



CoNest reimagines an abandoned Grade II listed building as a vibrant intergenerational sanctuary, breathing new life into a neglected community asset. Aligned with the ethos of Creative Reuse, the project carefully preserves the building's historic character while transforming it into a warm, inclusive environment that fosters connection across age groups. Through playful, thoughtful design, it supports shared experiences, storytelling, crafting, learning, and care. Encouraging meaningful interactions between young and old. By turning a forgotten space into a place of joy, exchange, and belonging, CoNest demonstrates how adaptive reuse can create socially purposeful, emotionally resonant environments rooted in community and continuity.

# Precedent Study. 01

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



## BELONG CHESTER: THE UK'S FIRST INTERGENERATIONAL CARE HOME

Belong Chester is a pioneering care facility in Chester that integrates a fully operational children's nursery within its premises. Operated by the charity Ready Generations, the nursery caters to children from birth to five years old and is embedded within the Belong care village, creating a shared environment where children and older adults engage in daily intergenerational interactions. [belong.org.uk+4](http://belong.org.uk+4)



## KEY FEATURES:

- **Positive Outcomes:** Residents have reported increased physical activity and social engagement, while parents have observed improvements in their children's language abilities, emotional intelligence, and social skills.
- **Daily Engagement:** Activities such as shared mealtimes, storytelling, arts, ceramics, exercise sessions, and 'prambles' (walking with pushchairs) are part of the daily routine, fostering connections across generations.



# Site Context

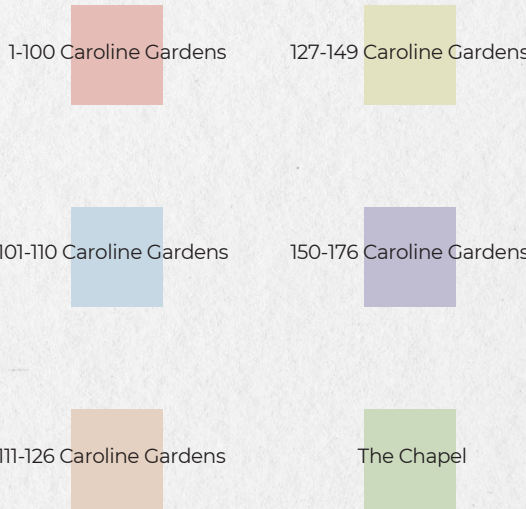
CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



## SITE NAME

Caroline Gardens housing estate houses approximately 174 two storey terraced properties laid out in 3 no. blocks. 1-100, 101-110 and 111-176 with 2 no. detached gatehouse properties, 23 and 79a.

LICENSED VICTUALLERS BENEVOLENT INSTITUTION (CAROLINE GARDENS) - Asylum Chapel



# Isolation Research.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ

## OVERVIEW.

In London, a significant number of older adults face social isolation, especially as the population ages. According to Age UK, over 1.2 million older people in the UK report feeling chronically lonely, and this issue is particularly acute in large cities like London, where community ties can be weaker.

## KEY FACTS .

- 1 in 3 people aged 65+ live alone in London.
- Older adults in boroughs like Tower Hamlets, Lambeth, and Newham are at higher risk due to economic hardship and ethnic isolation.
- High housing costs and gentrification have displaced many older residents from familiar communities.

## LOCAL INTERVENTIONS.

- Age UK London runs befriending services and digital inclusion programs
- The Campaign to End Loneliness partners with London boroughs to raise awareness
- Intergenerational programs (e.g., South London Cares) link older and younger residents through activities
- Community centres and libraries offer classes, social clubs, and hot meals
- Social prescribing is increasingly used by GPs to link isolated patients to local groups

# Impact of Isolation.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ

## PHYSICAL AND MENTAL HEALTH RISKS

- Increased risk of heart disease, stroke, and early death
- Higher likelihood of falls and slower recovery from illness
- Loneliness linked to 50% increased risk of dementia (Age UK)
- Greater risk of depression, anxiety, and cognitive decline

