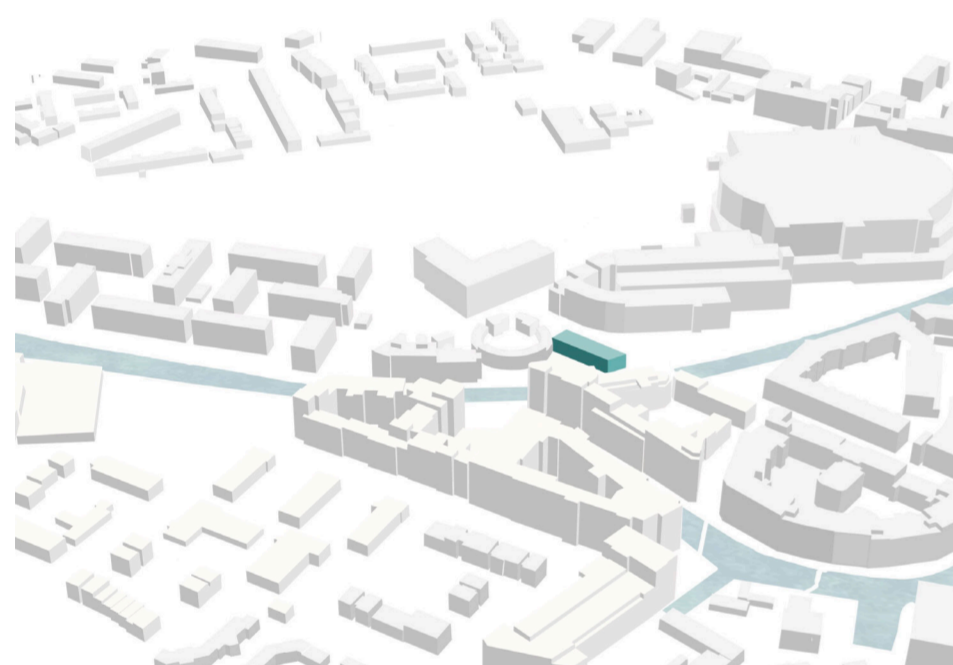


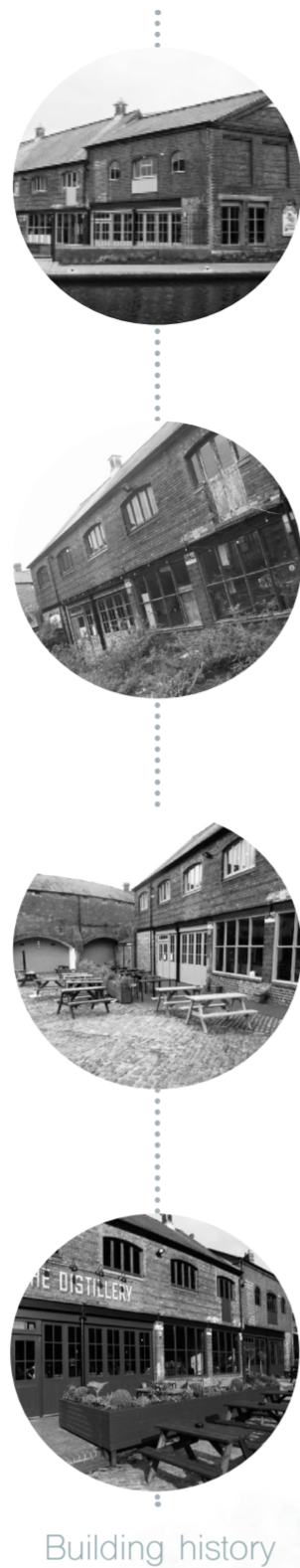
SALUS PER AQUAM

Salus per aquam aims to provide the well needed mental health and well-being support to NHS nurses and staff in the UK.

