

Design and Access Statement

Overview

The site is part of a private garden, currently an old polytunnel and disused chicken run stand on the site.

The garden is a large area, offering plenty of room for the proposed development whilst still allowing ample private garden space.

The site and position lend themselves perfectly to the creation of a sauna space. It is private, sheltered and peaceful with a fabulous view out to sea and surrounding islands, all the elements necessary to enhance the health and well-being benefits of sauna and contrast therapy.

Context of the site and surroundings

The proposed siting for the sauna can be accessed three ways.

- A wide, gently sloping track around the south side of the goat pen and garden.
- Steps on the north side of the goat pen
- Sloping pathway up and over the side of the bank on the west side.

Whilst the sauna access would involve the movement of only a small number of people at any one time, the wider track to the south would not be used for access to the sauna due to the proximity of this track to our holiday let. However, to ensure the facility is as inclusive as possible, this wider track will be offered for access for wheelchair users and people with restricted mobility, due to the topography, the main access track to the sauna, on the west slope, would not be easily accessible by wheelchair.

The steps on the north side of the goat pen are to be kept for private family access to the garden.

The sloping pathway over the bank on the west side will be used for public sauna access. It is the most direct route available whilst maintaining privacy for our holiday let visitors and our surrounding garden area.

Low level, discreet, motion activated, solar lights will be spaced along this path for safety of access during the darker winter months. It is not my intention to operate the sauna after dark, the lighting is to ensure safe exit from the site after use during any late afternoon sessions when the light is fading.

Over the past year this hillside has been and is still under ongoing landscaping; clearing brambles and bracken to replace with a variety of wildflowers, native plant species and succulents, some areas are due to be separately livestock fenced to increase the grazing area for our goats.

The sauna itself would sit just over and behind the top of the bank within our garden. It would therefore be quite discretely hidden by the bank, only the roof would be visible from the road through Middletown. The window of the sauna looks just over the height of the bank to provide sea views.

The sauna, decking and plunge pool area would be surrounded by natural style fence panels to provide privacy between sauna and the garden. Fencing panels would be temporary until a pittisporum (or similar) hedge can be grown to sufficient size to replace the fencing.

The sauna will be set on a reinforced concrete foundation of 150mm thickness, this foundation will be on the surface, no foundation digging required. I am intending the decking to be a non-permanent installation, allowing for eventual planting and growth of camomile grass and therefore surface work only, no digging.

The sauna would have a very low environmental impact, the materials will be from sustainable source, with no chemical treatments. The plunge tub water will be filtered and sterilised to maximise usage of the water, also without the use of chemicals. When the water does need changing it will be filtered and sterilised once more before being used on the surrounding garden areas.

Social Context

The sauna and plunge pool facility would be available for locals and St Martins visitors all year round, with the addition in the future of sauna and meditation, sauna with breathwork and sauna with Wim Hoff Method day courses.

The sauna, plunge pool and additional well-being activities will create a peacefully atmospheric, outdoor area and facility for relaxation and personal restoration within a subtly social and conversational environment. In today's stressful, fast paced world a sauna helps to unwind, reduce stress, promote healing and relaxation, it also aids muscle recovering after exercise as well as a whole host of other restorative benefits.

Economic context

In providing an additional facility and activity to St Martins, the sauna project would help support and enhance the St Martins visitor experience. Sauna and contrast therapy are fast becoming more and more popular as people realise the health and social benefits.

Accessibility

The site will be accessed via a hillside pathway on the west facing bank. Due to the topography, this path would not be easily accessible by wheelchair users or people with restricted mobility. By prior arrangement, suitable access will be permitted via the wider, gently sloping track on the south side for people with wheelchairs or restricted mobility.