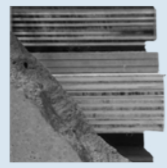


Vantage

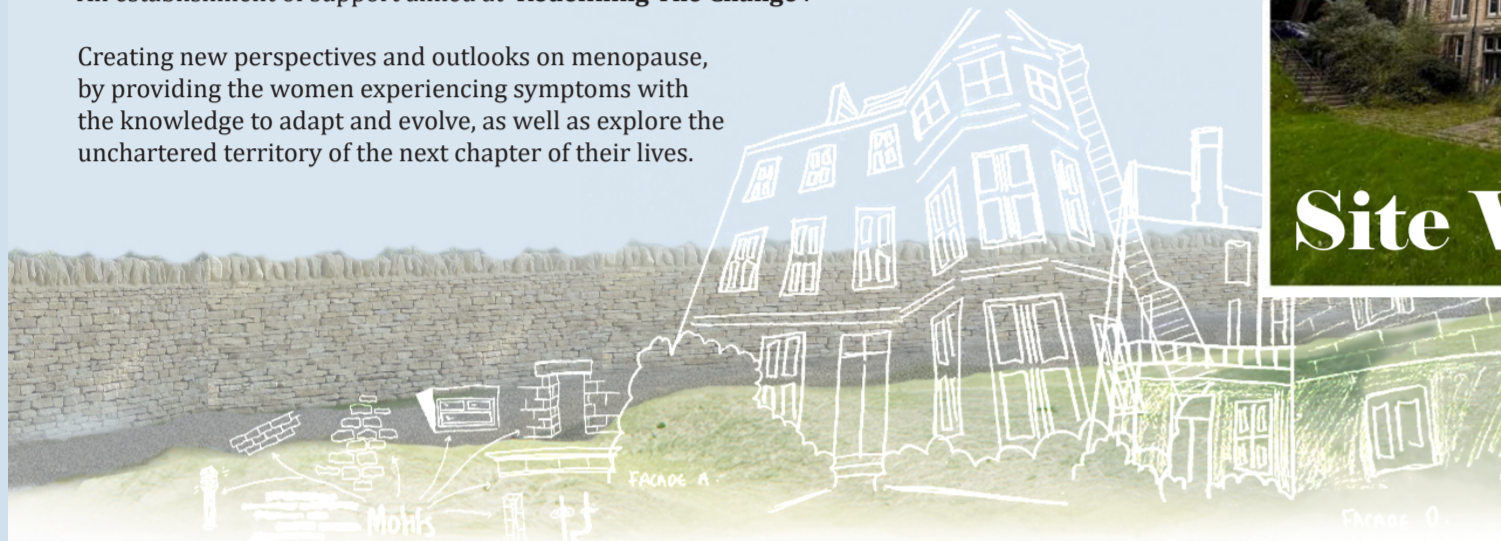


Holistic Menopause Centre.

'Vantage'
 Meaning A Place or Position Providing A Good View Of Something.

An establishment of support aimed at **'Redefining The Change'**.

Creating new perspectives and outlooks on menopause, by providing the women experiencing symptoms with the knowledge to adapt and evolve, as well as explore the uncharted territory of the next chapter of their lives.



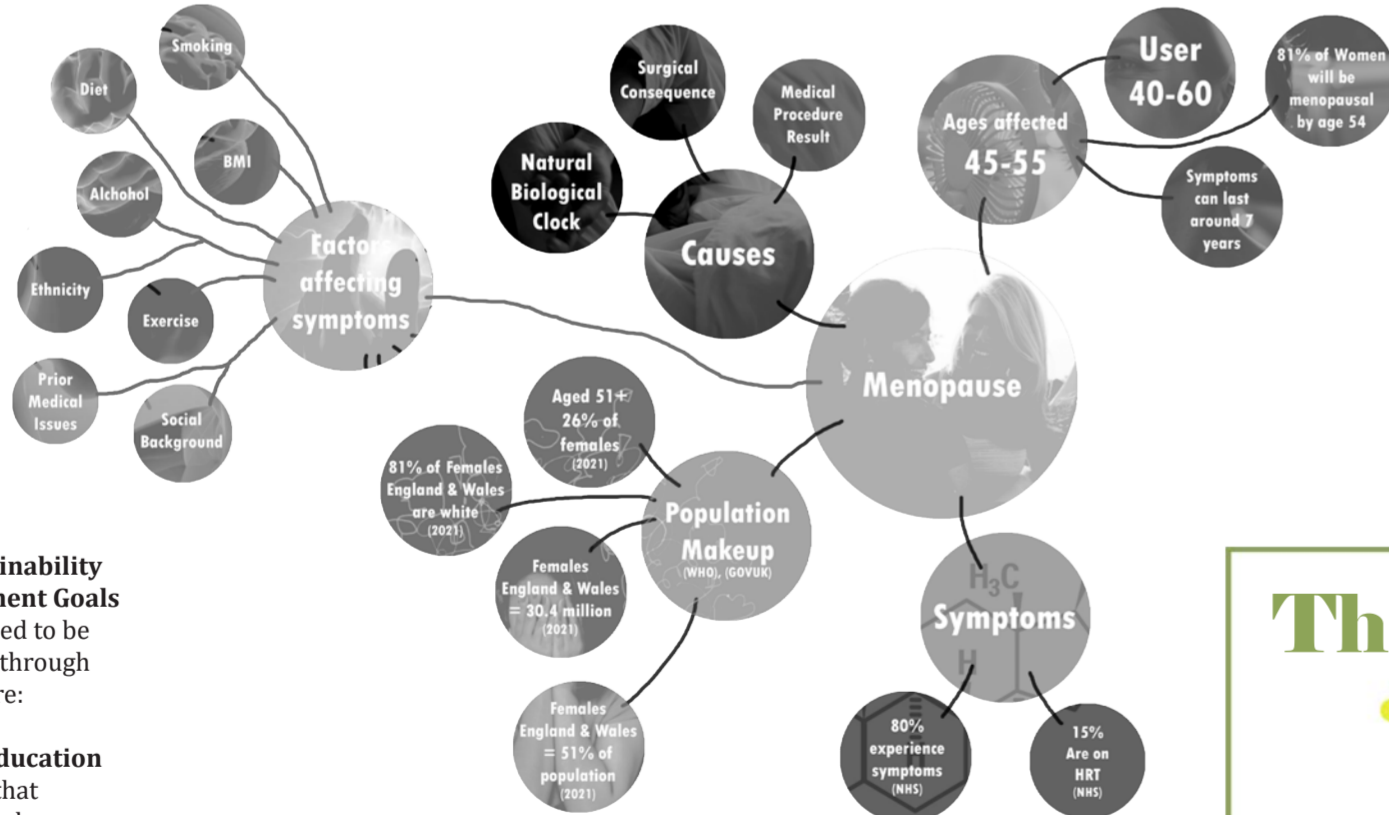
Site Visit.



