



Gaia House - Access statement

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Calls using [Text Relay](#), 18001 the UK's text to voice relay service for people with hearing or speech difficulties, are welcomed. Click on the live link for full details including British Sign Language video summary.

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1 – Our Organisation

Gaia House is a historic listed building set deep in the peaceful countryside of South Devon, UK, with views of the scenic wilds of Dartmoor National Park. We are a mile from the nearest village of Denbury and four miles from the nearest town of Newton Abbot – about half way between the cities of Exeter and Plymouth.

2 - Wheelchair access – Getting here

- The car park is located 25 metres from the main entrance, where there is a fixed ramp (see image 1)
- If arriving by taxi, Professional Cabs service in Newton Abbot has vehicles that will accommodate a folding wheelchair and motorised wheelchair. (01626 335151)
- There is a drop off point right outside the main entrance if needed.
- If any further assistance is required, a member of staff can help you enter the building and/or help as needed in getting to your room.

3 - Wheelchair access - The building

- All doors at Gaia House are manually operated.
- There are 2 accessible bedrooms (Room 1 & Room 5) in the Hermitage Wing.
- Room 1 doorway clearance width 74cm, Room 5 doorway clearance width 70cm.
- The rooms measure approximately 4.90mts x 2.40mts. Each has a single bed.
- The space in the rooms & around the bed are shown in photos 2.1 & 2.2.
- There is one shared accessible bathroom and toilet, marked B on the plan. It measures 1.85mts x 2 mts. Doorway clearance 74cms (photos 3.1, 3.2, 3.3.)
- In there, is a level access shower and a shower seat.
- This is also the nearest accessible toilet to the main meditation hall.
- There is a kitchenette near rooms 1 & 5 (photo 4.1) with an upright fridge, kettle etc., doorway clearance 70cms.
- All doors at Gaia House are manually operated. Most of these are in & around the Hermitage Wing.
- Access to the main Meditation Hall is along a stone corridor approx. 1 metre wide, and 70 metres from the Hermitage Wing.
- There are no further doors along that corridor.
- The door to the meditation hall is manual, but mostly remains open.
- There is a ramp into the meditation hall (photo 5.1)
- The narrowest point is a doorway before the Meditation Hall which is 75cms wide (photo 5.2)
- The meditation hall will be set up with an accessible meditation spot. Please speak to a member of staff upon arrival at your retreat. (See photo 5.3)
- Dining Room – a reserved accessible place is available and food can be plated up by an allocated volunteer for you. (photo 6.1 and 6.2). No doors to the Dining Room.
- There is a reserved seating area outside which is accessible via a tarmac pathway if the lawn is too wet or muddy to travel or walk on (photo 6.3)
- A bench on the lawn has a wheelchair accessible side to it. (photo 6.4)

4 – Hearing and acoustic aids

- There is a hearing loop available in the main meditation hall. Please set your switch to 'T'.
- During silent retreats most communication is done by leaving notes, so paper and pens are readily available outside reception and next to the retreatants' main notice board.
- Paper pad, pen and clipboard are always available in reception if needed.

5 – Allergy friendly bedrooms

- We have several low allergen rooms, with hypoallergenic bedding and lino in place of carpet.

6 - Dietary requirements

- We offer a Vegetarian/Vegan Diet as standard. We also cater for Gluten sensitivity, Lactose intolerance and specific allergies or sensitivities. A simple diet (vegetarian or vegan) can be provided by request in advance.

