

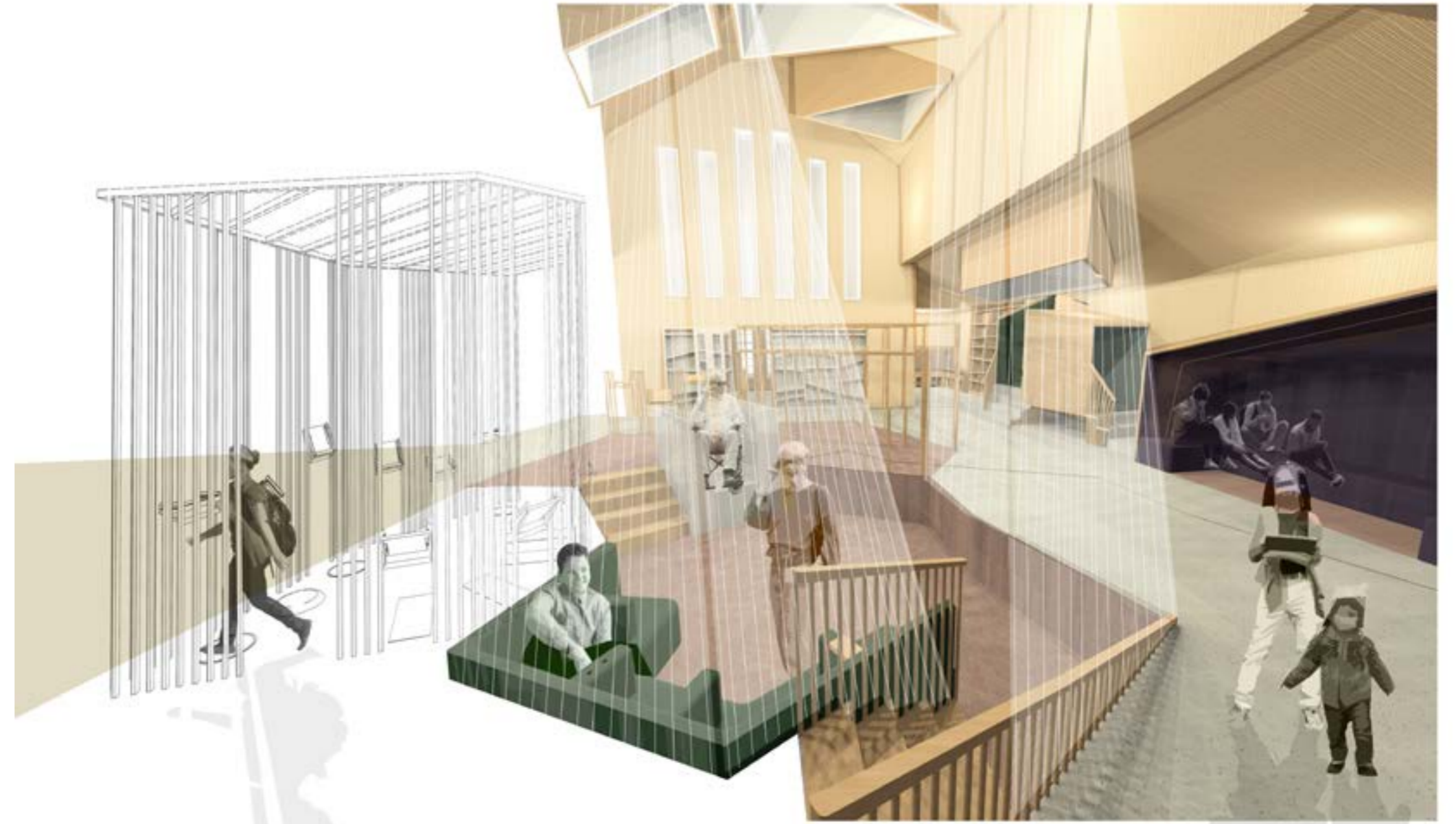
Nook is a playful and supportive library and social space, designed to encourage movement and help mitigate the effects of sedentary lifestyles amongst young professionals and the older population in Ancoats.

A process of modelling, sketching and digital modelling was used to create the forms which were translated into skylights and reading pods. The main aura of the space needed to be comforting, calming and supportive, so research was done to find visual examples of supportiveness. Barbara Hepworth's Landscape sculpture (1944) was selected as a starting point for the design process. The nature and location of the building called for a focus on natural light, and a need for light-permeable alternatives to delegating space. A ropes instillation was designed through sketch modelling, scale modelling and sketching, and is used to delegate spaces and connect the roof lights and the ground floor. The pop-up structure was inspired by the ropes instillation, but as the focus was on circularity and reducing waste, the materiality dictated the design