Design Problem.

The design problem that I aimed to address through Vantage was the lack of spaces designed specifically to accommodate menopausal women in Lincolnshire, specifically the lack of consideration to their needs in communally designed spaces. Through my dissertation, I investigated specifically how the mental and physical wellbeing of menopausal women can be improved through existing wellbeing design principles. My conceptual approach will facilitate a community menopause centre or hub in the Cathedral Quarter of Lincoln that acts as a support system for my user, guiding them through the unknown stages of the next chapter of their lives both physically and mentally.

User Profile.



SDG's.

4 QUALITY EDUCATION
 The Sustainability Development Goals (SDG) aimed to be improved through Vantage are:

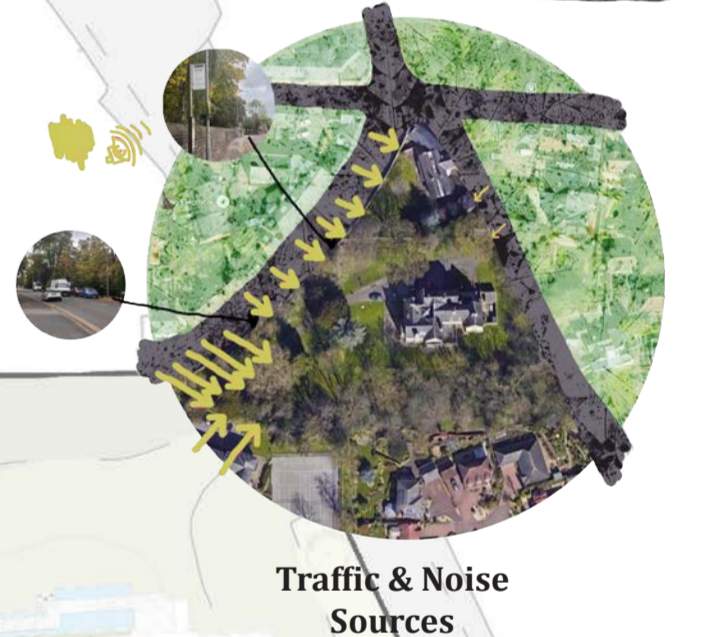
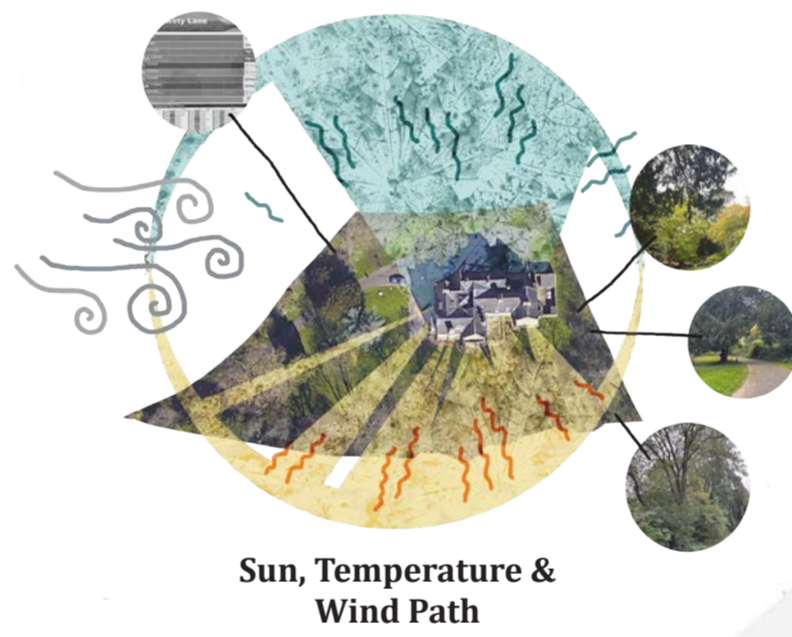
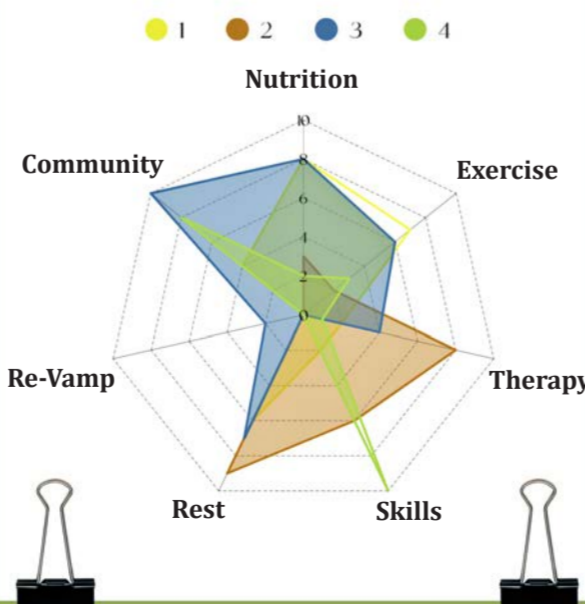
5 GENDER EQUALITY
 Ensuring that menopausal women are provided with the knowledge to navigate their journey.

