

LONDON CALLING

The project objective is to design a series of temporary homeless shelters within both the inside and outside areas. The modular houses are designed to be sustainable, comfortable and functional while helping through the process of recovery. The aim of the village is to bring people of all backgrounds and pasts together, creating a social connection and enhancing well-being and happiness. This in turn, will give these vulnerable young adults a second chance and something to believe in. The programme will help them re-integrate back into society while contributing to preserve the biodiversity, maintaining the function of the ecosystem and encouraging positive association with wildlife.

Homeless people can be defined as someone sleeping, or bedded down in the open air (on the streets, in doorways, parks or bus shelters); as well as people in buildings or other places not designed for habitation (barns, sheds, car parks, cars, derelict boats, stations, or 'bashes'). Homelessness is a problem nationwide however it's a particular problem in London. London's population makes up roughly 16% of England's total but more than a quarter (27%) of England's rough sleepers are in the capital. More widely, in 2019/20 there were over 10.72 thousand people reported to be sleeping rough in London, over 2 thousand more than in the previous year. Many are the issues rough sleepers have to face everyday and most of them are fighting with trauma which will often lead to mental and physical problems, alcohol and drug misuses and a number of many other issues.

Homeless people with drug misuse face a range of different and complex problems including depression, anxiety and poor nutrition. The cycle of addiction most often springs from past or recent pain and trauma and the feelings of pain, guilt, and shame keep the addict suspended in a swirling tornado of deterioration. The addict's relationships, job, and personal safety often suffer from the repetitive process of the addiction cycle. It is often said that a drug abuser will only change once they hit rock bottom. That bottom varies from individual to individual based on their life experience as well as the type of dependency they struggle with.

In order to achieve a full recovery comes the need for a safe place along with a detailed program which focuses on the mental and emotional aspects of the addiction. This will be achieved by focussing on a clinical treatment, the 12 Steps of Recovery which are considered the corner stone of Alcoholics Anonymous and drug misuses. The steps were developed to help people suffering from alcoholism move from a state of using, denying, and blame to taking control of their individual lives. Using the steps has been a process that has proven successful for many over the years. The steps map out a series of actions that members take to help themselves move past their secrets, take responsibility for their past choices, create a spiritual foundation, create a model for evaluating daily behavior, a way to fix the wrongs done during active addiction and the understanding that each of us needs to help another person. The programme is designed with the objective of healing the mental and emotional aspects of addiction while integrating therapy and counseling into a broader treatment plan. The programme will be supported by a range of therapeutic activity:

