

**Access Statement for Nature's Elements**  
**1 Keynor Lane,**  
**Sidlesham, CHICHESTER, West Sussex, PO20 7NL UK**  
**07769 746113**  
Updated 16.4.2016

## **Introduction**

The house is next to a Natural Health Clinic where the Owner, Gayle Palmer D.O. – an Osteopath and Healer works - with a self-contained apartment above.

It is in a rural setting.

Opposite the car park is Living Elements, the much larger self catering property which sleeps 6+4. It can be booked at the same time if its available if you have a larger group.

We aim to make your stay as comfortable as possible so there are 2 bedrooms – which can be made up as doubles or twin rooms, all on the ground floor. In addition there's an open plan dining room/kitchen and large lounge with TV. The large sofa can be converted to a kingsize double on request.

The apartment is very suitable for clients with restricted mobility. Underfloor heating throughout - Controls in shower room. All heating & hot water is via a heat pump / PV production.

## **Pre-Arrival**

Contact us by - Landline phone, fax, email or the web.

Wifi is available and is free of charge. There is an access code for the WiFi in the House Handbook.

Alternative large print format is available and more details are available from our website which also has large print format etc.

Public transport - British Rail Southern - from Chichester Station, 6 miles away.

[www.nationalrail.co.uk/stations\\_destinations/CCH.aspx](http://www.nationalrail.co.uk/stations_destinations/CCH.aspx)

Bus - a local hopper from The Witterings via Sidlesham to Selsey. Bus stop outside the property Bus no 151.

Bus route from Chichester to Selsey regularly every 15 mins during the day. 8 min fast walk away down Keynor Lane – half a mile.

[www.stagecoachbus.com/customerserhelp.aspx](http://www.stagecoachbus.com/customerserhelp.aspx)

Collection of guests may be possible with advance notice from Chichester on the evening of your arrival.

Taxis are available from the railway station. Cost approx. £14.

A shopping service may be available, with notice in advance, of certain provisions. Or you can get Tesco's, Ocado, Sainsbury's etc to deliver in advance.

In your welcome pack is milk, tea and coffee, sugar, olive oil, salt & pepper, ketchup etc

Shop-mobility scheme in Chichester plus hiring services. Call Chichester District Council on 01243 788166. Also for other facilities.

Accessible taxis from: [www.chichestercabcompany.co.uk](http://www.chichestercabcompany.co.uk)  
[www.stationtaxi.org.uk](http://www.stationtaxi.org.uk) [www.starlinemini.cabs.co.uk/](http://www.starlinemini.cabs.co.uk/)

### **Arrival & Car Parking Facilities**

Ample Off-road parking in the shared car park with the clinic and Living Elements.

Access to the house by a level tarmac driveway.

Please park considerately to allow access for other guests and the clinic patients.

### **Main Entrance, Reception**

Low cill to pass through to enter the house. (2 exit doors are available for wheelchair access.)

Large turtle mat in main entrance (Note: it will not allow the door to open if placed within the door swing!).

Vinyl flooring throughout.

### **Public Areas**

Clear lounge / diner for ease of access.

Doors are either glass or heavy fire doors but are easy-swing. No burglar alarm, so no disturbance!

Room for dog cage / bed as necessary.

Boot / shoe rack provided.  
Extra hanging space close to disabled toilet.  
Dog tray provided. Please bring your own bowls etc

### **Public Areas - Sitting room / lounge, kitchen/diner etc**

Good lighting that is adjustable in all rooms.  
TV has DVD player and Freeview.  
Small CD / radio player – the radio reception is not great locally.  
Contrast flooring to skirting boards – vinyl.  
All doorways have full wheelchair access and are all well Dimensioned – 1m.

### **Waste Closets**

Disabled access WC via lounge – Includes wash basin and support bars.  
Other WC/bathroom, reasonable size with plenty of clear lighting and 15cm step access up to the WC and shower.  
Shower stool provided and support bars. NB The WC in here is narrow. Contrast flooring. Shower room doubles as the laundry and for extra storage space eg for suitcases.

### **Laundry**

A++ rated Washing machine located in shower room. Front loading.  
Condensing Tumble drier located in shower room.  
Extra large airer and retractable airer – please save electricity where you can. Large washing whirly-gig on the patio outside too.

### **Leisure Facilities**

Gas BBQ on back patio.  
Frisbees and outside games / balls in black storage box outside front entrance. Please use this for muddy boots too!  
Board games and some books in bookcase in lounge under TV.  
Plenty of childrens' soft toys, books and games

Small selection of adult books / local area books  
House handbooks also include local info and activities information / places to go etc. It is themed.

