

## The Brief

This report aims to respond to the research question, I will explore issues around **loneliness, isolation, and mental wellbeing**. My aim is to design a refuge in the centre of Sheffield The Green Room Bar, 150-154 Devonshire Green. This project will be based on a defined user between the ages of 65 - 85 years old, taking inspiration from personal family experiences and current issues. I will be responding to the context and site as well as considering how we may find shelter in the city. My design will be based around a moment for reflection, retreat, emotional support, a social community, and network to fight against loneliness. I will be focusing on the personal needs and experiences my user requires. My proposal will allow me to understand the emotional and physical experience through developing research into case studies. Concepts of trauma, rest, retreat will be at the heart of the design focusing directly on the user's needs as this is the most important aspect of the project.



User Identity

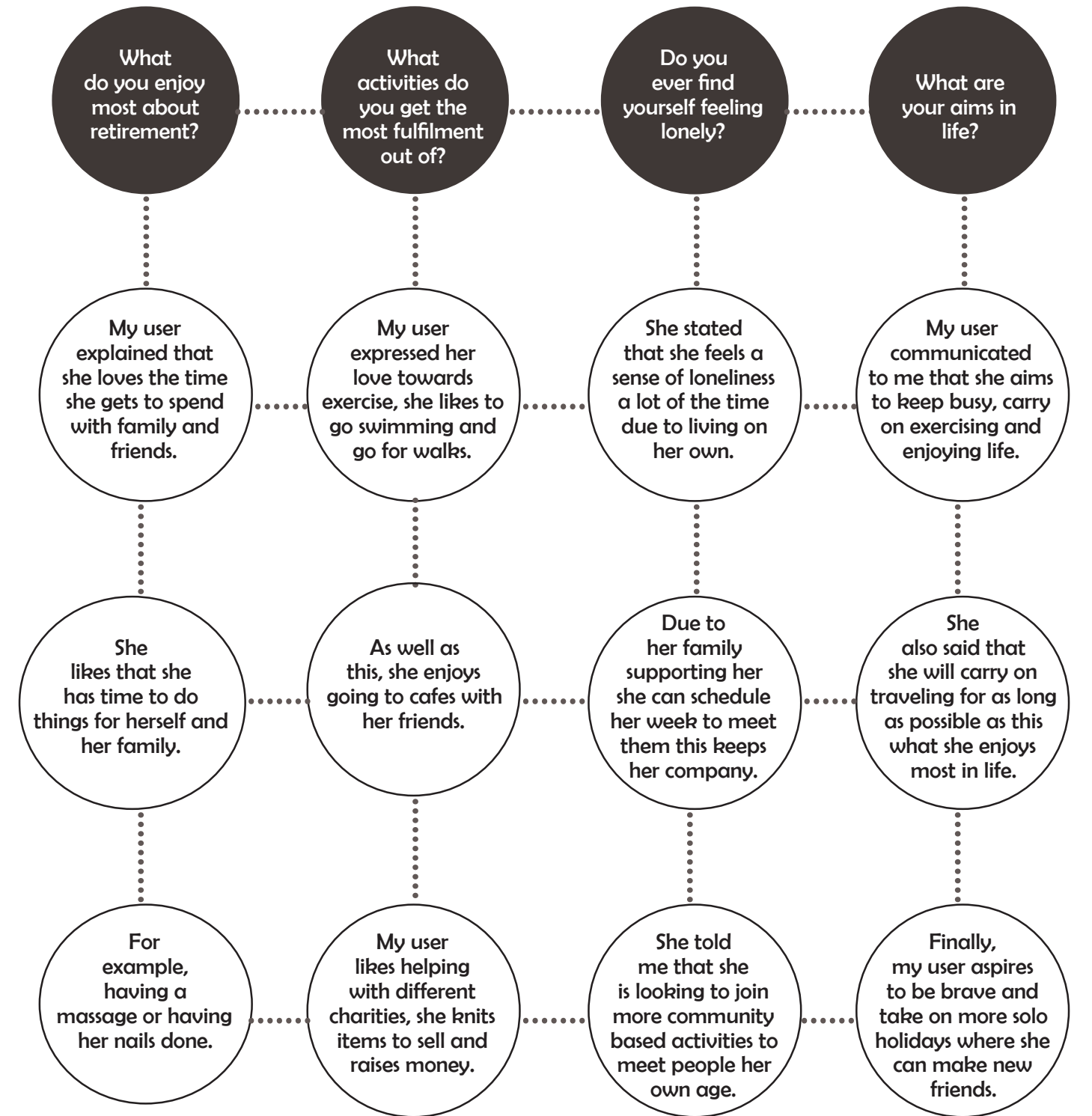
My user is an individual who is a close member of my family – my nan. She is looking for support and company from other people who have experienced similar situations and life changing circumstances to her. People who have lost loved ones who they have cared and looked after for a prolonged duration of time. My user is looking for a social space which she can visit whenever she needs emotional assistance. This will be a secure space for groups of people to attend throughout the week, it will consist of a society of men and women of all ages to join. These people will talk to one another which will create a strong network in order to combat loneliness. There will be mental wellbeing charities who take care of the events, and this will provide the user with further security and comfort.

