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# **PLANNING STATEMENT**

## **Proposed Change of Use**

**Part of Unit 2, The Old Co-op  
Henthorn Road, Clitheroe BB7 2LD**

August 2026

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# 1. Introduction

This Planning Statement has been prepared in support of a planning application for the proposed change of use of part of Unit 2, The Old Co-op, Henthorn Road, Clitheroe.

The proposal comprises two complementary uses operating from an existing commercial building:

- **Perfect Press Co.** – a collection and delivery ironing service with ancillary washing facilities.
- **Community Fitness Studio** – an appointment-only fitness facility providing personal training, mobility sessions, exercise rehabilitation and small group classes.

This statement demonstrates that the proposal represents the sustainable reuse of an existing commercial building whilst protecting neighbouring amenity and highway safety.

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## 2. Site Description

The application relates to part of Unit 2, The Old Co-op, Henthorn Road, Clitheroe.

The building is an existing commercial premises benefiting from established vehicular access via a dropped kerb together with off-road parking.

The proposal does not involve any external alterations to the building or changes to the existing access arrangements.

**See Appendix A – Location Plan**

**See Appendix B – Site Plan**

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## 3. Proposed Development

The proposal seeks planning permission for the change of use of part of the existing commercial building to provide two complementary business uses.

The building will accommodate:

- Perfect Press Co.
- Community Fitness Studio

The remaining section of the building is occupied by an existing salon which does **not** form part of this application.

## 4. Community Fitness Studio – Operational Management

### Community Fitness Studio – Operational Management

The proposed Community Fitness Studio will operate as a **small-scale, appointment-only facility** focused on health, wellbeing and rehabilitation. It is **not proposed as a commercial membership gym** and will not operate on a walk-in basis.

The studio will comprise one-to-one personal training, mobility and flexibility sessions, exercise rehabilitation, and small group fitness classes with **a maximum of four participants per class**. Sessions will be pre-booked and supervised by an instructor, ensuring controlled occupancy and preventing large numbers of people attending the premises at any one time.

To minimise the impact on neighbouring occupiers, the following operational measures will be implemented:

- Music will be maintained at a low to moderate level and **will not normally exceed 75 dB(A) within the studio**.
- **Sound insulation measures** will be installed and maintained to minimise the transmission of noise beyond the building.
- Heavy weightlifting, the dropping of weights, high-impact training, amplified performances, live music and any activities likely to generate excessive noise **will not be permitted**.
- Classes and appointments will, where practicable, be scheduled **outside peak traffic periods** to reduce vehicle movements and minimise any impact on the local highway network.
- The studio will provide facilities for **exercise rehabilitation, mobility improvement and general health and wellbeing**, making it suitable for adults of all ages and abilities.

The proposed use has been deliberately designed to operate at a modest scale with controlled attendance, low noise levels and limited traffic generation. It is therefore considered compatible with the surrounding area and is not expected to result in unacceptable impacts on neighbouring amenity or highway safety.

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## 5. Perfect Press Co. – Operational Management

**Perfect Press Co.** will operate primarily as a **collection and delivery ironing service** serving the local community and surrounding businesses. Laundry will be collected directly from customers' homes and business premises before being professionally ironed and returned, meaning customers will **not normally visit the premises**.

The business is **not proposed as a commercial laundrette or industrial laundry facility**. A domestic-scale washing machine and tumble dryer will be installed solely to accommodate items requiring washing prior to ironing, or where this forms part of the collection and delivery service. Washing activities will therefore be **ancillary to the principal use of ironing** and will represent only a small proportion of the overall operation.

The service has been designed to minimise impacts on the surrounding area. There will be no customer waiting area, no self-service laundry facilities and no routine customer visits to the premises. Vehicle movements will primarily consist of staff undertaking scheduled collections and deliveries, resulting in a low level of traffic generation throughout the day.

The proposal will provide a convenient local service for residents, elderly customers, busy families and small businesses, extending the services already available within the community while operating at a modest scale that is compatible with neighbouring uses.

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## 6. Parking and Access

The application site benefits from an existing vehicular access via a dropped kerb leading to a private off-road parking area. Vehicles can enter and leave the site safely without reversing directly onto the public highway.

The proposal does not seek to alter the existing access arrangements or create any new highway infrastructure.

The proposed uses are expected to generate only a modest level of vehicle movements:

- **Perfect Press Co.** will operate primarily as a **collection and delivery ironing and commercial laundry service**, with staff collecting laundry directly from customers' homes and business premises before returning cleaned and pressed items. As a result, the business is **not expected to generate regular customer parking demand**, as customers will not normally visit the premises.
- The **Community Fitness Studio** will operate on a **pre-booked appointment basis**, providing personal training sessions and small group fitness classes with **a maximum of four participants per class**.
- Class start and finish times will be staggered to minimise vehicle arrivals and departures, avoiding peaks in parking demand.