### **Outdoor Facilities**

Gas BBQ.

Large ¼ acre mainly grassy garden, south facing.

NOT enclosed – please be aware if you have a dog! You can borrow a lawn stake.

Large Picnic table plus 2 extra chairs

Bird feeding stations

Clothes line / whirligig and pegs on the patio (no wet feet!)

### **Bedrooms & Sleeping Areas**

Bedrooms ALL have wheelchair access and are next door to the WC and kitchen. Dimmable lighting. Extra lamps.

Level entrances. Hypo-allergenic bed linen etc. Twin or super king size bed options. Large chest of drawers in each room. Handbasin and towel rail in each bedroom.

Master bedroom has a wardrobe in it too for hanging storage – NB has to be placed in the bathroom if a twin bed set up is required. This also restricts outside access via the French doors out to the rear patio.

### **Bathroom, Shower-room & WC [Shared]**

Modern power shower with material screen. 15 cm step up to shower tray. Entry to shower is 50cms at its narrowest part (due to various hand rails). Shower tray length 1m and width 800mm. Down lighting. Handrails to side x2. Shower stool.

Vinyl flooring & rug. Plenty of floor standing storage.

Small Toilet and bath towel rail. Large worktop space.

Wash basin and shower taps are twist/turn type for ease of use. Large expandable drying frame (and another wall mounted one) A+++ grade washing machine.

Large capacity condensing tumble dryer.

### **Self-Catering Kitchen**

Located straight on from main room. Cream kitchen units. Mixer lever taps over large kitchen sink and drainer. Plenty of work surfaces and cupboards both above and below worktop height. Electric hob and oven, white/black contrast with downlighting and directional lighting

Dishwasher

Large fridge/freezer

Microwave

Well supplied with kitchen utensils including potato ricer, tongs etc. Saucepans, cookware etc are usually located under the work surface.

Most crockery is located above work surface level but this could be altered if required.

Downlighting and directional lighting.

### **Grounds and Gardens**

Mainly lawns but also mature herbaceous borders and shrubs. Large south-facing patio with furniture. Bird feeder. Teak bench that catches the morning sun out the front and is ideal for the first cup of the day! Gas BBQ.

Plenty of tarmac car parking

### **Additional Information**

Child cot, high chair are free to use. A child monitor may be rented for £6 per week.

Bedding for child an additional £5 but it is preferred if you bring your own please.

**NO SMOKING anywhere on the property please.** There is an ash bucket outside the front door!

**Waste disposal** – a red recycling bin and a black waste bin are stored just outside the front door – close to the hedge.

Please see separate forms for instructions.

- ✓ Assistance Dogs welcome! For others please speak to Gayle. See Pet friendly information and T&C's please.

Please be considerate of the clinic's clients and their parking. There should always be ample room for everyone.

Please keep the sound levels down when the patio doors are open. We pride ourselves on our friendliness for others and the local wildlife!

### **Future Plans**

- Possibly add a gazebo / shading on the patio.

### **Osteopathic Treatments etc available. Living Elements Clinic**

You are welcome to book a treatment appointment at the clinic during your stay with us - we can offer various treatments with numerous benefits including Osteopathy, cranial Osteopathy and Hopi ear candling etc.

More details from [www.livingelements.co.uk](http://www.livingelements.co.uk)



Living Elements Clinic, next to the apartment.

Telephone: Clinic: 01243 641665

Work: [info@livingelements.co.uk](mailto:info@livingelements.co.uk)

Clinic Hours of operation: At clinic 8am-7pm, Mon, Tues & Thurs at least! - outside of that and at weekends, get me on my mobile.

### **Great Guidelines for Later Life**



In conjunction with my Mum I have developed a programme for seniors and their families to have a step-by-step guide to creating order, peace and direction for the rest of your life and beyond. I found that helping her age gracefully had no clear resources to help us – so I created them. Follow on

<https://www.facebook.com/greatguidelinesforlaterlife/>

Please Follow Chichester Self Catering on

<https://www.facebook.com/ChichesterSelfCatering/>

### **My Contact Telephone and Email Address**

We welcome your feedback to help us continually improve if you have any comments

Please phone 07769 746113 or email [gaylepalmer@btinternet.com](mailto:gaylepalmer@btinternet.com)

Updated 7.1.2016