10 REDUCED INEQUALITIES
 Making sure that women are supported as opposed to disadvantaged by the change.



Collage.

Their Needs.



Site Analysis

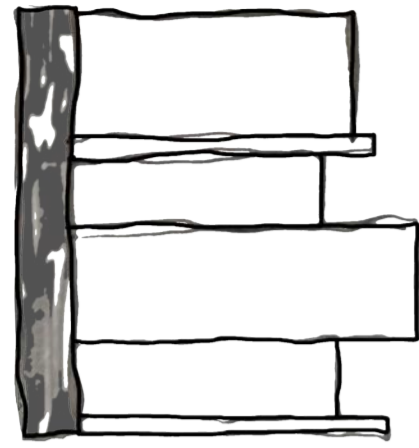
Facade A

Facade D

The majority of my design focus was applied to facades A & D due to the following factors:

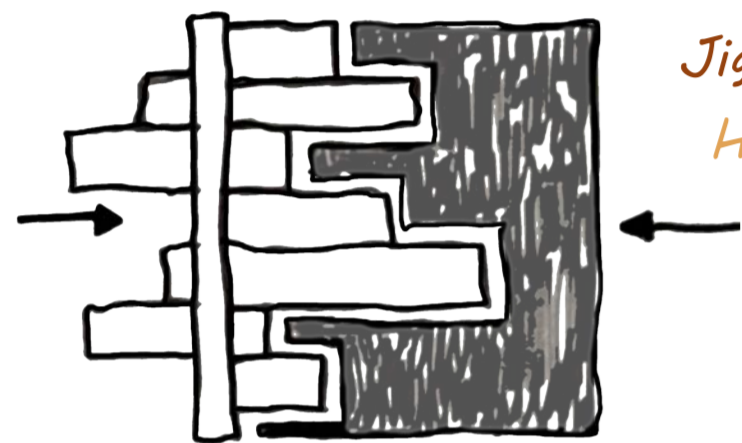
- They are most visually exposed due to the contour of the site.
- They are the most naturally lit due to the orientation of the site and its sunpath.
- They are quieter and more private due to the wall perimeter and being the furthest from roads and site entrances.

Conceptual Development



- Post-Menopause
- Menopause
- Peri-Menopause
- Reproductive Years
- Puberty
- Birth

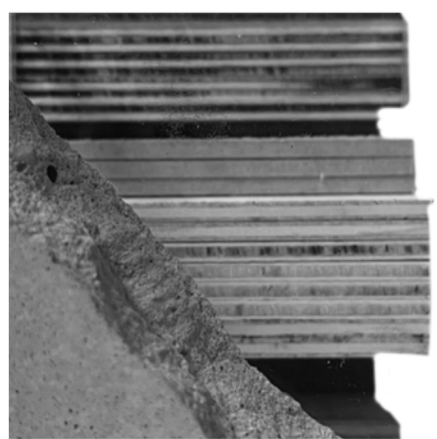
The Journey to Post-Menopause



Form Development



Wayfinding



Concept Model.

