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

Comments by: Helen Trueman

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Submission: Neither

Comments:

The Fitness in Mind gym in Newtown is a valuable asset to the local community for the following reasons: 1) The gym is in the garage of the Swan Inn in Newtown - therefore repurposing abandoned buildings and bringing life back into a dis-used space. 2) The gym enhances the community by bringing people together - adding social value by being inclusive and welcoming to all. 3) Fitness in Mind promotes health and wellbeing by providing fitness education and training. The gym prioritises mental and physical health helping the community look after all aspects of their health. 4) The outside Astro turf space is vital for ensuring people can get fresh air, daylight and more space for movement. This is massively important for mental health.

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