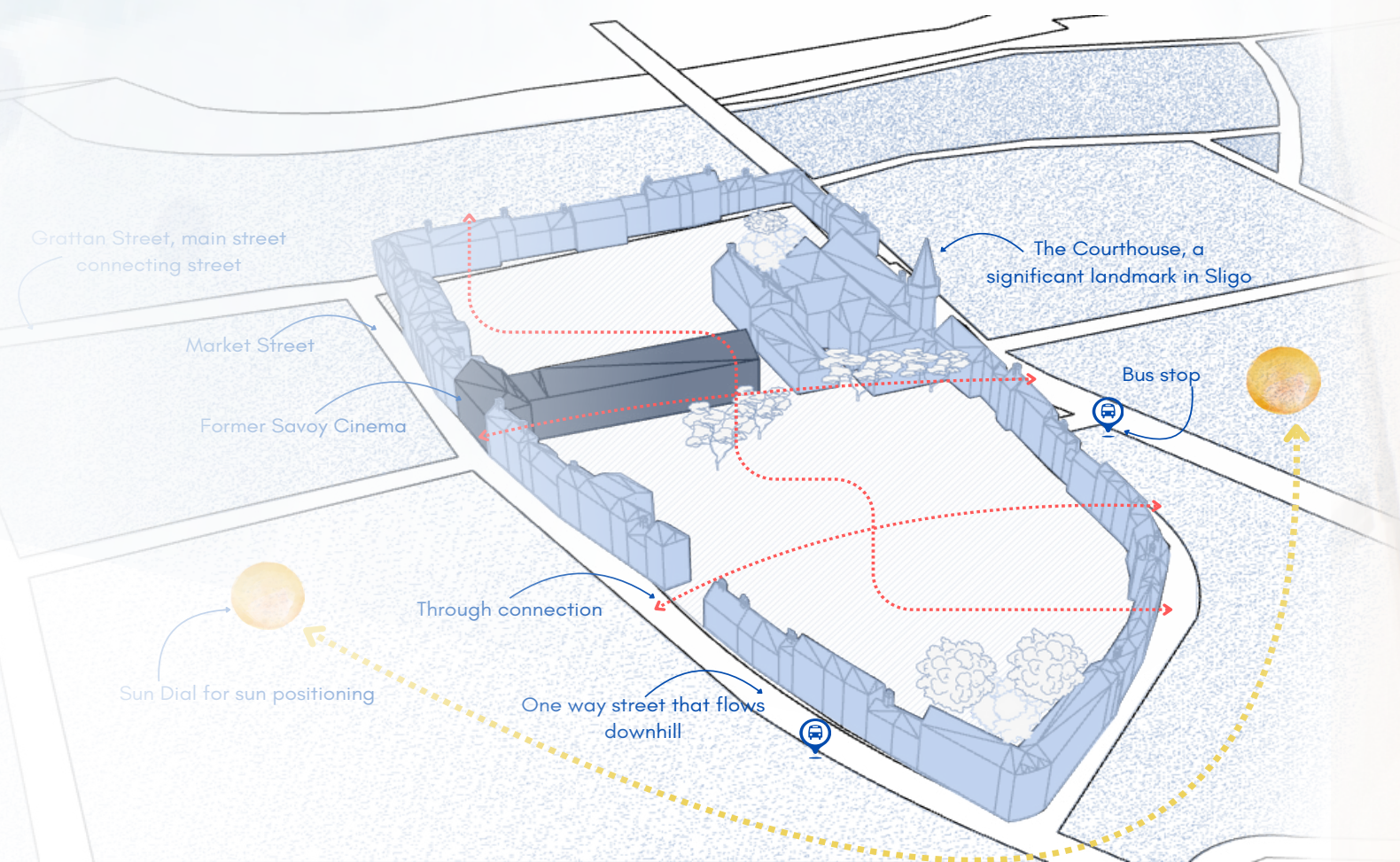


THE  
QUIET BLOOM  
Women's Eating Disorder Recovery Centre



FRONT FACADE  
SCALE 1:50



## Site Analysis

### Location

The old Savoy is located on Market Street in Sligo, just outside the busy town center, offering a quieter atmosphere. The street, known for its steep incline and unique charm, features a mix of local shops, some currently vacant, hinting at potential for revitalisation. Though limited by one-way traffic and scarce parking, the area remains accessible due to nearby public transport.

