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Application Reference No. : HPK/2024/0110

Site Address: Swan Hotel Buxton Road New Mills Derbyshire SK22 3JS High Peak

Comments by: Cheryl Kamp

From:

Ashway Clough
Stockport
Stockport

Phone:

Email:

Submission: Support

Comments: I am a member of the Fitness in Mind gym to which this application relates. I am an expat and was desperately looking for a gym where I could train with like minded people. The reason being that coming to a new country where you don't know anyone and where the weather does not permit much outdoor activity, can have a serious impact on a persons mental health. Fitness in Mind has provided me with a community where I feel I belong and where I feel safe to be able to obtain a release of the normal day to day stresses.

The noise levels of the gym are barely audible - one can barely hear the music or instructors when you are in the outside space let alone for neighbours to be able to hear it from a much further distance. The outside space is a much welcome addition for use during the summer months. It will not be possible to use the space during any other time of the year because it is too wet and too cold. We all know that being outdoors has many positive impacts on a persons mental and emotional well being. There are so few months to actually enjoy exercising as a community in an outdoor space. Please don't deny us this opportunity by taking this space away.

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