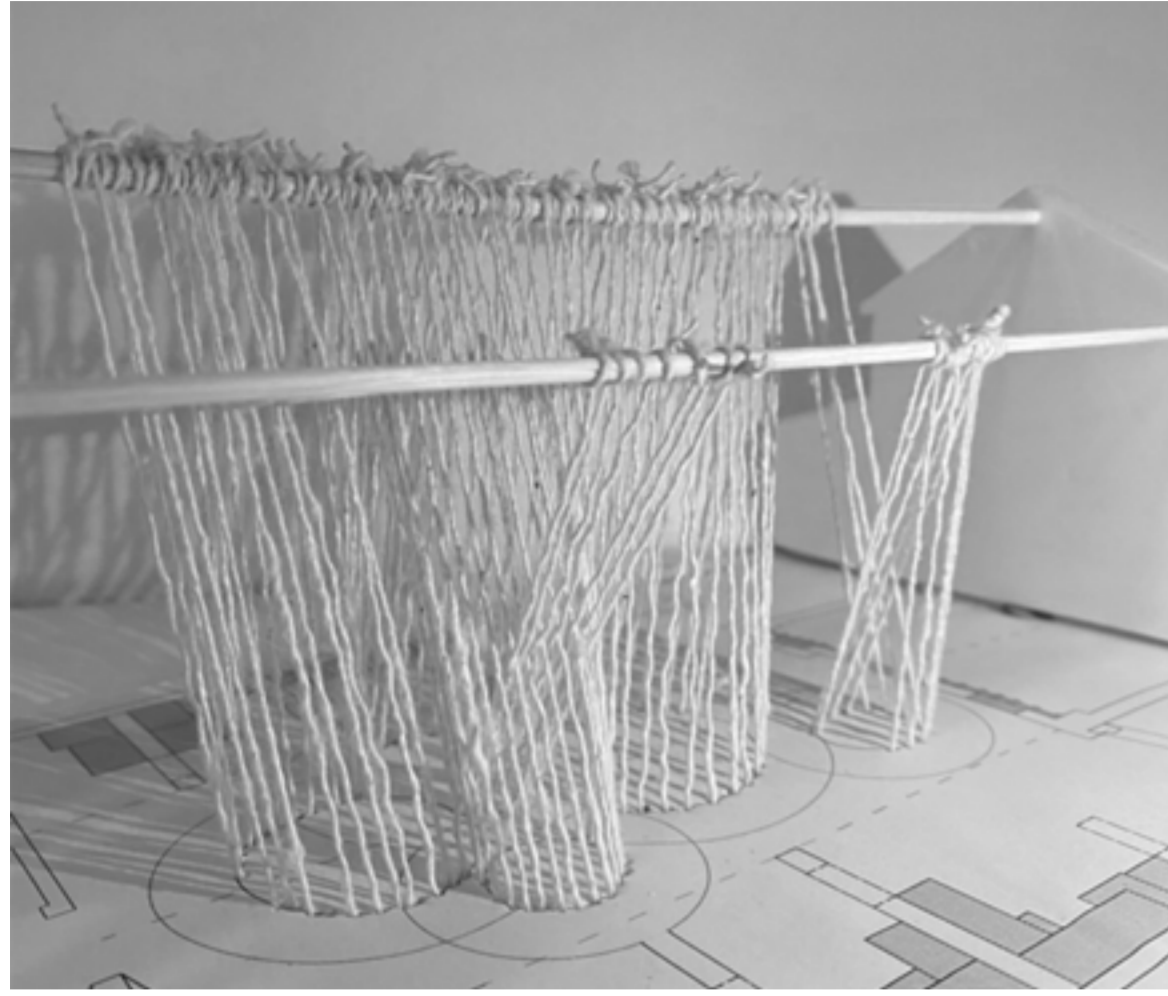
Can we design active spaces that encourage movement?



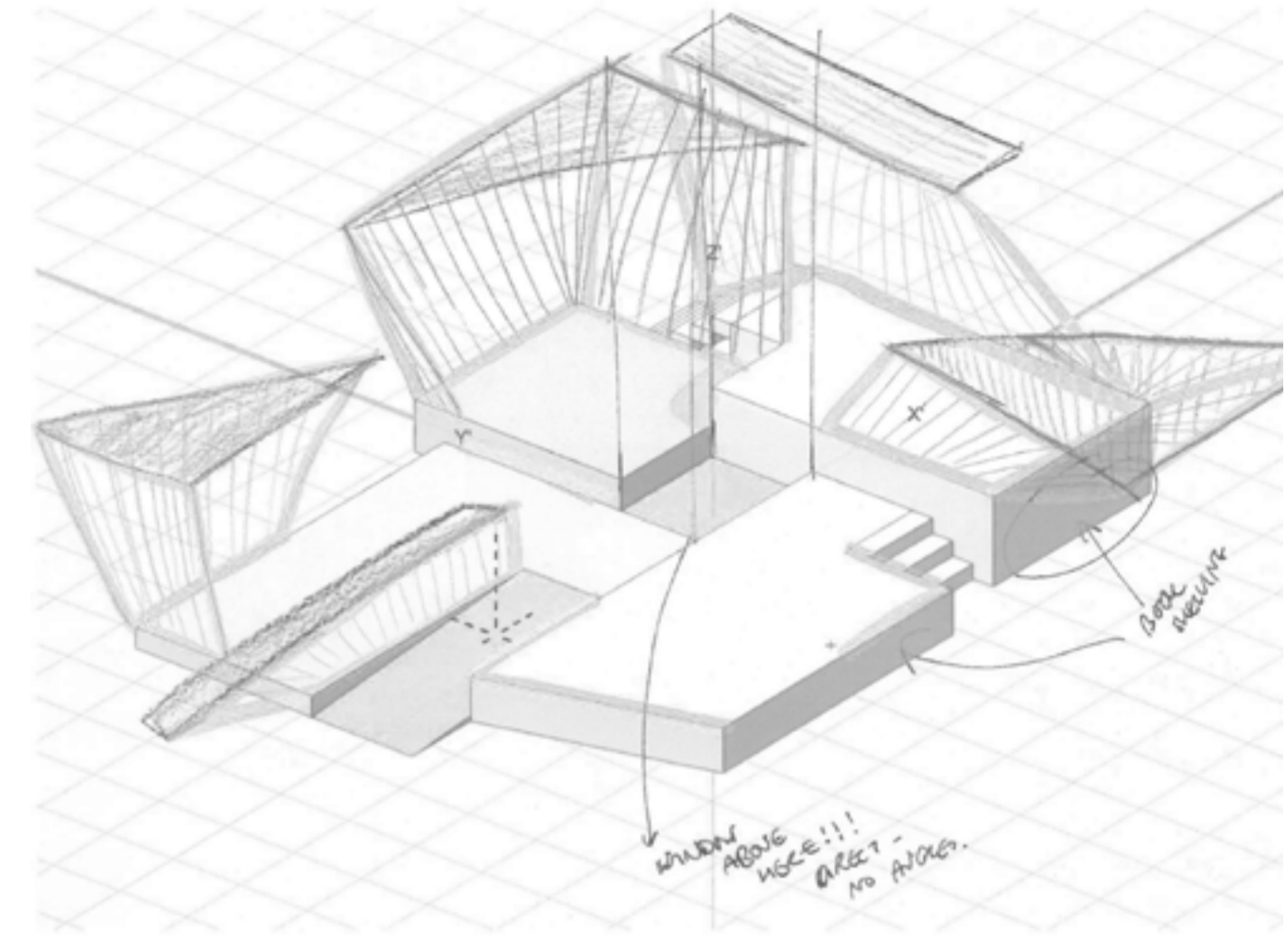