### Client & User

The primary users of this redesigned space are women in recovery from eating disorders. Through intentional and thoughtful design, the environment will serve as a supportive guide on their healing journey. The space is envisioned as a place of connection and community, offering comfort, dignity, and a sense of belonging to all who enter.

*Home &  
Community*

*Emotional  
Safety &  
Well-being*

*Recovery  
& Growth*

### Design Intent

The design of this eating disorder recovery centre is centered on cultivating a supportive, empowering, and secure environment that nurtures the physical, emotional, and psychological health of its residents. It is envisioned as a guiding framework, one that helps individuals feel genuinely connected to the space while fostering a renewed sense of autonomy and comfort within their own bodies. Through thoughtful and compassionate design, the center aims to instill a strong sense of trust and safety, encouraging personal growth, healing, and transformation at every stage of recovery.





## The Issue of Eating Disorders

Eating disorders affect over 70 million people globally, often going undiagnosed and untreated, despite their serious impact on mental and physical health. Characterized by disruptive eating behaviors and emotional distress, their causes and treatments remain complex and evolving. Recent research highlights factors such as societal pressures, environment, and genetics, yet support facilities remain limited and have only scratched the surface on how to help. This research explores how the built environment—particularly the interior environment—can influence recovery, aiming to uncover how design can play a role in supporting individuals with eating disorders.

## Relevance to The Community

Despite growing awareness of mental health, eating disorder treatment remains underfunded and underserved. Only 19–56% of those affected receive care, with long wait times and limited specialised facilities.

In Ireland, nearly 189,000 people are expected to experience an eating disorder, yet many regions still lack dedicated services.

This highlights an urgent need for purposefully designed spaces that support healing and close the care gap.

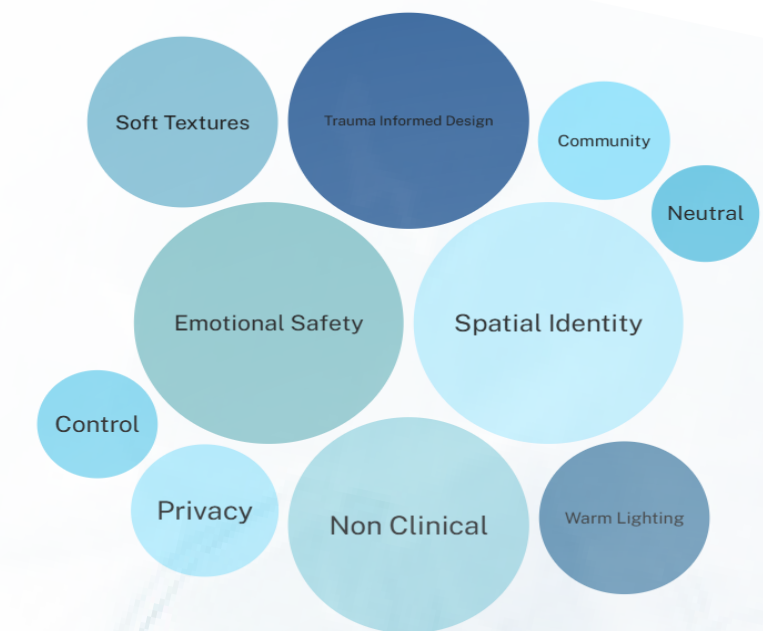


This work explores the the belonging of people and place and the convergence of the two together. It underscores the importance of recognising that design impacts our daily lives in ways that are personal, emotional, and unique to each individual. Just as the face merges with the map, our emotional, Psychological and physical states are imprinted on and influenced by the spaces we inhabit.



## How Design can Support Recovery

Eating disorders often stem from a need for control in response to emotional distress or trauma. Focusing on how a space impacts the user psychologically and physically, is crucial in designing for individuals with this illness. With this information, it is our job to design with the intent of relieving these triggers through design.



## Concept

Rain symbolises healing, renewal, and emotional release—qualities reflected in the design of the eating disorder treatment center. Like rain nurtures the earth, the space is intended to nourish the mind, body, and spirit, creating a calm, restorative environment for recovery and self-connection.







