

SITE CONTEXT

INTERIOR FUTURES: RELEVANCE

Over 27% of women in the UK have experienced **abuse** and 20% of women suffer mental health problems that stem from **abuse, poverty and isolation**. This **adaptive reuse** project aims to **empower women** with the **skills, safety and support** required to overcome their struggles and in turn help to lower these statistics and reduce pressure on the already overwhelmed NHS. Regrow Together will use the principles of **circular economy** through a series of **regenerative** workshops to **connect** the female **community** with shared **sustainable** practices. Design choices have been carefully considered to encourage the formation of **connections**. The proposed design will offer a safe space for **exploration, empowerment** and **creativity** while teaching **generational skills** lost in recent years.

WHERE..



STOCKWELL BUS GARAGE

SITE HISTORY

Stockwell Bus Garage, located in the borough of Lambeth and built in **1952**, was designed by Adie, Button and Partners with assistance from Thomas Bilbow, a London Transport architect. The site was **Grade II*** listed in 1988 and has since been seen as a Heritage site for its unique and ground-breaking design.

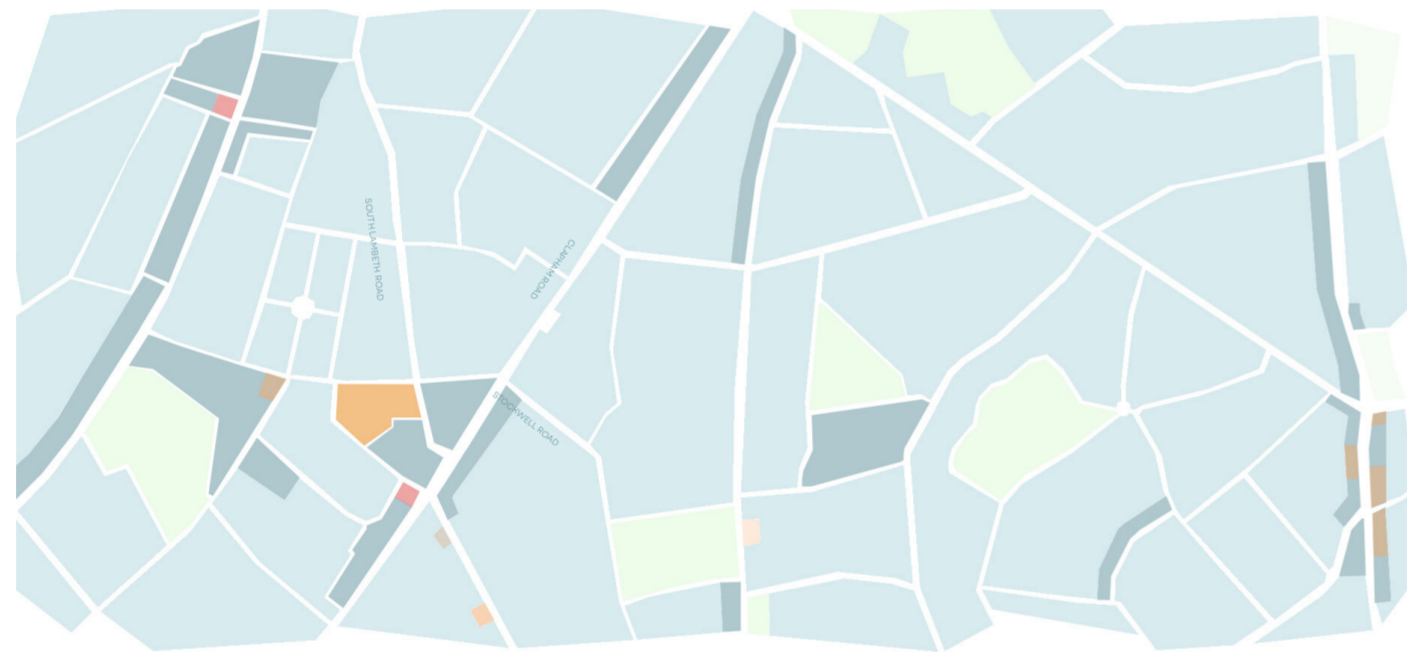
The **brutalist** building is constructed of primarily concrete, due to the steel and brick shortage following the war, the site was home to the largest unsupported roof-span at the time of its build.

COMMUNITY HISTORY

Stockwell Bus Garage has harboured a sense of **community** since its build in 1952.