The Green Room Bar  
Site History



Green space

## Ethnographic Research



Transport links

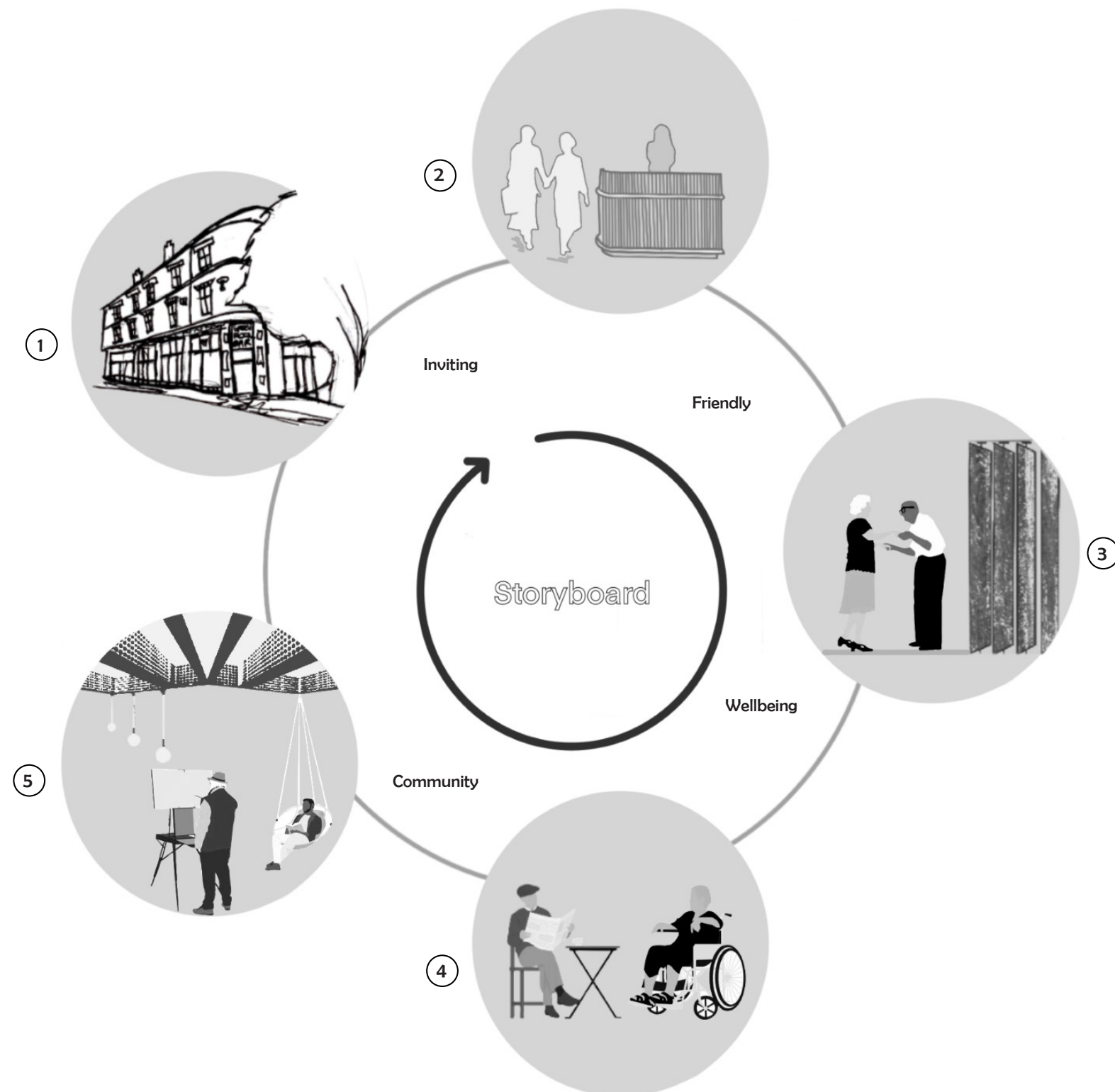


## Project Direction

I aim for my project to purely base around my client and their needs and desires, it will be a community for older people to join. This design will be used to fight against loneliness this is focused on the older people who are feeling isolated. There will be many spaces and activities going on throughout each week and this will be a friendly, inviting environment for older people to come together for their mental wellbeing and to socialise with new people.

## Day in the life

- ① The building opens its doors every day at 9 am.
- ② The day starts off by the user entering the building.
- ③ They enter the building and are greeted by staff at reception.
- ④ The staff then take the user towards the activity space.
- ⑤ The user can take a seat in the quiet room and relax before they start their activity.
- ⑥ The user can choose what activity that they want to do, reading, painting, knitting, gardening and cooking.
- ⑦ Activities can take as long as the user needs, this can last between 30 minutes and up to 10 hours of the day.
- ⑧ The user may then choose to go back to the seating area to relax, eat and socialise for the rest of the day.
- ⑨ After this, they may choose to go home or stay for the evening.



