



**Community Led Local Development
Argyll & Bute Council**

12 June 2025

To Whom it May Concern:

I am writing as the Development Manager of Lorn & Oban Healthy Options Ltd to enthusiastically endorse Atlantis Leisure in their bid to expand and improve their gym facilities.

Healthy Options has been utilising Atlantis' facilities for the entirety of our 14 years in operation, and I can confidently say that having the facilities to use, and the Atlantis team to work with, has allowed us to deliver our programmes and bring real community benefit to the Oban area. The recent work of both organisations to build a partnership programme—Elevate & Stay Active—has been invaluable in allowing us to increase and improve the community offerings for those with or at risk of long-term conditions to self-manage their health and wellbeing.

The gym sessions we hold for our clients multiple times a week have become increasingly crowded, resulting in occasions when clients cannot secure a place in a session. In order for us to maintain safe working practices in terms of capacity and ratios, we have to operate a booking system; sometimes there are fewer spaces than clients wanting to book, and it is not unheard of for a client to have to be turned away if they show up for a session without booking. This impacts on the overall potential outcome achievable as many are not able to access the sessions they need, or if they are in the session, are able to access the prescribed kit in their tailored programme. It also increases the risk of frustration leading to



disengagement from exercise, which has been prescribed to improve their health and wellbeing.

Many of our clients also struggle with mental health conditions, hearing, and/or visual impairments. A crowded gym impacts how accessible the environment becomes for this cohort of people. It can also increase anxiety and therefore be a barrier to attending sessions.

The proposed gym expansion will relieve many of these difficulties, thereby enabling a positive step forward to meet demand and capacity needs. Additionally, a more inclusive space reduces barriers for those who need access to exercise as a prescription for their health and wellbeing, thereby increasing benefit for our community.

In short, Healthy Options wholeheartedly supports the proposed expansion of Atlantis' gym facilities.

If you have any questions or need any further information, please don't hesitate to contact me at 01631 565 113 or gill@lornhealthyoptions.co.uk.

Sincerely,

A handwritten signature in black ink, appearing to read "Gillian Bruce".

Gillian Bruce
Development Manager & Clinical Lead
Lorn & Oban Healthy Options