## WHAT WE CAN DO: INTERGENERATIONAL SOLUTIONS

- Builds friendships across generations
- Reduces loneliness and increases daily engagement
- Teaches empathy and respect to children
- Reignites purpose and joy in older adults

# Precedent Study. 02

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



## BRIGHTER TOGETHER: STRUCTURED INTERGENERATIONAL SESSIONS

Brighter Together is a UK-based charity that facilitates regular, structured, activity-based sessions bringing together older adults and early years children. These sessions are designed to improve well-being, support children's development, and foster social cohesion.

## KEY FEATURES:

- **Expert-Designed Sessions:** Activities are developed with input from experts in occupational therapy, dementia care, physiotherapy, and early years education.
- **Cognitive Stimulation:** Sessions are based on the principles of Cognitive Stimulation Therapy, which has documented success in improving and maintaining cognitive functioning in older adults.





# The Brief.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ

## CONNECT CREATE CARE

### AIM

The aim of this project is to design CoNest, an intergenerational centre that fosters meaningful relationships between older adults and children through shared spaces, experiences, and stories. This space seeks to reduce social isolation among seniors, nurture empathy and curiosity in children, and create a nurturing environment where both generations can learn, grow, and thrive together. At its heart, CoNest is a place where age is not a dividing line, but a point of connection—a space that celebrates wisdom, wonder, and the simple joy of being together.

