

Mind Body & Spirit

Objective

I opened Mind Body and Spirit studio six years ago, with the aim to support my local community in health and well-being, as a well-being studio I run small group classes and one to one sessions, plus family groups, in health, fitness in such areas as yoga, pilates, meditation, Antenatal and postnatal etc. Also through the day run classes and 1-2-1 for Cancer, ME, MS, Stroke and much more for charities free of charge supported by many departments within Barnsley Hospital, and charities within Barnsley.

Over the six years I have rented studios, which have been costly, and now wish to buy a unit for the clients and patients whom MBS have helped over the years.

The following information is to support sections of the application -: information also as per the email dated 16th December 2011 from James Hyde.

1. section 10, the parking is around the building which is part of the sale, on the land marked out, there are currently stairs in some areas of this land surrounding the building and some areas which are uneven which will be re-surfaced to provide parking. (confirmation as per the email from James Hyde on this area enclosed three copies)
2. section 19, employment on opening the new studio, we wish to employ as per this section from one full time and one part time to two or three full time and up to seven part time, I would hope this to grow in the first year of opening.
3. section 20, hours of opening, as a studio of well-being and the clients/ patients whom attend are attending for relaxation, quite, calm, peace, tranquility, stillness etc so the noise levels would be at a minimal as mediation etc requires quite surroundings. On the subject of car noise, most clients live near by and walk to the studio currently around the corner of this unit, so would continue to walk, and many use public transport as close to town, we also promote car sharing, which has work for six years. (confirmation as per the email from James Hyde on this area of noise enclosed three copies)

Many thanks

Michelle Griffiths

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Access to Mobility and Rehabilitation

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