- ART THERAPY
- HORTICULTURE
- GROUP THERAPY

CANNABIS

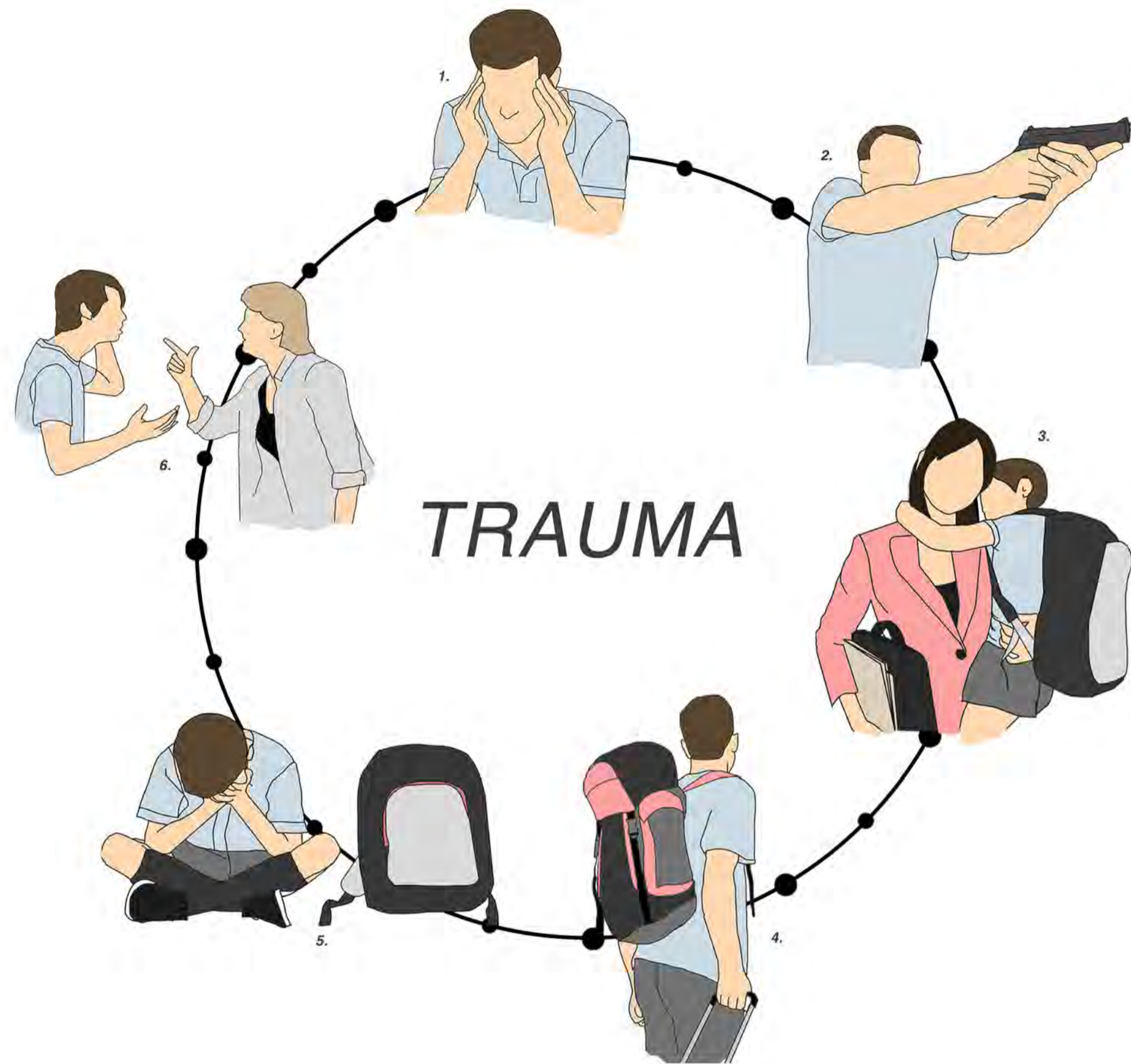
Cannabis is the most widely used illicit drug in the world. There has been an increase in the use of psychoactive substances, in particular synthetic cannabis which are being used disproportionately.

CRACK COCAINE AND HEROIN

Also really common in the homeless society is the use of crack cocaine and heroin. Compared to other substances, those ones are much more addictive. It can be stated that an addiction to crack and heroin develops rapidly, and some people become addicted the first time they try it. They are also way cheaper compared to other drugs and therefore easier to find and purchase.

PRESCRIPTIONS

Such drugs can be acquired legally, but also purchased from the illicit market. Typical such substances include Codeine, Gabapentin, Pregablin and Methadone (which is used to stabilise opiate users).



TRAUMA

1. PHYSICAL OR MENTAL HEALTH

Young people face a range of different, complex problems. More than a third have a mental health issue such as depression or anxiety, and another third are tackling issues with substance misuse. A similar amount need to improve their physical health.

2. GANG CRIME

Homeless young people are often affected by gang-related problems. In some cases, it becomes too dangerous to stay in their local area, meaning they can end up homeless.

3. LIVE IN CARE

More than a quarter of young people have been in care. They often have little choice but to deal with the challenges and responsibilities of living independently at a young age. Traumas faced in early life makes care leavers some of the most vulnerable young people.

4. REFUGEES

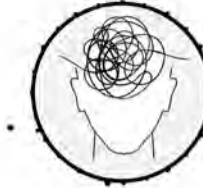
This includes young people who have come to the UK as unaccompanied minors, fleeing violence or persecution in their own country. After being granted asylum, young people sometimes find themselves with nowhere to go and end up on the streets.