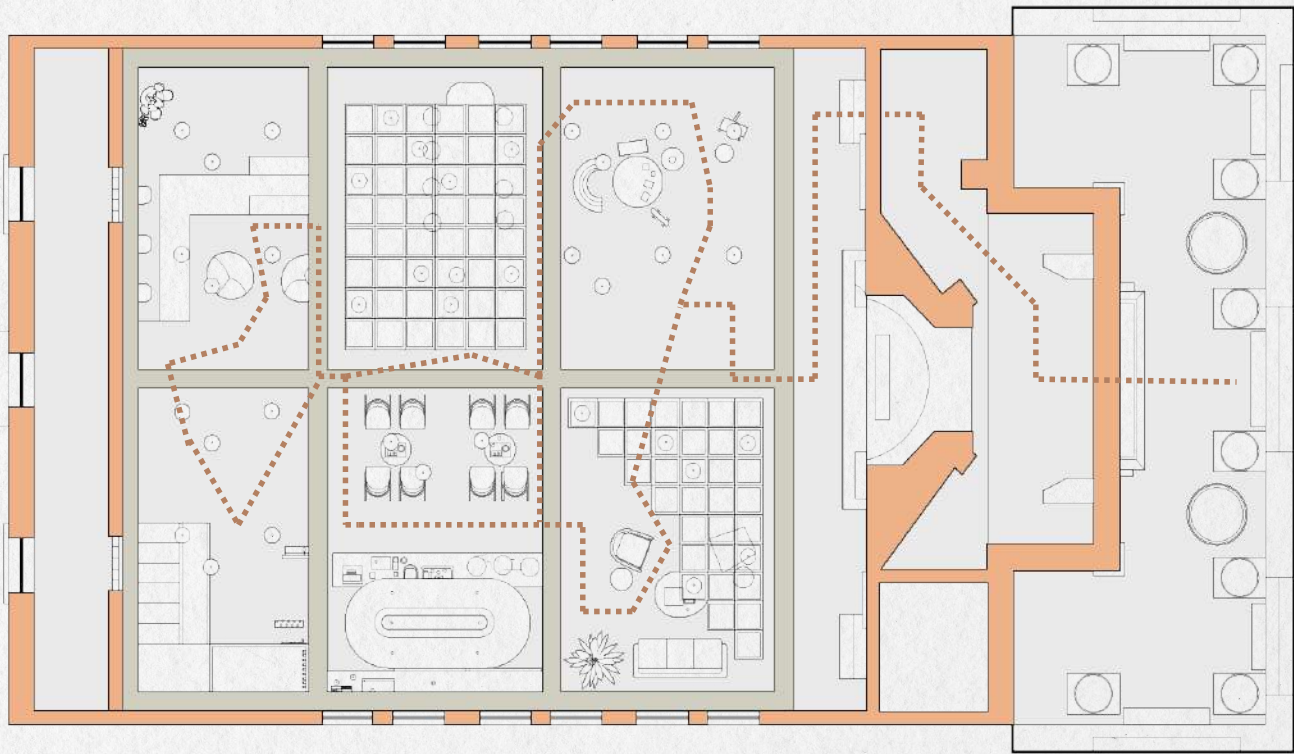
### APPROACH

The design follows a human-centred approach, shaped around the emotional and physical needs of both older adults and children. Inspired by the metaphor of a bird's nest, the space is layered, warm, and protective—offering a sense of safety and connection.

Natural materials like green timber, terrazzo, and oak wood evoke calm and familiarity, while spatial storytelling ensures each area feels purposeful and inviting. The centre supports flexible intergenerational activities—gardening, cooking, storytelling—that foster creativity, care, and collaboration. Ultimately, CoNest is more than a structure—it's a nurturing community that honours memory, sparks joy, and bridges generations through shared experience.

# Circulation Plan.

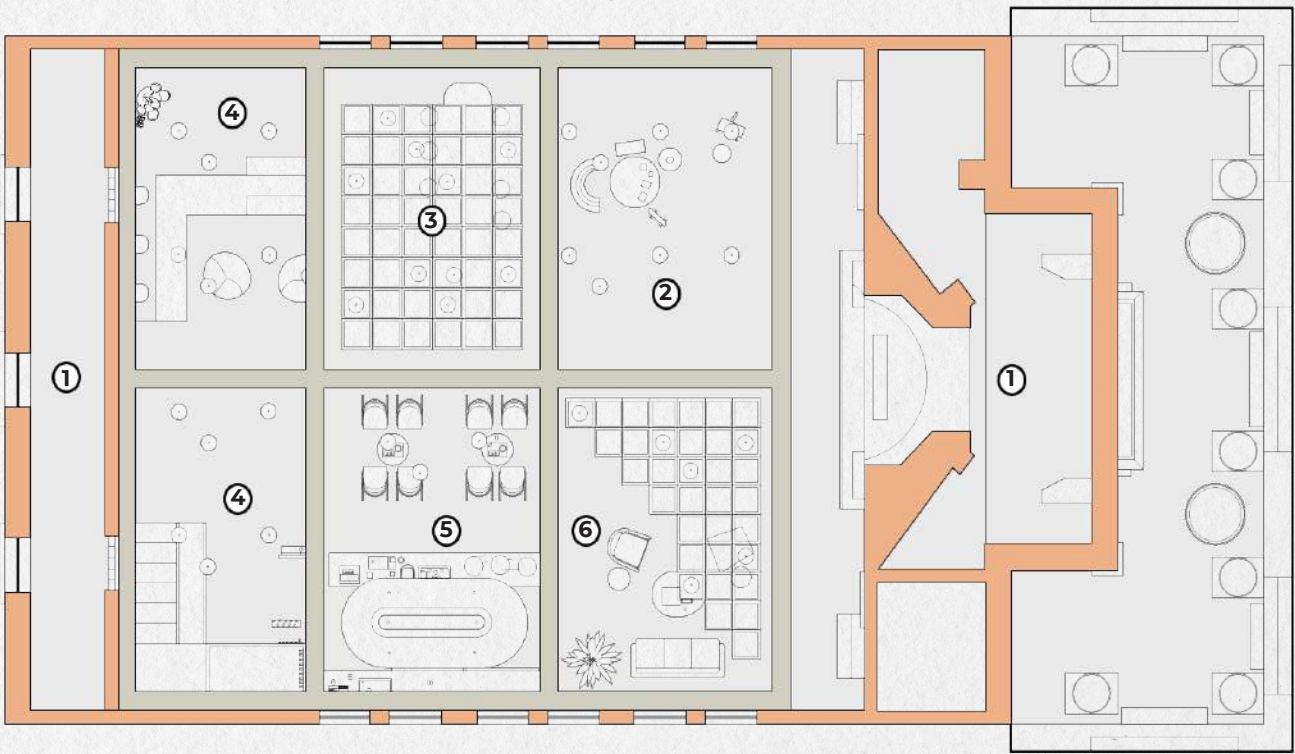
CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