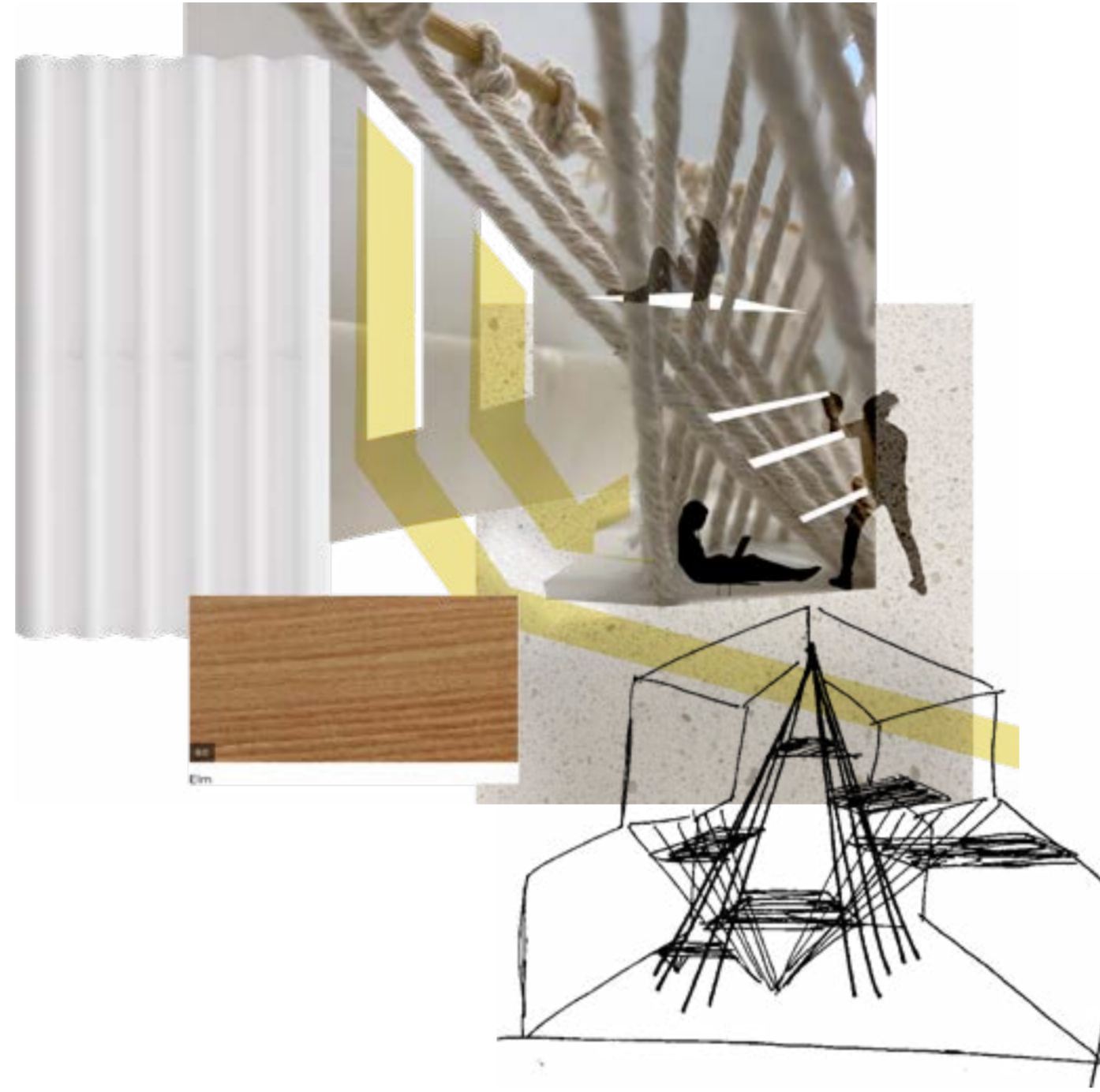
Can our homes, offices and third spaces act as preventative care?



