

Impact on Neighbours

As referenced above, the property is located on the corner of Mengham and Selsmore Road, in the principle retailing area of South Hayling above a Sainsbury's local store and as such will not adversely impact on any residential dwellings. It has been suggested that it may have a positive effect on other businesses in the locality by encouraging more visits to the vicinity.

Any potential for noise pollution from music will be mitigated by a maximum volume equated to 70-75 dBA as measured internally to the building.

See environmental statement for more detail.

Changes to Building / Grounds

We do not intend to make any external changes to the premises apart from signage. Internally we will aim to erect changing rooms with a self-contained sauna and/or steam room. The building already has fire exits in place.

Works to be undertaken

A full detailed quote for the works to be carried out will be forwarded but in summary:

It is anticipated that structural changes will be kept to an absolute minimum and be limited to the internal layout. That said, subject to survey, it may be necessary to carry out some external work to facilitate sufficient mains/cold water supply for showers and foul water drainage.

Internal Works Summary

- 1.0 General/ Preliminaries
- 2.0 Stripping out
- 3.0 Ceilings,
- 4.0 New Changing Showers/Lockers
- 5.0 Foul Water Drainage
- 6.0 Hot Water System
- 7.0 Mains Water/Booster
- 8.0 Lighting/Power/Fire Alarm,
- 9.0 Form Multipurpose Rooms
- 10.0 Void Access Doors
- 11.0 Redecorations/Pipe Boxing

- 12.0 Asbestos Window Boards
- 13.0 Flooring
- 14.0 Air conditioning
- 15.0 Media System
- 16.0 Windows
- 17.0 Existing Toilet Upgrade
- 18.0 Reception

	Anticipated size requirement in sq/ft
Free Weight Area	2500
Modular weight kit	
CV Stations	
Lecture Room	300
Changing/Shower Facilities	1200
Micro class / stretch area	500
Office / admin	100
Treatment Room	100
Store Room	100