Teaching Kitchen View



Dining Room View 1

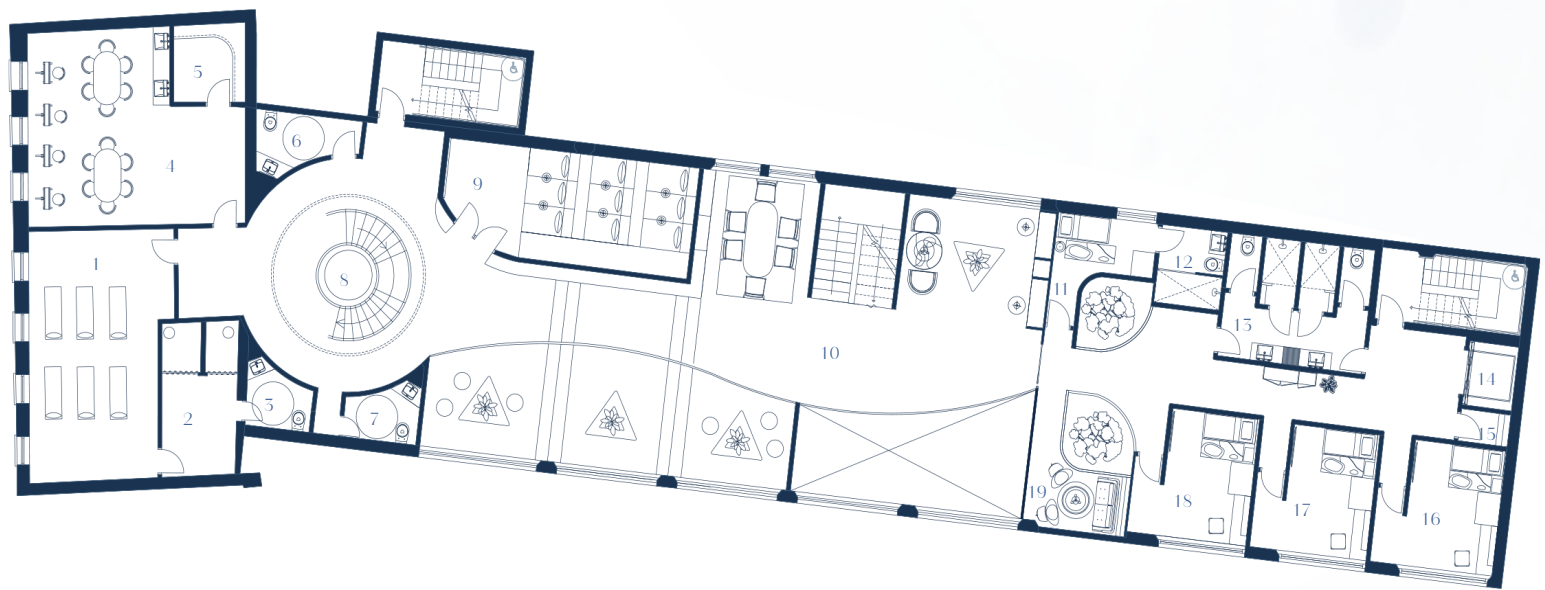


Resident Bedroom View



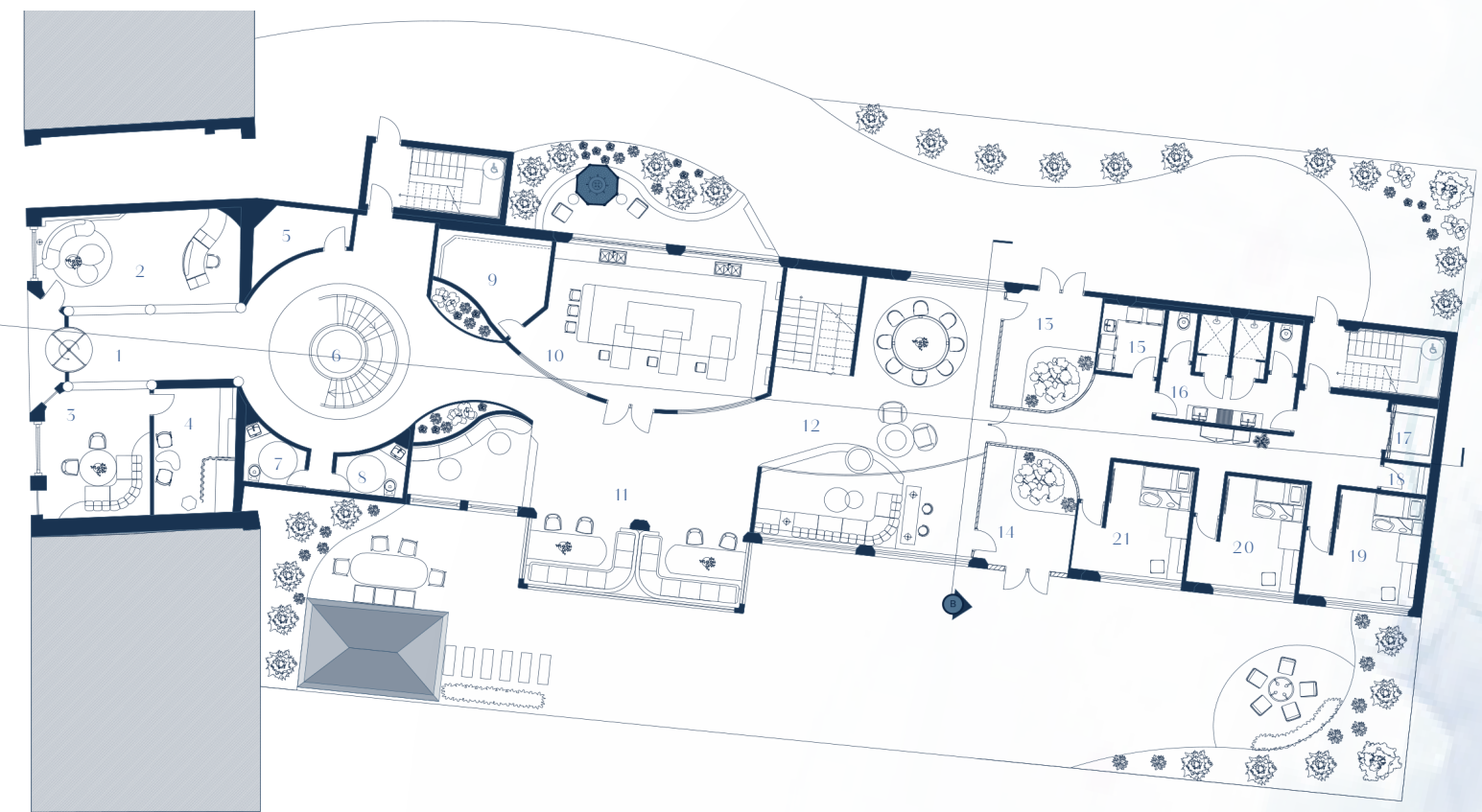
SECOND FLOOR  
SCALE 1:100

- 1 STAFF ROOM
- 2 STAFF WASHROOM
- 3 COUNSELLING ROOM 1
- 4 COUNSELLING ROOM 2
- 5 UNIVERSAL WASHROOM 6
- 6 UNIVERSAL WASHROOM 7
- 7 LIFT 1
- 8 WELLNESS ROOM
- 9 LIBRARY LEVEL 2
- 10 STAFF BEDROOM 2
- 11 STAFF ENSUITE 2
- 12 RESIDENT SHARED WASHROOM 3
- 13 LIFT 2
- 14 JANITORIAL CLOSET 3
- 15 BEDROOM 7
- 16 BEDROOM 8
- 17 BEDROOM 9
- 18 LOUNGE AREA 2



