Front Facade

Section

Elevate
Wellbeing Centre

Over half of the mental health problems in adult life start by the age of 14

75% of the mental health problems in adult life start by the age of 18

Sun Path

Scunthorpe Creative Therapy (for children)

Liverpool Arts Therapy

Manchester Creative Therapy

Derby

Nottingham Arts Therapy

Birmingham Arts Therapy

Bedford Arts Therapy

Bristol Children's Sensory Hospice

Out of the 1 million people in the UK who were refered to and started talk-therapy during 2017-18, only 50.8% of courses of treatment for anxiety and depression ended in a patient's recovery (NHS Digital, 2018).

Mental Health affects 1 in 4 people. This project aims to combat mental health, supporting society in a unique centre providing physical, social and dietary health benefits as well as creative therapy. It will accomodate a cafe; a restaurant; meditation facilities; yoga facilities and creative therapy rooms.
Arts and creative therapy provide a new way to express ourselves.
In addition to the services the design aims to provide for any person to find for whatever may help them feel uplifted unassisted. Whether they would benefit from social interactions to independance; from grand mesmorising spaces to cozy nooks; from purposeful zen garden space to the wild nature space surrounding the building.
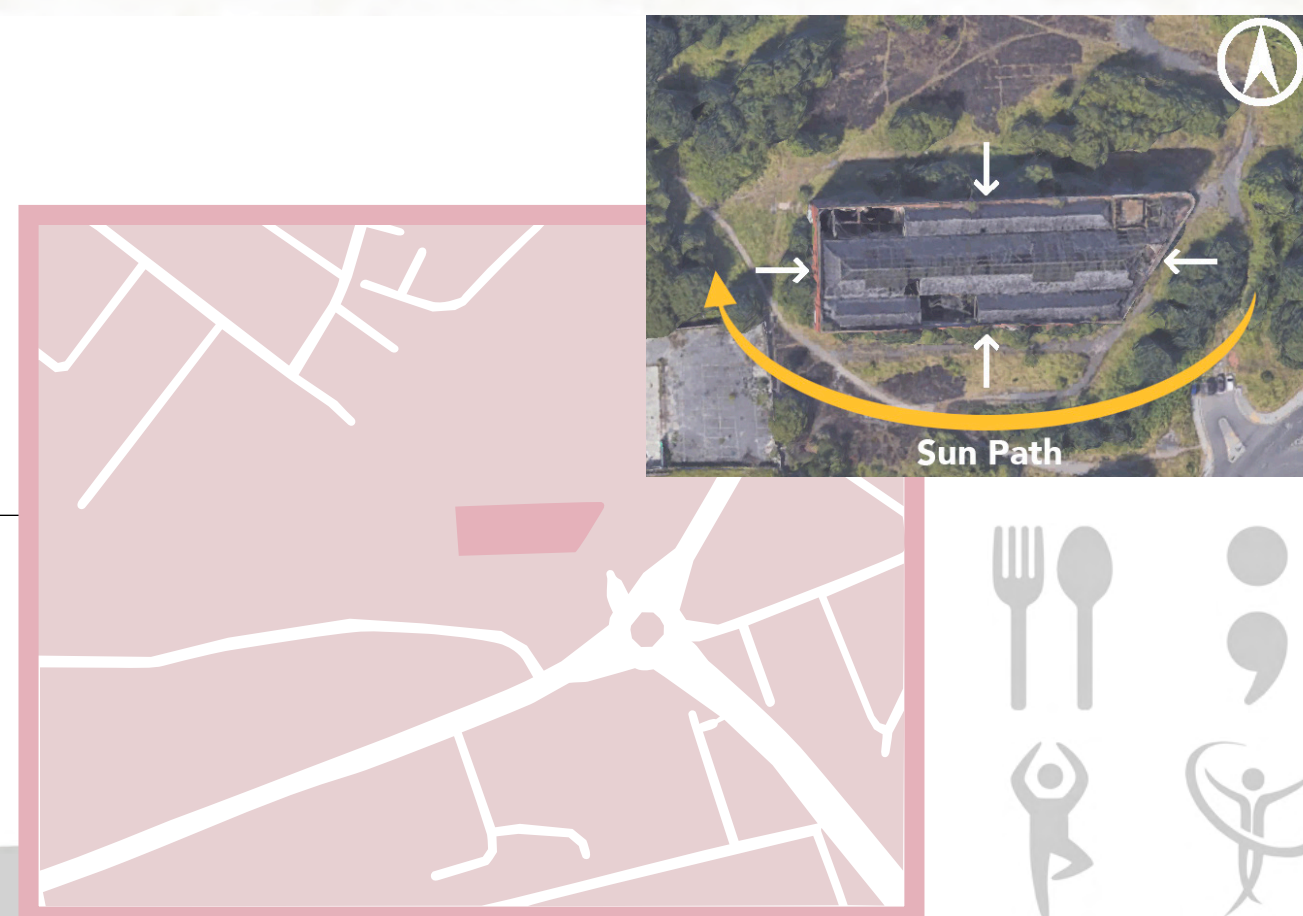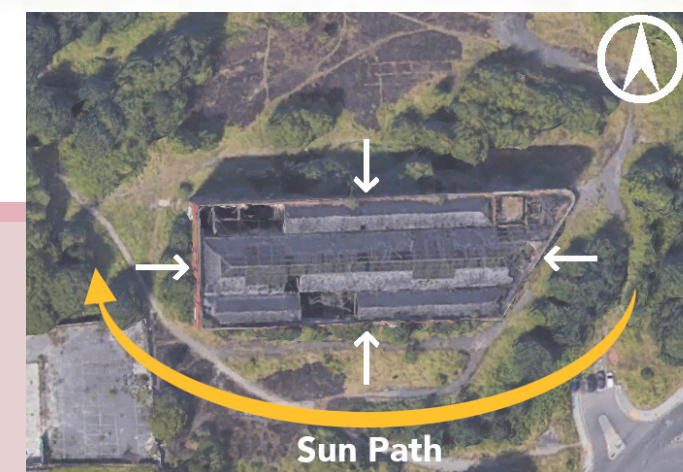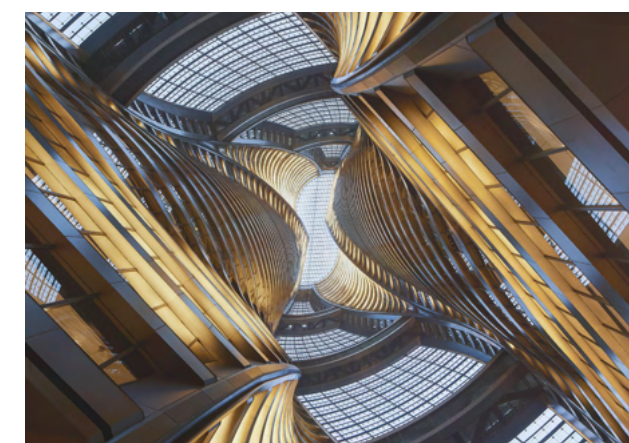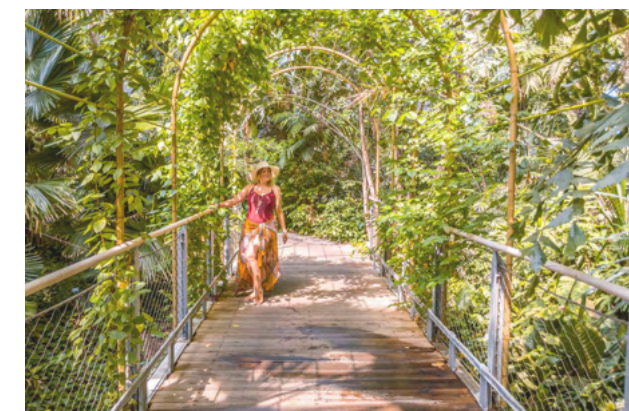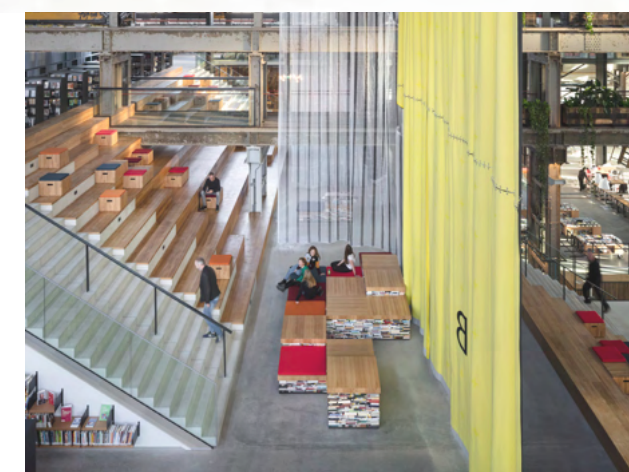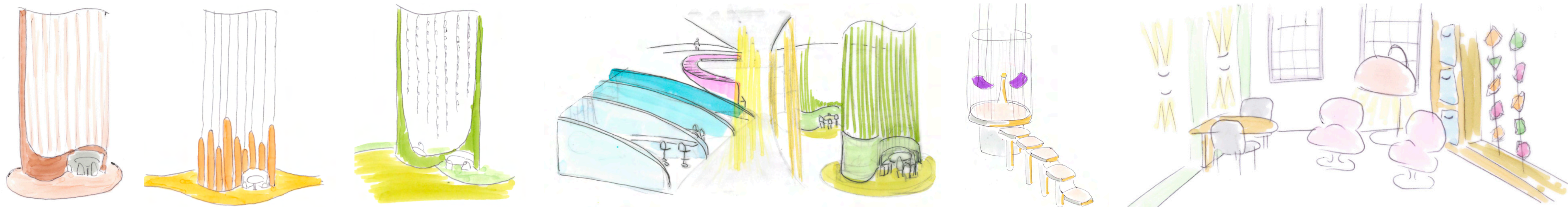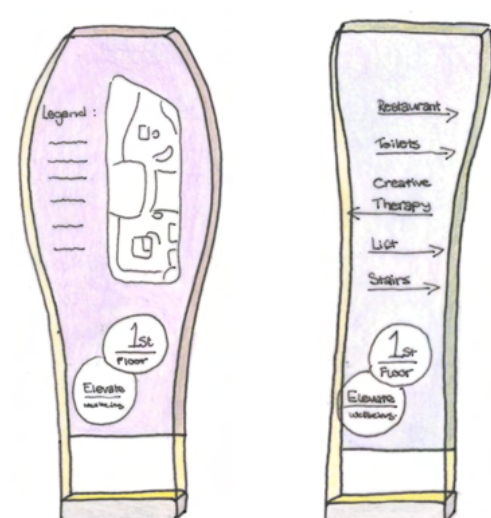
Site Images