## People



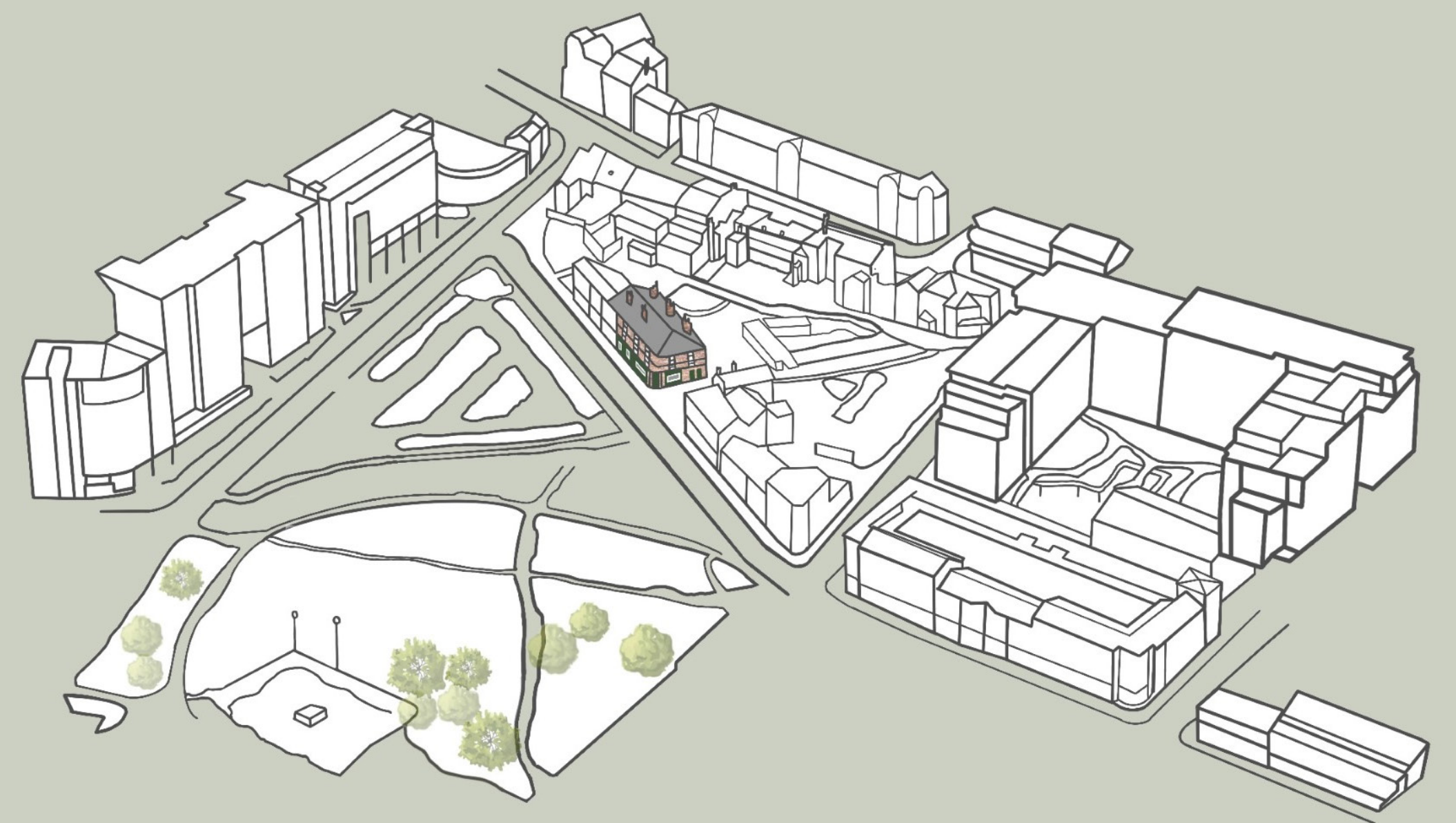
## Community + Neighbourhood

- Businesses around site - bars, clothing shops, fast food and cafes.
- People who live there - students, family's, workers, couples and individuals.