5. EXCLUSION FROM SCHOOL

Not being in education can make it far more difficult for young people to access help with problems at home or health issues. Missing out on formal education can also make it more difficult for them to move into work.

6. FAMILY BREAKDOWN

Relationship breakdown, usually between young people and their parents (or step-parents), is a major cause of youth homelessness. Around six in 10 young people say they had to leave home because of arguments, relationship breakdown or being told to leave.



MENTAL HEALTH

The physical toll of sleeping outside is one issue, but sleeping on a bus or ever-changing network of sofas and floors can be just as challenging. Mental health issues like depression, anxiety or anorexia are easily made worse under these conditions.



POOR HEALTH AND NUTRITION

Homeless young people often don't have access to enough affordable, nutritious food. Young people tend to skip meals, sleep hungry and eat less because they can not afford to eat.



VIOLENCE AND ABUSE

Young people out on the streets are often victims of assault or verbal abuse. These experiences, and fear of them, leave many young people feeling very vulnerable while rough sleeping.



FINDING A JOB

Youth unemployment in the UK is still almost three times higher than the rest of the population. Getting into work is particularly tough for disadvantaged young people facing extra challenges in their lives.

In the 1930s, a man commonly known as Bill W. was seeking help with his own addiction dependency problem. Becoming a member of a fellowship helped him achieve and maintain his own sobriety. But another alcohol dependent known as Dr. Bob S. was not as successful.



When the two men met, they found that as a fellow sufferers of dependency, they shared a unique bond that helped them support each other in their effort to achieve sobriety. Alcoholics Anonymous (AA) was born.

AA is where the concept of the 12-step program was conceived. Originally faith-based, the 12 steps are principles that help guide the addict through a process known as recovery.

BIOPHILIC DESIGN

Biophilia (meaning love of nature) focuses on human's innate attraction to nature and natural processes. It suggests that we all have a genetic connection to the natural world built up through hundreds of thousands of years of living in agrarian settings.

It is a term popularized by American biologist Edward O Wilson in the 1980's, when he observed how increasing rates of urbanisation were leading to a disconnection with the natural world. With high rates of migration to urban settings in the developed world and soaring rates in developing countries – Biophilia is of ever increasing importance to our health and well-being in the built environment.



AIR PURIFYING BENEFITS

Plants essentially do the opposite of what we do when we breathe: release oxygen and absorb carbon dioxide. This not only freshens up the air, but also eliminates harmful toxins. Extensive research by NASA has revealed that houseplants can remove up to 87 per cent of air toxin in 24 hours.

FACADE WINDOW

Expose to high levels all day light is needed in the main living areas during day-time. Bedrooms, which are the mainly used areas of the morning are featured by big windows which are especially important as we head into the darker days of winter.

FLOOR-TO-CEILING WINDOWS

The vast expanse of large glass windows brings nature indoors so the inhabitants can have a deeper connection with the surroundings through biophilia. Floor-to-ceiling windows become the main focal point of the livingroom, allowing ones to capitalize on the views of the surrounding landscape and follow outdoor conditions.

VELUX ROOF WINDOW

The ventilation flap on velux roof windows is used to provide a continuous flow of fresh air into the building. During activities like cooking, cleaning and showering airings should be used. A combination of velux roof windows and facade windows provides efficient airings with stack effect and cross-ventilation. Additionally, this is a recommended strategy to achieve good air quality at a reasonable energy demand.

WOOD SURFACES

Many studies have confirmed that the presence of visual wood surfaces in a room lower sympathetic nervous system (SNS) activation. The SNS is responsible for physiological stress responses in humans, but many other are the benefits of the applications of wood visual surfaces indoors:

- lower pain perception
- faster recovery
- fewer sick days
- lower aggression
- better interpersonal relations

THE PORCH

The focus of nature's cycle implies that the indoor environment should vary in time and space rather than be uniform / non flexible. The use of outdoor and semi- outdoor should be stimulated during cold seasons. The porch is designed with the idea of relieve stress through exercise. Stress can be a particular problem in addiction recovery and can lead to relapse if not properly managed. Physical activity releases feel-good endorphins in the brain and improves circulation, both of which help with stress.