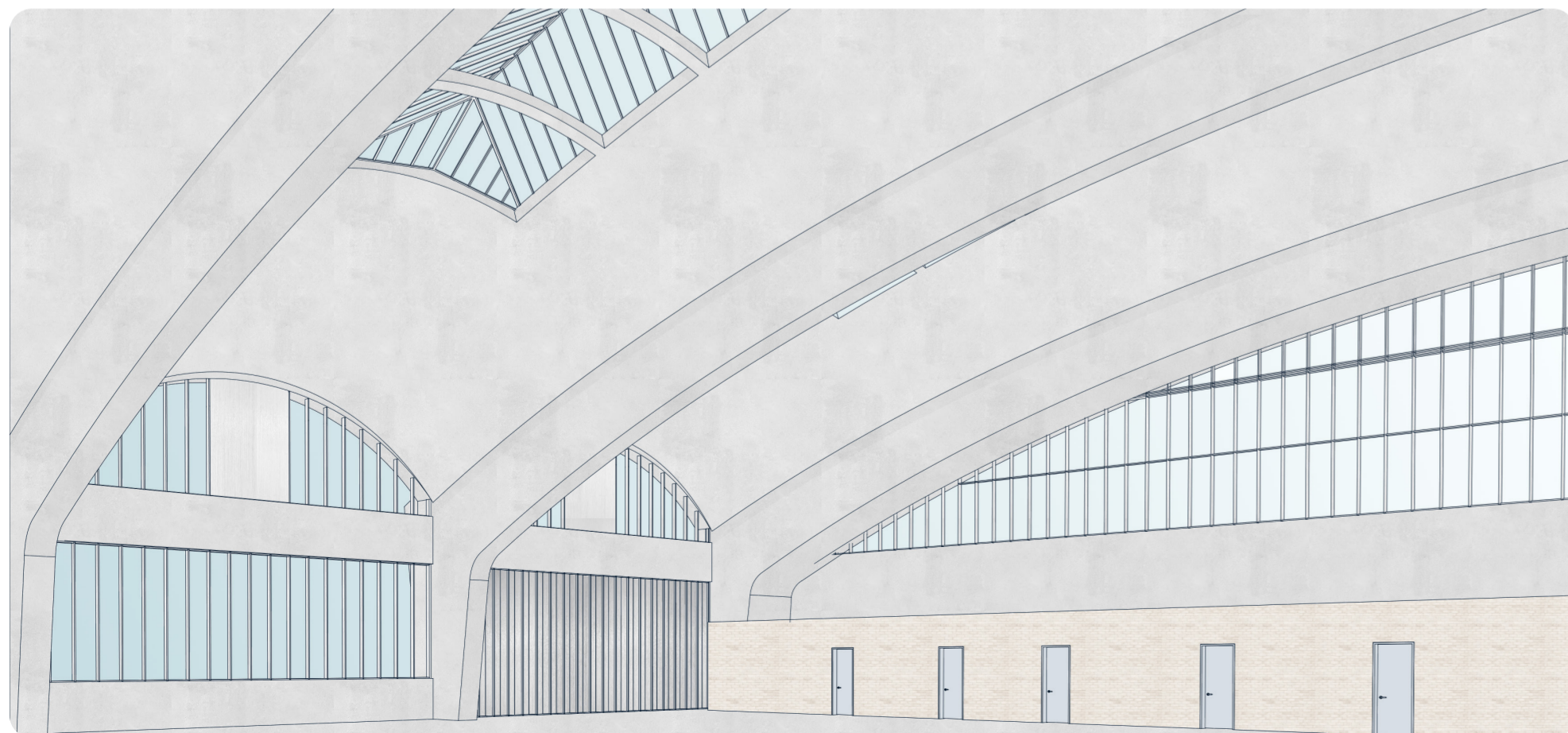
In an effort to rebuild Britain after the Second World War the government invited around 500,000 commonwealth citizens to work and live in the country. These individuals filled a variety of occupations under the governmental system and around 1956 the transport industry became one of the more prominent employers.

After immigrating to the country many people found their place at Stockwell Bus Garage, creating a **strong community ethos**. This community feel has retained throughout the history of the bus garage. Although a new use will be prescribed to the site, honouring and instilling this sense of **family like community** will be vital to the new design.



- WOMEN IN PRISON
- GREEN SPACES
- RESIDENTIAL
- RETAIL
- FURNITURE SHOPS
- THRIFT SHOPS
- SITE
- TRANSPORT
- BRICK
- STEEL
- GLASS
- CONCRETE

EXISTING SITE



WARTIME APPROACHES

Much like the rise of Brutalism in the post-war period, the campaigns in place throughout the war also came from a place of **necessity**. The 'make do and mend' and 'grow your own' campaigns were started to counteract the **limited material** and food supply caused by the war. With the majority of men fighting in the war, **women** were the main facilitators of these campaigns. Throughout the war, these schemes were exceptionally effective with over half of the population taking part and accepting a personal responsibility in the war effort.