The existing off-road parking area is considered sufficient to accommodate the anticipated level of parking associated with staff, service vehicles and the limited number of visitors attending the Community Fitness Studio. Given the collection-and-delivery nature of Perfect

Press Co., the appointment-based operation of the fitness studio and the maximum class size of four participants, the proposal is not expected to result in unacceptable parking pressure on surrounding streets or adversely affect highway safety.

The proposal utilises the site's **existing private access and dropped kerb**, with no alterations to the highway network being required.

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# 7. Hours of Operation

The proposed operating hours for both **Perfect Press Co.** and the **Community Fitness Studio** are:

| Day                    | Opening Hours        |
|------------------------|----------------------|
| Monday to Friday       | <b>08:00 – 18:00</b> |
| Saturday               | <b>10:00 – 13:00</b> |
| Sunday & Bank Holidays | <b>Closed</b>        |

The Community Fitness Studio and Perfect Press Co. will operate **within the same hours of business**, ensuring that activity at the premises remains consistent throughout the day. The proposal does **not** seek extended evening opening, late-night operation or 24-hour use.

The Community Fitness Studio will operate on a **pre-booked appointment basis only**, with personal training sessions and small group classes limited to **a maximum of four participants**. Similarly, Perfect Press Co. will operate as a **collection and delivery ironing service**, with scheduled collections and deliveries undertaken during normal business hours.

Restricting both uses to the same daytime operating hours will minimise any potential impact on neighbouring occupiers, particularly during evenings and weekends, while continuing to provide a valuable local service to the community.

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# 8. Noise Assessment

The proposed development has been designed and will be operated in a manner that minimises the potential for noise and disturbance to neighbouring occupiers.

**Perfect Press Co.** will operate primarily as a **collection and delivery ironing service**, with washing facilities provided only as an ancillary element of the business where required. The premises are **not proposed as a commercial laundrette or industrial laundry**. Equipment will comprise modern, energy-efficient appliances located entirely within the existing building and maintained in accordance with manufacturers' recommendations to ensure quiet and efficient operation.

The **Community Fitness Studio** will operate as a **small-scale, appointment-only facility** providing personal training, exercise rehabilitation, mobility sessions and small group fitness classes. Occupancy will be limited to **a maximum of four participants per class**, ensuring activity remains controlled and modest in scale. The studio will **not** operate as a commercial membership gym and there will be no walk-in customers.

Music will be maintained at a low to moderate level appropriate for instructor-led sessions and will **not normally exceed 75 dB(A) within the studio**. Appropriate sound insulation measures will be incorporated to minimise the transmission of noise beyond the building. Heavy weightlifting, the dropping of weights, impact training, amplified performances, live music and other activities likely to generate excessive noise will not take place.

Both uses will operate only during normal daytime business hours, with no late evening or night-time operation proposed. Having regard to the nature of the activities, the existing building construction and the operational controls described above, the proposal is not expected to give rise to unacceptable noise impacts on neighbouring properties or the surrounding area.

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## 9. Economic Benefits

The proposal will bring a vacant commercial building back into productive use whilst supporting the continued growth of an independent local business. The development will create employment opportunities, encourage private investment and provide additional services for residents and businesses within Clitheroe.

Overall, the proposal represents a positive investment in the local economy and contributes towards the long-term use of an existing commercial premises.

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## 10. Sustainability

The proposal represents sustainable development through the reuse of an existing commercial building, making efficient use of existing infrastructure without the need for new construction.

The co-location of Perfect Press Co. and the Community Fitness Studio will maximise the efficient use of the building whilst providing valuable services for the local community.

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## 11. Planning Policy

The proposal supports the objectives of the National Planning Policy Framework by bringing a vacant commercial building back into beneficial use, supporting sustainable economic growth, making effective use of an existing commercial premises, promoting health and wellbeing and delivering development without unacceptable impacts on neighbouring amenity or highway safety.

The proposal is also consistent with the objectives of Ribble Valley Borough Council by supporting sustainable development, local enterprise and thriving communities.

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## 12. Conclusion

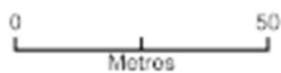
The proposal represents an appropriate and sustainable reuse of a vacant commercial building which will provide economic, social and community benefits whilst safeguarding neighbouring amenity.

The development has been carefully designed to operate at a modest scale through controlled opening hours, appointment-only use of the Community Fitness Studio, maximum class sizes of four participants, collection and delivery operation of Perfect Press Co., existing off-road parking and operational controls relating to noise and traffic.