Site Analysis
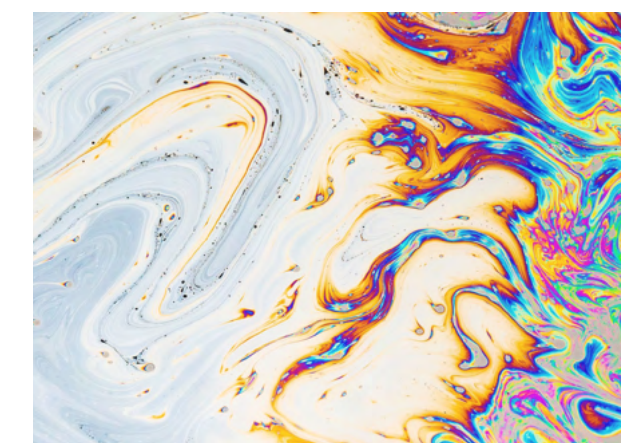
Concept Board

Mood Board

- The building is situated in central Derby, making it highly accessible
- The large size of the existing building makes it ideal for such an ambitious design with grand open spaces
- Surrounding the building is a vast amount of wild growing nature, providing an instant escape from the city before reaching the building, and creating an additional component for visitors to explore
- The Sensory Zen Garden initiates the journey through the design, engaging senses, utalising biophillia and providing a precedent for whats to follow later through the building