When these campaigns were introduced they were in no way intended to battle climate change, which didn't become an active concern until the 1960's, but they were in their own way **sustainable**. The fashion and furniture industries combined account for around **20% of all CO2 emissions**. Parallels can be drawn between the destruction caused by war and the ever more important war on climate change. The programme will aim to reintroduce the lost skills and ideals of the wartime campaigns by educating and encouraging individuals to **adapt** and **reuse** furniture in a **modern** and **sustainable** way.

WHY..

Although there is a high prevalence of abuse, loneliness and mental health struggles among women, there are very few resources available to sustain their well-being. Often caused by a lack of resources, many vulnerable women are left to fend for themselves following traumatic life events, with just the most urgent situations gaining interest from healthcare authorities. The road to recovery can be long and often doesn't follow a consistent process, **creating spaces of openness, comfort and social connection** is an important step in supporting these women through their journey.



27% FEMALE VICTIMS

The office for National Statistics found that 27% of women have been a victim of assault or domestic violence in their lifetime. This statistic rises to 90% for women in the criminal justice system. These traumatic experiences can **isolate, instigate fear** and **cause poor mental** health in women making it hard for them to speak up or integrate into the wider community.



20% POOR MENTAL HEALTH

Was reported among women in 2020. The most prominent being **depression and anxiety**. Studies show that the highest risks for poor mental health came from **abuse, poverty and isolation**. Poor mental health may make it difficult for women to integrate into society.



49% LONELINESS

Reported by adults in 2020. According to the governments **'Tackling Loneliness strategy'** the results were higher for **women**, people with mental health conditions and **low local social trust**.



DEVELOPMENT

PROPOSED USERS



Qualities
Women
Age 16-70

Needs

Friendship

Support

Skills

Community

Unstructured Interviews

Determining the needs of the users through conversations with women, who have experienced trauma and abuse, were used to form a basis for the design decisions within the space.

The most prevalent issues highlighted were:

- Isolation and loneliness
- Feeling unsafe
- Lack of confidence

POTENTIAL CAUSES

Under Reported

Only 24% of domestic abuse and 15% of sexual assault is reported to the police.

Expense Strain

PTSD from assault and domestic violence has an estimated overall cost to mental healthcare of £176 million.

Mental Health

30-60% of women with mental health problems have experienced abuse.

Lack of Support

Most women in the UK do not have access to a Rape Crisis Centre and the average victim waits 18 months to receive trauma therapy.

Fear of Reintegration

The risk of serious assault and death is highest for a woman after she leaves an abusive relationship.

Lack of Infrastructure

There are currently very limited resources for women in vulnerable positions leaving them feeling alone in their struggle.

INITIAL THOUGHTS

Creative Therapy

Creative outlets have been shown to 'reduce feelings of stress, anxiety and depression.'

Research suggests that involvement in the arts can improve knowledge, self esteem and empathetic abilities.

Creative Connection

Research shows that 'arts engagement can support social connectivity between adults in the UK.'

Forming Friendships

Studies show that the formation of friendships can reduce stress, improve self confidence and increase feelings of security.

Existing Precedents

Primary research of participating in existing craft schemes highlighted three features that could be improved upon

1. More free or affordable classes
2. Approaches that facilitate connections being formed
3. Useful products being created

DIRECT NEEDS

Creative Programme

Provide opportunities for the women to express themselves in positive ways, such as arts and crafts.

Seamless Interaction

The programme should focus on creating spaces that allow friendships to grow naturally. Creating a diverse, inclusive and caring environment will be an important part of this.

Practical Skills

The programme should offer a range of skill based learning for the women to feel more comfortable reintegrating into wider society. This may include opportunities to work in the cafe and shop spaces which in turn may increase their chance of further employability.

Useful Products

Creating useful and affordable products in the space will allow for a symbiotic relationship to form with the wider community.

Positive change

The programme should ensure to follow a sustainable approach to shape the minds of future generations.

PRACTICALITY



Circular Economy

This project will aim to create a circular programme through the design of the space, the products made within the space and the cycle of users.

The products for example, will be donated, redesigned and upcycled, purchased or rented then returned to the site for further upcycle when their use has ended.



Three workshop schemes will run as part of the programme.