Stages
Jigsaw
Help

Support
Structure
Navigation

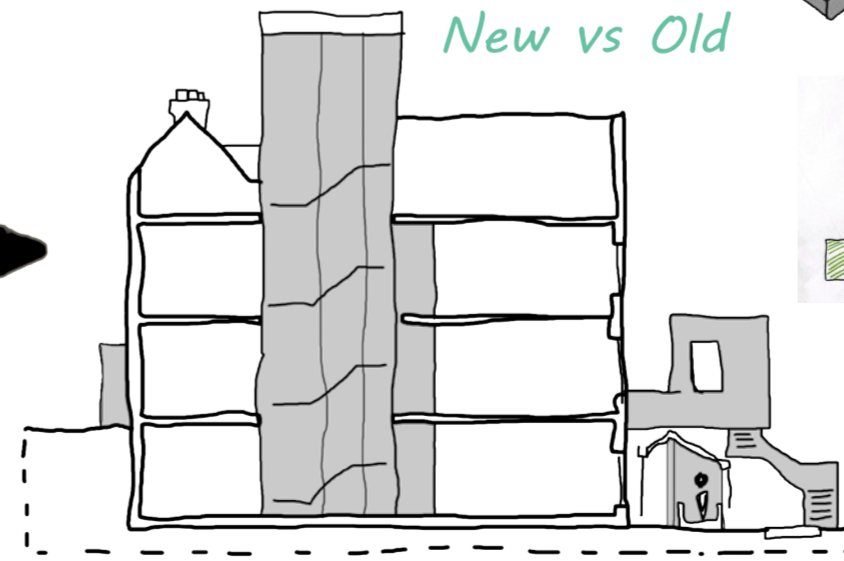
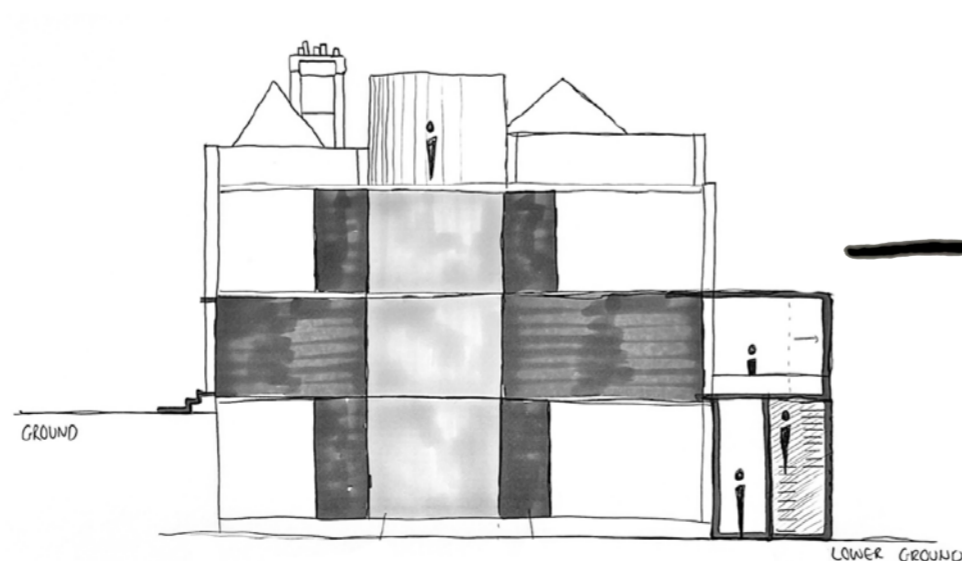
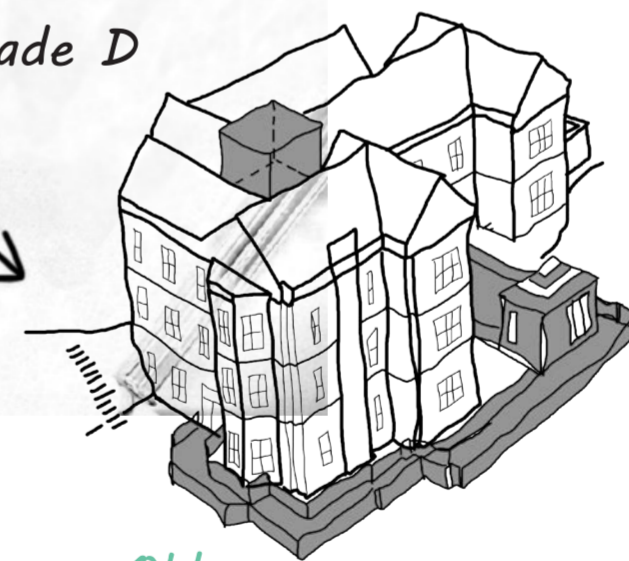
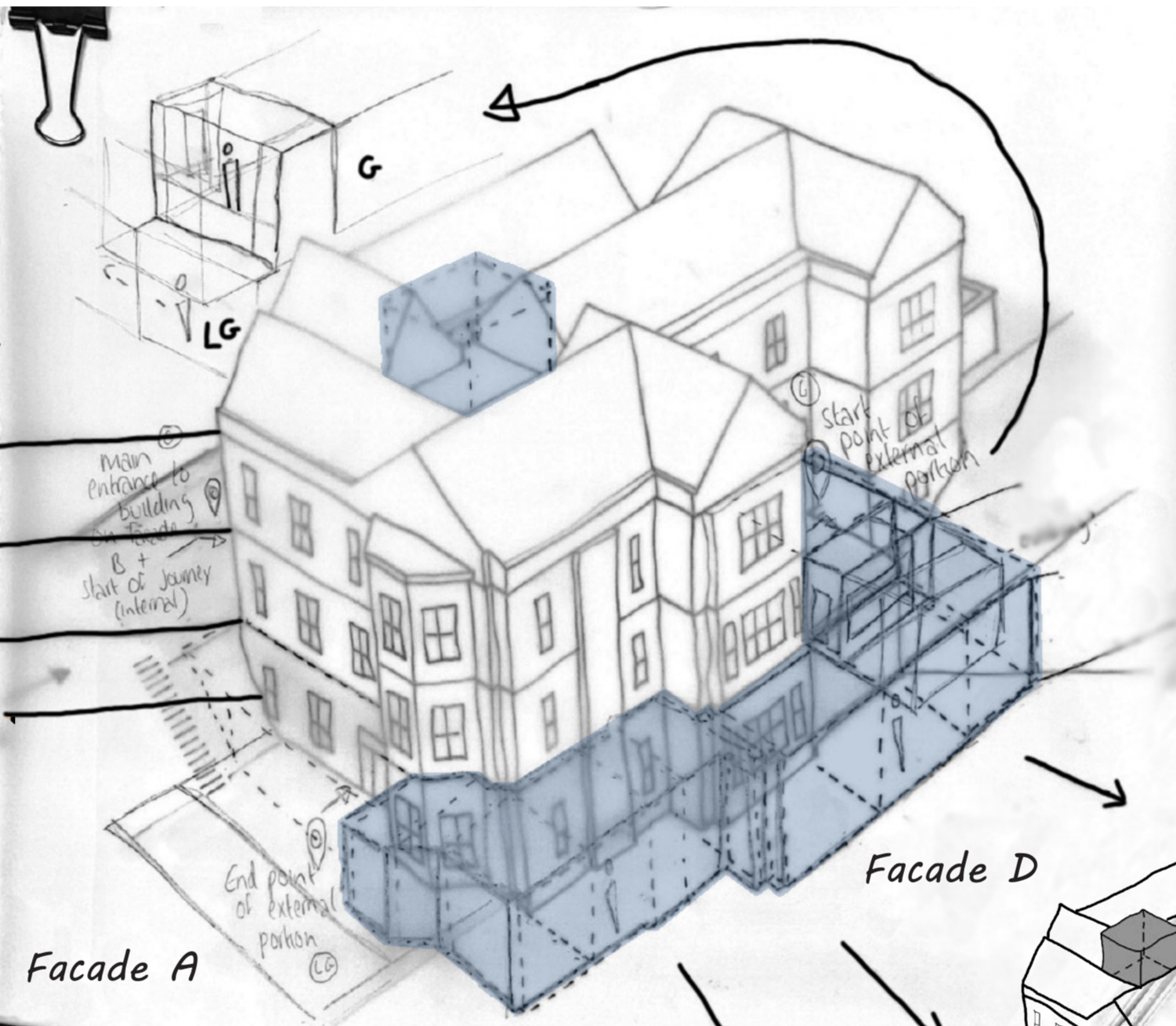
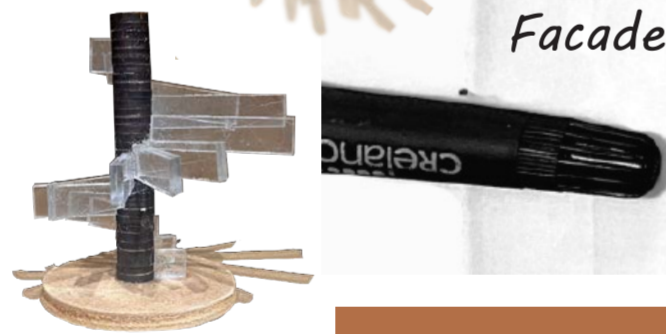
Concept Process.

