

The Stables SARC



A TRAUMA-INFORMED SPACE FOR HEALING, SUPPORT AND JUSTICE.

SARC, sexual assault referral centre, is where victims of sexual assault can receive holistic care, including pastoral support, medical care and legal resources.



THE ISSUE

Sexual violence has been declared a national emergency in the UK with the statistics continuing to rise. Making SARC's an even more important resource than ever.

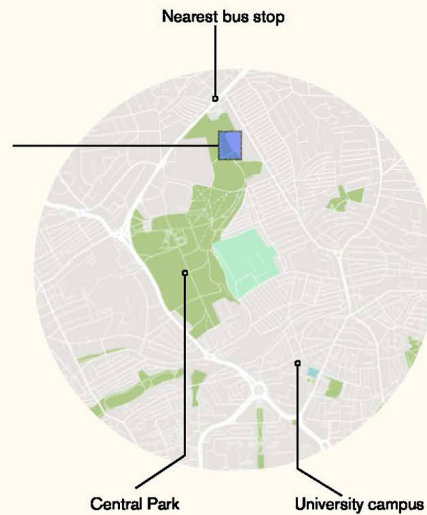
THE VISION

To reimagine the site through trauma informed design, creating a safe, welcoming and non-institutional environment that prioritises safety, agency and a sense of control.



THE SITE

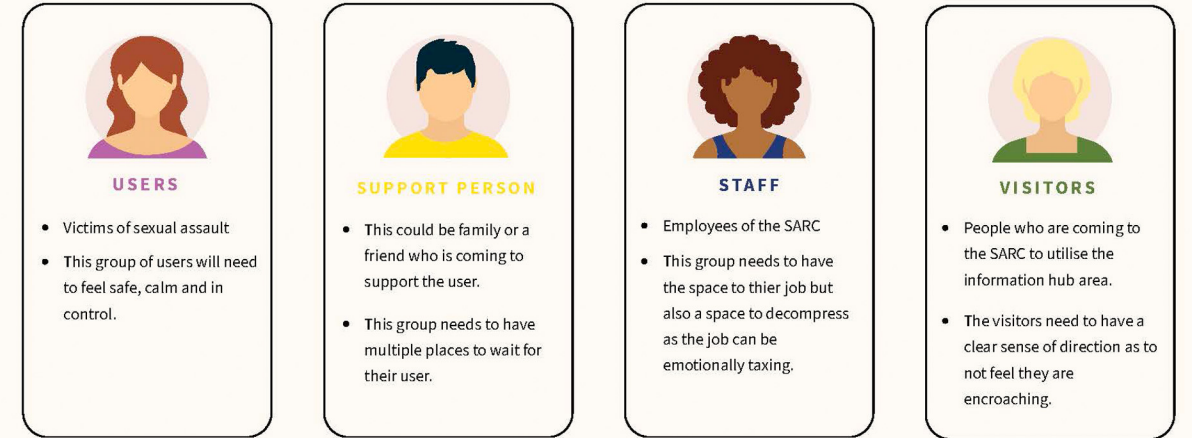
Pounds House, Peverell park, 19th-century 3 storey building. The front and back of the house is hidden by trees making it private but not inaccessible. 1340 square meters across three floors.