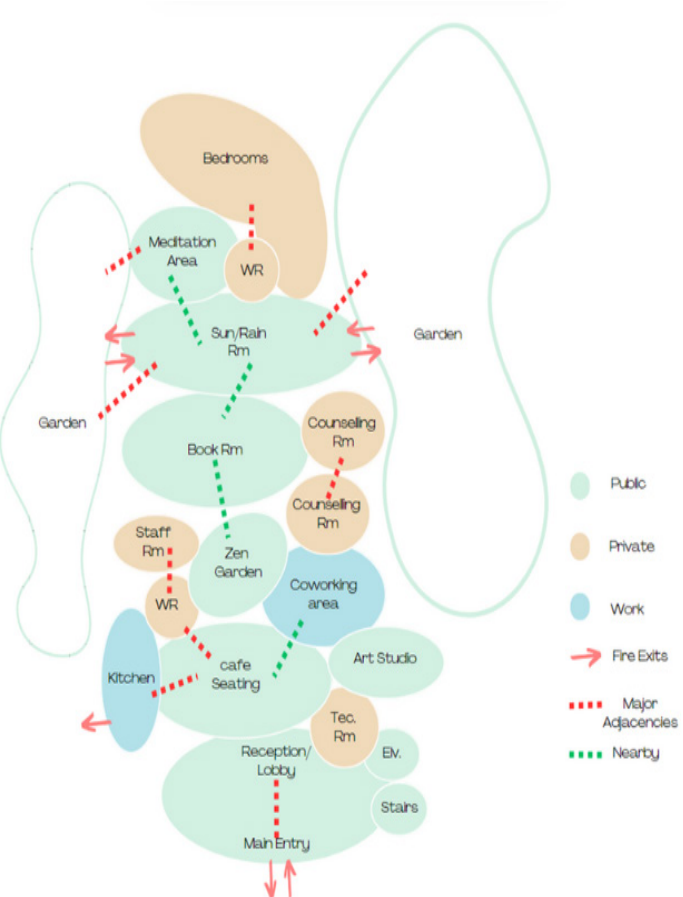
FIRST FLOOR  
SCALE 1:100

- 1 YOGA STUDIO
- 2 CHANGE ROOM
- 3 UNIVERSAL WASHROOM 3
- 4 ART STUDIO
- 5 ART SUPPLY CLOSET
- 6 UNIVERSAL WASHROOM 4
- 7 UNIVERSAL WASHROOM 5
- 8 LIFT 1
- 9 THEATRE ROOM
- 10 LIBRARY LEVEL 1
- 11 STAFF BEDROOM 1
- 12 STAFF ENSUITE 1
- 13 RESIDENT SHARED WASHROOM 2
- 14 LIFT 2
- 15 JANITORIAL CLOSET 2
- 16 BEDROOM 4
- 17 BEDROOM 5
- 18 BEDROOM 6
- 19 LOUNGE AREA