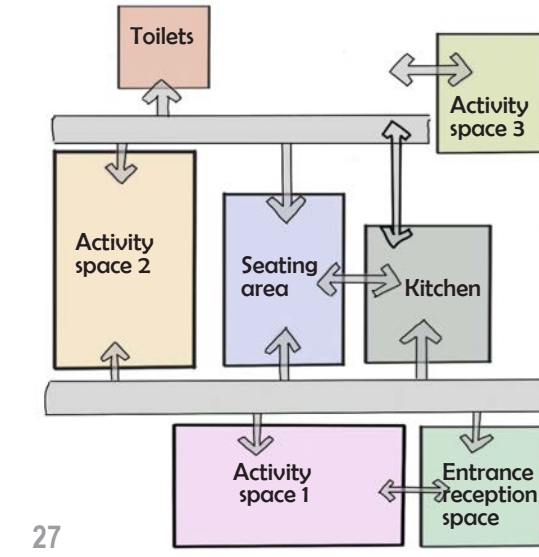
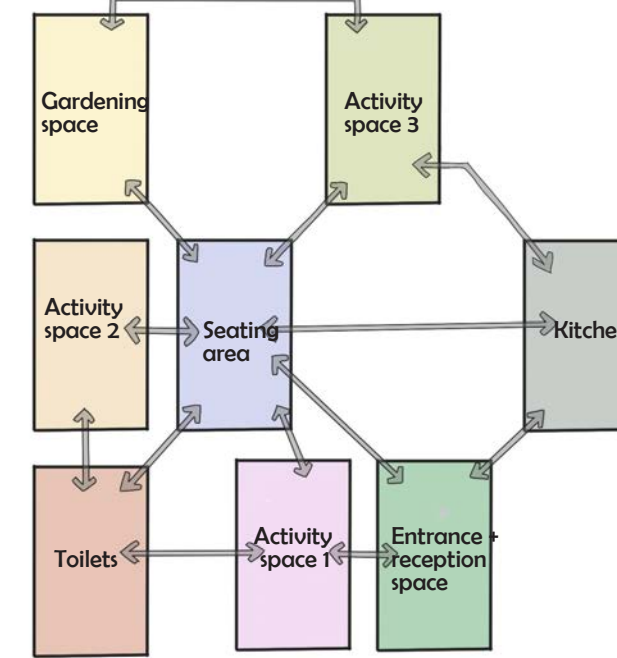
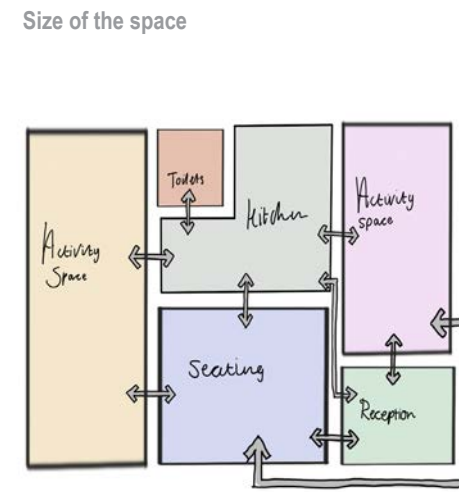
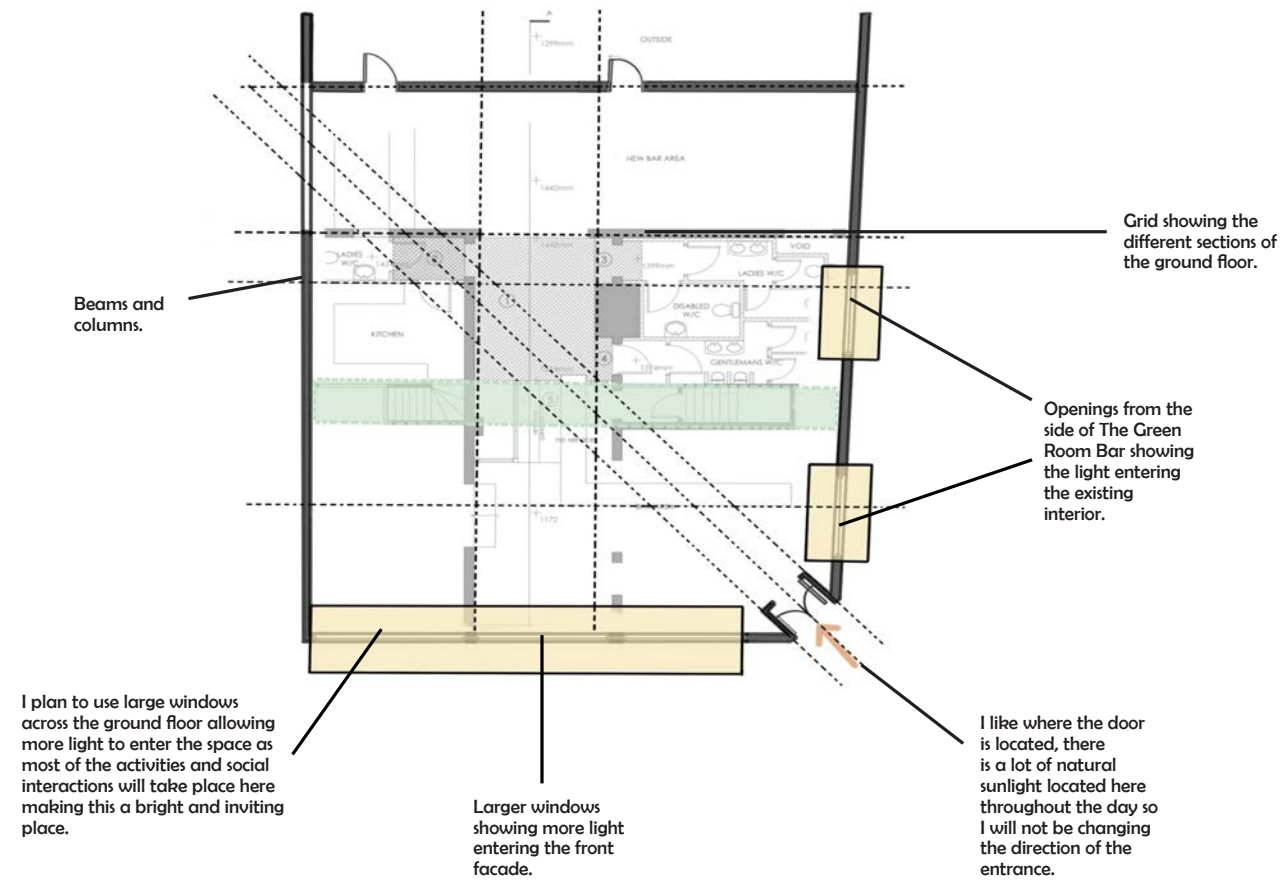
The aim of site analysis is to understand and become aware of the types of people in the area and around the site. Exploring the importance of people's routines, how site changes throughout the day, looking at the types of people visiting this space. As well as this, linking 'people' to networks and routes zooming into the frequently circulated places around site and the nearest transport routes.