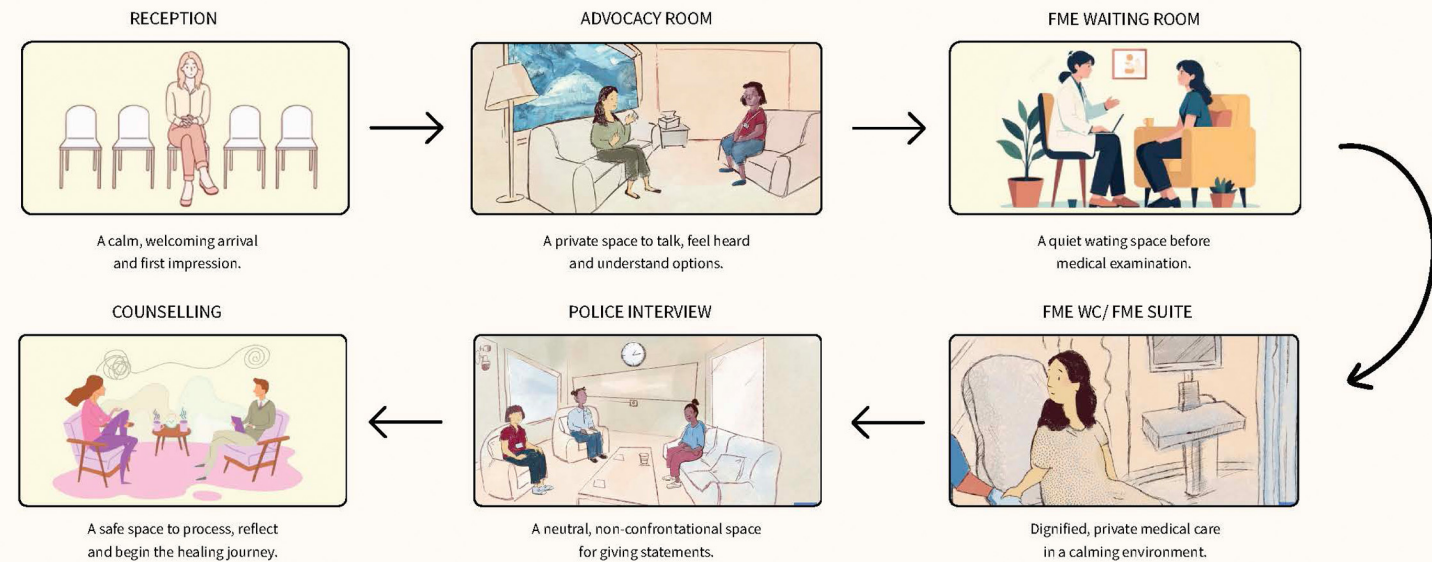
User & Experience



A trauma-informed environment that supports, empowers and restores. The users journey is at the heart of every spatial decision.



USER JOURNEY THROUGH THE SARC



<p>11% increase in sexual offences recorded (year ending 2025)</p>	<p>£ £550 million government funding into sexual violence services (Dec 2025)</p>	<p>1 in 4 women experience sexual assault since age 16</p>	<p>1 in 18 men experience sexual assault since age 16</p>
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<p>30% 26.9% tell support professionals/ organisations</p>	<p>15% Only 14.7% report to police</p>	<p>60% 59.7% tell someone they know personally</p>	<p>84-86% of police recorded sexual offenses have a female victim</p>
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EMOTIONAL JOURNEY THROUGH THE SARC

Reception, Advocacy room, FME waiting room, FME room, Police interview, Counselling, Departure

Legend: Relaxed/safe (blue), Overwhelmed (orange), Anxious (green), Scared (light blue), Empowered (purple)

Every step of the journey has been considered through the lens of trauma informed design, ensuring users feel safe, supported and in control.

TRUST IS BUILT THROUGH:

- PRIVACY**
Clear zoning, sound control and confidential spaces.
- CHOICE & CONTROL**
Users are empowered to decide how and when they move through spaces.
- DIGNITY & RESPECT**
Every detail is designed to maintain dignity and reduce re-traumatisation.
- SAFETY & COMFORT**
Warm materials, natural light and calm environments reduce stress and anxiety.

DESIGN OUTCOMES

- Promotes clarity and wayfinding
- Supports healing through TID
- Empowers users through choices
- Reduces anxiety and stress
- Creates a sense of safety
- Encourages trust and connection

Design Proposal

FME SUITE, POLICE INTERVIEW & COUNSELLING ROOM

Safe, supportive spaces that facilitate difficult conversations, reduce stress and empower users through dignity and control.

