



JUDITH DOUGLAS TOWN PLANNING LIMITED

Unit 5, Twin Brook Business Park, Twin Brook Road,
Clitheroe BB7 1QX.



Proposed use commercial unit as a specialist
rehabilitation fitness studio class D2.

Planning Statement

JDTPL0246

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Page 1 of 9

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STATEMENT IN SUPPORT OF A PLANNING APPLICATION FOR THE PROPOSED USE OF UNIT 5, AS A SPECIALIST REHABILITATION FITNESS STUDIO CLASS D2.

UNIT 4, BARROW BROOK TRADE PARK, LODGE CLOSE, BARROW, CLITHEROE BB7 9BQ.

1 INTRODUCTION

1.1 This planning statement has been prepared by Judith Douglas Town Planning Ltd in support of full planning application for the use of the newly constructed unit 5 as specialist rehabilitation fitness studio. Planning permission for the construction of the unit was granted in 2016 with the proposed use of the unit being B1 or B2. Planning permission is therefore required to use the building as a rehabilitation studio.

1.2 This statement provides a description of the site and the proposed development, its compliance with the development plan and an assessment of other material considerations. It should be read in conjunction with the accompanying information:

Existing Site Plan 001

Proposed Site Plan 002

Location plan 1:1250

2.0 THE APPLICATION SITE AND SURROUNDING AREA

2.1 The application site is within the Twin Brook Business Park and forms part of a group of 12 units. The application relates specifically to Unit 5 which has two parking spaces and access to the shared use of additional spaces in close proximity to the unit. The unit size is 95m². The area around the application site is predominantly commercial in character. There is also a gym 'Absolute Fitness' nearby in Unit 6 Lincoln Park, a children's play centre 'Leaping Lizards' in Unit 4 Hawthorne Business Park, Lincoln Way and a sports injury clinic at Unit 3 Hawthorne Business Park. There are residential properties to the east and south of the site.

2.2 The site is shown to be within a committed employment site policy DMB1 and in a flood risk area policy DME6 in the Housing and Economic Development, Development Plan Document proposals map Sheet 4 inset 22.

2.3 The site is within flood zone 3. The site is not within a mineral's safeguarding area.

3.0 SITE HISTORY

3.1 The recent planning applications relating to the site.

| App No. | Address | Development | Decision |
|-------------|--|---|---------------------|
| 3/2015/0159 | Former Golf Driving Range Upbrooks Lincoln Way Clitheroe | Proposed erection of 21 industrial units (B1 and B2 use) and layout of estate road and parking areas | Approved 14.01.2016 |
| 3/2016/0761 | Former Golf Driving Range Upbrooks Lincoln Way Clitheroe | Discharge of conditions 5 (lighting), 10 (construction method statement), 20 (wheel washing) 21, (vehicular turning area), 29 (traffic management plan), 30 (renewable energy requirement) from planning permission 3/2015/0159. | Approved 09.09.2016 |
| 3/2016/0401 | Former Golf Driving Range Upbrooks Lincoln Way Clitheroe | Discharge of condition (s) 3 (drainage), 5 (lighting), 6 (landscaping), 9 (tree protection plan), 10 (construction method statement), 19-21, 23& 26 (highways), 22 (visibility splays), 29 (traffic management plan) and 30 (energy) of planning permission 3/2015/0159 | Approved 16.06.2016 |

4.0 THE PROPOSED DEVELOPMENT

- 4.1 The units were granted planning permission under 3/2015/0159 for a B1 light industrial or B2 general industrial use.
- 4.2 The proposal is to use the building as a specialist rehabilitation fitness studio. The facility will provide sports massage, and exercises to assist in the recovery from injury or illness and to promote general fitness. The majority of clients will be seen on a one to one basis and will provide sports massage and rehabilitation pilates using specialist equipment. Appointments for a one to one session for sports massage and rehabilitation pilates will be taken from 9am to 6pm. There will be one member of staff during the day and two in the evening. Group pilates, yoga classes and classes for body strengthening will be held in the evenings from 6pm to 9pm and will be restricted to 8 persons.
- 4.3 Clients will be encouraged to walk to the fitness studio. However, some clients will be recovering from injury which impairs mobility who will initially require their own transport to access the service.
- 4.4 The unit measures 95 sqm internally. This is to be divided into a sports massage room, reception area and a studio. The studio will contain fixed equipment including 'pilates reformers' and an area for small classes doing 'mat work'. No alterations are proposed to the

exterior of the building. The business will one full-time and one part-time staff members. The proposed opening hours are 9am-9pm Monday to Friday, 9am to 1pm Saturday no opening on Sunday or bank and public holidays.