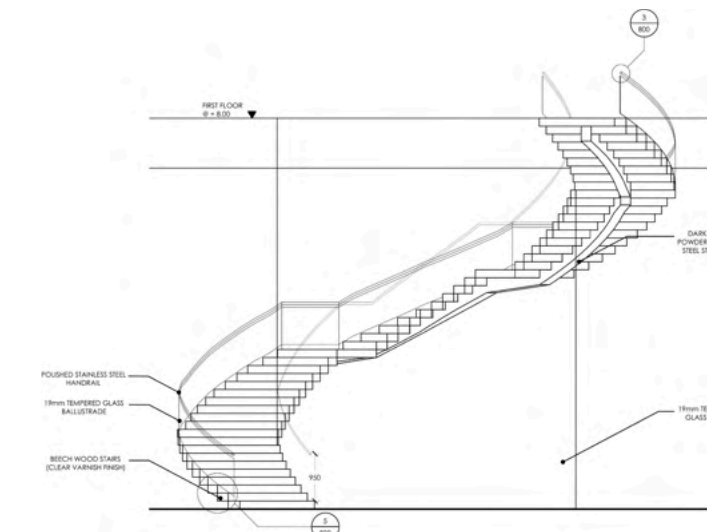- The Cafe and Restaurant can provide dietary benefits
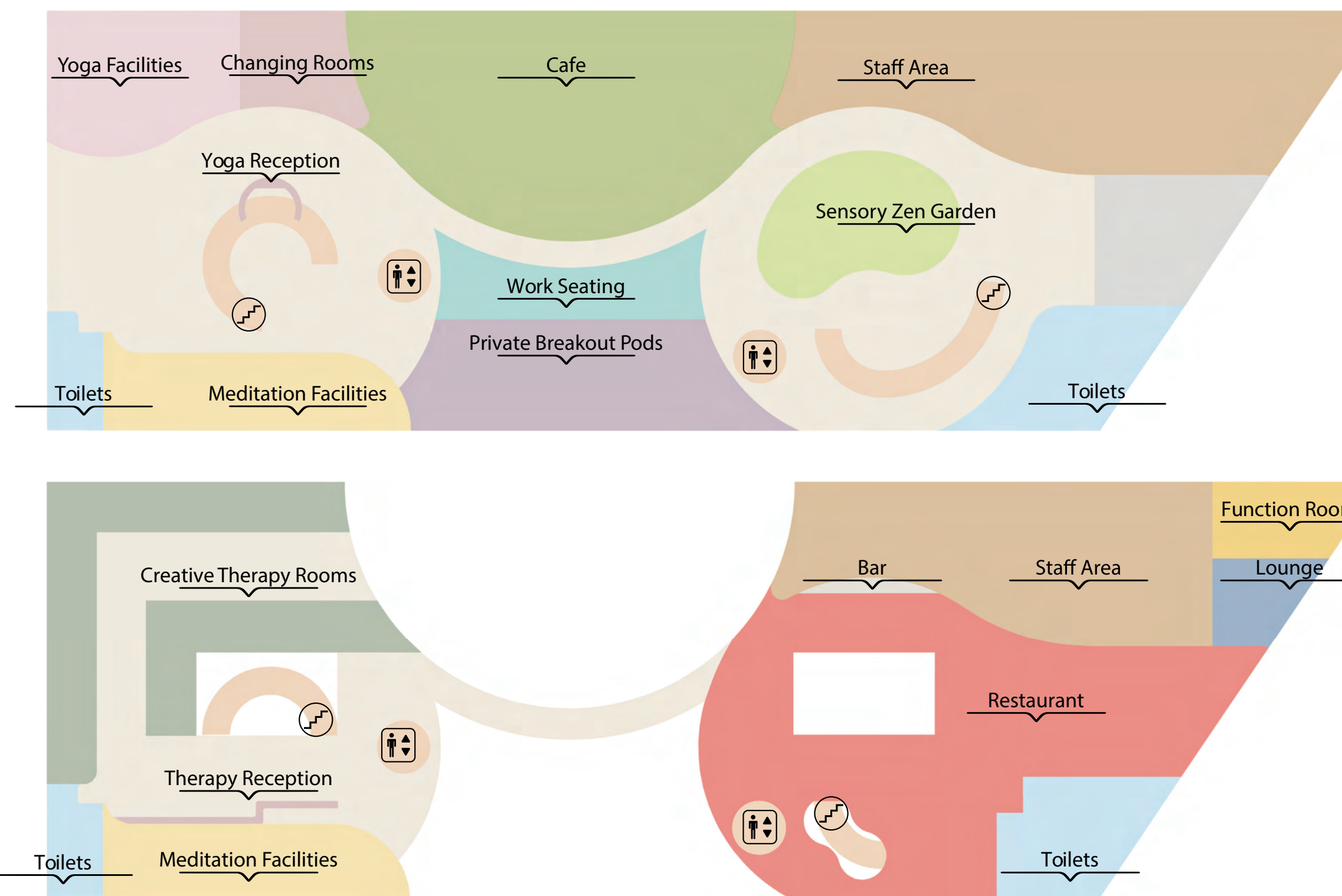
- The Work Seating provides open space with electric outputs, to work or collaborate in a safe environment
- The Private Breakout Pods provide space to recuperate away from the hussle, creating tranquil pauses from everything
- The yoga and meditation facilities provide physical and spiritual benefits, balancing the mind and learning to care for your health
- Creative therapy provides an engaging and alternative way to express your thoughts and feelings and begin to change your mental health directly, the sessions are privately guided with a therapist