The design intention, specially designed for NHS nurses and staff in Birmingham will provide a sense of hope and support through the use of hydrotherapy and multi-sensory design. Consequently breaking the stigma surrounding mental health, supporting the people who care for us and improving the mental health of our national healthcare service staff.



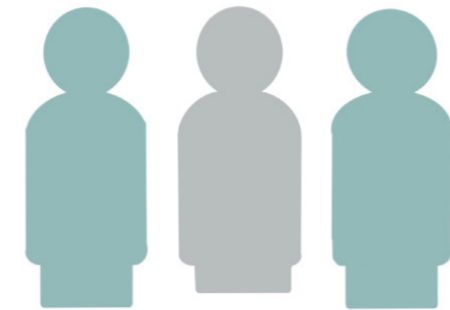
3D visual of the chosen site (4 Sheepcote st, Birmingham)



Building history

Design issue

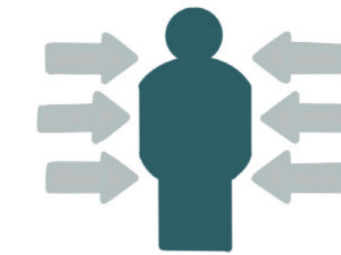
1/3



NHS staff have felt unwell due to work related issues



Conditions related to mental health are the main reason for sickness absence within the NHS



69% of staff reported they felt pressure to work when feeling unwell

Users



Nurses: Ages 20- 65
 - To feel in control of their mental state.
 - To improve their work related mental health issues.
 - To effectively relax and unwind after their shifts.
 - To feel comfortable and open about their mental health in a space surrounded by other healthcare nurses, without judgement.



Staff: Ages 20-65
 - To ensure the effective runnings of the wellness centre.
 - To assist the users with any help they may need within the space.



Maintenance: Ages 20-65
 - To ensure the users and staffs safety when using or working within the space.
 - Dealing with the up keep of water and water systems to allow safe use.

Client

THE HEALTHCARE WORKERS FOUNDATION

Advocacy-Giving a voice to the healthcare staff working in the UK

Provide healthcare workers with counselling sessions

Key areas of work

Conduct important research to better understand the issues and how to tackle them

Offering appropriate well-being support to NHS staff

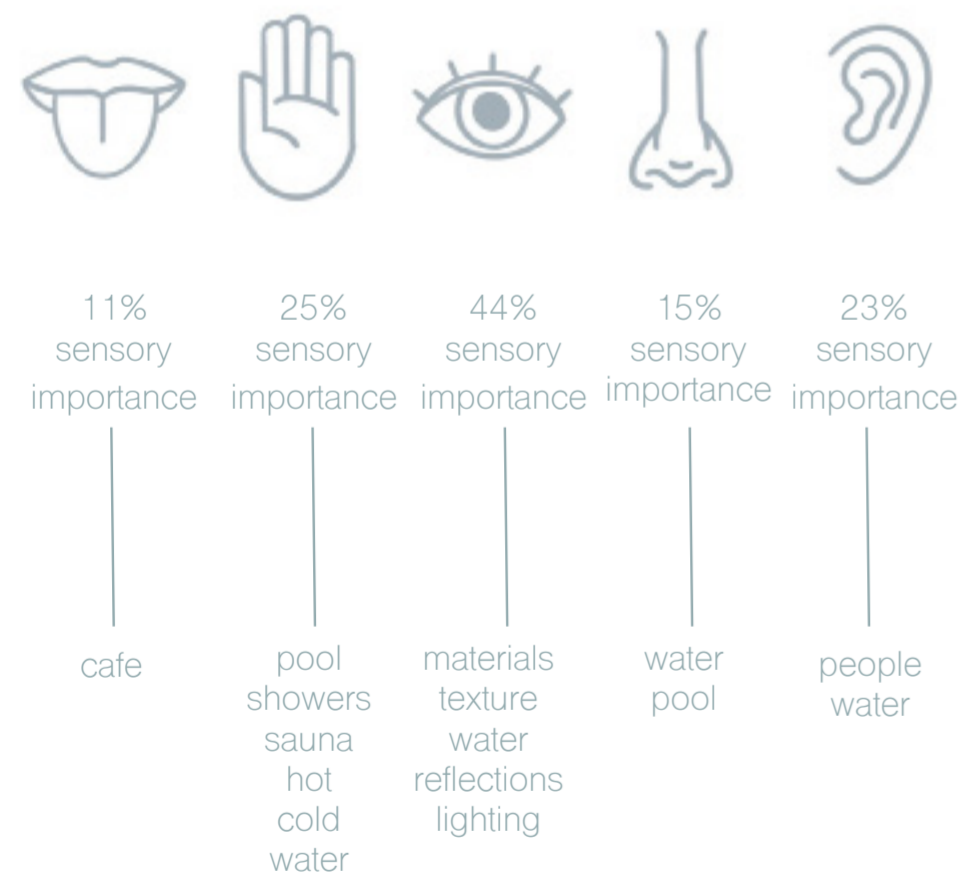
£52,957
Spent on improving and refurbing staff rooms.