4.5 The applicant describes the proposed specialist rehabilitation studio as *“This will be a holistic fully functional studio with health and fitness at the forefront of our minds putting together classes and treatments, with over 15 years’ experience in holistic health from reiki to sports and injury massage, injury rehabilitation pilates, with reformers and mobility classes and yoga to restore clients back to fully functional fitness, from all ages and all disabilities. It will be staff by professional and fully qualified instructors and all clients and visitors will be taken by appointment only making sure clients get the best professional services required.”*

4.6 The NHS website describes pilates as:

“What is pilates?

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

Pilates exercises are done on a mat or using special equipment, such as the Reformer, Cadillac and Wunda Chair. With its system of pulleys and springs, handles and straps, the apparatus can provide either resistance or support, depending on your needs.”

“Who is pilates for?

Pilates has something to offer people of all ages and levels of ability and fitness, from beginners to elite athletes. The apparatus can be used to provide support for beginners and people with certain medical conditions, as well as resistance for people looking to challenge their body.”

Source <https://www.nhs.uk/live-well/exercise/guide-to-pilates/>

4.7 Yoga is similarly described on the NHS website and is a form of exercise which focuses on strength and flexibility.

5 DEVELOPMENT PLAN POLICY

- 5.1 The Development Plan for the purposes of this application comprises the Ribble Valley Core Strategy (adopted 2014) and the National Planning Policy Framework (NPPF) (2018).

Core Strategy (2014)

- 5.2 The following policies are of relevance to the proposal:

Key Statement DS2: Sustainable Development, when considering development proposals, the Council will take a positive approach which reflects the presumption in favour of sustainable development. Wherever possible, it will aim to secure development that improves the economic, social and environmental conditions in the area.

Key Statement EC1: Business and employment development-employment development will be directed towards the main settlements of Clitheroe Longridge and Whalley as preferred locations to accommodate employment growth together with land at the Barrow Enterprise Site, the Lancashire Enterprise Zone at Samlesbury and locations well related to the A59 corridor.

Policy DMG1: General Considerations – sets out various criteria to be considered in assessing planning applications, including the proposed development being sympathetic to existing land uses, highway safety and not adversely affecting the amenities of the area.

Policy DMG2: Strategic considerations-development should be in accordance with the Core Strategy development strategy and should support the spatial vision.

Policy DMG3: Transport and mobility-the availability of public transport, the relationship of the site to the primary road network, the provision for access by pedestrian and cyclists.

Policy DMB1: Supporting business growth and the local economy- proposals that are intended to support business growth and the local economy will be supported in principle.

National Planning Policy Framework

- 5.3 Section 8 Promoting healthy and safe communities, requires planning decisions to enable and support healthy lifestyles.

6 EVALUATION

The principle of the development

- 6.1 The site is within the existing and committed employment site policy DMB1 at Lincoln Way Clitheroe. The proposed development will provide employment for two people a similar level of employment as would be expected if the site was in B1 or B2 use. Key Statement EC1 directs employment development towards the principle settlements including Clitheroe, other specified areas and locations well related to the A59 including Barrow Enterprise Site. The site is in a sustainable location as required by Key Statement DS2. As the proposal will facilitate the expansion of an existing business generating additional employment that will add value to the local economy it accords with Key Statement EC1 and Policy DMB1.
- 6.2 Policy DMB1 offers general support for economic development. The proposed use is for a rehabilitation and fitness studio which is included in the list of 'main town centre' uses in the glossary to the National Planning Policy Framework as a sequential test is required.

Sequential Test

- 6.3 Paragraph 86 of the National Planning Policy Framework states:
"Local planning authorities should apply a sequential test to planning applications for main town centre uses which are neither in an existing centre nor in accordance with an up-to-date plan. Main town centre uses should be located in town centres, then in edge of centre locations; and only if suitable sites are not available (or expected to become available within a reasonable period) should out of centre sites be considered."
- 6.4 The applicant is a massage therapist with 15 years' experience. Her current premises restrict the level of services she can offer and has insufficient space to accommodate equipment such as a pilates bench. She has been looking for suitable premises for some time with a ground floor location, sufficient space for a massage table, pilates benches and other fixed equipment and an area to accommodate small classes for mat work pilates and yoga. Her current customer base is focussed around Clitheroe. Her clients are mixed but include some elderly people with knee or leg injuries with limited mobility where parking close to the premises would be an advantage. The ideal size of premises would be about 100m². Nothing in the town centre of Clitheroe is currently available and suitable.