supportive



inspired by Barbara Hepworth's Landscape Sculpture, 1944 (reference 100954).

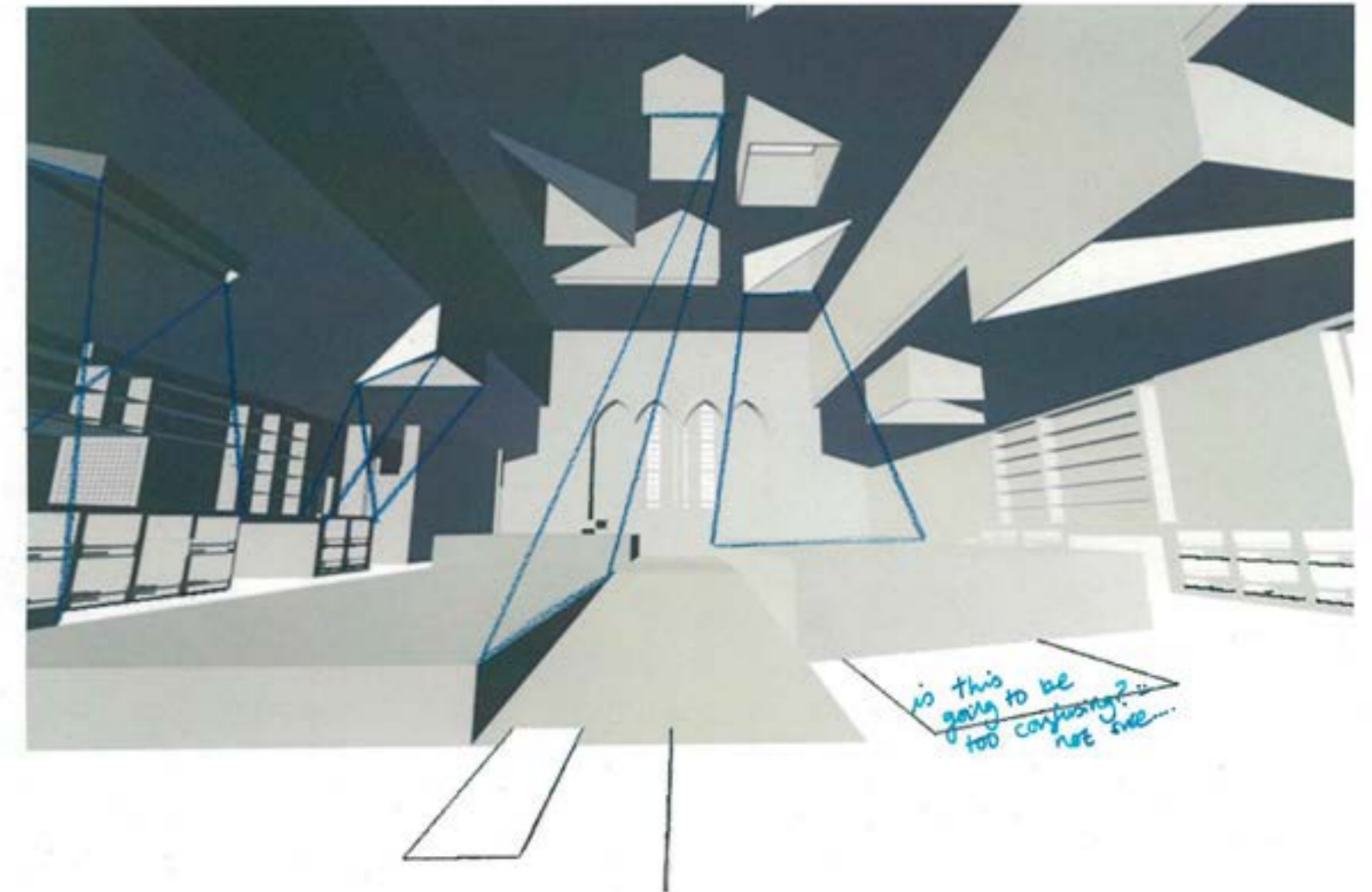
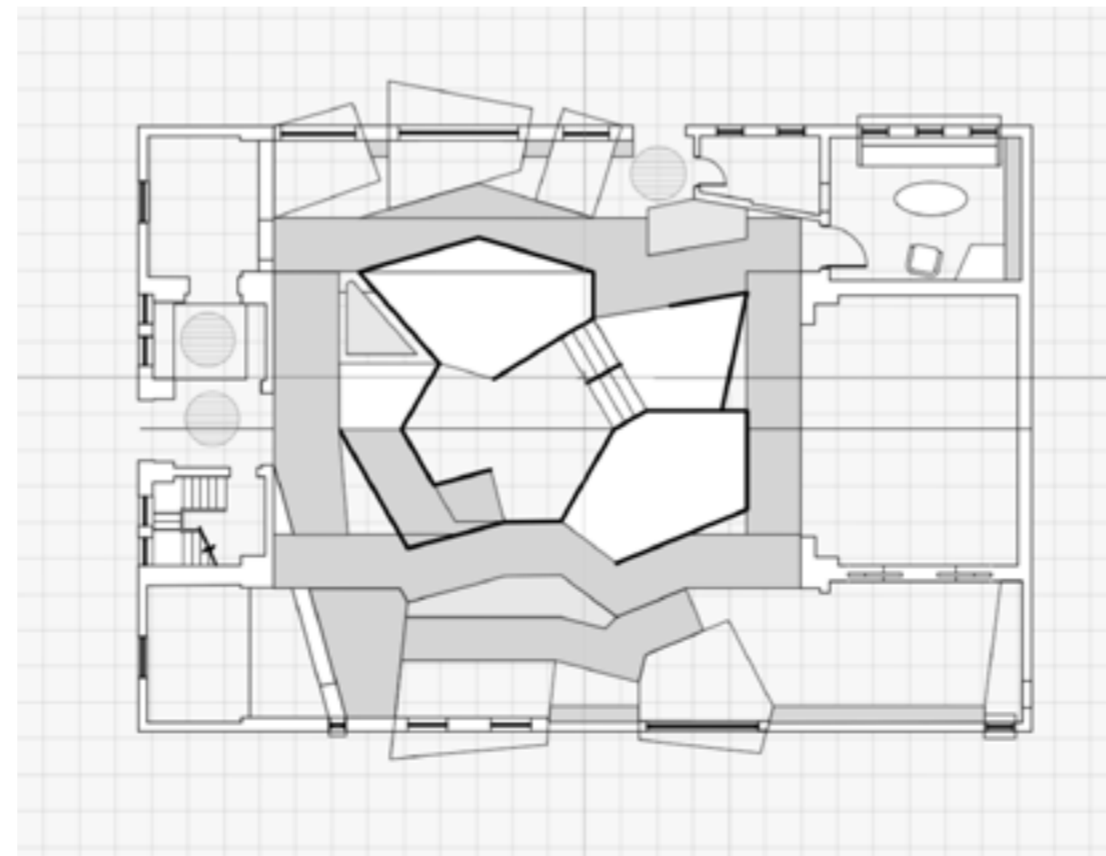


design process:

[click here for walkthrough](#)