- Conceptual language began with attempts to visualise the journey and stages of life for a woman.

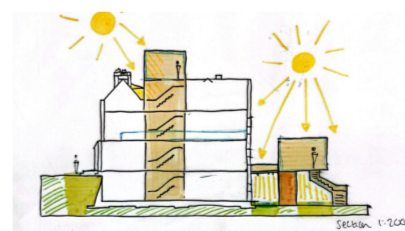
- A combination of the plant life cycle and a woman's life cycle starting at a seed (birth) and ending at menopause.

- Progression, steps and stages which are applied in Vantage.

- Vantage comes into women's lives at the time where they need help navigating the next stage of their lives, offering a new perspective on menopause.



New vs Old



Push & Pull

Additive Form
Extrusions



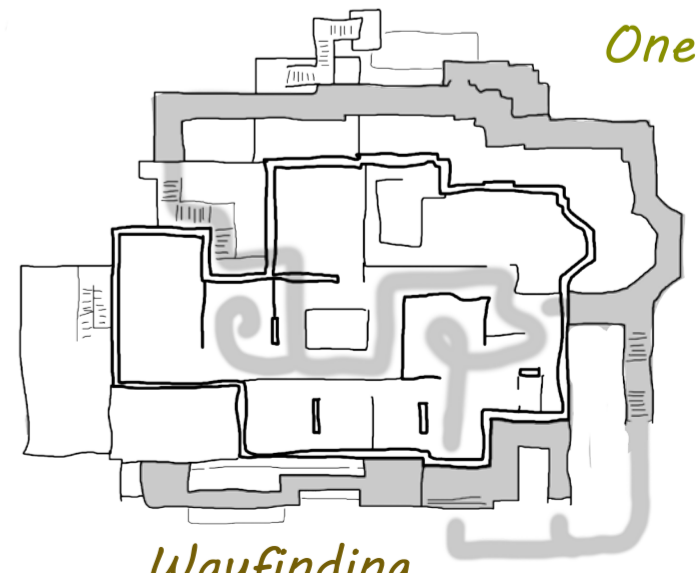
Concept Model.



Circulation.