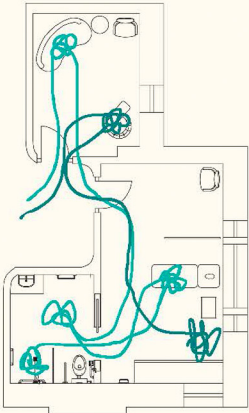


Trauma informed design informing every decision, creating environments that heal, not harm.



FORENSIC MEDICAL EXAMINATION SUITE

The FME suite is the most anxiety inducing part of the experience. Soft lighting, organic shapes and warm colours help to reduce stress and create a sense of dignity and control.



- Soft lighting
- Organic shape
- Warm colours



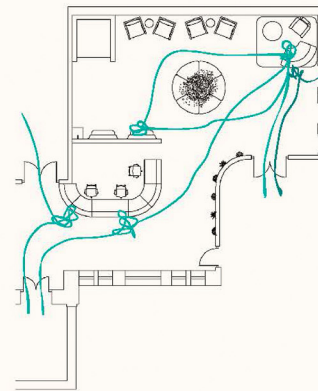
Design Proposal

RECEPTION & ADVOCACY ROOM

A calm, welcoming environment that provides clear wayfinding and a sense of safety from the moment of arrival.



RECEPTION



The reception is designed to feel like a calm, open and welcoming space.

- Clean lines
- Soft light
- Natural timbers and greenery
- A non-institutional first impression

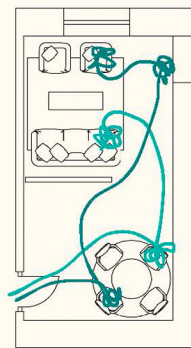


Tea & Coffee Station



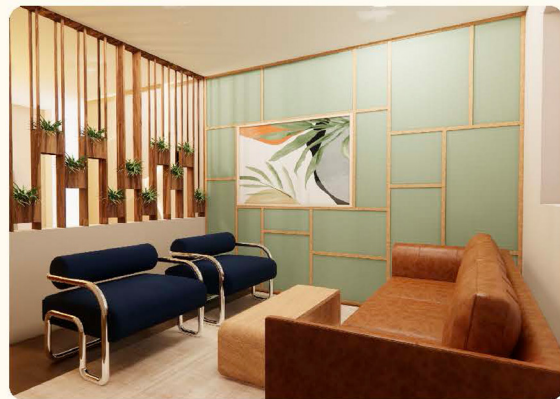
Wayfinding & Biophilic

POLICE INTERVIEW ROOM

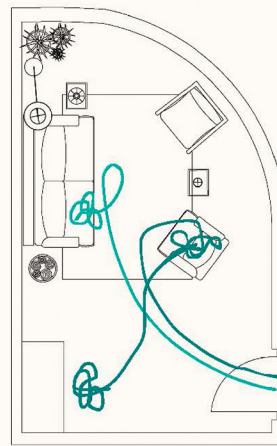


A neutral, calm space where the user feels able to give their statement. The design supports clarity and calm.

- Privacy zoning
- Formal environment
- Non-confrontational layout



ADVOCACY ROOM

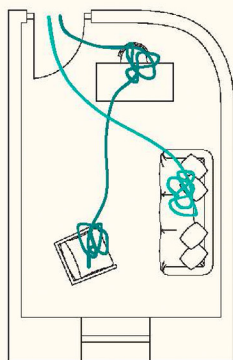


A private, comfortable space where the crisis worker explains options and supports the user to make informed decisions.

- Private & secure
- Dampened acoustics
- User-centred design
- Empowerment through information

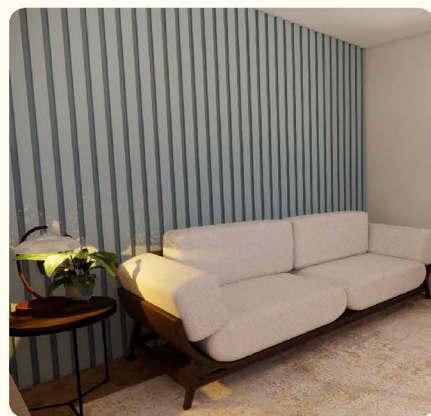


COUNSELLING ROOM



A safe, confidential space to open up about what has happened and begin the healing process. The design is neutral, calming and professional.