Aerial view north west of the inner city buildings Devonshire Green

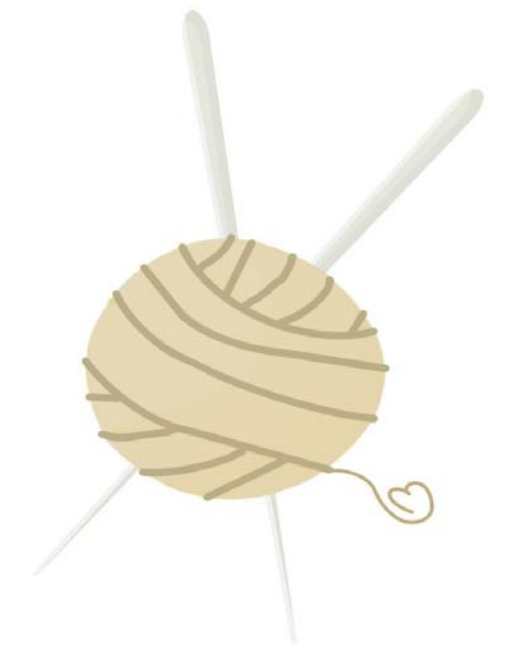
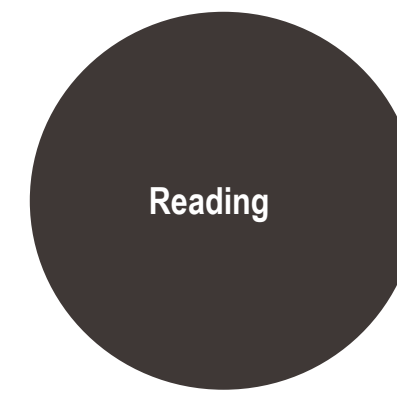
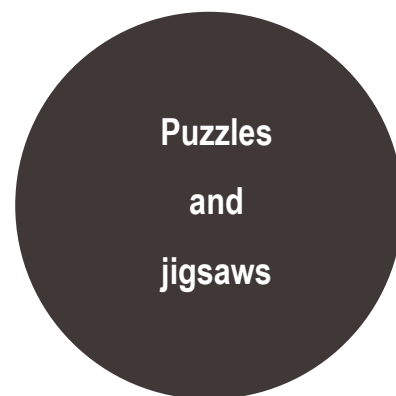






27

Activities within the design



A conceptual collage showing what I think of refuge through materiality and objects through the use of soft materials and muted colours.

Gardening is good for your mind as you are exposed to sunlight which increases vitamin D, you are connected to nature and you can grow fruit and vegetables.

- Wellbeing
- Health
- Outdoors

Homemade meals and baking is a good way to learn how to cook something new, developing healthy eating habits and developing fine motor skills to encourage deeper knowledge of nutrition.

- Nutrition
- Healthy eating
- Homemade

Socialising allows you to have an active social life, sociable people tend to live longer than the people who are more isolated. Being around people allows us to keep healthy habits and lower stress levels.

- Stress free
- Friends
- Groups

Doing puzzles and jigsaws helps to reduce screen time, keeps the mind in good shape, it exercises both sides of the brain, improves short term memory and it can give you time to connect with others.

- Memory
- Relaxing
- Cognition

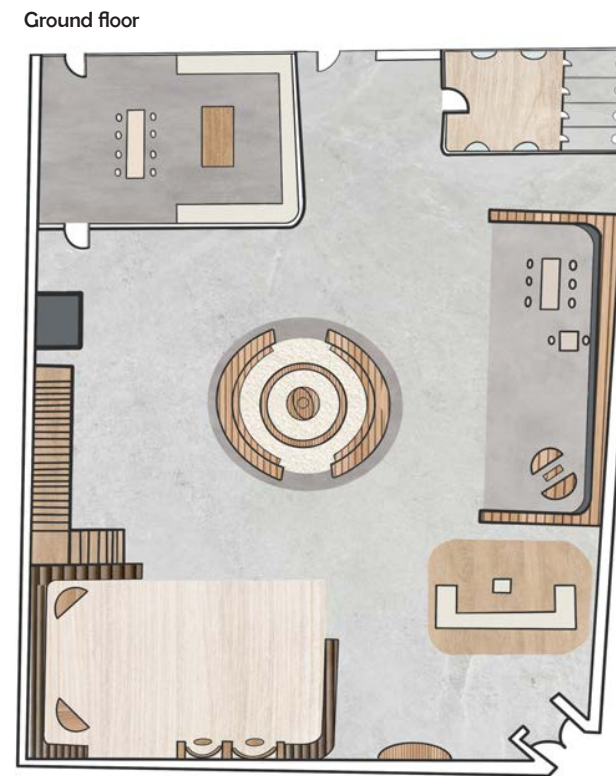
Doing art and drawing allows an individual to express themselves, strengthens our relationship with the environment, improves eye – hand coordination and emotionally helps you to grow.