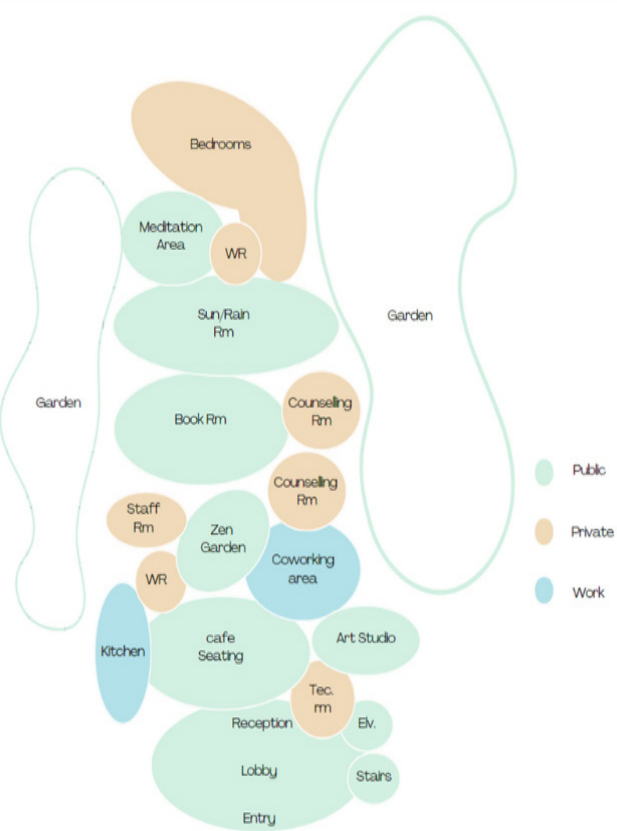


GROUND FLOOR  
SCALE 1:100

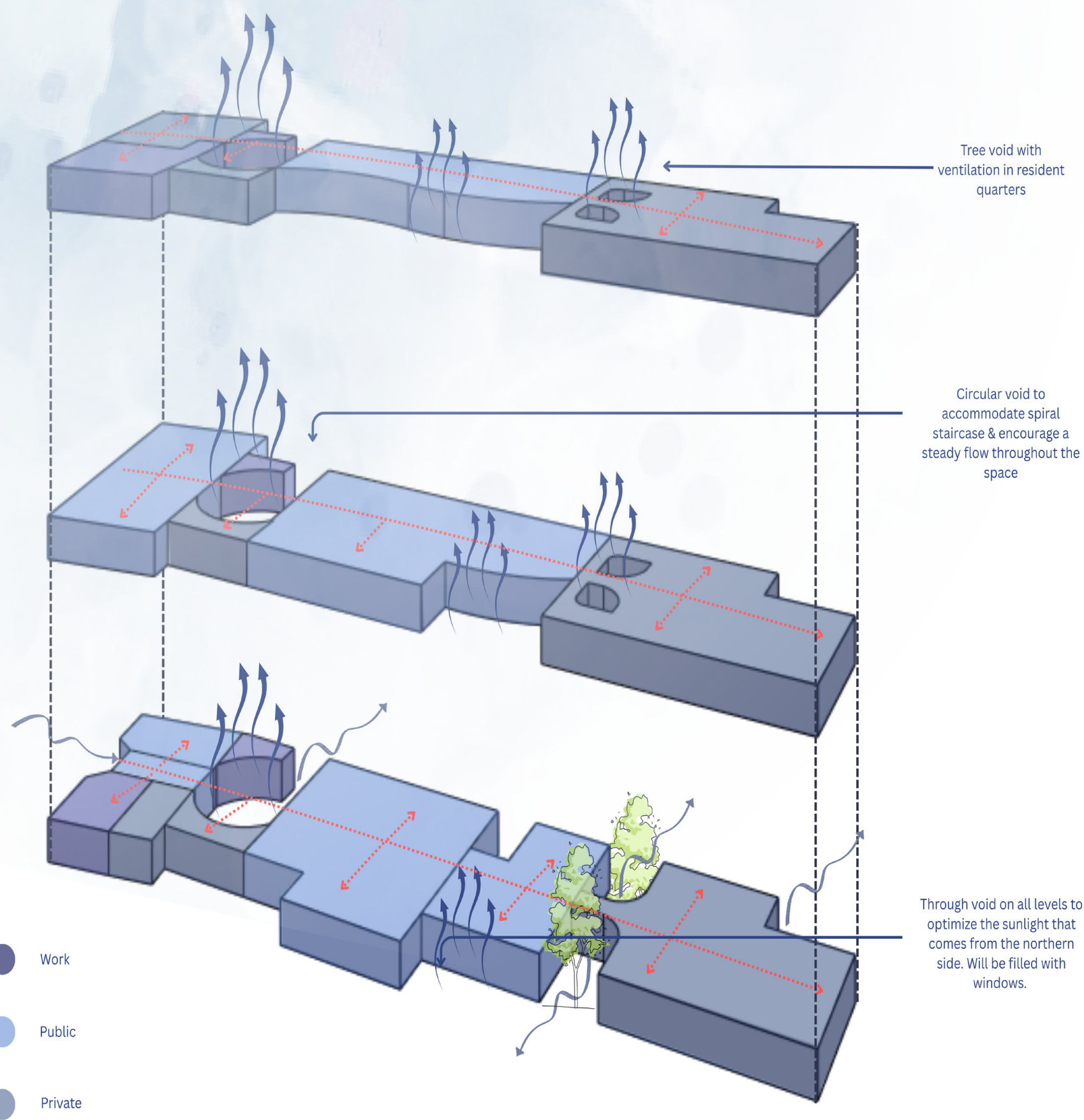
- 1 MAIN ENTRY
- 2 RECEPTION
- 3 CONSULTATION ROOM
- 4 NURSE/ EXAM ROOM
- 5 UTILITY ROOM
- 6 LIFT 1
- 7 UNIVERSAL WASHROOM 1
- 8 UNIVERSAL WASHROOM 2
- 9 COLD ROOM
- 10 TEACHING KITCHEN
- 11 DINING ROOM
- 12 SUN/ RAIN ROOM
- 13 TREE EXIT 1
- 14 TREE EXIT 2
- 15 LAUNDRY ROOM
- 16 RESIDENT SHARED WASHROOM
- 17 LIFT 2
- 18 JANITORIAL CLOSET
- 19 BEDROOM 1
- 20 BEDROOM 2
- 21 BEDROOM 3