CIRCADIAN LIGHTING DESIGN

Circadian rhythms control human alertness, sleep and the release of hormones. Daytime exposure to light, especially blue light, helps synchronise the circadian clock, enabling us to feel alert during the day and sleepy at night. Given centuries of this primordial pattern, it's no coincidence that the shifts in color during the day regulate our physiology, at all scales, even at cellular levels. Views and daylight have been scientifically illustrated to both reduce the length of time to heal as well as the need for pain medication, according to studies by Dr. Roger Ulrich, Visiting Professor at both Aalborg University in Denmark and the Center for Healthcare Building Research at Chalmers University of Technology, Sweden. If our body rhythms are healthy and routine, circulation and blood flow peak at nearly the same time daily, and digestive and kidney function have their optimal timing as well. Moreover, multiple recent studies have proven that daylight environments increase occupant productivity and comfort.

SPECIFICATION

LIVINGROOM	8 m ²
KITCHEN	20 m ²
MEZANINE	20 m ²
TOILET	3.50 m ² x 2 = 7 m ²
BEDROOM	16 m ² x 4 = 32 m ²

SHELTER AREA 87 m²



Peer-to-peer support is non-professional help provided by someone who has had similar experiences, and can therefore relate to an individual's struggles and can offer authentic empathy and validation. It may take the form of a formal or informal conversation, a facilitated meeting, or a shared leisure activity. All activities are non-clinical, but confidentiality is still of great importance. This allows people to feel comfortable sharing their stories, getting feedback, and relaxing in a safe space. It is not uncommon for people with similar lived experiences to offer each other practical advice and suggestions for strategies that professionals may not be able to offer or even necessarily know about. This help, especially in combination with other supports, can encourage and direct people to recover their lives more quickly and more successfully.



TOILETS

The facilities are shared between two inhabitants. This is to encourage them to support each others while going through hard path of sobriety following the 12 steps peer theory.



BEDROOM

The rooms are designed with the aim of utilising the morning light at its best by following the circadian rhythm principles. This allows the clients to synchronise their internal clock.



LIVING ROOM

The living area and the kitchen are an open space designed on different levels. The room features big windows facing the garden, allowing the inhabitants to follow outdoor conditions as well as enjoy the surrounding nature.



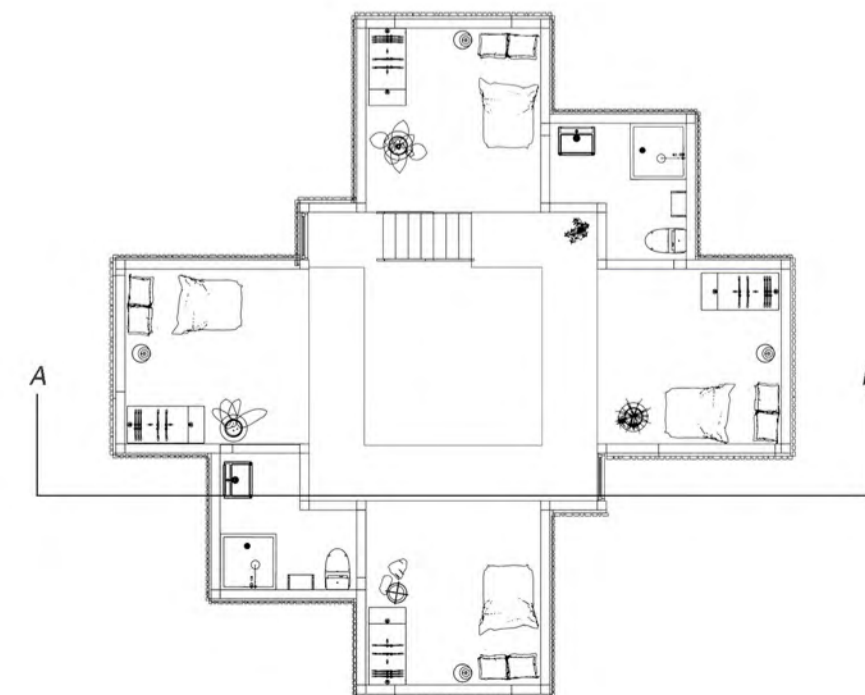
KITCHEN

The kitchen is designed as an open space for everyone to share and enhance a sense of community. Cooking lunch and dinner together will be essential for the inhabitants to create a strong bond.