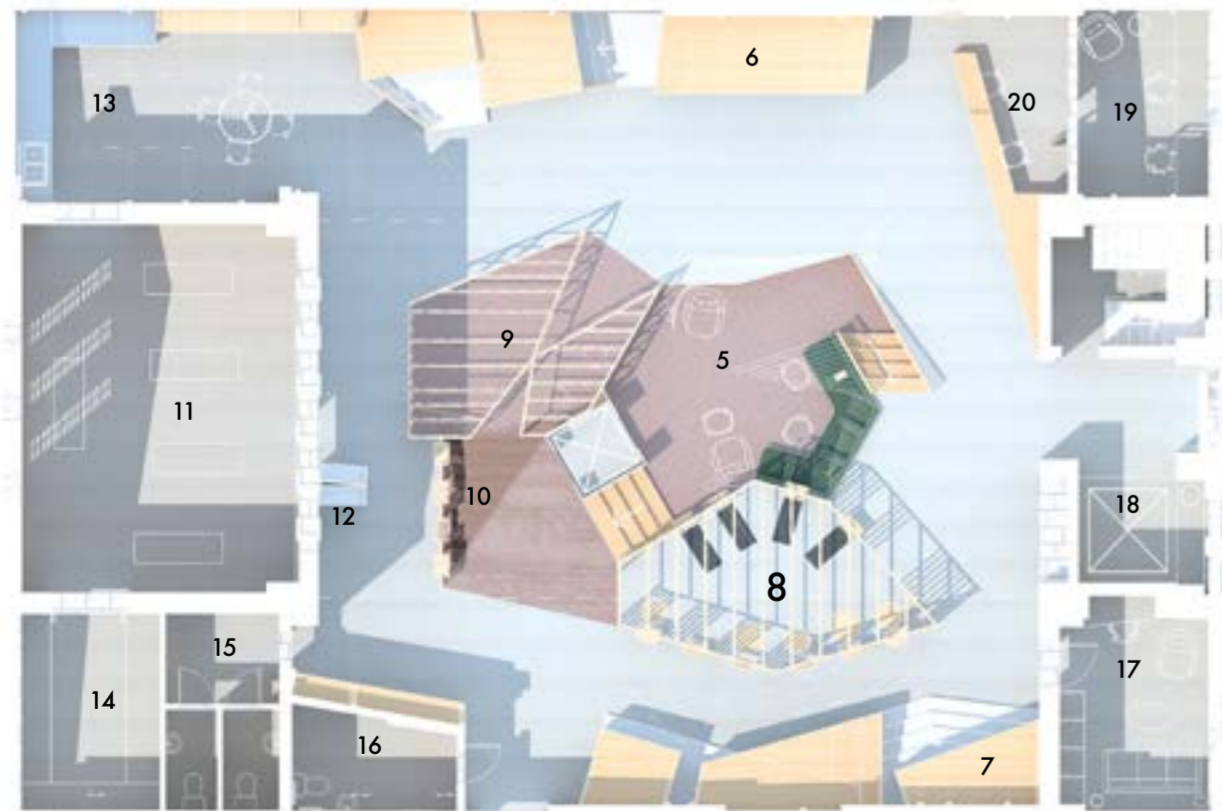
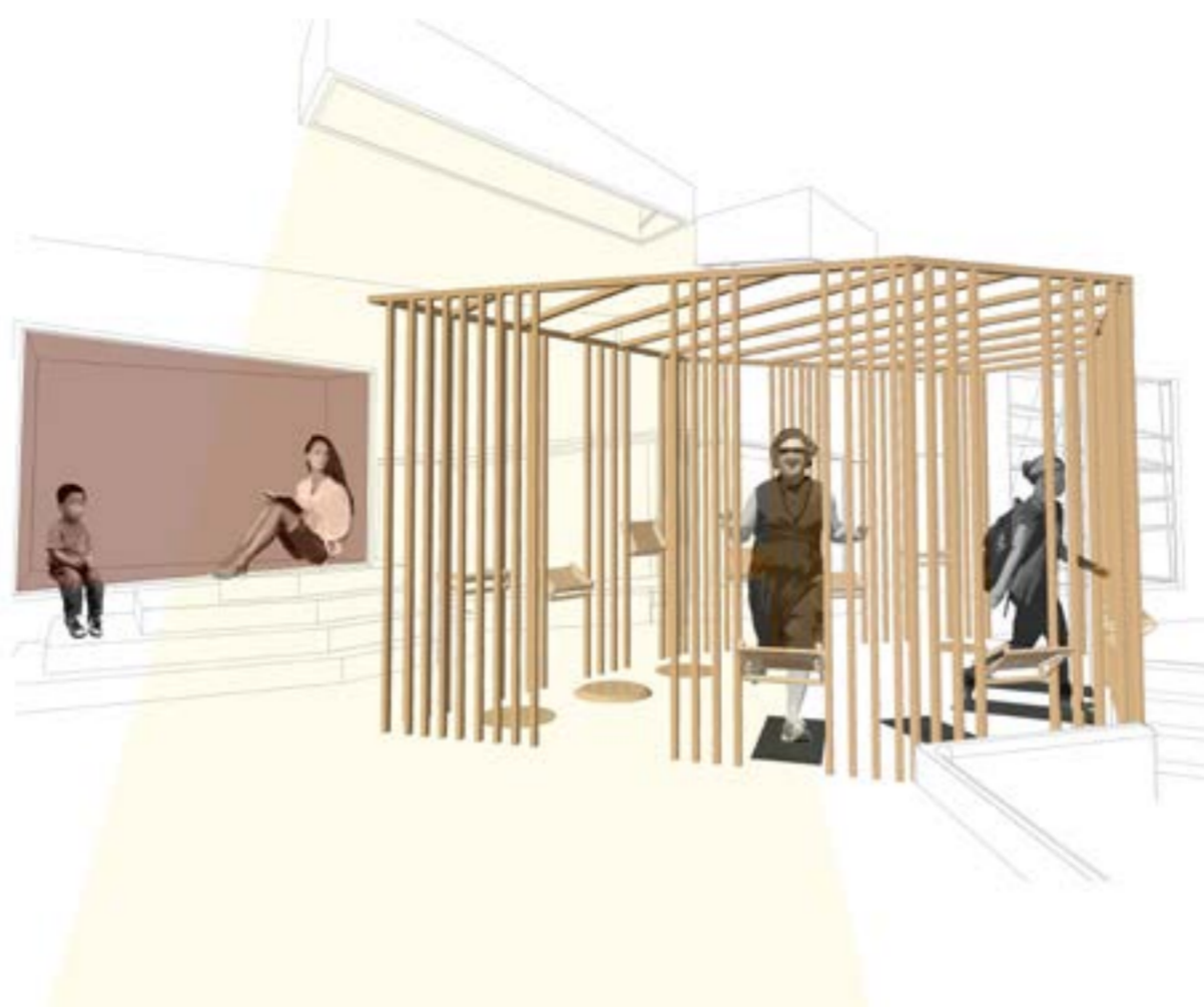
An important aspect of this space is that it feels supportive and more like a familiar living space than a clinical health space. Increasing the natural light available was an important factor in this, and so skylights were introduced as the building lacks space for windows. An open space was preferable to allow for more light and connection, so the spaces needed to be delegated using level changes (less desirable for mobility and accessibility reasons) and using light-permeable fixtures. The idea of a ropes installation as a means of delegating space and drawing the eye up towards the sources of natural light was introduced.



The lecturns can be used to hold books, laptops or e-reader and can be used with exercise equipment like the MoveMate board or an exercise ball.

Core Twister and Balance domes help with balance and core strength, and the handles of the lecturns offer stability.

Treadmills allow users to walk or run whilst reading and the adjustable angle and height allows for them to be used comfortably by those in wheelchairs to.



1- netted areas on the first floor create removed comfy hammocks for quieter reading.

2- lift

3- quiet sitting area

4- skylights create a dynamic and playful feel, as well as accessing calming natural light.

5- sunken communal reading area encourages social interaction.