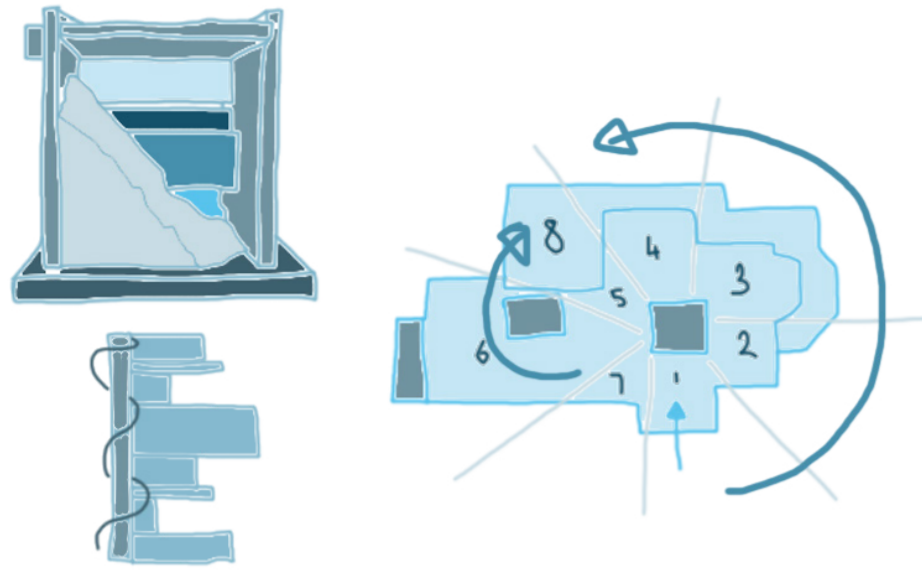
Form Application to Vantage



Guided
One Way

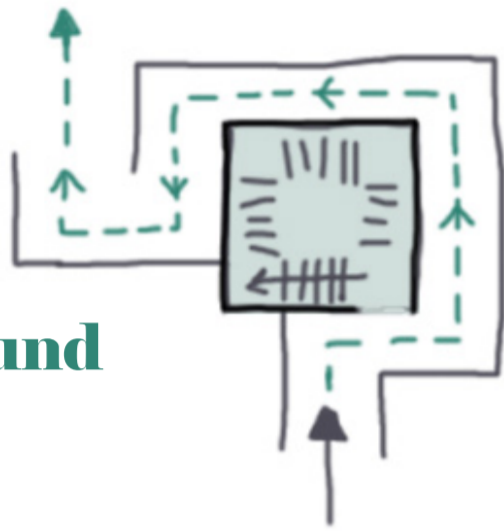
Wayfinding

Spatial Reasoning

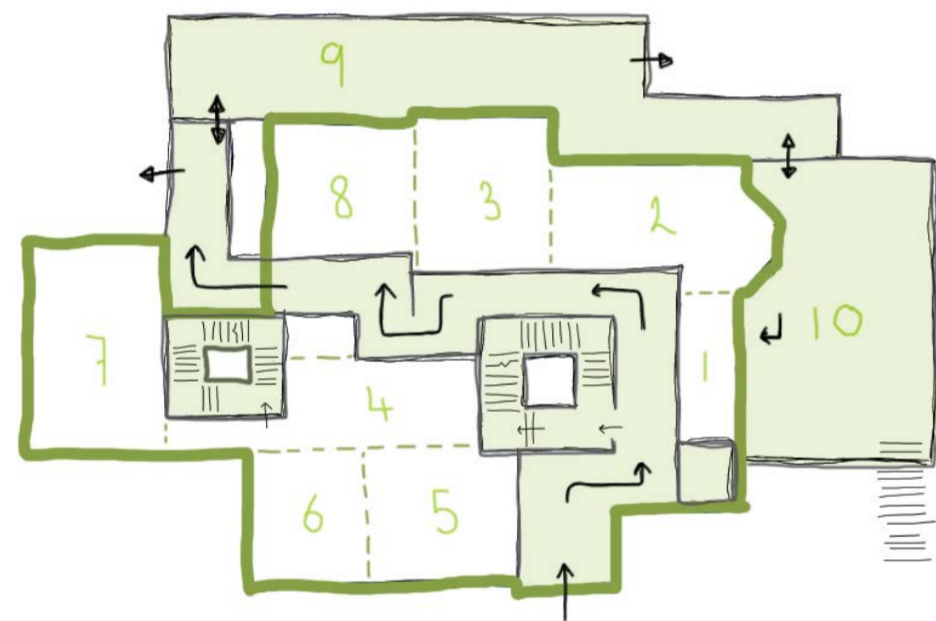


Radial Design.

Guided and supported journey physically slowing menopausal women down, allowing for reflection and introspection.



Movement around a core.



Original Circulation Concept.



Circulation Route

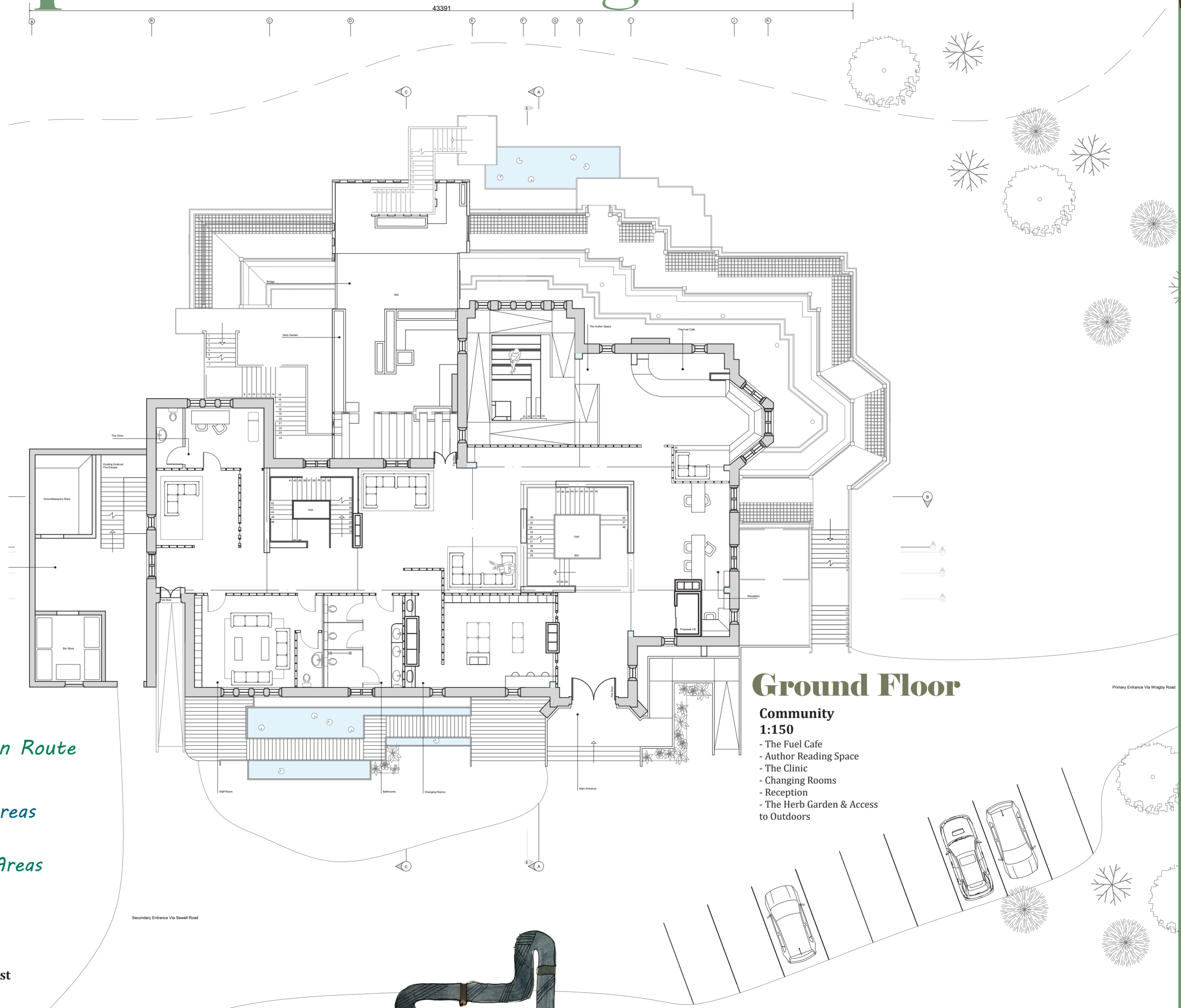
Public Areas

Private Areas

Stairs

Zoning.