Bubble Diagrams







## The Library

This library acts as a gentle bridge between the clinical world and the personal path to recovery. More than just a place for reading, it offers a soothing pause—a space intentionally crafted to ease the emotional weight that can come with traditional treatment settings. Within these walls, recovery is invited to begin not through confrontation, but through comfort, quiet exploration, and a sense of safe curiosity.

## Resident Bedrooms

This bedroom is designed as a restorative space, offering individuals in recovery a deeply personal space to reconnect with their bodies in a safe, non-judgmental environment. It balances privacy and openness, warmth and light and gives opportunity for the user to personalize it how they see fit.

## The Teaching Kitchen

The teaching kitchen is designed as a healing environment where individuals can begin to rebuild their relationship with food—not through pressure or performance, but through curiosity, collaboration, and confidence-building. It serves as a bridge between clinical nutrition education and everyday life, offering both structure and freedom in a space that feels safe and nurturing.



Library Material Board



Resident Bedroom Material Board



Kitchen & Dining Material Board



Library View 1



Library View 2



Library View 3



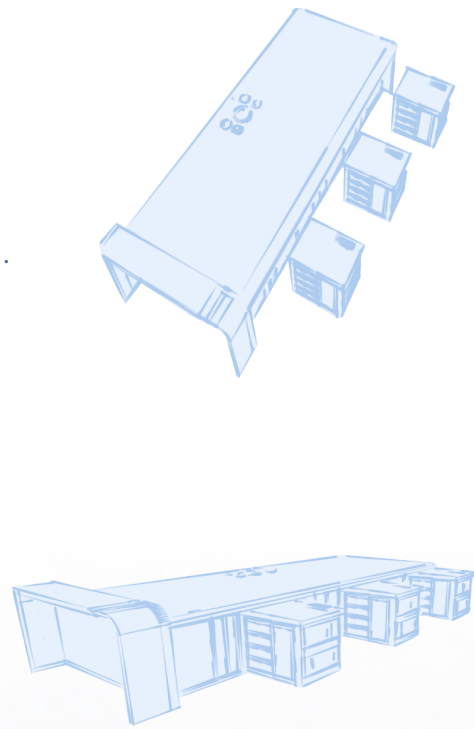
Kitchen Island Design Intent

This concept will define the essence of the teaching kitchen, serving as the central pillar that seamlessly connects users to the transformative experience of healing through nutritional education. By incorporating interactive, pull-out elements that actively engage users in the food preparation process, the space fosters a sense of empowerment over their condition, reinforcing both autonomy and healing.



Key Features

- Lapitec stone which allows for each workstation to have undertop inductors for cooking areas.
- Pull out stations equipped with necessary items- one station is wheel chair accessible with a drop down workstation.
- Pop- up sockets
- Corian worktops that allow for cleanliness
- Under counter storage for extra island chairs.
- wheels underneath workstations for ease.
- Neutral colour palette to keep the kitchen from being an overly charged space.
- round edges to make the space feel more inviting.



Dining Room View 2

Sustainability & User Experience

The design of the eating disorder center aims to support recovery, wellbeing, and long-term healing for patients, aligning with the UN's sustainable development goals. The center will offer therapeutic services such as meditation, yoga, counseling, and art therapy. It will also provide educational opportunities about eating disorders, including support groups and informational sessions in the teaching kitchen and outdoor garden. The occupant experience is central to the center's success, with sustainable features like natural sunlight, geothermal energy, and rainwater to improve the environment and benefit the Sligo community. Building lasting relationships and future partnerships will help raise awareness and expand outreach beyond Sligo.