- Sew and Share
- Grow Local
- Upcycle Your Life

The skill based workshops will aim to connect the women through shared craft while educating them on the importance of sustainable living.

FUNDING

The programme will be funded by a collective of local charities with like-minded goals. The selected charities are:

- Women in Prison who work to combat the root cause of offending
- Mind a mental health charity that runs programmes to create and facilitate lasting friendships
- Advance who provide specialist support and advice to women following abuse, domestic violence and injustice from the criminal justice system.

As a charity based organisation the creation of the programme will be covered by the collective. The items available for upcycling will be collected on a donation basis. The products created in the space will be sold or rented to the wider community, creating a regenerative income source that can be used to purchase new materials.

Both paid and volunteer positions will be available to remain in keeping with the existing charity structures. To encourage the circular approach, both paid and unpaid positions will be open to the users of the space, should they wish to gain experience in a workplace and pass on their skills to new users.

VIABILITY

The design of the programme has been iterated through testing a variety of sustainable craft precedents. Evaluations of what aspects were and weren't effective gave a basis of understanding for the priorities of the programme.

The programme will undergo regular reviews conducted by the staff, volunteers and users to ensure that the desired outcomes are being met. The areas of review will particularly focus on the identified key needs of the users, a sense of safety in the space as well as opportunities to build friendships and grow confidence.

As well as regular reviews, the monetary aspects of the programme will be monitored by the charity collective to ensure that funds are being used efficiently.

If successful, the programme could set a precedent for other communities and charity collectives to set up programme centres nationwide. Ideally, this would reduce the impact on the NHS by providing community support to women in vulnerable situations.

THE PROPOSAL



SEW AND SHARE

The make do and mend workshop will teach the women how to repair and redesign disused fashion and textile items. These products will be available for sale or rental to the users and the wider community.



UPCYCLE YOUR LIFE

The upcycle your life workshop will teach the women upcycling and restoration techniques for disused furniture items. These items will also be for sale or rental to the users and members of the wider community.



GROW TOGETHER

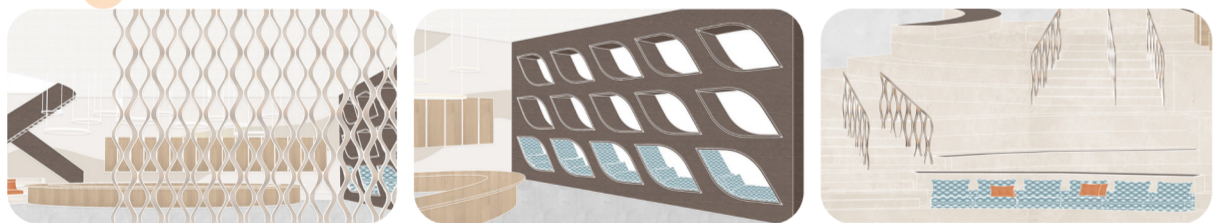
The grow your own workshop will teach members how to 'grow local' and increase biodiversity. The produce grown will be used in the cafe spaces and donated to the community where possible.

DESIGN DECISIONS

MATERIAL EXPLORATION

All of these **materials** were taken from the **existing space** at Stockwell Bus Garage as a form of **adaptive reuse**. By capturing elements of their form and experimenting with their **scale** and **materiality** different **meanings** begin to form from them. In this instance the materials started lending themselves to the expression of **personality** and the layers involved within personality. The way we show ourselves to the world, how we are with acquaintances or friends and the parts of us that only we, and very close friends or family get to experience. When these components are brought together something **unique** and intricate begins to form. In the same way that a community is made up of a variety of elements, or personality is a collection of traits, the materials will be layered to create a **metaphor for the users** of the garage.

TOGETHER	IRON HATCH		VISIBLE TRAITS
			METALLIC FINISH
			Flexible
			Shiny
			Durable
SUPPORT	IRON CIRCLES		PERSONAL TRAITS
			FABRIC FINISH
			Soft
			Open
SHARE	TYRE		HIDDEN TRAITS
			SHATTERED GLASS FINISH
			Complex
			Fragile
			Vulnerable
COMMUNITY			WHOLE PERSON
			Combination
			Intriguing
			Unique



WORKSHOP VILLAGE

The furniture workshops will follow a village like structure, including a series of connected rooms with a variety of uses, to create a **micro community** in the heart of the site. The smaller pockets of workspace will allow for different activities and levels of **collaboration** to be achieved without affecting processes being conducted by other users.