Floor plan labels:

Yoga Facilities | Changing Rooms | Cafe | Staff Area
Yoga Reception
Sensory Zen Garden
Work Seating
Private Breakout Pods
Toilets | Meditation Facilities | Toilets

Creative Therapy Rooms | Function Room | Bar | Staff Area | Lounge | Restaurant
Therapy Reception
Toilets | Meditation Facilities | Toilets

Toilets

Therapy Room 3
1st Floor

Elevate
Wellbeing Centre

Floor plan labels:

YOGA FACILITIES

CHANGING ROOMS

CAFE

KITCHEN

STORAGE

STORAGE

LOADING ROOM

YOGA RECEPTION

CONTEMPLATION SENSORY GARDEN

WORK SEATING

DIS.

FEMALE

MALE

MEDITATION FACILITIES
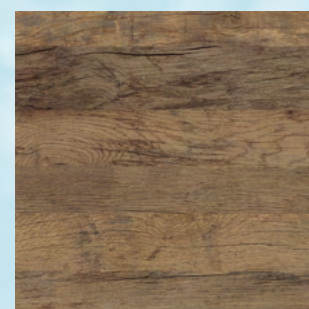
DIS.

FEMALE

MALE

A

A

Eleanor Struttura Upholstered Chair Cantarutti - MSL

Eleanor Struttura Upholstered Stool Cantarutti - MSL
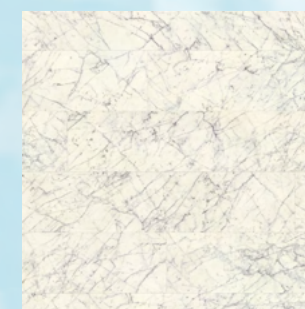

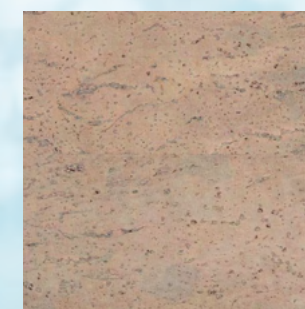GLAMM Leatherette Chair SKLUM

Vintage Santa Fe Oak H1330 ST10 EGGER

Fire Retardant Polyester Curtain Vescom

Berdal Marble Laminate EPD047 EGGER

Camada Pale Classic Cork The Colour Flooring Company

Amidaze Corka The Colour Flooring Company
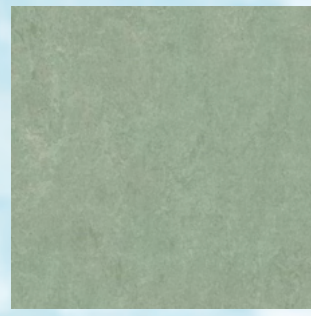
Bras Easy Chair
Artifort
MSL Interiors

Arc Coffee Table
White Pigment Ash
WOUD

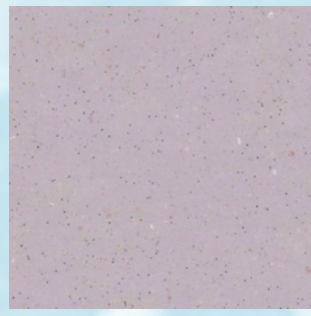Fusion Light Grey
Matt Porcelain
Mandarin Stone

Grey Valmasino
Laminate
F074 ST75
EGGER

Olive Vinyl
Flooring UK
Contract Flooring

Cobalt Vinyl
Flooring UK
Contract Flooring

Moave Vinyl
Flooring UK
Contract Flooring

PRIVATE CREATIVE
THERAPY ROOMS

CAFE

KITCHEN

STORAGE

FUNCTION ROOM

LOUNGE

BAR

RESTAURANT

CONTEMPLATION
SENSORY GARDEN

WORK SEATING

THERAPY RECEPTION

DIS.

FEMALE

MALE

DIS.

FEMALE

MALE

A

A