

Change of use of basement level ONLY from A3 business to MIXED USE A3 - D2 gymnasium
Basement unit
96 West End Lane
London NW6 2LU



Supporting Design Statement

Use

The applicant proposes change of use of BASEMENT LEVEL ONLY from A3 business to MIXED USE A3 - D2 gymnasium. The application does not involve any change to the external fascia of the building and the entry access point remains as existing to the rear of the building.

The use of the building is based on supporting the original use class of the restaurant above, given the increase in business rates (as shown below). In order to sustain the existing business, an augmentation is needed in the form of the IMA gymnasium

The basement part of the unit has not been occupied or used from over 10 months

The image shows two screenshots of the GOV.UK Valuation and Rating Information page for the property at Bst & Gnd Fs 96, West End Lane, London, NW6 2LU. The left screenshot displays the 'Ratable value' of £26,250, which is circled in red. The right screenshot shows the 'Ratable value is rounded down to £36,250', also circled in red. The page includes details such as the local authority (Camden), local authority reference (00264009600006), description (Restaurant and premises), date applied (1 April 2016), and base rate (£550.00 per m²/unit).

The business describes itself as follows:

‘Integrated Movement Arts’ is a cross disciplinary health and wellbeing brand encompassing several physical disciplines such as: Martial arts,, Yoga, pilates, dance, strength and conditioning and sports training movement optimization. IMA has been operating for over 6 months on a mobile basis within the NW6/NW3/NW1 area and online globally offering coaching and for sports and general health and fitness services. Our ethos is to develop a highly sedentary public towards good physical fitness, health and

wellbeing and then teaching then to maintain this as a lifestyle by taking part in fun, enlightening activities in a noncompetitive way. see. www.integratedmovementarts.com

The business serves members of the local community, providing a service not currently available elsewhere. Although there are private gyms in the vicinity, these provide an alternative high-impact experience which is in contrast to that provided by IMA. Additionally, the proposal will provide disabled/mobility impaired users with an inclusive service due to the provision of disabled washing/toileting facilities. Existing members of the mobile service have commented on the need for **'public to participate in health and fitness activities within a boutique peaceful environment'**. Petitions and feedback can be provided to the LPA if required. Currently, there are approximately 40 members of IMA and this is expected to remain constant with up to 25% fluctuation.

IMA will operate opening hours which are compatible with the local area

- Monday to Friday 8am-8pm
- Saturday 9am-5pm
- Sunday 10am-2pm

The business will operate on the basis of employing 3 FTE staff with no fewer than 2 members of staff on site at all times.

The activities will include 1:1 personal training, yoga and martial arts. There will be no large fixed equipment. An air conditioning unit for ventilation will be provided. There are no foreseen noise issues for mitigation.

Amount and Scale

The proposal does not involve any extension to the existing building and so the scale of the proposal will not change the amount or scale of the building. The change is restricted to use class only and the inclusion of disabled facilities.

Layout

The proposal facilitates the use of what is currently 'dead space' - a storage facility for the restaurant above. The new proposal provides a large workout space with toilet and shower facilities and includes disabled toilet/shower facilities.

The space adjacent to the stairs remains in A3 use for storage and will be sealed off from the D2 use by fire rated lockable doors accessible from the A3 side only.

The proposal includes two alternative means of escape which both lead to the rear.

Landscaping/Appearance

There is not planned external landscaping or change to the external appearance of the property apart from new additional fire exit door. A disabled parking space will be clearly labelled. Cycle racks will be installed. See access sketch below.

Access

Access to the proposal is at the rear of 96 West End Lane via West Hampstead Mews. This is an existing access point and no change is proposed. It is expected that clients will arrive as pedestrians although there is parking provision for a disabled badge holder as well as cycle racks for up to 5 cycles. The address is well served by public transport, being less than 5 minutes walk from the tube and train stations. West End Lane itself is served by buses 189, 139 and C11. Additionally, there are pay and display parking bays on West End Lane and nearby roads.