6- accessible reading nook

7- reading nook

8- move & read area

9- high bars

10- accessible lecturns

11- community space can accommodate activities like yoga (shown) as well as exercise classes and book clubs.

12- bi-folding bookshelves

13- kitchenette

14- storage

15- toilets

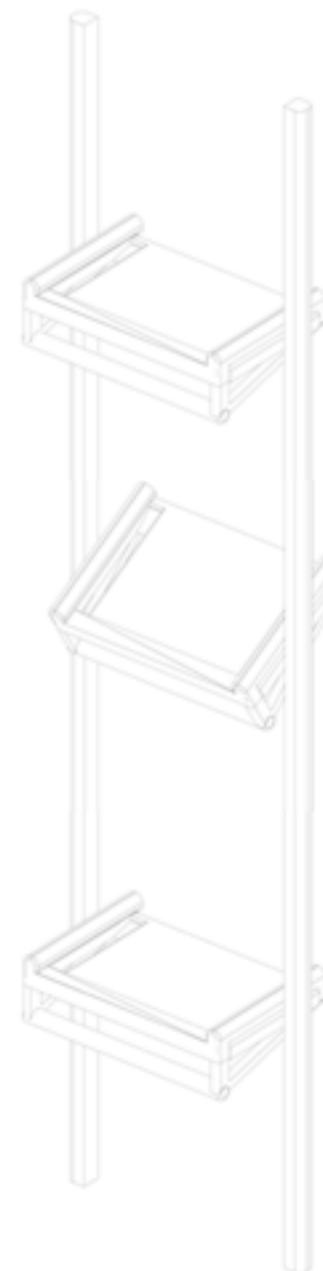
16- accessible toilet

17- bibliotherapy space can support people dealing with grief, depression and anxiety*

18- lift

19- staff study

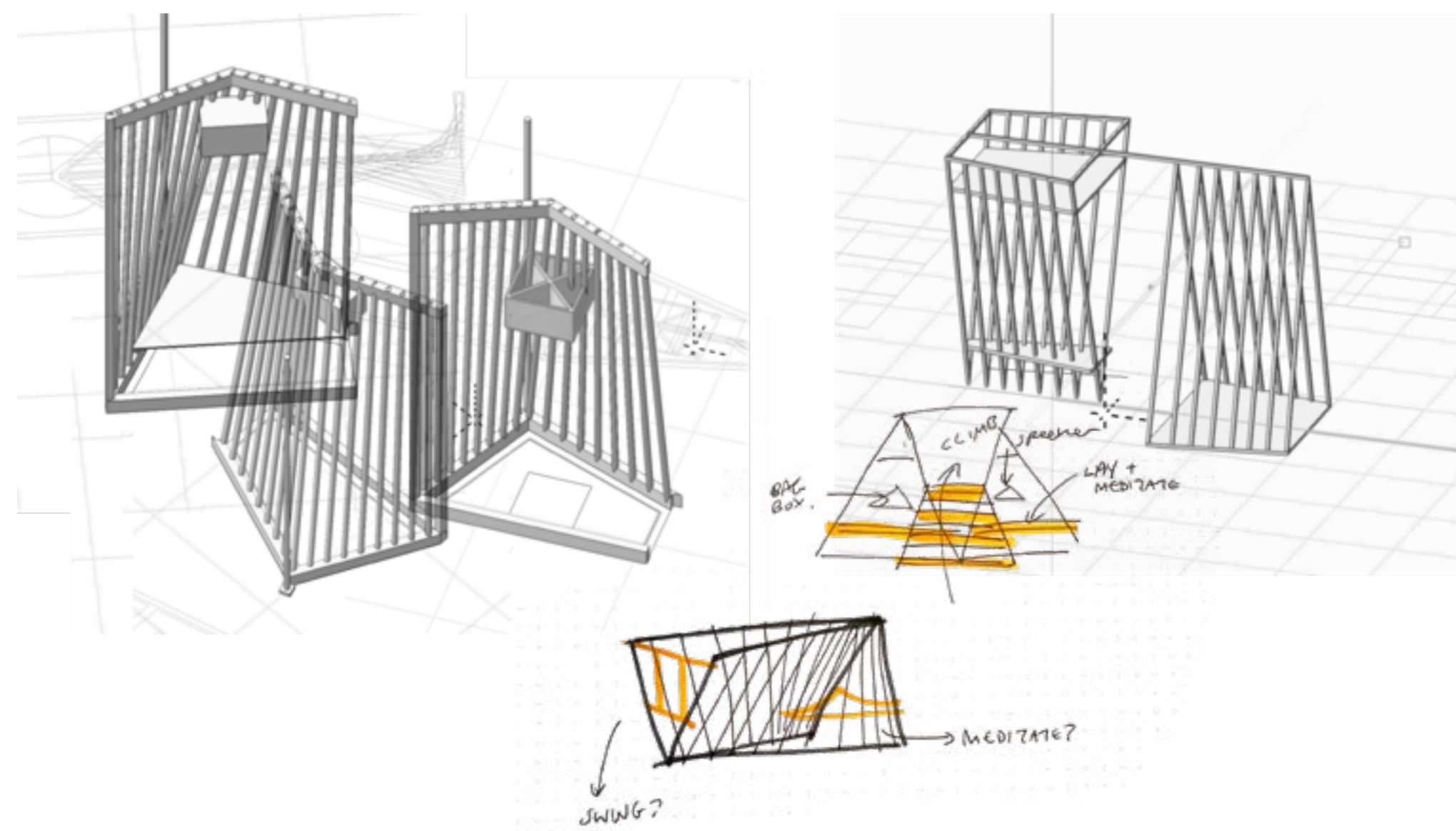
20- help desk





This pop up has the same aim as Nook, to provide an opportunity for movement or for meditation to help protect people's mental and physical health. The pop up is aimed towards commuters and students, as both these groups have high stress levels. The pop-up provides a two minute experience, so people can make a quick detour during a commute or lunch break.