The pod splits in two levels:
The ground floor which offers a kitchen, livingroom and an external space for outdoor activities.
The first floor accomodate the 4 inhabitants private room and two shared toilets.

The shelter is designed with the intent of having a flexible living experience throught the space. This is characterised by shared areas partially divided through levels and plants, designed with the aim of enhancing socialisation and the value of interaction time.

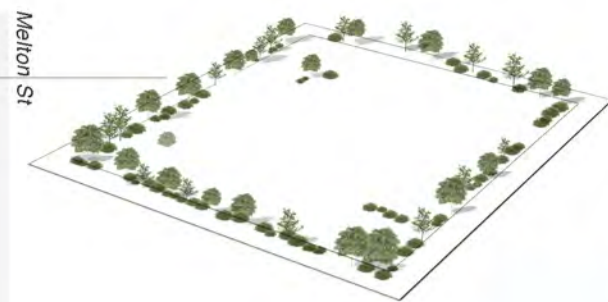
- A UNITY OF SEPARATION AND COHERENCE
- RANGE OF ACTIVITIES AT DIFFERENT SCALES
- LOOSELY DEFINED PROGRAM NO SPECIFICALLY DEFINED FUNCTION
- TRANSPARENCY AND VISUAL CONTINUITY
- VISIBILITY FROM THE OUTSIDE TO INSIDE OF THE HOUSE COMMUNICATION BETWEEN THE RESIDENTS





VILLAGE FLOOR PLAN

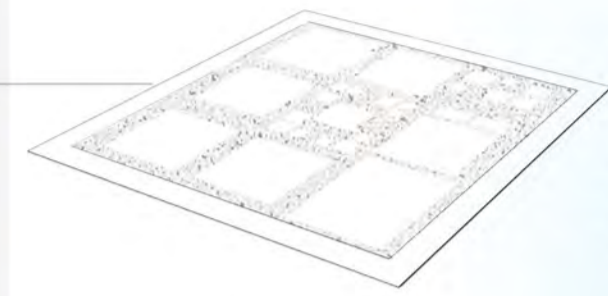
- 1 Entrance
- 2 Flower garden
- 3 Pod
- 4 Ponds
- 5 Vegetables garden
- 6 Pergola
- 7 Laundry
- 8 Staff dormitory
- 9 Workshops
- 10 Therapy room



GREEN BUFFER ZONE

Hiding the architecture from the outside and enhancing the perception from the inside :

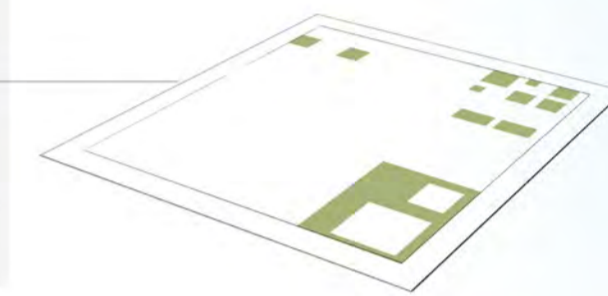
- Air quality
- Noise absorption
- Thermal comfort
- Biophilia
- Refuge for animals



GRAVEL PATHS

Gravel particles shun precipitation, allowing moisture to move away from the building's foundation. Their properties:

- Quick to install
- Easy to lay
- Eco friendly
- Inexpensive
- Versatile



GARDEN ZONE

This area is designed for both people and animals to enjoy together:

- Re-green
- Re-wild
- Eco friendly
- Help Biodiversity
- Versatile



Horticultural Therapy

Therapeutic horticulture is defined as "a process that uses plants and plant-related activities through which participants strive to improve their well-being" American Horticultural Therapy Association 2007.