This circulation plan supports intergenerational connection by creating clear, accessible pathways between shared spaces for children and seniors. The layout encourages interaction through strategically placed communal areas, fostering spontaneous and meaningful engagement.

# Zoning Plan.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



### KEY

- 1 ENTRANCE/EXIT.
- 2 ART WORKSHOP.
- 3 CERAMIC
- 4 WORKSHOP.
- 5 LIBRARY.
- 6 PLAYGROUND. CAFE.
- 7 BRAIN GAMING ZONE



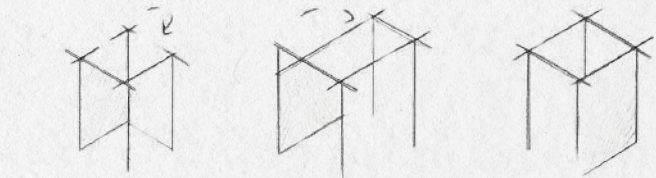
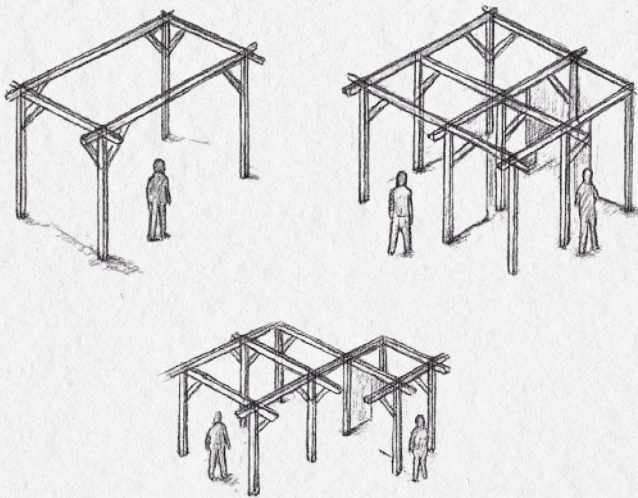


# Design Development.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ

My design development started from a basic timber frame module (refer to top right diagram) and evolved through a series of additions and repetitions to create a flexible spatial grid (see sequence of structural evolution in top and middle rows).

This progression highlights the adaptability of the timber frame, allowing for varied spatial configurations and functional uses. The result is a flexible architectural system that can respond to different programmatic needs while maintaining structural clarity and simplicity.



Initial timber frame" → "Structural refinement" → "Modular system"