pop-up:



roof plan @ 2525mm AFFL



ceiling plan @ 2500mm AFFL

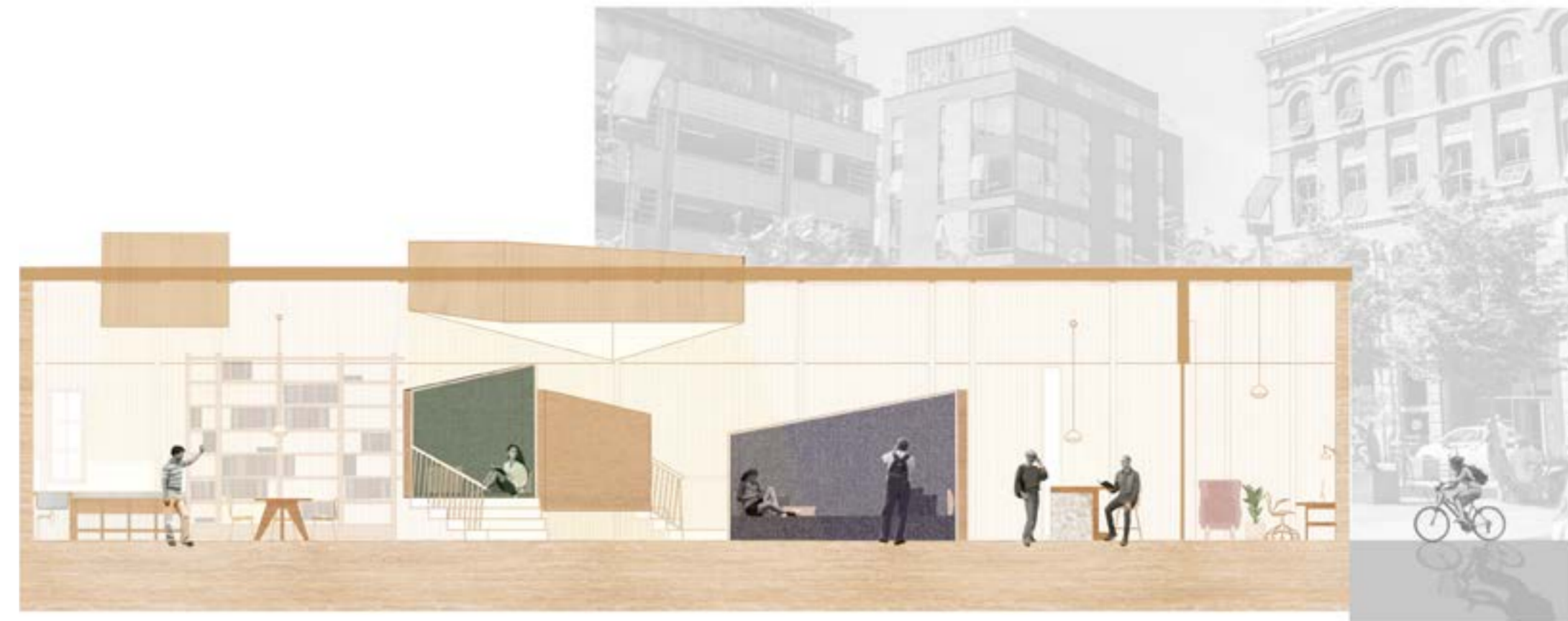


floor plan @ 450mm AFFL

- 1- accessible meditation pod
- 2- hammock meditation pod
- 3- holosonics directional speakers
- 4- swing energise activity

- 5- scaffolds
- 6- plant beds
- 7- generator box
- 8- tarpaulin roof
- 9- timber ceiling frame

sections & illustrations:



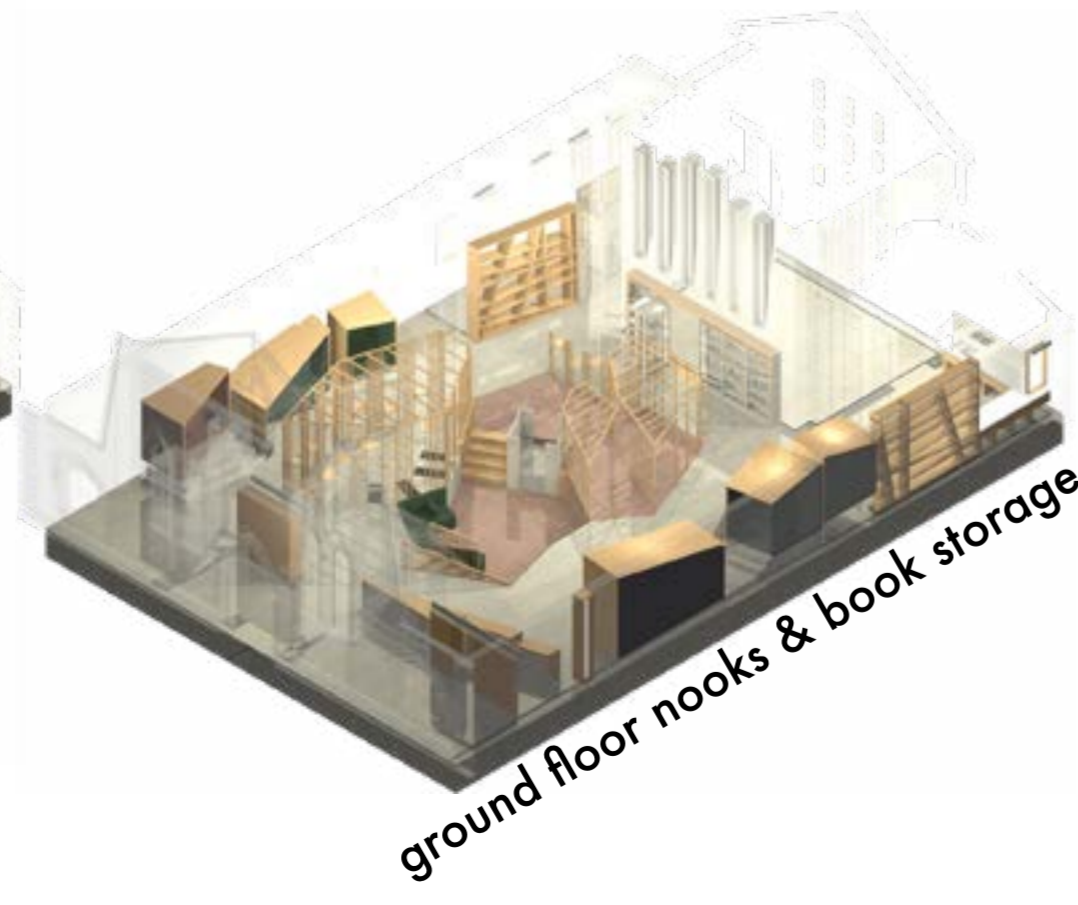
Section B (not to scale)