- PAINTING ROOM**
 - DRYING RACKS
 - STORAGE SHELVES
 - BESPOKE DESKS
 - CHEMICAL DISPOSAL
- FINISHING ROOM**
 - DRYING RACKS
 - STORAGE SHELVES
 - BESPOKE DESKS
- MACHINE ROOM**
 - RELEVANT MACHINERY
 - LONG TABLETOPS
 - DESKS WITH STOOLS
 - STORAGE SHELVES
- STORAGE ROOM**
 - STORAGE SHELVES
 - COSSH CABINET
 - EXCESS EQUIPMENT
- SPRAY ROOM**
 - AIR FILTRATION SYSTEM
 - SPRAYING STATIONS
 - DESK AND STORAGE SHELVES

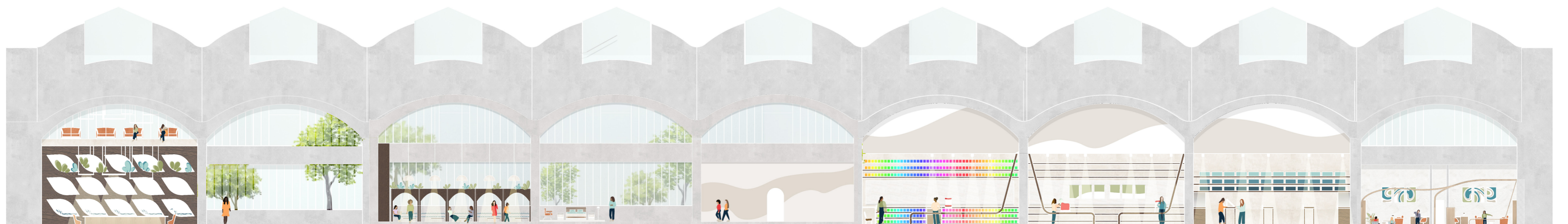
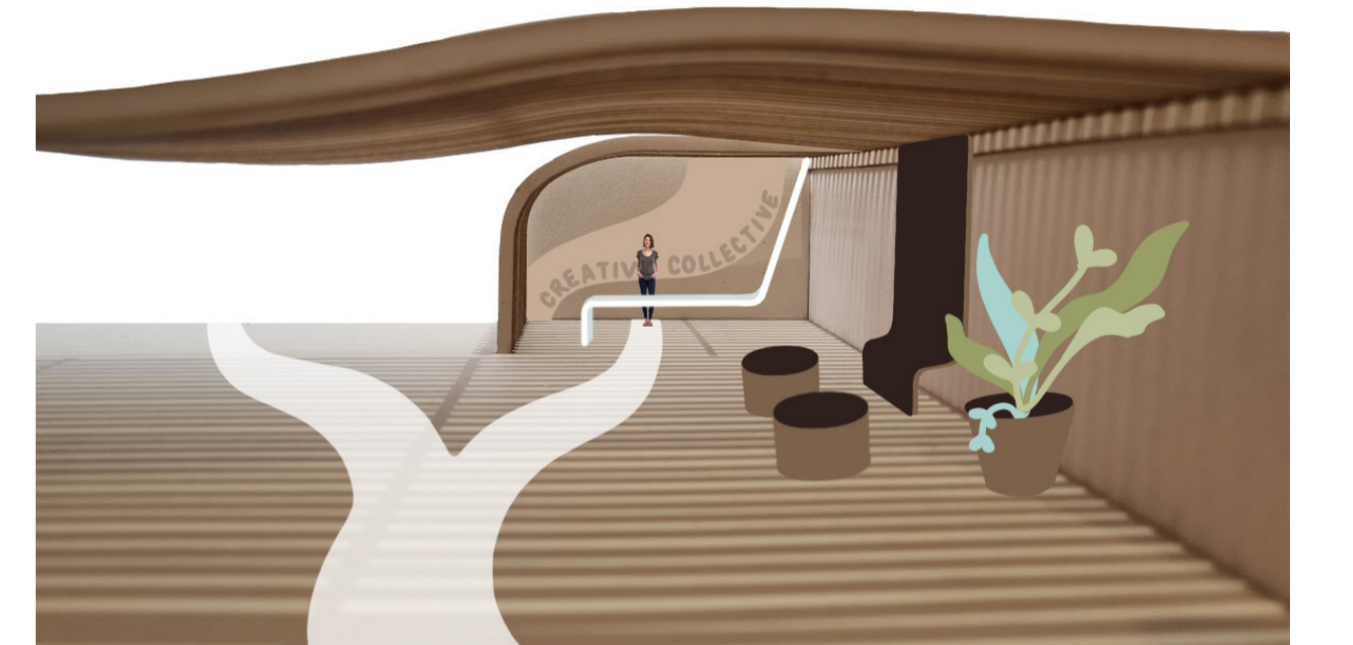
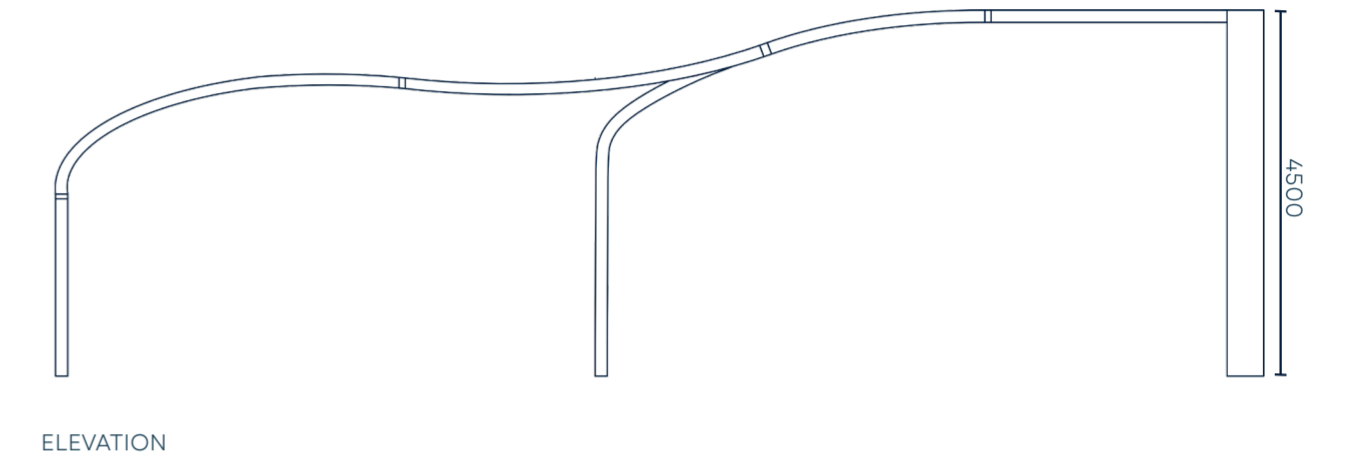
FORM