Layers and various overlapping access points emphasising individual journey and discovery, whilst still being able to see others on their own journey experiencing menopausal symptoms.



Ground Floor

Community

1:150

- The Fuel Cafe
- Author Reading Space
- The Clinic
- Changing Rooms
- Reception
- The Herb Garden & Access to Outdoors



Slumber Room



The Parlour



Author Reading Space



The Lift Room

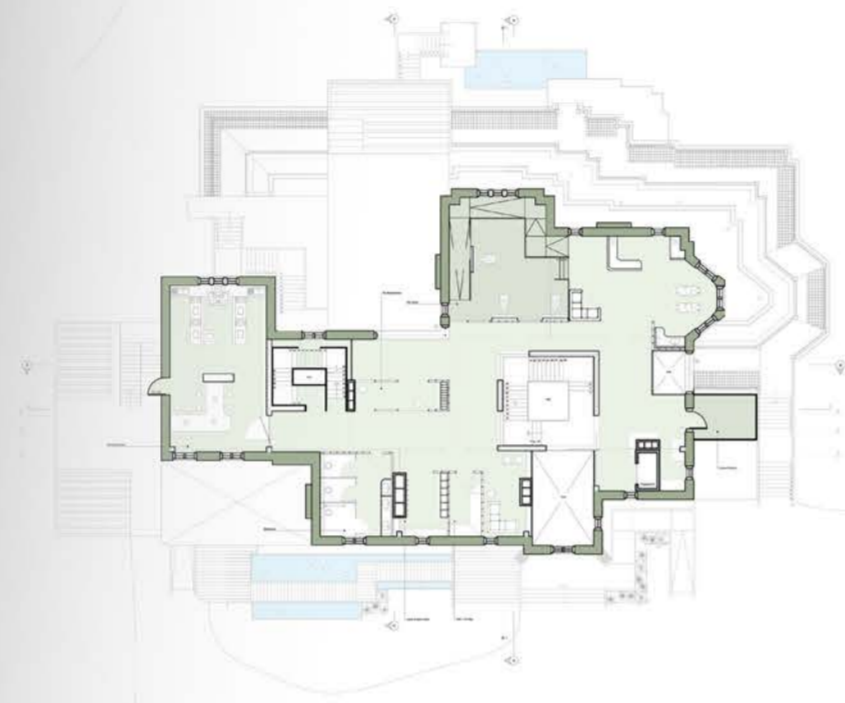


Second Floor.

Focus

Not to Scale

- Changing Rooms
- Rejuvenation Showers
- Reading Nook
- Conversation Room
- Slumber Room



First Floor.

Enrichment

Not to Scale

- The Parlour
- The Nourish Lab
- The Recipe Room

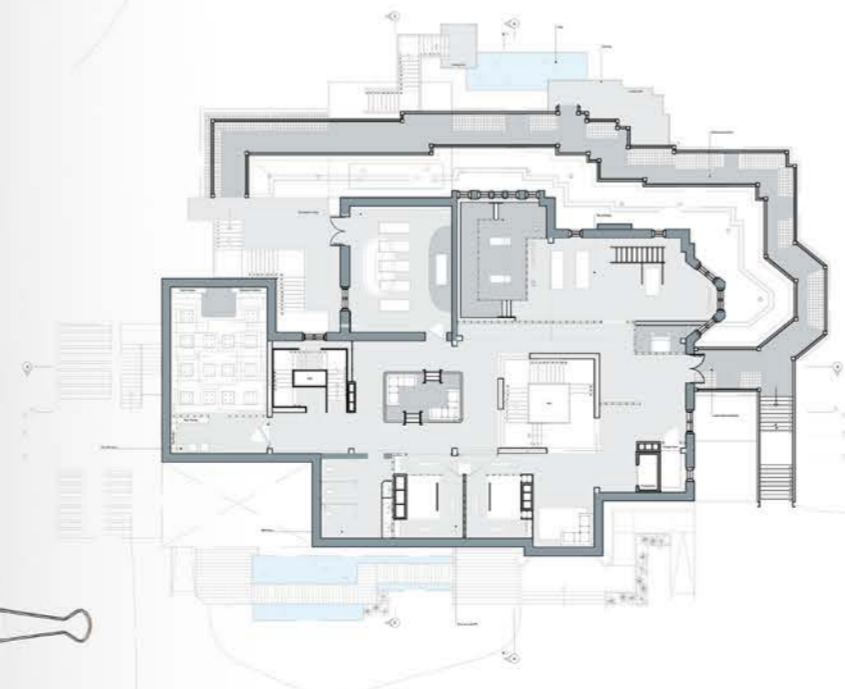


Ground Floor.