| Area | Unit location | Suitability |
|--------------------------|---|--|
| Clitheroe town centre | King Street, Clitheroe office above Barclays Bank | Accommodation at first and second floor level only |
| Clitheroe edge of centre | Holmes Mill Business Centre | Accommodation at second and third floor level only |
| Out of centre Clitheroe | Unit 2 Hall Street, Clitheroe | Hall street is a narrow residential street of terraced houses. There is no off-street parking. |
| Out of centre Clitheroe | Deanfield Way, Link 59 Business Park Clitheroe | Similar location to chosen site and not sequentially preferable |
| Out of centre Whalley | Unit The Sidings Whalley | Out of client base area and not sequentially preferable |
| Out of centre Whalley | Unit 35 Mitton Road Whalley | Out of client base area and not sequentially preferable |

- 6.5 Searches were carried out on the 28/01/2020 on commercial letting websites Zoopla, Prime Location and Rightmove, searching for commercial units with a range of size 100m² to 150m² in post code BB7 which covers Clitheroe Whalley and Barrow. The above sites were identified and also include a site previously considered by the applicant. The only potential site in the town centre is above Barclays Bank which is at the first and second floor and as such not suitable for clients with mobility issues. The same applies to Holmes Mill. The unit at Hall Street has no off-street parking and is a residential street of terraced houses where activity in the evening may impact on residential amenity and was discounted by the applicant on this basis.
- 6.6 All other sites are out of centre locations on existing business parks. None of the sites are sequentially preferable to the others. The applicant's client base is Clitheroe and so there is a preference for Clitheroe before considering locations in Whalley. Twin Brooks Business Park is a better fit to the business model of the applicant.
- 6.7 The assessment above has demonstrated that there are no sequentially preferable sites within or on the edge of Clitheroe or Whalley. The out of centre locations area not sequentially preferable to Twin Brook Business Park and do not fit the applicant's business model. It is concluded that there are no more suitable and more centrally located site of the size required by the development and the requirements of paragraph 86 of the NPPF is satisfied.

Residential Amenity

- 6.8 The planning permission that was granted in 2016 had attached to it conditions designed to protect the amenity of nearby residential properties. Condition 13 reads *“The working hours within Units 1-17 the premises shall be restricted to the period from 0700 to 1900 Monday to Saturday. No work shall be undertaken in the buildings on Sundays, Bank or Public Holidays. Reason In order to protect the residential amenity of the occupiers of the adjacent properties and to comply with Policies DMG1 and DMG3 of the Ribble Valley Core Strategy.”* Condition 15 reads: *“There shall be no deliveries to the site or collections from the site between the hours of 1900 and 0700 hours. Reason: In order to protect the residential amenity of the occupiers of the adjacent properties and to comply with Policy DMG1 of the Ribble Valley Core Strategy.”* We assume that these conditions are to prevent disturbance to the residential properties close to the units due to noise because the permitted uses include B2 general industrial use. Deliveries and collection particularly using large trucks and fork-lift trucks could cause a noise disturbance.
- 6.9 Unlike a B2 use, the proposed use is unlikely to cause any nuisance to the nearby residential properties due to noise during the day or in the evening. The majority of clients are seen on a one to one basis. The group classes are small scale and pilates, yoga mat work and body strengthening classes using equipment require only spoken instruction with no voice amplification. Soft background music to create a relaxed atmosphere may be desirable but loud music with a definite base beat often associated with aerobics type class in gyms would be undesirable.
- 6.10 The amount of traffic attracted to the site will be minimal and is unlikely to cause any noise disturbance to residents even in the evenings.

Visual Amenity

- 6.11 As no external alterations are proposed it is considered that the proposed development would not have a harmful impact on the visual character or appearance of the application building or the surrounding area.

Highways and transport

- 6.12 The unit is provided with two parking spaces and has access to further communal spaces. This level of parking is adequate for the proposed use. During the day there will be one instructor carrying out sessions on a one to one basis. The car space in front of the building will be kept free for clients. In the evening there will be two instructors on site. The evening

classes will be held at a time when the communal parking spaces within the Business Park are less needed assuming that most other businesses will be closed by 5pm. The conditions placed on the planning permission prevents working in the evening in the other units unless planning permission has been granted otherwise, again confirming the availability of communal parking nearby in the evenings.

- 6.13 The planning permissions granted at Twin Brooks for the commercial development of the area has already assessed that the development is acceptable in terms of highway and transport. Clients without injury or conditions which affect mobility may chose to walk to the facility. This site is in walking distance of the much of the residential area of Clitheroe.

7 CONCLUSION

- 7.1 The proposed use of the unit for a specialist rehabilitation and fitness studio will allow an existing business to expand and to create employment opportunities within the business park. The proposal will support healthy lifestyles. We have demonstrated that the proposed use will protect the amenities of the nearby residential properties, and the development will not harm highway safety. The applicant has conducted a sequential search of properties to rent and have demonstrated that there are no sequentially preferable sites available. The proposal complies with the policies of the Core Strategy and the NPPF.