£88,128
The total amount of money given as grants.

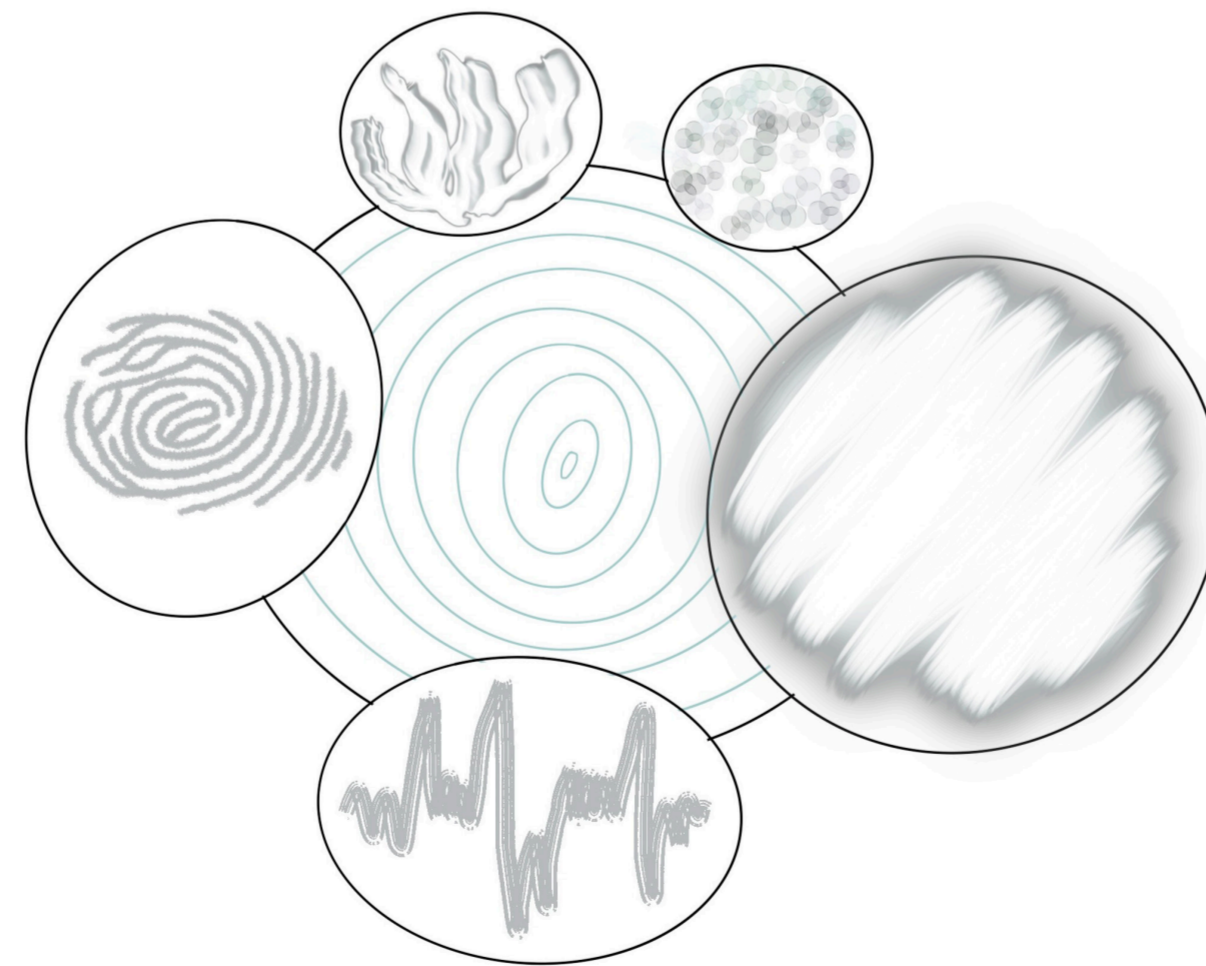
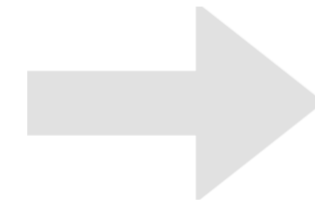
1,894
The amount of counselling sessions provided to healthcare workers.