7 - Psychological Wellbeing guidelines

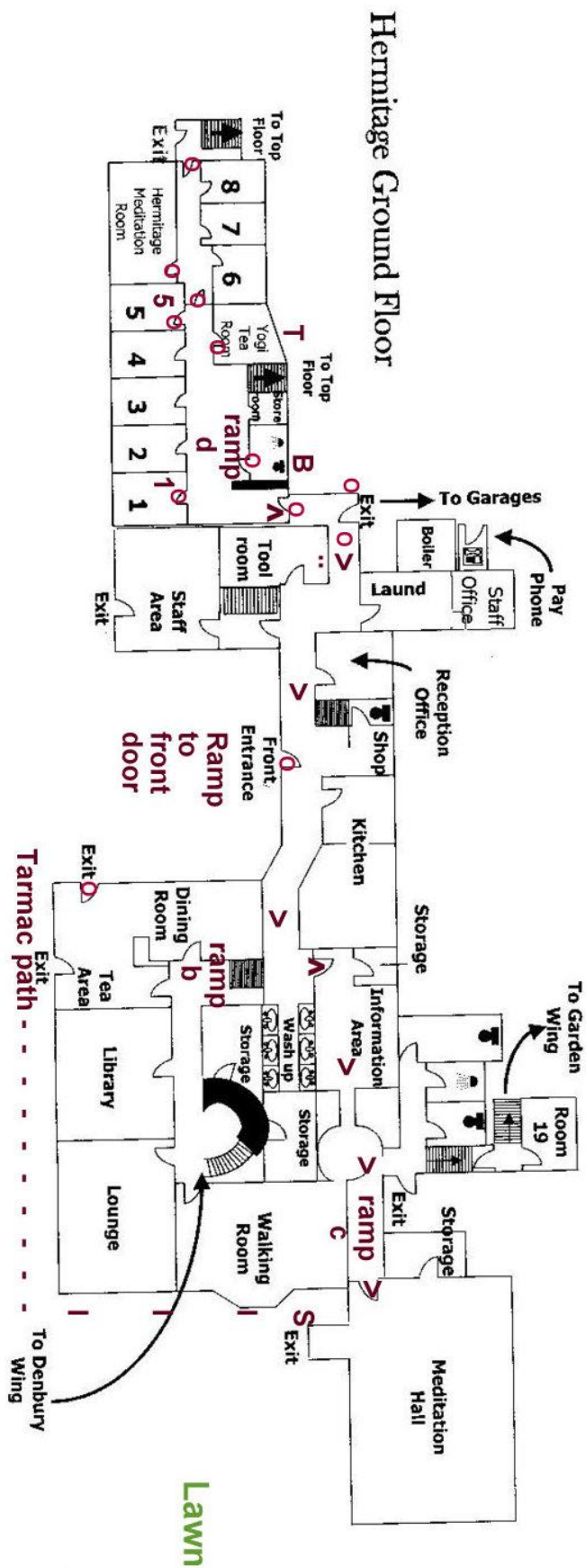
- Meditation retreats can be very nourishing; however, as they require sustained meditation practice, they also need some stability of psychological health. If you have recently (within the past year or so) experienced significant trauma or psychiatric illness, or if you are currently experiencing acute emotional distress such as serious depression or anxiety, it may not be the best time for you to participate in a retreat. The teachers might not be able to give you the kind of individual psychological care you need at this time. A setting with more opportunities for interpersonal engagement may be more appropriate.
- If you are currently under the care of a mental health professional, please discuss your attendance with them. You should be in a relatively stable period of mental well-being and have adequate psychological resilience.
- If you have any questions about this, please contact our retreat manager using the email address retreatmanager@gaiahouse.co.uk.

8 - Other support

- We can accommodate a fulltime Carer where necessary – please ask for further details.
- We can also accommodate assistance dogs – please ask for further details.

Main House Ground Floor

9. Floor Plan



O --- Manual doors - mostly in Hermitage Wing

Car Park

Lawn

Lawn

10. Images



ramp (1) to main entrance

Picture 1: Ramp to main entrance



Room 1
opposite bathroom
B

Picture 2.1 Accessible bedroom (Room 1)



Picture 2.2 Accessible bedroom (Room 5)



Picture 3.1 Ramp to Bathroom



Picture 3.2 Accessible Bathroom



Picture 3.3 Shower



Picture 4.1 Kitchenette



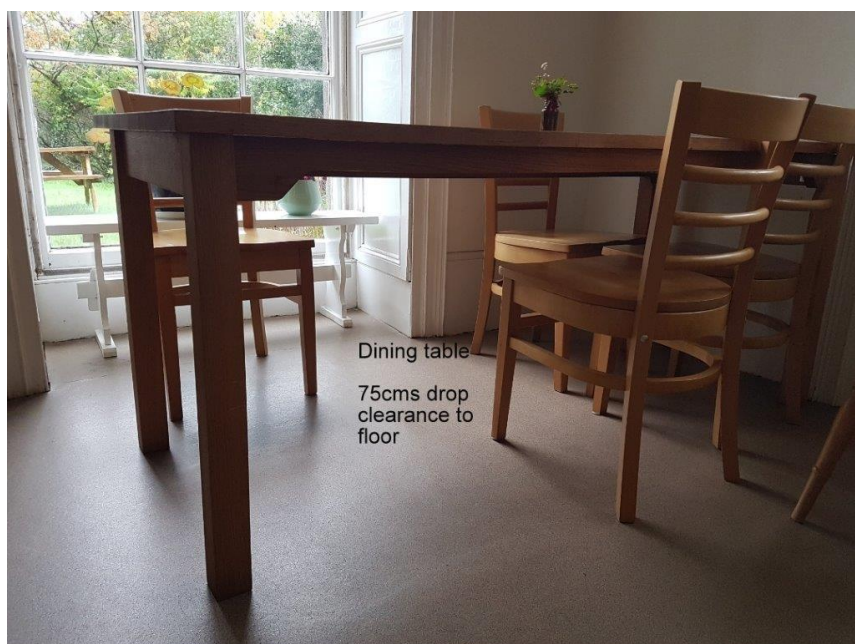
Picture 5.1 Ramp to mediation hall



5.2 Narrowest point in corridor to meditation hall



Picture 5.3 Meditation Hall



Picture 6.1 Dining room



Picture 6.2 Food serving area in Dining hall



tarmac path to reserved seating area S

Picture 6.3 Outside tarmac path



Garden bench
with clearance

Picture 6.4 Accessible outside seating

11. Aerial View