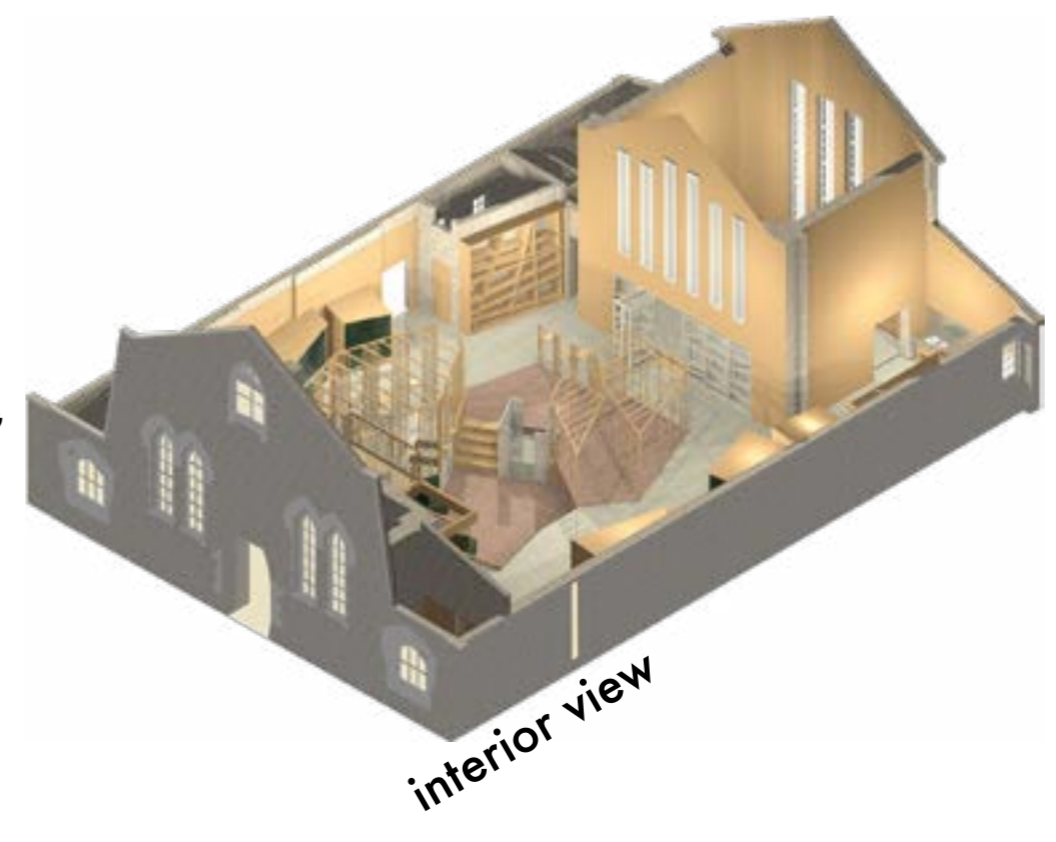
Section A (not to scale)



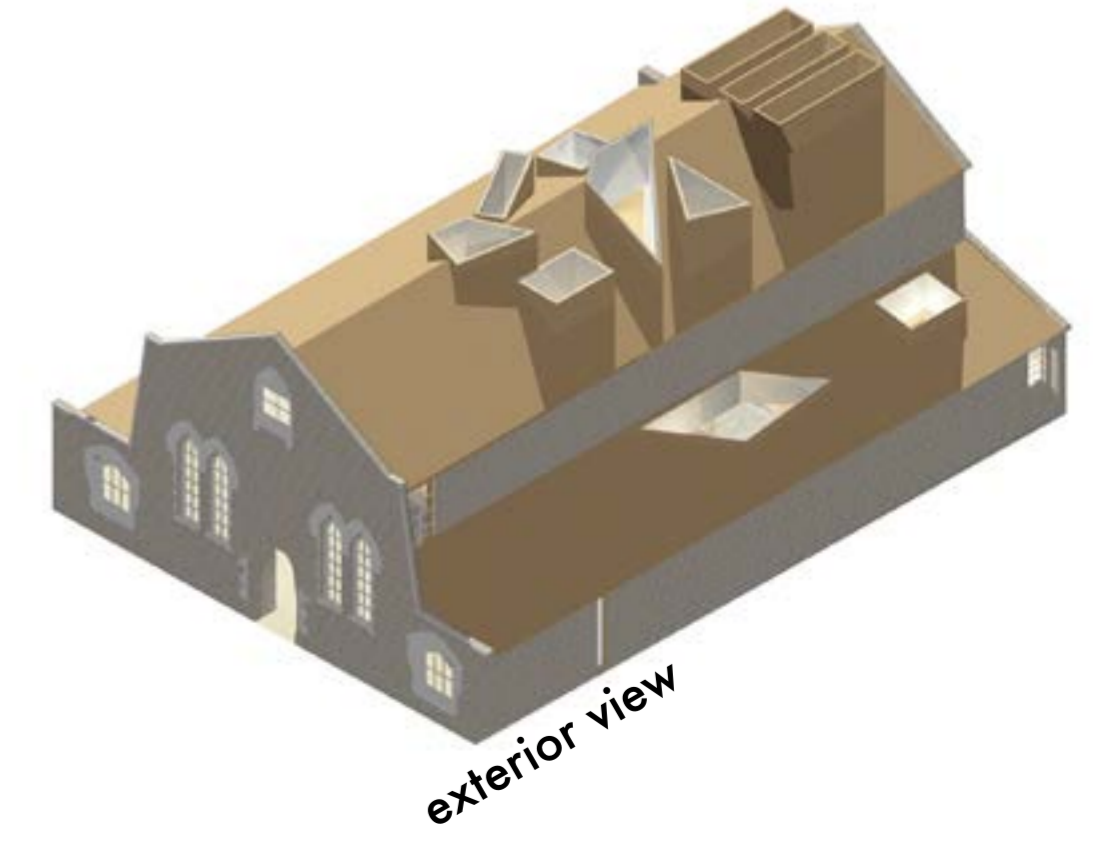
ground floor active areas.



ground floor nooks & book storage



interior view



exterior view