The focal area of the village is the vegetable garden. This area is designed with the objective of creating a healthy and productive community as well as enabling the clients to benefit from horticultural therapy. This treatment is particularly beneficial for post-traumatic disorders as working with live plants reduces stress hormones, focuses attention to the present and provides companionship and comfort to fragile minds. Research evidence shows people who attend community gardens or do gardening at home feel their senses have been restored, feel less tired and fearful and anxiety levels reduced significantly. Working with others at a community garden is helpful as working alongside others is reassuring and often more productive. Socialising is a distraction from distressing thoughts and offers a chance to make friends with people who have similar interests.

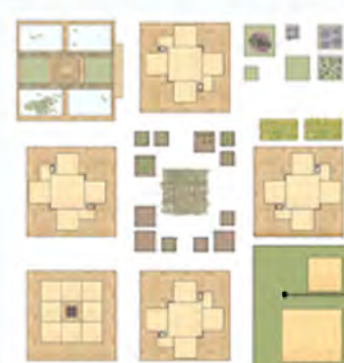
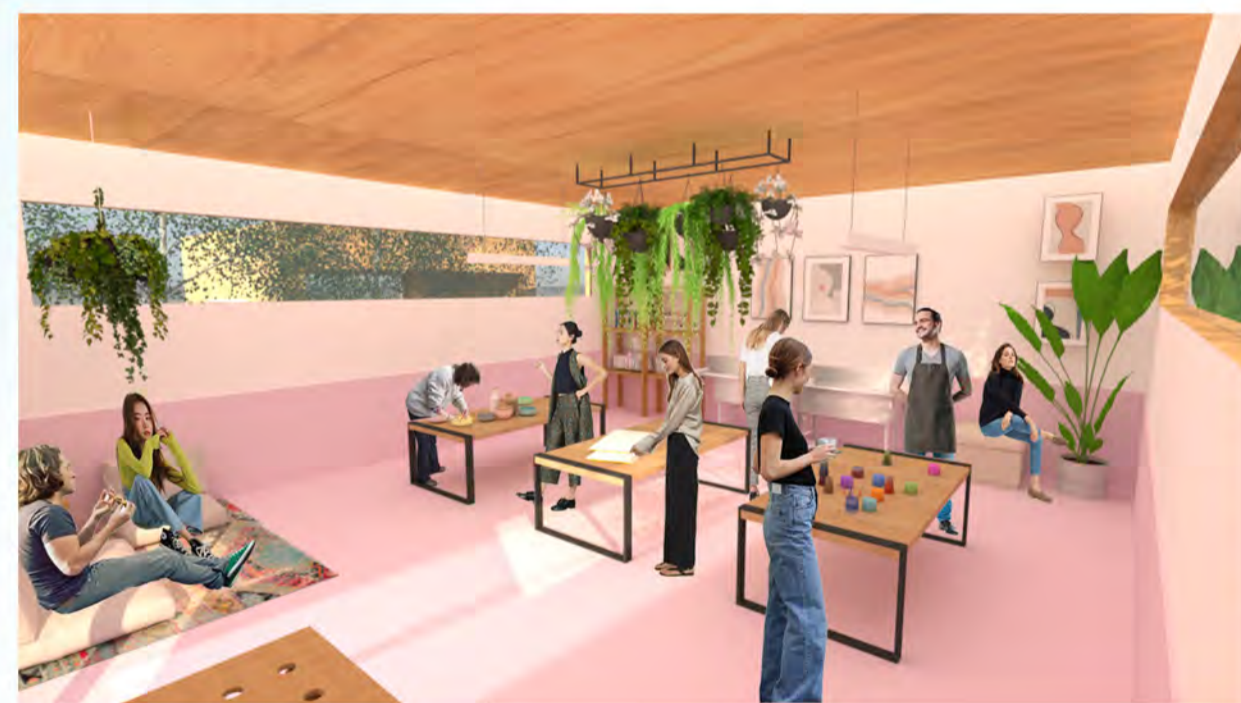
- **PSYCHOLOGICALLY:** we are emotionally and culturally connected to plants. They help us connect to our past, our future and our community. Plants and flowers help us communicate our feelings, love, hope and sorrow .

