

## **FUEL TRAINING LTD PLANNING APPLICATION**

**Reference: PP-11994416**

### **PLANNING STATEMENT**

This application is for replacement of an existing outbuilding which is unfit for use to be replaced with a new wooden outbuilding of the same size but 1m taller. The application building is constructed of timber and would be replaced like for like in terms of structure and materials.

The applicant, Fuel Training, is an established local provider of personal training services. The applicant intends to provide a dedicated venue for the use of personal training to the members of the Barnes Home Guard Club.

The application site is located on the Barnes Home Guard Private land in East Sheen. This site comprises a sports clubhouse and swimming pool in its current F2 use. We would like to propose for the studio to be given Class E use of limited scale to be ancillary to main F2 use .

### **LOCATION**



Image of Old Green Timber building;



Image of New timber building;



## **USE OF SITE**

The site is to be used as a personal training studio by Fuel Personal Training. This existing local business provides tailored personal training classes and health and fitness programmes to its clients. It is open to all members of the BHGA. We offer sessions to members of the BHGA only. The business has a specialism in providing bespoke health, fitness and nutrition training and programmes to more vulnerable and less active members of the local community, pregnant and post-natal women in particular. We train members from highly-varied ages, abilities and fitness levels. The business also has a clear focus on tackling obesity and mental health issues, including via the provision of educational workshops on diet, nutrition and habit changes.

The studio's opening hours are proposed to be 8am to 8pm, Monday - Friday and 9am - 2pm on Saturdays and closed on Sundays.

The studio would be used for 1-1 Private PT sessions and 2-1 Buddy Sessions only. Its maximum capacity would be for 4 total members at any one time. Up to 2 no. personal trainers would be employed here full-time. All on-site sessions would be led or supervised by a qualified trainer and clients would not be permitted - or provided the means - to access the site alone.

The studio would host a variety of low-impact training sessions, depending upon the particular needs of clients. Sessions would include general fitness training, strength training, pilates, yoga, pre- and post- natal classes and children's sport related training. Any equipment introduced to the site would be minor in scale and free-standing in nature, ensuring its easy removal. On-site equipment would largely consist of small fitness tools such as weights and resistance bands as well as exercise bikes and ski ergs which are ideal for clients who are less able to run or weight bear due to health restrictions, pregnancy, disability or injury.

## **ACCESS & PARKING**

The site does benefit from dedicated parking. As stated all clients of the studio will be members of the BHGA therefore are mostly within walking distance to the site. The parking situation for this business would thereby remain exactly as existing.

## **OPEN SPACE**

The application is for the replacement of an existing wooden shed to be replaced with a new wooden shed in the exact same location and footprint. The new building is 1m higher than the previous building (from 2.5m to 3.5m at the gable- highest point). there is no loss of land or green space. The footprint is the same as the previous shed that was there, just taller.

## **HERITAGE STATEMENT**

This Wooden shed is in the back right of the BHGA private land site that is adjacent to the conservation area and therefore would have very little impact on the heritage asset.

## **PRINCIPLE OF DEVELOPMENT POLICY**

LP28 Part B requires: B. Proposals for new or extensions to existing social and community infrastructure will be supported where:

1. it provides for an identified need;

According to the 2019 "State of the UK Fitness Industry Report", the UK Health and Fitness Industry continues to grow. There are reported to be over 10 million fitness members in the UK, with 1 in every 7 people in the UK being a member of a gym. There is also a continual growth of small private health clubs providing specialist training, in an upmarket

environment. The studio at the BHGA aims to increase access to health and fitness activities to members to encourage improved health by providing a private and individualised training tailored to their needs. FUEL Personal training is attempting to provide its facilities and knowledge regarding health & fitness to the BHGA members. The studio's operations include a range of cardio-vascular (skiing, rowing, cycling, etc.) and resistance (weights) equipment for individual use for members.

## **NEIGHBOUR AMENITY**

It is considered that the proposed addition to the BHGA site and Class E use of the premises would not have a detrimental impact on the amenity of residents within the surrounding area. FUEL Personal Training are a considerate and conscientious operator who rely on the BHGA members (who are mainly part of the local community) for their clients and as such take their responsibility to the local environment and surrounding occupiers very seriously to ensure that disturbance does not occur.

Access to the property is strictly controlled. Between the hours of 8am and 8pm the front door of the premises. All Personal Training sessions are recorded.. The full height double glazed windows and doors provide a barrier to noise transmitting along with the shock resistance flooring and weights.

For clarification that the site does not include any plant equipment such as AC Units. The only music speaker located in the studio is limited to a maximum sound level of 90dBC which is considered within normal limits.

## **POLICY JUSTIFICATION & SUPPORTING DOCUMENTS**

### National NPPF (2019) Paragraph 91 (Promoting healthy and safe communities)

Planning policies and decisions should aim to achieve healthy, inclusive and safe places which:

c) Enable and support healthy lifestyles, especially where this would address identified local health and well-being needs - for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling.

### Policy 3.19: Sports facilities Strategic

A. The Mayor's Sports Legacy Plan aims to increase participation in, and tackle inequality of access to, sport and physical activity in London particularly amongst groups/areas with low levels of participation.

### Planning decisions

B. Development proposals that increase or enhance the provision of sports and recreation facilities will be supported. Proposals that result in a net loss of sports and recreation facilities, including playing fields should be resisted. Temporary facilities may provide the means of mitigating any loss as part of proposals for permanent re-provision. Wherever possible, multi-use public facilities for sport and recreational activity should be encouraged.

3.110 Sports and recreation facilities are important parts of the social infrastructure, providing a range of social and health benefits for communities and neighbourhoods. Backed by the Mayor's Sports Legacy Plan, these will be given increasing prominence as part of the legacy of the 2012 Olympic and Paralympic Games.