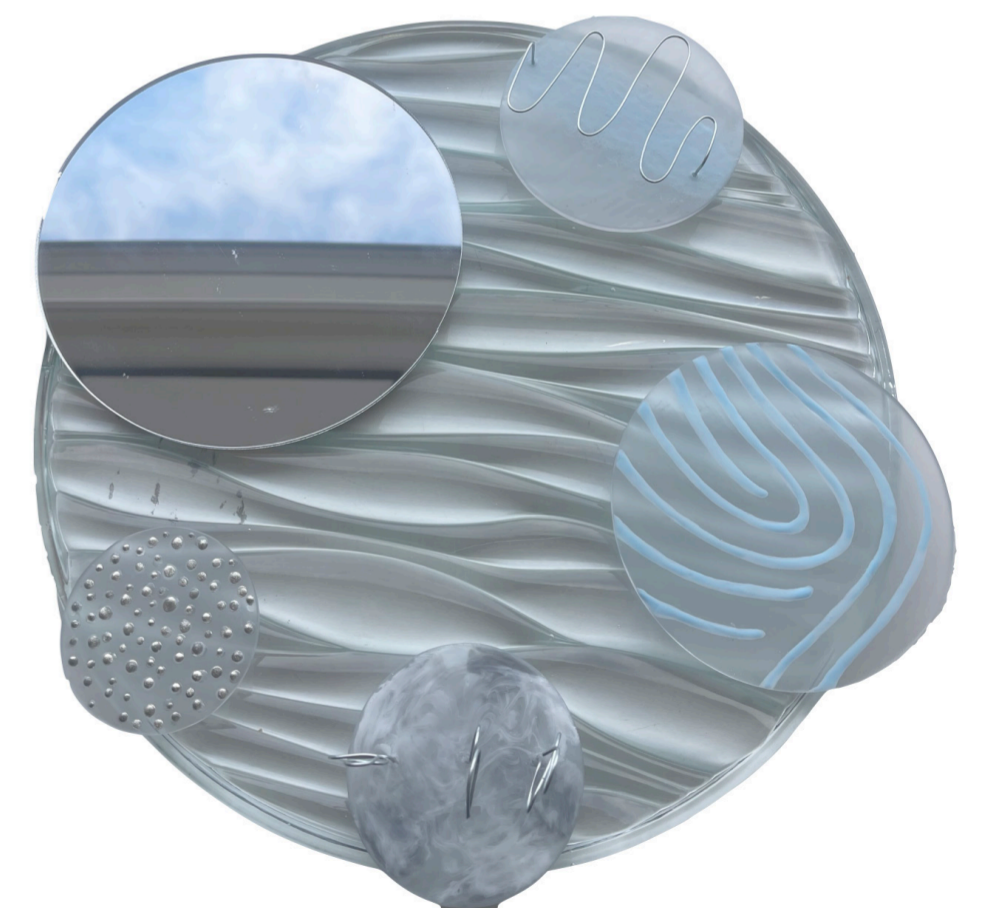
CONCEPT



Each of the five senses have a percentage of importance in relation to positive mental wellbeing. Each of these senses are utilised within the space.

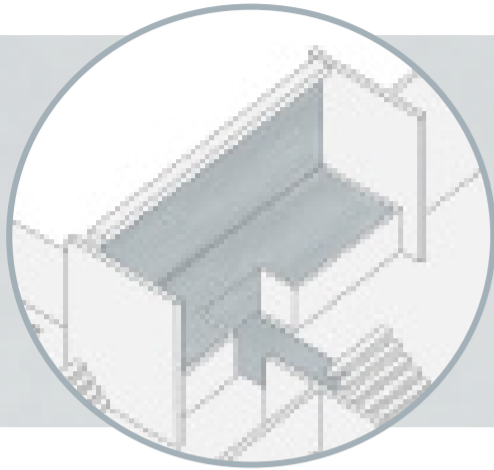