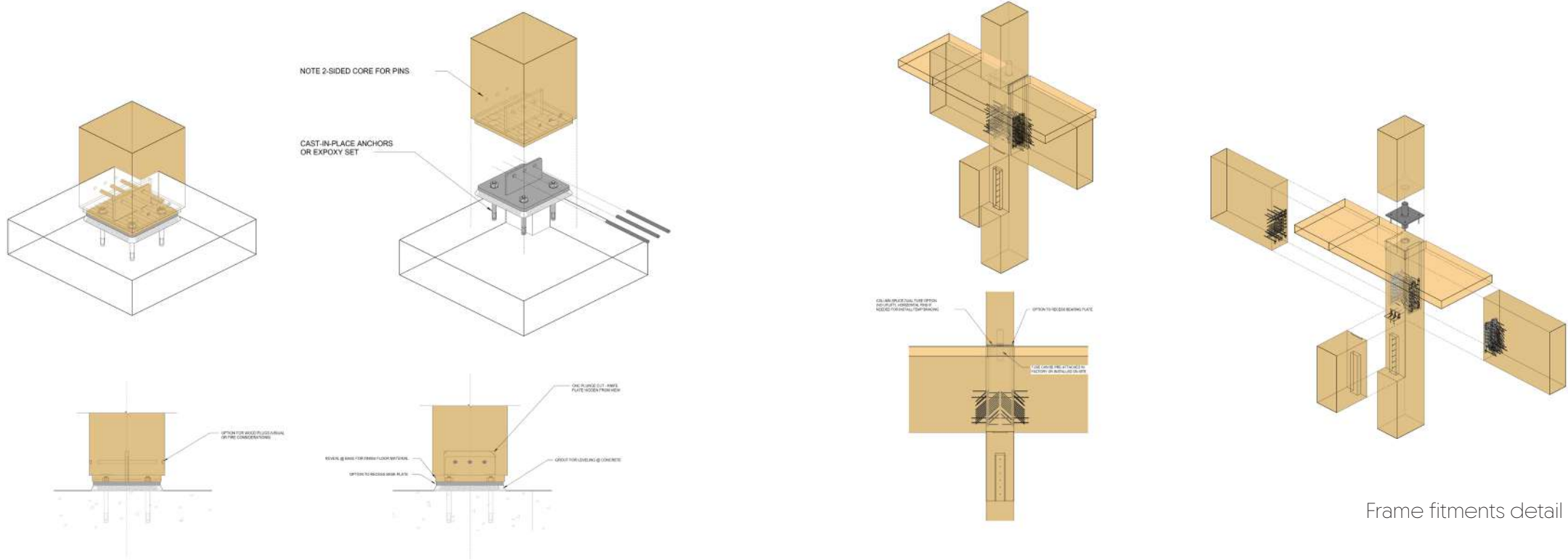
Primary Unit → "Single bay defines open, flexible space."  
Multiple Bays → "Repeating modules create interconnected zones."  
Partition Integration → "Vertical panels begin defining distinct rooms and pathways."

This exploded axonometric diagram showcases the layered spatial and structural logic of the intergenerational centre, which forms the heart of the Conest project. At its core is a flexible interior environment designed to support interaction between seniors and children through shared activities and communal spaces. The timber structural grid above defines the spatial rhythm, offering modularity and scalability while maintaining architectural clarity. Suspended between structure and space, a biophilic ceiling introduces natural elements that enhance wellbeing and sensory engagement, fostering a calm and inviting atmosphere. Together, these layers demonstrate how a simple, adaptable construction system can be used to create meaningful, intergenerational connections within a contemporary reuse of a historic setting.

## TIMBER STRUCTURE

## BIOPHILIC CEILING

## INTERGENERATIONAL CENTRE



Frame fitments detail



# New Vision.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ

## A NEST FOR EVERY GENERATION

AN INTERGENERATIONAL CENTRE WHERE SENIORS AND CHILDREN CONNE

**CoNest.** is more than just a shared space—it's a living, breathing environment that honours the unique energies of youth and age. Every corner is designed to feel safe, stimulating, and soulful—a space where laughter echoes, hands create, and stories are passed from heart to heart.