The form of the structures, developed for the workshop spaces and other curved sections throughout the site, comes directly from the architecture of the building. The curved walls were designed to mimic the same radial curve and dimension as the starting arches of the barrel vaulted ceiling structure. This encourages the new design to flow seamlessly with the existing structure, allowing the language of the building to navigate the design process.

WELCOME SPACE

This will be the first space that the women encounter so it is vital that they are welcomed with a sense of **warmth and support**. As important as the kindness of the staff is the safety expressed in the design.

Creating a lowered roof and a smaller walkway may help the women to feel more **secure** than if they were to face the vast space all at once. **Warm tones, curves** and **soft textures** will be used to create a sense of **comfort**.



USER JOURNEY

RELAXATION



Here is a space for the women to **connect** outside of the workshops. Free access will be available for them to **relax, integrate** and **heal**. This space will flow into the indoor growing space to allow a connection to nature which has been shown to reduce stress and improve well-being.

Warming tones and soft textures with pops of colour will be used to create a comforting but **encouraging environment** for individual or shared use.

SALES



The selling spaces provide an opportunity for the users to **integrate** with the wider **community** while selling their hand crafted products. The space should be follow a similar organic structure to the larger design while encompassing the **creative** aspects of the project programme. This aims to **empower** the users by displaying their hard work to the community.

The components within the space will be relatively simplistic to allow the purchasable products to shine. Neutral colour tones that are in keeping with the larger structure will be used to accommodate the different styles and colours of the displayed products



The workshops are a place of openness, fun and education. The workshops will be focused around **collaboration** and **shared experience** to encourage **natural connections** to form between the users. Creating a space that facilitates the making of **lasting friendships** is an important part of the concept programme as the meaningful connections formed within the space will define its effectiveness.

Bright, open, colourful and dynamic spaces will be used to facilitate a creative and upbeat atmosphere.

WORKSHOPS



The site will feature two entrances, one for the users of the space and another for the wider community. This aims to support the feeling of **safety** and **security** for the women.

The user entrance will feature a lowered roof span to protect the women from feeling overwhelmed by the vastness of the space. Well-trained reception staff will be available to **support** and help the users as soon as they arrive.

As the first point of call for the new users it is vital that they are welcomed with a sense of **calm, comfort and support**. To achieve this, warm tones, curved forms and soft textures will be used to accompany the lowered ceiling structure.