- **PHYSIOLOGICALLY:** our cardiovascular health, immune system and circadian rhythms are improved by gardening and nature related activities.

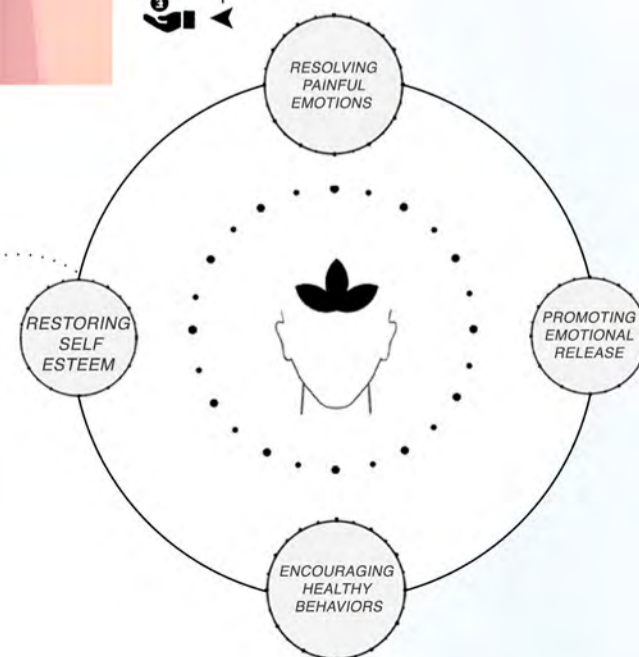
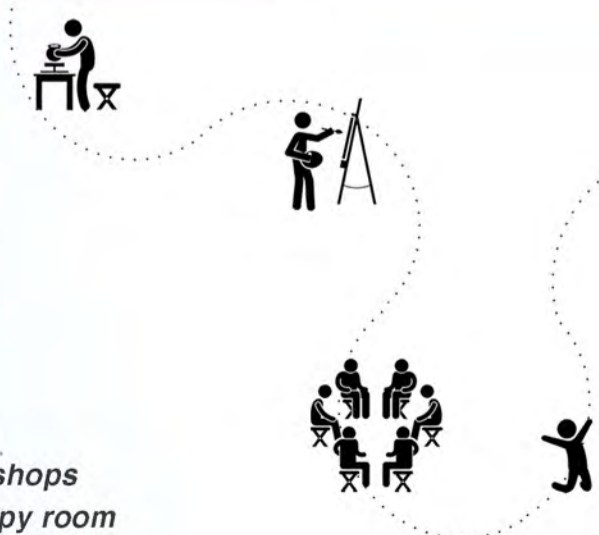


ART THERAPY

Substance abuse recovery involves much more than clearing drugs or alcohol from the body. Overcoming the disease of addiction requires an understanding of the origins of substance abuse, the motivating factors for recovery, and the reasons for resistance to healing. Art therapy serves as a vehicle for the psychological component of recovery by providing an emotional outlet and a means of self-expression. Feelings or experiences that are too painful or shameful to articulate can be expressed through ink, paint, clay, or other media. One of the primary goals of art therapy is to help the client return to healthy functioning, whether that be on a social, emotional, or cognitive level. It can be particularly useful in the treatment of individuals who have experienced personal trauma, such as childhood abuse, sexual assault, violence, or a natural disaster. Memories and experiences that are too powerful to confront directly can be explored through the vehicle of visual media, allowing the release of tension and fear in a safe environment. Creative activity gives the individual in recovery a sense of control that may be lacking in life. In this sense, art can become a coping strategy for dealing with the challenges of recovery.



Workshops
Therapy room



THE ECONOMY

The art workshop isn't only beneficial for the inhabitants health and wellbeing but it is also essential in the financing of the village project.

Local artists and emerging businesses will have the opportunity of renting the space out while the homeless clients will volunteer with them. The outcome of different activities which will vary between ceramic, candle painting, prints, paper and wood products inspired by nature will then be sold in Euston station. This will allow the clients to work at the station market and reintegrate back in the society once fully recovered(this will be better explained in the second part of the project).