- Dampened acoustics
- Professional environment
- Purpose built layout



This environment prioritises safety, clarity and dignity. Empowering users from the moment they arrive.



Safe

A secure environment created by acoustic panelling.



Welcoming

Warm, approachable atmosphere created by residential design choices.



Natural

Biophilic elements that support trauma informed design



Empowering

A space that give users choice and control through seating options and sight lines

CMF Strategy

A considered material and colour palette that creates calm, clarity and comfort. The strategy supports a trauma informed environment that feels safe, welcoming and non-institutional.



CALMING

Promotes relaxation and reduces stress.



SAFE

Materials and finishes that are sensory friendly and non-threatening.



WELCOMING

Warm, inviting tones that create a sense of belonging.



NATURAL

Use of natural elements for biophilic elements and wellbeing.



DURABLE

Hardwearing, easy to clean and built for longevity.



HEALING

Supports recovery through sensory comfort and familiarity.

COLOUR PALETTE

A palette inspired by nature and softness. Earthy neutrals are balanced with muted greens and warm accents to create a calming and comforting environment.



MATERIAL PALETTE

Natural textures and tactile finishes that bring warmth, softness and a sense of calm through biophilic elements. Smooth textures where necessary.



LIGHTING STRATEGY

Lighting plays a vital role in creating safe, supportive spaces. Colour temperature of light can influence mood, reduce anxiety and promote wellbeing.



AMBIENT
Overall illumination for comfort

TASK
Focused light for practical activities

ACCENT
Highlights key features

GUIDE
Supports wayfinding and orientation

NATURAL
Daylight where possible

UNDERSTANDING COLOUR TEMPERATURE (KELVINS)

Measured in Kelvins (K), colour temperature affects how a space feels and functions.



LIGHTING IN PRACTICE

A layered approach using warm temperatures for comfort, with task and accent lighting to support functionality and reduce visual strain.



DIFFUSED LIGHTING
Reduces glare and creates a calm atmosphere



PENDANT LIGHTING
Creates warmth and welcoming environment



TASK LIGHTING
Supports medical activities and reading forms

Technical Resolution

PLANS, SECTION & SPACE PLANNING



SAFE

Security and privacy integrated throughout the design.



WELCOMING

Warm, inclusive spaces that promote comfort and trust.



NATURAL

Natural shapes that support trauma informed design.



CALMING

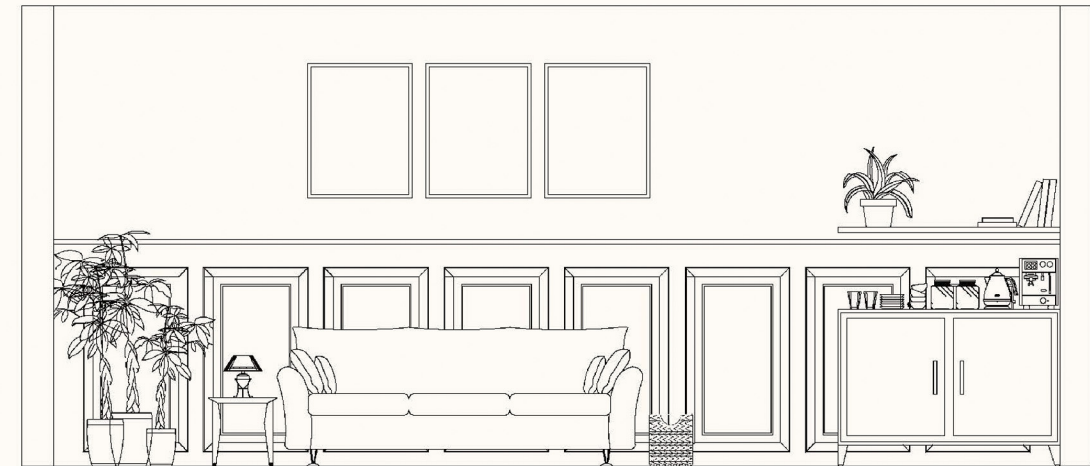
Acoustic and soft furnishings reduce noise and stress.