- Environment
- Coordination
- Expression

Reading enables you to gain more knowledge about a subject, improves your focus, brain connectivity, it is a faster method to calm nerves and it allows us to step out of our own lives and emotionally carry ourselves into a story.

- Knowledge
- Calming
- Story



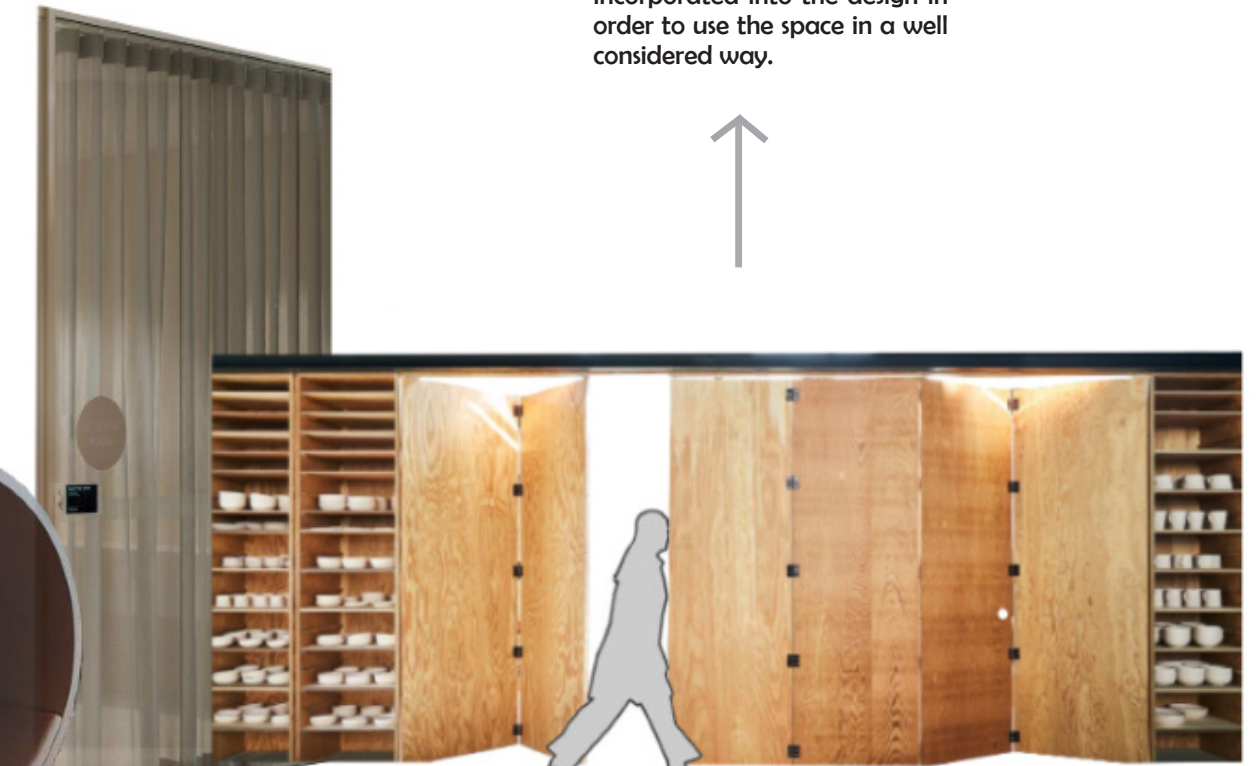


The main concept direction.