Following the graphic images, here some local artist which could take part of the project :

- 1) JACQUELINE COLLEY is a printed textile designer based in Hackney, she specialises in creating unique prints inspired by habitats
- 2) BABLE is a London based business of hand painted candles.
- 3) LAETITIA is a French designer living in London her work consists into print, textile, paint and ceramic product.
- 4) Zack McLaughlin of PAPER & WOOD Creates nature inspired sculptures from mixed media, mainly paper and wood.

GROUP THERAPY

The natural propensity of human beings to congregate makes group therapy a powerful therapeutic tool for treating substance abuse, one that is as helpful as individual therapy, and sometimes more successful. One reason for this efficacy is that groups intrinsically have many rewarding benefits—such as reducing isolation and enabling members to witness the recovery of others—and these qualities draw clients into a culture of recovery. Another reason groups work so well is that they are suitable especially for treating problems that commonly accompany substance abuse, such as depression, isolation, and shame. For this type of group therapy, it is most effective to have two facilitators, one leading and one supporting. These are trained professionals with an awareness of their own as well as a group process. They are responsible for the safety of the group as a whole, including the facilitators.



THE AIM

The project objective is to give this vulnerable young adults a second chance and something to believe in. The aim of the village is to bring people of all background and pasts together, creating a social connection and enhancing well-being and happiness. This in turn, will help them to re-integrate back in the society while contributing to preserve the biodiversity, maintaining the function of the ecosystem

URBAN WILDLIFE

Towns and cities aren't devoid of wildlife. A whole host of animals and plants share these urban spaces with us.

Urban areas are expanding and a growing population is living in them - the proportion of the UK's population living in urban areas rose by 8% between 1970 and 2018. In some parts of the world this is even more pronounced. This is having a big impact on nature.

OUR WILD NEIGHBOURS AND THEIR URBAN HABITATS

Urban areas can be challenging places for wildlife - animals must battle with traffic, fragmented habitats, and air, noise and light pollution, among other things. But there are also some advantages.

Some wild animals and plants are synanthropic - they are associated with humans and benefit from living close to us - and others adapt.



RE-WILDING

CO-LIVING

RE- GREENING

FOXES

Foxes are commonly located under sheds, but they can also be among tree roots, in bushes or on railway embankments. Foxes will visit these burrows throughout the year for shelter, although you may also spot them relaxing out in the open during summer.

HEDGEHOG

These animals root through hedges and other undergrowth in search of the small creatures that compose the bulk of their diet—insects, worms, centipedes, snails, mice, frogs, and snakes.

WOODPECKER

About blackbird-sized and striking black-and-white. It spends most of its time clinging to tree trunks and branches, often trying to hide on the side away from the observer.

FROG

The Common Frog is found in almost any habitat where suitable breeding ponds are near by. Common Frogs have smooth skin and long legs for jumping away quickly. Garden ponds are extremely important for common frogs, particularly in urban areas.

DRAGONFLIES

They are especially found near water. As cold-blooded creatures, the best time of day to spot them is whenever it's sunniest or warmest and the dragons are at their most active

GREY HERON

They are often seen stood as still as a statue on their long thin legs in shallow waters of ponds and lakes patiently waiting for their next meal to swim by. When feeling particularly lazy the heron will visit gardens with ponds for a quick and easy snack.

ROBIN

They sing nearly all year round and despite their cute appearance, they are aggressively territorial and are quick to drive away intruders. They will sing at night next to street lights.

BUTTERFLY

Spotting a butterfly is a delight in the spring and summer months, and these pretty insects play an important role in pollinating flowers. There are approximately 60 species British butterflies that grace our shores annually, including regular migrants.

BEE

They are drawn to plants with open or flat tubular flowers with lots of pollen and nectar. A flower's scent can have particular appeal to bees, and its bright colours may lure the bees in.

SPARROW HAWKS

Sparrowhawks breed in woodland but also visit gardens and more open country. They can be seen in towns and cities, as well as rural areas. Listen for the alarm calls of smaller birds as they spot a sparrowhawk and will alert other birds in the area to the danger.