DIGNITY

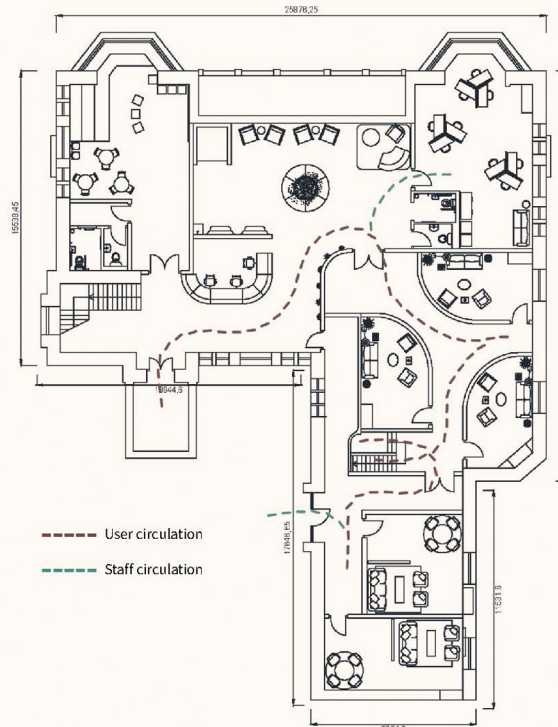
Spaces that uphold choice, control and human dignity.

A robust and considered design resolution that prioritises safety, a sense of control for the user and privacy. Every spatial element supports these priorities making the space a welcoming and healing environment.

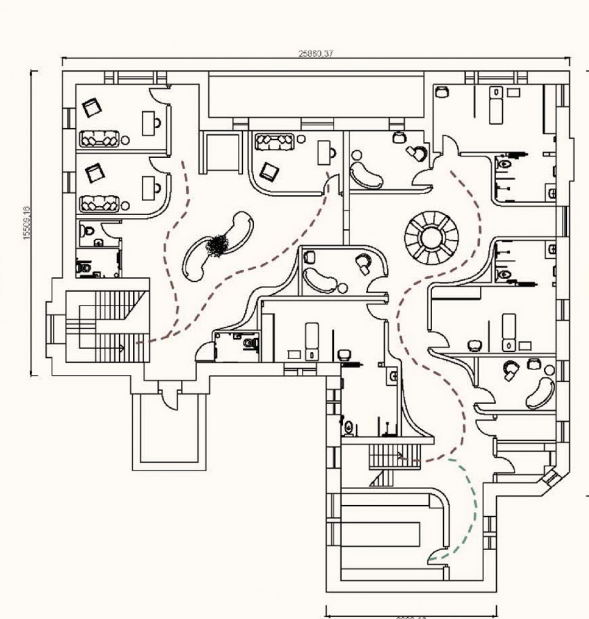


ADVOCACY ROOM ELEVATION

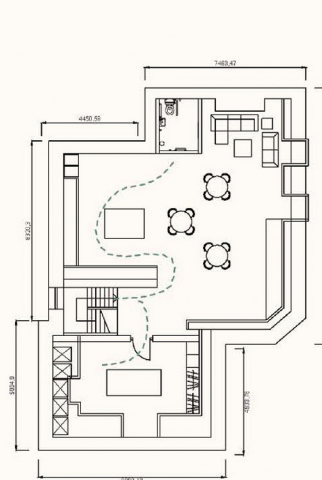
GROUND FLOOR PLAN



FIRST FLOOR PLAN



SECOND FLOOR PLAN



GROUND FLOOR SPACES INCLUDE:

