

*Growth . Awareness . Connection*



Essential Space

Therapy & Training Rooms in Cheltenham



# Room Hire

## LARGE ROOM

Ground Floor, close to kitchen facilities and has a door opening out to a small courtyard. This room has a window at the front and back and has laminate flooring. With the use of a room divider, this room is very versatile making it

ideal for both 1-1 and group bookings.

7 x 4 m / 25 sqm

Day rate £70.00 for all day

Half day £40.00 for 4 hours

Hourly rate from £12.00 per hour

## MEDIUM ROOM

This room is situated on the first floor at the front of the building. A spacious room with small a kitchenette, perfect for 1-1 and medium size groups, fitting comfortably around

12 -15 people sitting.

3.65 x 6 m / 21 sqm

Day rate £45.00 for all day

Half day £28.00 for 4 hours

Hourly rate from £9.00 per hour

## TALKING THERAPY ONLY SPACE

This is a smaller room on the first floor. It is ideal for 1-1 talking therapy or consultations. A light and airy room with natural lighting and 2 chairs

Day rate £40.00 for all day

Half day £25.00 for 4 hours

Hourly rate from 8.00 per hour

## SQUARE ROOM

A lovely space also situated on the first floor, with a large window looking out onto Knapp Road. You will find this an ideal size for 1-1 and smaller groups of up to 8 -10 people

3.75 x 4.25 m / 16 sqm

Day rate £45.00 for all day

Half day £28.00 for 4 hours

Hourly rate from 8.00 per hour

## WHOLE BUILDING EXCLUSIVE HIRE

Large room and 3 Breakout rooms  
Kitchen, Courtyard and a  
car parking space

£150.00 per day

7.00 am - 10.00 pm

£290.00 hire (48 hours)

Essential Space offers everything you  
will need to support someone  
and their wellbeing

Contact Sarah; [info.essentialspace@gmail.com](mailto:info.essentialspace@gmail.com) or 07900621217  
Alleyene Lodge, Knapp road, Cheltenham GL50 3QH



# Joining us

Are you a practitioner looking for a space to hire?

Welcome to Essential Space, welcoming room hire in Cheltenham, Gloucestershire.

Our ethos for the lodge, **growth, awareness and connection** will suit any therapists, practitioners and training providers who are hiring our space to support another persons wellbeing and self development.

Essential Space is owned by the RSPCA and we love that our rent each month is going towards this charity supporting animals when they most need it. The lodge is managed by Sarah, a practitioner and training provider with a passion in supporting others to grow. We have a peer supervision group at the lodge which is supported by Sarah's partner, Reece. We welcome you to join this 6 weekly group when you can. Sarah has a creative eye and is on hand to help with any marketing advice you may need. You can also access further support should you wish to run an event at the lodge.

When joining we ask you to provide us with your insurance certificate and a copy of your qualifications. If you are working with anyone under 18 years we also require a DBS. If you are hiring our space on a regular basis for a minimum of 4 hours a week, this gives you a profile on our website.

The lodge has an alarm system and if you are the first or last person in the building, you will need to turn off/set the alarm. The lodge isn't a manned clinic, if you hire our space you will be given a set of keys. The lodge is only a short walk from Cheltenham town centre and is in a lovely quiet setting, close to The Wilson . Parking can be found in surrounding streets or at Waitrose which has free parking for 3 hours.

**To get started** please read our terms and conditions, sign and send back to Sarah by email; [info.essentialspace@gmail.com](mailto:info.essentialspace@gmail.com) along with your requirements and your attached insurance and qualifications.

*Sarah & Reece*