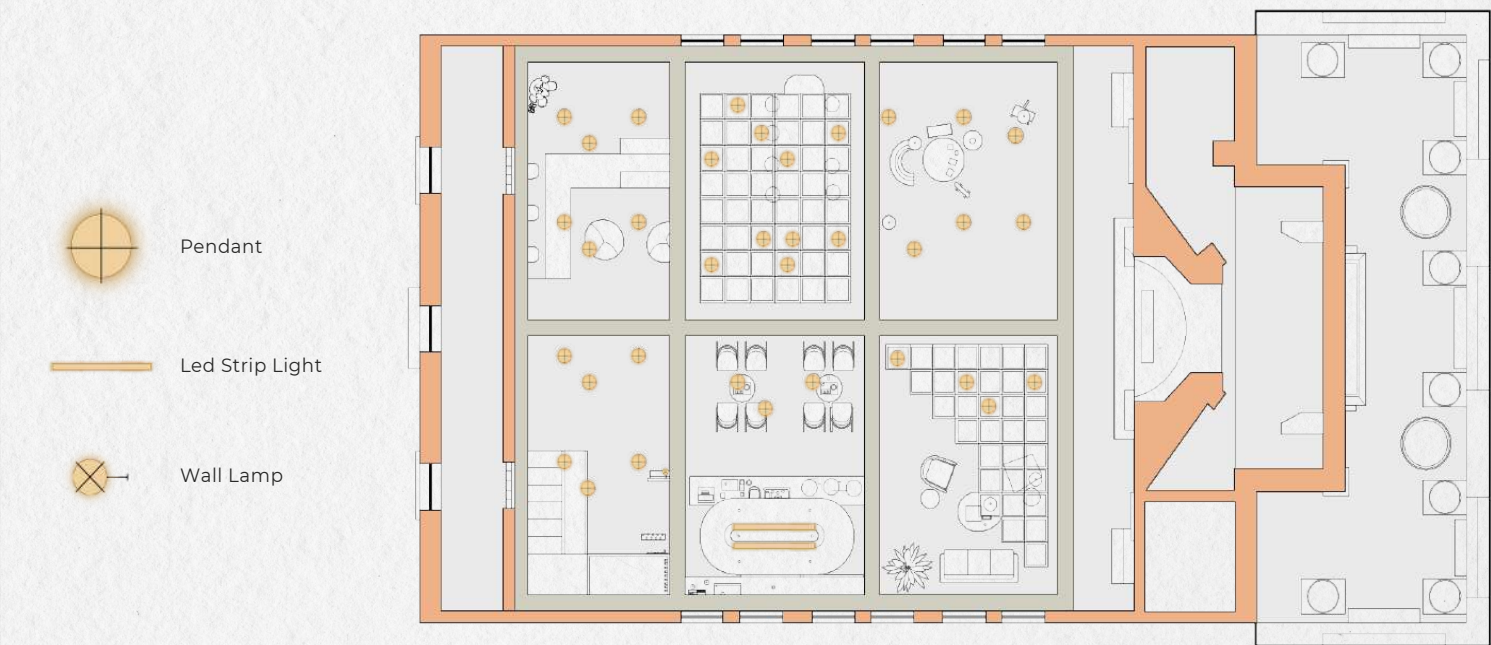
This project was born out of a deep recognition of the invaluable wisdom that older generations hold and the boundless curiosity children bring to the world. This project honours the quiet strength of elders, the radiant energy of youth, and the powerful impact of their shared moments. In designing this intergenerational centre sought to create more than a space—I wanted to build a feeling.. place where age is not a barrier but a bridge. Where laughter, storytelling, learning, and care flow naturally across generations. This project is a tribute to those who came before us and those who are just beginning. It celebrates community, memory, connection and the shared humanity that makes us all feel at home.

This space is dedicated to the grandparents who shaped us, the children who inspire us, and the magic that happens when those worlds intertwine. May **CoNest.** forever be a place where hands are held, ideas are shared, and generations grow together.