- Reception & waiting area
- Admin office
- Police interview room
- Education hub
- Advocacy room
- Accessible WC's

FIRST FLOOR SPACES INCLUDE:

- FME storage
- FME waiting room
- FME suite
- FME bathroom
- Counselling room
- Storage

SECOND FLOOR SPACES INCLUDE:

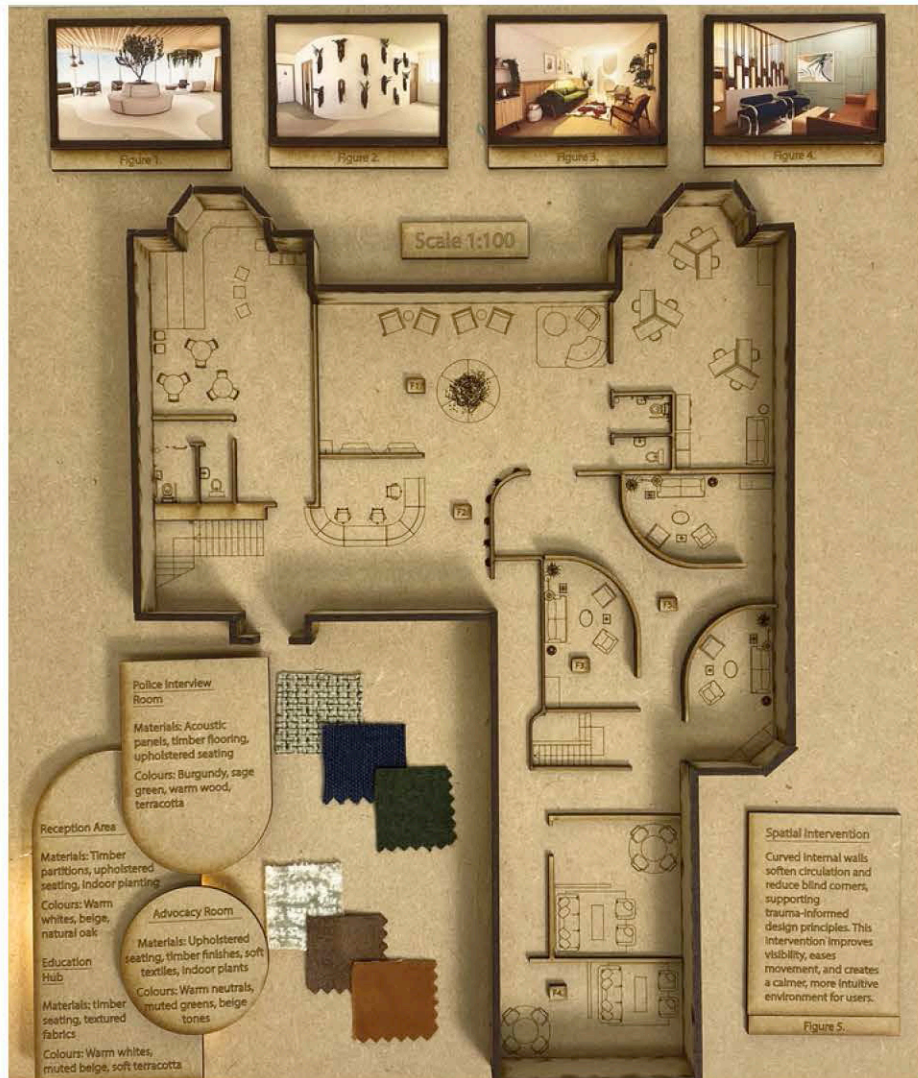
- Staff room
- Kitchenette
- Laundry room
- Clothes storage
- Accessible WC



Models

Technical Design

Ground Floor Model



First Floor Model