GROWING

The site will feature indoor and outdoor growing spaces to accommodate the 'grow your own' aspect of the concept programme. The growing spaces will provide a space for the community to **work together**, learn **new skills** and grow goods for the community cafe and wider **community** where possible. Gardening and direct connection with nature has been shown to have therapeutic effects, reduce stress and provide healthy exercise.

The space aims to create a **continuation with nature** by bringing a sense of the outdoors inside. This will be achieved by using an **organic tiered structure** to utilise the **well-being** effects of **biomimicry** and interior landscaping.



Spontaneous Interaction

The proposed routes of travel will be carefully selected to ensure that users from different areas of the site **interact** with each other. The bathrooms, for example, will be placed away from the workshop spaces to promote serendipitous meetings between colleagues and users. These routes will follow a curved, winding structure to encourage a **meandering** journey to further encourage a **calm** and **peaceful** environment.

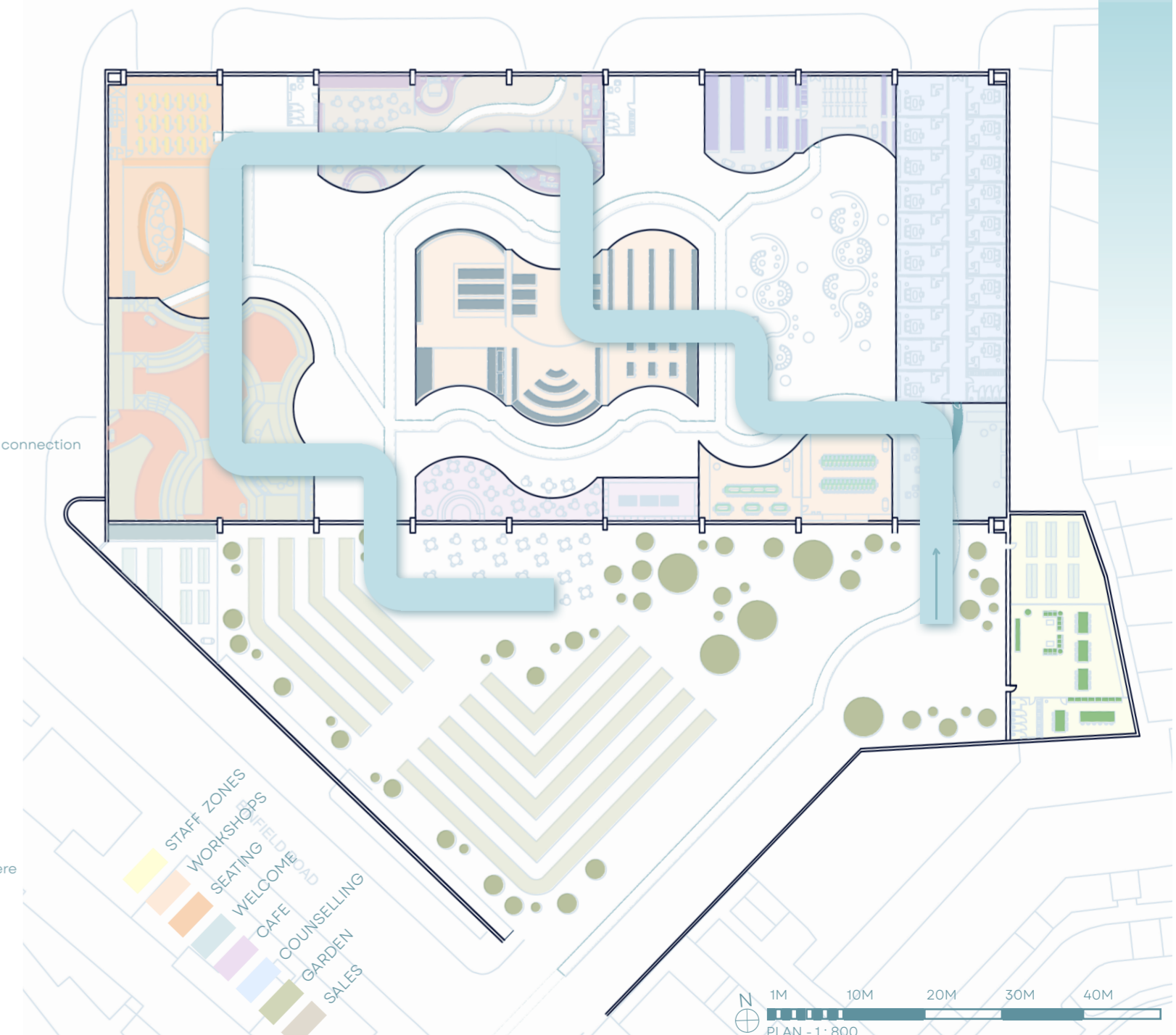
CAFE



The community cafe will be connected to the growing spaces, creating a direct link between the produce being grown and the food on their plates. There will be indoor and outdoor spaces available to accommodate different uses. The outdoor spaces will allow the users a comfortable place to experience **natural light**, air and greenery which is known to promote healthy **well-being**.