Community

Not to Scale

- The Fuel Cafe
- Author Reading Space
- The Clinic
- Changing Rooms
- Reception
- The Herb Garden & Access to Outdoors

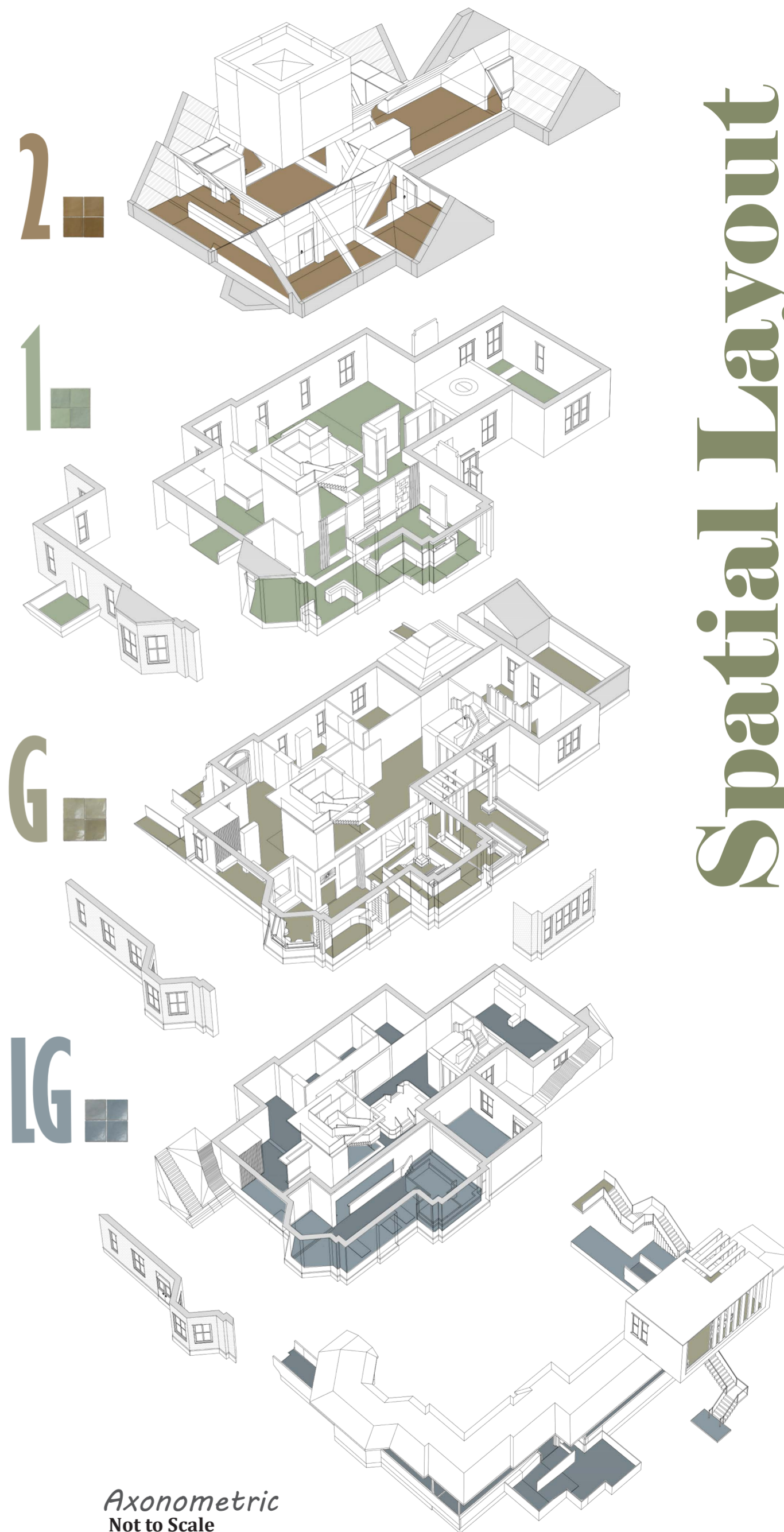


Lower Ground Floor.

Movement

Not to Scale

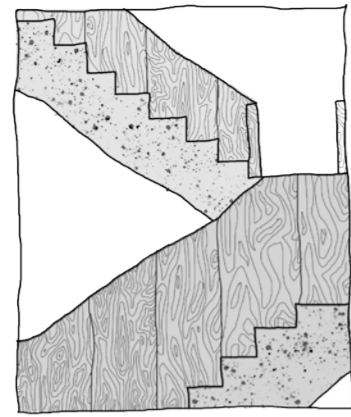
- The Lift Room
- The Balance Studio
- The Flow Zone
- The Form Lab
- Extrusion Pathway



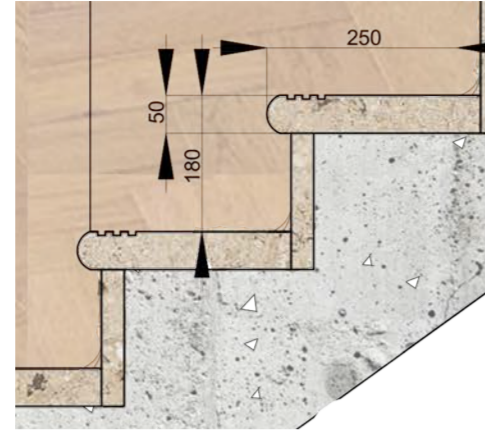
Axonometric
Not to Scale

Spatial Layout

Detailing & Visualising



Original Sketch



1:10



Roof Terrace

Exterior Views

Herb Garden



1:50

1:5



Main Entrance



3D Printed Model



1:50



Staircase Detailing.

Concrete Cast Limestone Cladded Stair with Rustic Oak Herringbone Balustrade.

- Creating a layered visual experience with warm and textural materials which are also solid and supportive, strengthening menopausal women's trust in Vantage.

- Stair surrounding is not fully solid to allow visual insight across the building beyond the stair core as a reminder of the community around them.



Modeling.

Laser Cut & 3D Printed Model
1:100

- Two-toned model displaying design intervention using laser-cut birch ply for the existing shell of the building and clear acrylic & clear resin for the main circulation elements (two stairs internally and one stair and pathway externally).



Section BB



Section AA