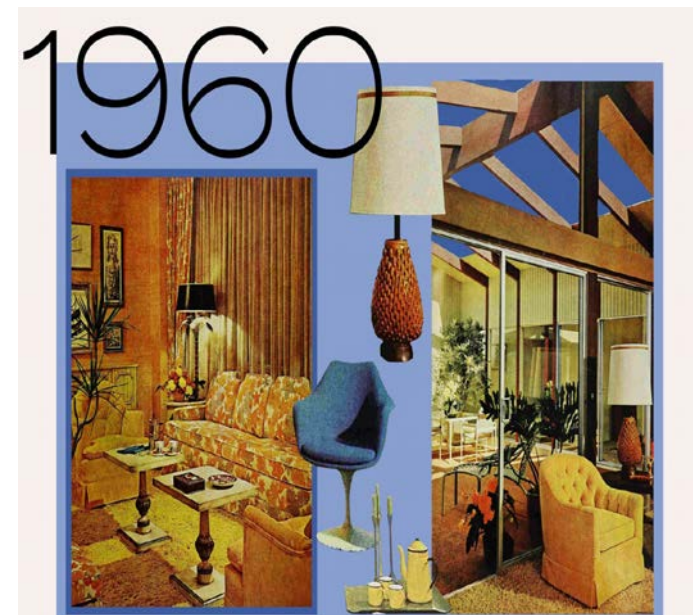
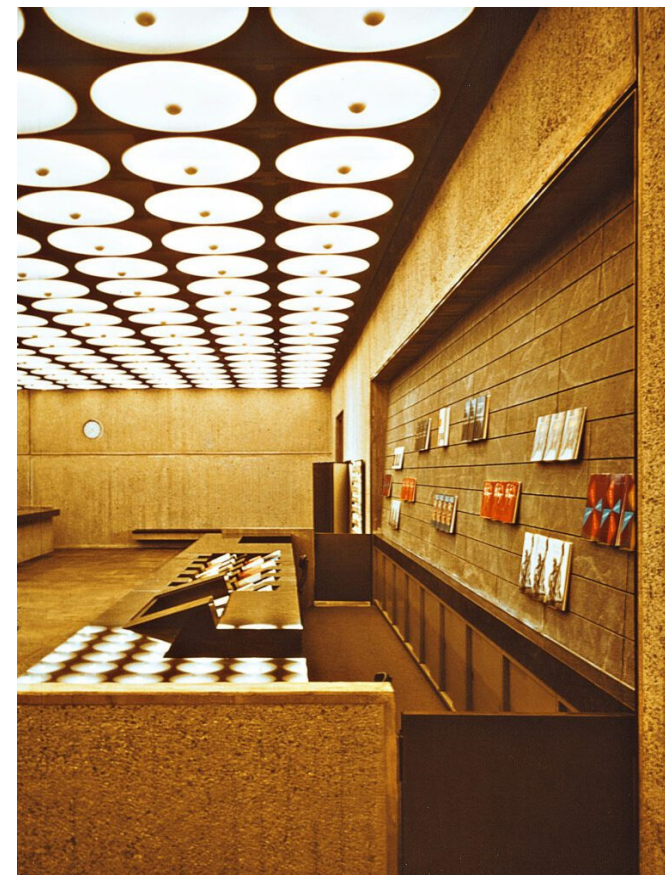


A theme of curves, circular objects, openings and timber will run the theme of the entire interior.

Multifunctional elements will be incorporated into the design in order to use the space in a well considered way.



Partition curtains and fold away furniture will enable the user to use as much of the space as possible and this will create a reveal of the space.



The 1960's were a time of experimentation including design, the use of organic shapes in furniture and art was on trend. Vibrant orange, electric blue and lime green would be the focal point of a space with the contrast of neutrals and the pop art movement.

I aim to take inspiration from this period of time, making the space a nostalgic place for the user to re visit a time in their life where experimenting was renowned for.



1

### Interactions

- Lighting, surfaces, openings and movement contribute towards the user's interaction within the space.
- Natural and artificial lighting can change the mood of an interior drastically.
- As most of our life is spent indoors, the space plays a huge impact on the user as it can affect psychological behaviours.
- Aspects such as lighting, scale, proportions, colours, configurations, acoustics and materials generate many feelings for an individual.

2

### Noise / acoustics

- Sound can refer to the sensation perceived by the ear, this may be pleasant or unpleasant.
- Music, nature, sounds or someone speaking can be an example of this.
- Noise is described as a disturbing or unpleasant sound and this can affect communication, hearing or any activities.
- Acoustics deals with how a space may reverberate and how a room may carry the sound.

3

### Openings

- The use of doorways and windows connects the flow and movement of the interior space.
- It allows the user to flow through the space and interact with it accordingly.
- Natural light is important in a design as it helps us focus, makes a space more welcoming, makes an individual feel happier and it improves overall wellbeing.
- Having a large open space in a design is crucial as it allows more light to enter the space creating a warm and inviting environment.