WELCOME

- THERAPY ROOMS
Creating a space for comfort and vulnerability
- SELLING SPACES
Providing sustainable local products to the community
- WORKSHOP VILLAGE
An open space for creativity, empowerment and shared connection
- MEANDERING FOOTPATH
A biophilic intuitive journey
- RAINWATER COLLECTION
Utilising nature's offerings
- SEWING SPACES
Spaces for handicrafts, exploration and friendship
- STAFF AREAS
A much needed rest bite from a rewarding job
- NATIVE PLANT SPECIES
Promoting local biodiversity
- OUTDOOR GROWING SPACES
Organic produce and sunlight exposure
- INDIVIDUAL WORK SPACES
Creating space for those who may not have one elsewhere
- COMFORT BAYS
A place to relax when in need of a break
- LARGE SHARED FACILITIES
Shared spaces for collaboration and connection
- TIERED FLOORING
Growing stations to connect with nature



THE SPACES

GROWING



1. ENGLISH OAK
2. CUSTOM WOOL UPHOLSTERY
3. CAST BIOCEMENT
4. ALUMINIUM
5. WASHABLE CARPET

RELAXATION



1. COPPER FINISHED ALUMINIUM
2. SUEDE UPHOLSTERY
3. FORMICA LAMINATE PRODUCT
4. BLEACHED ENGLISH OAK

SALES



1. FORMICA LAMINATE PRODUCT
2. LAKELAND ECO PAINT
3. CAST BIOCEMENT
4. WOOL UPHOLSTERY
5. ORGANIC WOOL RUG

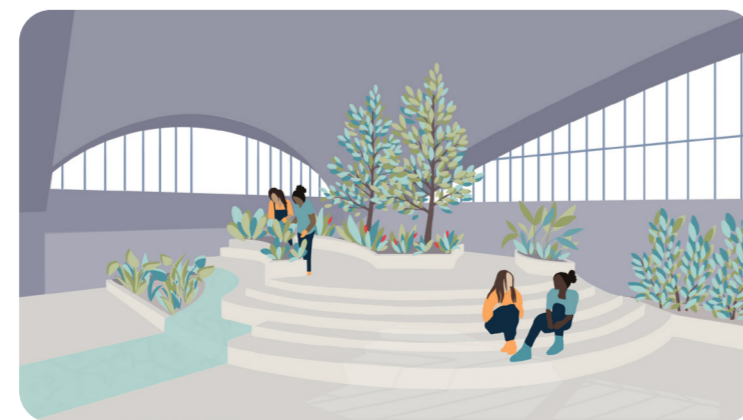
WORKSHOPS



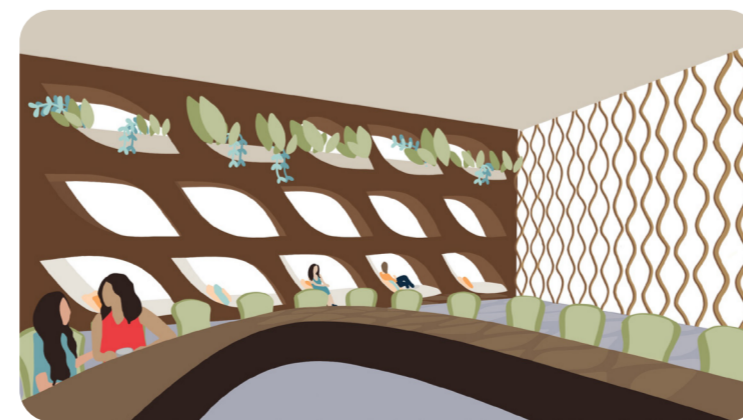
1. FORMICA LAMINATE PRODUCT
2. PET FELT PANNELLING
3. EXISTING CONCRETE
4. ALUMINIUM
5. CORIAN ANTI-SLIP FLOORING



ENCOURAGE PROTECT



GROW DIVERSIFY



CONNECT SHARE



CREATE COLLABORATE



INTEGRATE RELAX