The site is fully accessible to emergency services via West Hampstead Mews as well as the restaurant above for alternative emergency access.

The floor of public area is level and does not require any ramp or other accessibility aids for the disabled. All facilities can be easily circulated by wheelchair users.

Please see access and parking indicated on scale maps below.

Estimated and capped user traffic

The number of users that will be frequenting the unit at one time will be **6 max** for small group classes, 3x per week and with **4 max** (2 employees and 2 customers) during 1:1 personal training session times.

NICE Guidelines

Physical activity and the environment

Public health guideline [PH8] Published date: January 2008 [Register as a stakeholder](#)

Guidance

Tools and resources

Evidence

History

Overview

Introduction

1 Recommendations

2 Public health need and practice

3 Considerations

4 Implementation

5 Recommendations for research

6 Updating the recommendations

7 Related NICE guidance

8 Glossary

9 References

Appendix A: membership of the Programme Development Group, the NICE Project Team and external contractors

Appendix B: summary of the methods used to develop this guidance

Appendix C: the evidence

Appendix D: gaps in the evidence

Appendix E: supporting documents

Changes after publication

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Guidance

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1 Recommendations

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This document is the Institute's formal guidance on promoting and creating built or natural environments that encourage and support physical activity. When writing the recommendations, the PDG (see [appendix A](#)) considered the evidence of effectiveness (including cost effectiveness), fieldwork data and comments from stakeholders. Full details are available on the Institute's [website](#).

The evidence statements that underpin the recommendations are listed in [appendix C](#).

The evidence reviews, supporting evidence statements and economic appraisal are available on the Institute's website at [website](#).

The PDG considers all the recommended interventions are likely to be cost effective.

The PDG also considered whether a recommendation should only be implemented as part of a research programme, where evidence was lacking. For the research recommendations and other gaps in the research, see [section 5](#) and [appendix D](#) respectively.

The guidance offers the first national, evidence-based recommendations on how to improve the physical environment to encourage physical activity. It demonstrates the importance of such improvements and the need to evaluate how they impact on the public's health.

The recommendations are aimed at many settings and sectors:

- Recommendations 1, 4, 5 (on land use planning) are relevant when developing regional spatial strategies, local development frameworks and other local plans using, for example 'Policy planning guidance 17' (Office of the Deputy Prime Minister undated).
- Recommendations 1, 2, 3, 4, 5 are relevant when developing local transport plans and guidance using, for example 'Policy planning guidance 13' (Office of the Deputy Prime Minister 2001).

All the recommendations are relevant when developing joint NHS and local authority strategies (for example, joint community strategies, access plans and local area agreements). They are also relevant when planning and managing the NHS (including its premises).

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Strategies, policies and plans

Recommendation 1

Who should take action?

Those responsible for all strategies, policies and plans involving changes to the physical environment. This includes the development, modification and maintenance of towns, urban extensions, major regeneration projects and the transport infrastructure. It also includes the siting or closure of local services in both urban and rural areas.

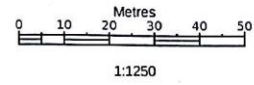
What action should they take?

- Involve all local communities and experts at all stages of the development to ensure the potential for physical activity is maximised.
- Ensure planning applications for new developments always prioritise the need for people (including those whose mobility is impaired) to be physically active as a routine part of their daily life. Ensure local facilities and services are easily accessible on foot, by bicycle and by other modes of transport involving physical activity. Ensure children can participate in physically active play.
- Assess in advance what impact (both intended and unintended) the proposals are likely to have on physical activity levels. (For example, will local services be accessible on foot, by bicycle or by people whose mobility is impaired?) Make the results publicly available and accessible. Existing impact assessment tools could be used.



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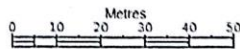
N
Papaya Thai Restaurant, 96, West End Ln, London NW6 2LU

- DISABLED PARKING
- BOUNDARY LINE
- B-BIKE CYCLE RACK



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1:1250



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BOUNDARY LINE
VEHICLE ACCESS

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