# Lighting Plan.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



# Library.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



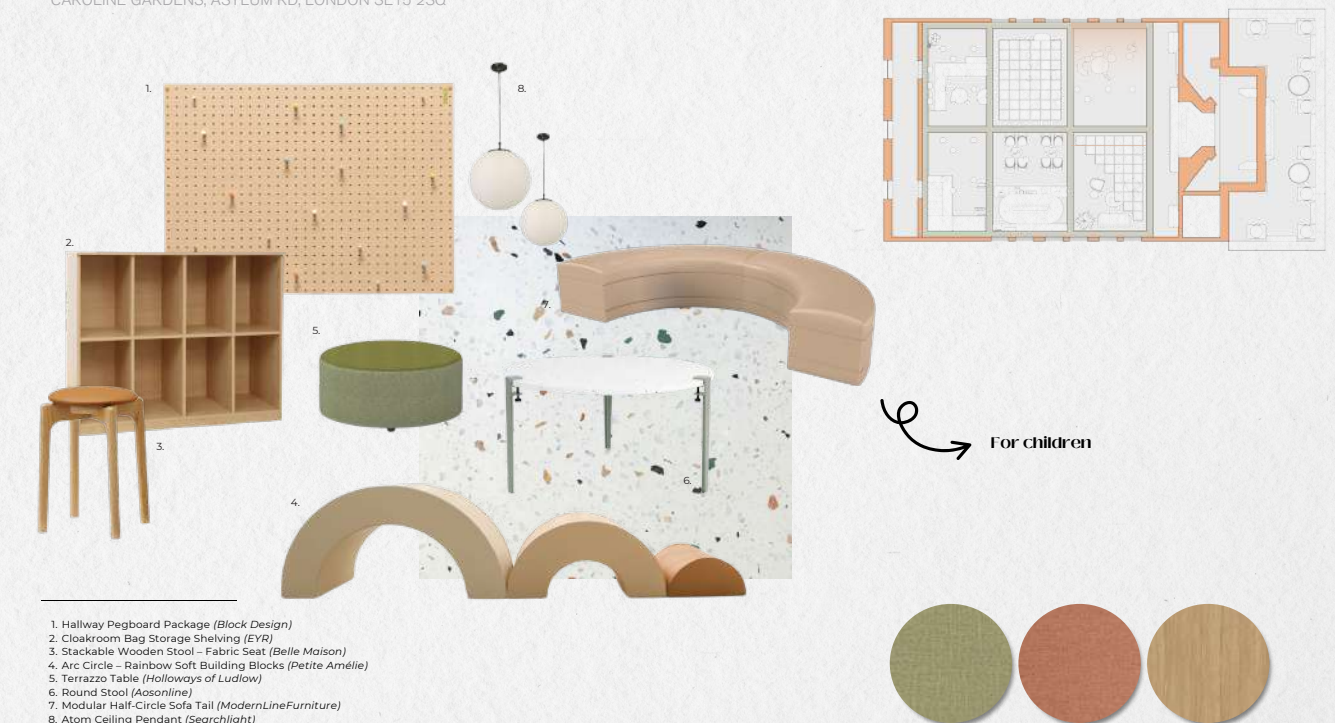
# Pottery Workshop.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