Having regard to the scale of the proposal and the operational controls set out within this Planning Statement, it is considered that the development will not result in unacceptable impacts on neighbouring occupiers or the local highway network.

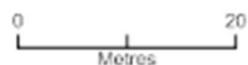
**It is therefore respectfully requested that Ribble Valley Borough Council grants planning permission for the proposed change of use.**

Part of Unit 2, The old Co-op, Henthorn Rd, Clitheroe BB7 2LD - Location Plan



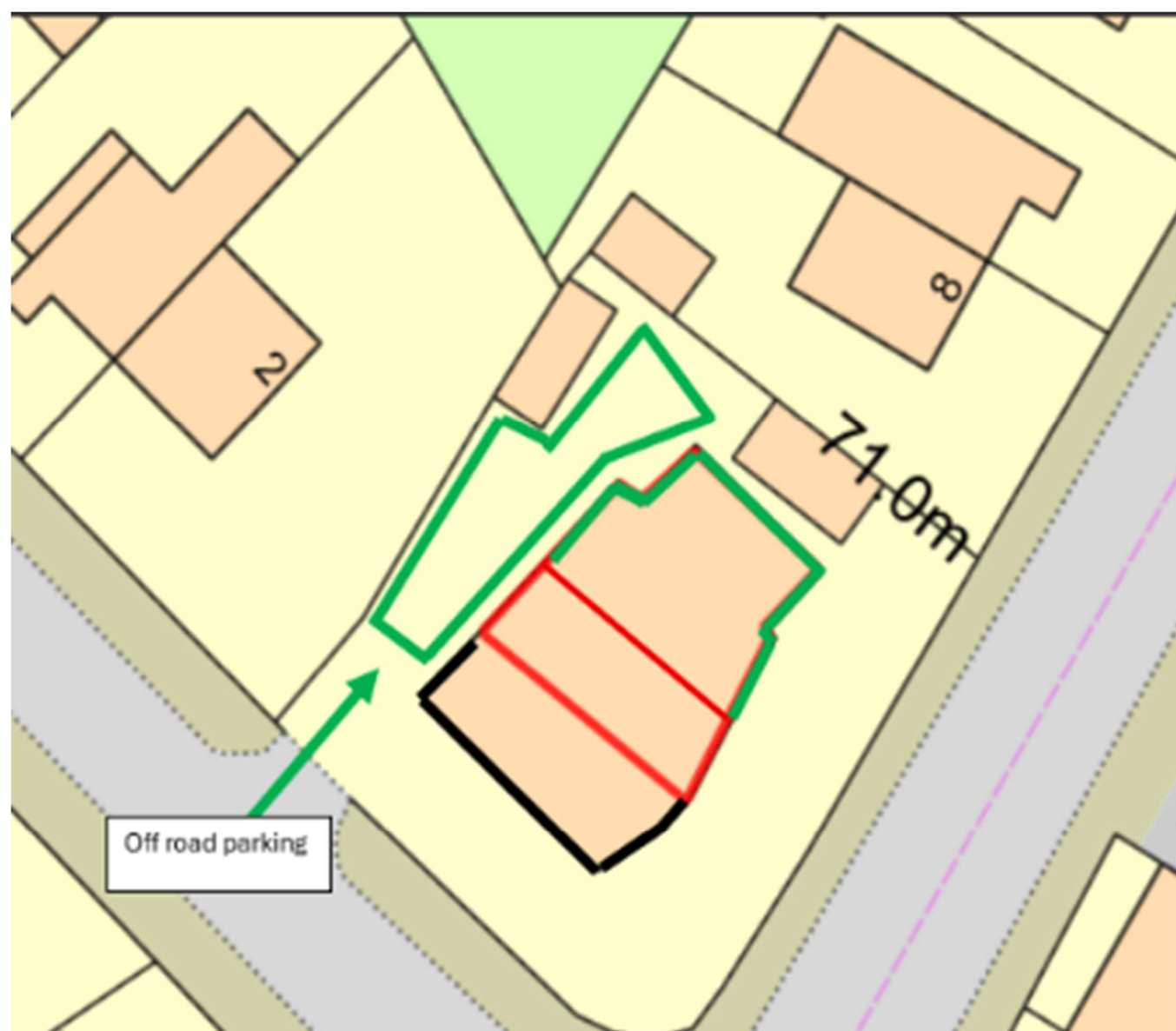
Plan Produced for: Stephen Cowperthwaite  
Date Produced: 02 Aug 2026

Part of Unit 2, The old Co-op, Henthorn Rd, Clitheroe BB7 2LD



Plan Produced for: Stephen Cowperthwaite  
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Off Road Parking



Off Road Parking





Off Road Parking