

Comments for Planning Application AWDM/0912/26 Reps and Consults x



planning@adur-worthing.gov.uk
to me ▾

16:35 (11 minutes ago)

Comments summary

Dear Sir/Madam,

Planning Application comments have been made. A summary of the comments is provided below.

Comments were submitted at 21/08/2026 4:35 PM from Mr ANDREA GARIZZO.

Application Summary

Address:	Ocean View Business Park Gardner Road Southwick West Sussex
Proposal:	Change of use of part of the ground floor from the currently authorised mixed-use arrangement to a self-contained gymnasium (Use Class E). (Retrospective application)
Case Officer:	Peter Barnett

[Click for further information](#)

Customer Details

Name:	Mr ANDREA GARIZZO
Email:	
Address:	58 Gardner Road Southwick West Sussex

Comments Details

Commenter Type:	Neighbour
Stance:	Customer objects to the Planning Application
Reasons for comment:	- Loss of General Amenity - Privacy Light and Noise

Comments:

I am writing further to my previous complaint, reference 150586937, regarding the gym's early opening hours.

I have also previously contacted the gym management directly about the disturbance. I would like to acknowledge that they have been very understanding and have taken steps to try to minimise the impact on local residents. For example, they addressed the previous issue regarding customers parking on the grass. I appreciate their cooperation and their efforts to be considerate towards the surrounding residents.

However, I believe there is a fundamental limitation to what the gym management can do to resolve the current problem. The issue is not simply customers arriving before the 5:00am opening time. The underlying problem is the level of activity associated with the gym during such an early hour. Even if customers arrive after 5:00am, 5:20am, 5:40am or later would still involve cars, headlights, engines, doors being closed, conversations and other noise at a time when residents would normally be sleeping.

Therefore, while the gym can reasonably take measures to minimise individual sources of disturbance, it is not realistic to expect them to eliminate the disturbance altogether while operating from 5:00am. The activity is an inherent consequence of having a busy commercial premises operating during these very early hours.

Since the gym began operating from 5:00am, this has had a serious and ongoing effect on my sleep. In a quiet, predominantly residential area, activity associated with a gym at this time of the morning is particularly intrusive.

I therefore strongly ask that consideration be given to delaying the gym's opening time. I believe this would address the underlying issue much more effectively than asking the gym management to continue trying to mitigate individual disturbances. A later opening time would still allow the gym to operate normally while avoiding the significant impact that its current early-morning operation has on nearby residents.

I would like to emphasise that I am not opposed to the gym or its presence in the area. I also recognise and appreciate the efforts made by the gym management to minimise its impact. My concern is specifically that 5:00am is simply too early for this type of commercial activity in a predominantly residential area, given the unavoidable noise and activity generated during the early morning.

I would therefore be grateful if the council could reconsider the current operating hours and investigate whether a delayed opening time is appropriate and necessary to protect

the amenity of nearby residents.

I would appreciate a response addressing this specific request.

Kind regards