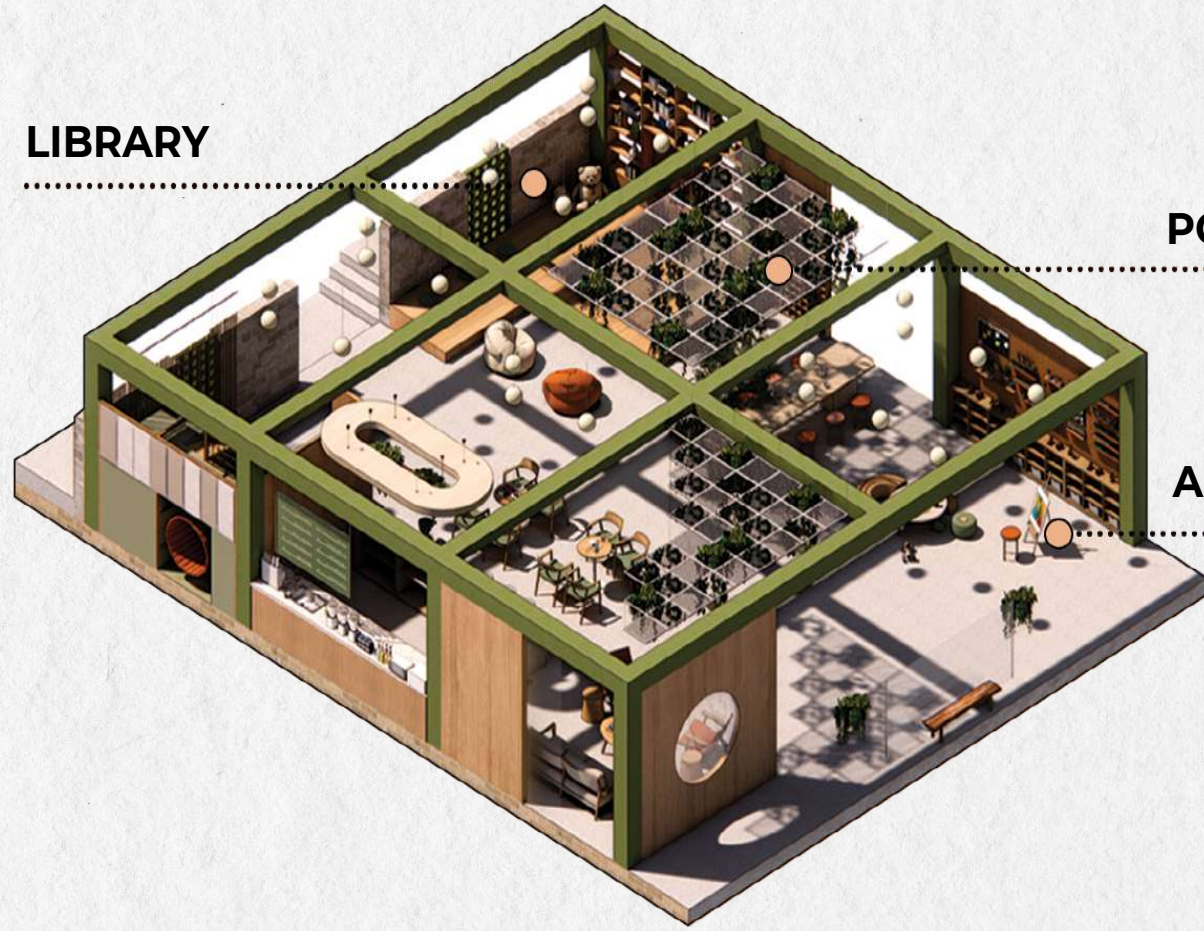
# Art Workshop.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ





## LIBRARY



## POTTERY AREA

## ART WORKSHOP

## PLAY AREA



## CAFE



## GAMING



My design development started from a basic timber frame module (refer to top right diagram) and evolved through a series of additions and repetitions to create a flexible spatial grid (see sequence of structural evolution in top and middle rows).

This progression highlights the adaptability of the timber frame, allowing for varied spatial configurations and functional uses. The result is a flexible architectural system that can respond to different programmatic needs while maintaining structural clarity and simplicity.



## Cafe.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



1. Alike Chair (Rowe Home)
2. Hospitality Roof Lights (Mortons)
3. Eco-Garden Breakfast Table (Lee Longlands)
4. Atom Ceiling Pendant (Searchlight)

## Brain Games Zone.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



1. Atom Ceiling Pendant (Searchlight)
2. Lounge Chair - Oak Chair Handles & Spots, 100000
3. Accent Oval Lounge Coffee Table (Heron, Bent)
4. Alike Chair (Rowe Home)
5. Wobble Chess Set (Jumbers, Weyfar)

## Play Area.

CAROLINE GARDENS, ASYLUM RD, LONDON SE15 2SQ



1. Atom Ceiling Pendant (Searchlight)
2. Custom Millwork (Shelton and Poulton)
3. Handmade Palm Leaf Storage Basket (Eloy UK)
4. Fibre Balance Board (Pompe & Widdow)
5. Wall Play System Tetris (Hinder Spiel)