3.111 Within the next 10 years, London will be short of indoor community facilities such as sports halls and artificial grass pitches.

3.111A Built sports facilities should only be accommodated on green open space, if that area has been identified by a borough open space strategy as surplus to requirements for any open green space use.

3.112 The Mayor will work with local authorities, national sports governing bodies, Sport England, sporting foundations and trusts, the private sector and others to provide investment to support the development of new facilities or the refurbishment of existing facilities. The focus will principally be small, community, park or estate- based projects.

3.114 The 2012 Paralympic Games helped to change attitudes towards disabled people and provided the opportunity to improve disabled people's participation in sport and physical activity. To build on this legacy all development proposals should ensure that inclusive access issues are addressed from the outset.

## **Local Plan**

### 2018 Policy LP28: Social and Community Infrastructure New social and community infrastructure

B. Proposals for new or extensions to existing social and community infrastructure will be supported where:

1. It provides for an identified need;
2. Is of a high quality and inclusive design providing access for all; and
3. Where practicable is provided in multi-use, flexible and adaptable buildings or colocated with other social infrastructure uses which increases public access.

8.1.1 Social and community infrastructure facilities provide for the health, welfare, social, education, spiritual, recreational, leisure and cultural needs of the community. The provision of adequate community and social infrastructure is essential to support the projected population growth within the borough. Such facilities are often at the heart of local communities; they are important for the quality of life of residents, in the creation of more inclusive and sustainable communities and in helping to promote social interaction and encouraging people to lead more healthy and active lives. It is important that these facilities and services meet people's needs at all stages of their lives and are accessible to all.

8.1.7 Access for all is important including for the young, old and disabled. Smaller facilities serving a more local catchment should be accessible by walking or cycling. [New para] The Council's Indoor Sports Facility Needs Assessment highlights the need for new facilities within the borough. Where possible and feasible, such provision should be provided on-site in line with the Council's Indoor Sports Facility Needs Assessment.

#### Policy LP30:

Health and Wellbeing Planning, at all levels, can play a crucial role in creating environments that enhance people's health and wellbeing. The Council promotes and supports healthy and active lifestyles and measures to reduce health inequalities.

A. The Council will support development that results in a pattern of land uses and facilities that encourage:

2. Access to green infrastructure, including river corridors, local open spaces as well as leisure, recreation and play facilities to encourage physical activity.

#### POLICY LP30: Healthy Lifestyles

8.3.1 Health and wellbeing is a cross-cutting theme, which has links with many other parts of the Local Plan.

8.3.2 The environment in which we live is a key determinant in people's health and wellbeing. The planning system plays an important role in influencing the built and natural environment and therefore plays a key role in the physical and mental wellbeing of the population. A healthy environment can promote wellbeing and healthy lifestyles for all and can contribute to a reduction in health inequalities.

8.3.3 The Joint Strategic Needs Assessment (JSNA) for the borough identifies that a high proportion of the population have unhealthy lifestyles. Unhealthy lifestyles, influenced by the environments in which we live, are contributing to a rise in preventable illnesses such as diabetes, obesity and cardiovascular and respiratory diseases. Prevention of ill-health by helping people to live healthier lives in order to prevent avoidable illness, is a major focus of the health services. Healthy and active people tend to be less dependent on health and social care services so there are tangible economic benefits in encouraging and making it easy for the population to lead healthy lifestyles.

8.3.4 Planning can play a part in facilitating the creation of healthy environments. Development should result in a pattern of land uses and facilities that make the healthy choice the most convenient and attractive option for residents, helping them to lead healthier lives more easily.

#### JSNA: Issue 4 Lifestyle (2012)

Key subgroups that need targeting to improve physical activity levels include females, people aged 55 years and over, people with limiting disability and illness, and certain employment groups.

#### JSNA: Issue 15 Healthy Lifestyle (2015)

Levels of physically active adults (66%) are higher than national (56%). However, 1 in 6 adults in Richmond (approx. 25,000) are physically inactive. Over half of the population are estimated to be obese and overweight (approx. 65, 000). The estimated annual cost of overweight and obesity to the NHS has increased substantially from £42 million to £47 million between 2007 and 2015. Richmond's Prevention Framework considers the interplay and impact of Place, Communities and People on the ability to adopt a healthy lifestyle, and consideration of these in existing council planning. These include, for example:

- Creating healthy workplaces
- supporting people with long-term conditions to self-care.

#### JSNA: Issue 21 Community Access to Sports and Leisure (2017)

National data highlights that Richmond is one of the best performing boroughs in terms of sports participation and physical activity; 71.2% of adults, for example, are considered physically active compared to 57.8% in London, and a higher proportion of journeys are completed through modes of active travel. However, 65.9% of adults want to do more sport, which is similar to the London percentage of 65.2%. Whilst overall participation is high, analysis shows that not all population groups engage equally in sport and physical

activity. Women, older adults, people with disabilities and mental health difficulties, and those from areas of relative deprivation are some of the groups which demonstrate lower levels of participation.

JSNA: Issue 23 Air Quality (2017)

Richmond is affected by poor air quality and was designated an Air Quality Management Area in 2000 and remains so. The average number of walking trips per person in London has fallen in recent years; 75% of Richmond households own a car (the fifth highest in London) and over a third of journeys could be walked in less than 25 minutes. There are ongoing initiatives in place to support the integration of walking, cycling and public transport uses into daily activities. As air pollution is mostly caused by road traffic, if everyone uses their car as little as possible, using walking, cycling and public transport instead, they help reduce the levels of air pollution and at the same time reduce the effects of air pollution on their health. This also helps combat other health issues such as inadequate physical activity, obesity, diabetes, poor mental health, and isolation and loneliness.