Each of the five senses contribute to improving positive mental wellbeing within NHS nurses.

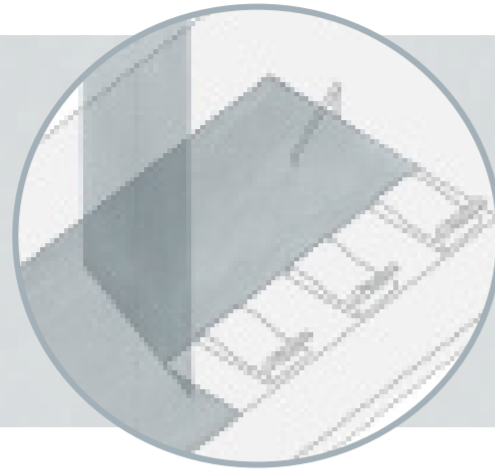


Water holds all five sensory elements

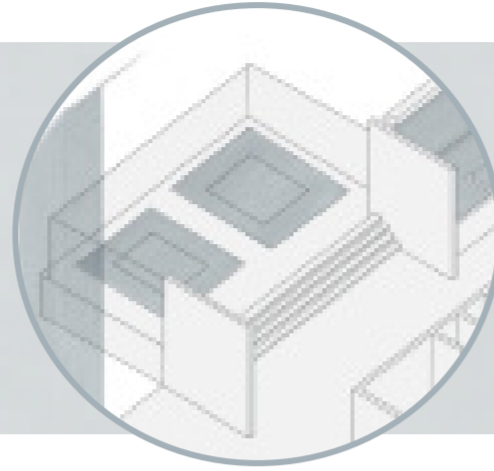
Falling water features



Hydrotherapy pool



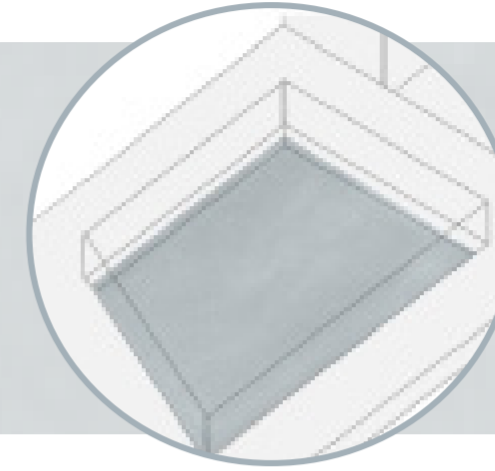
Jet pools



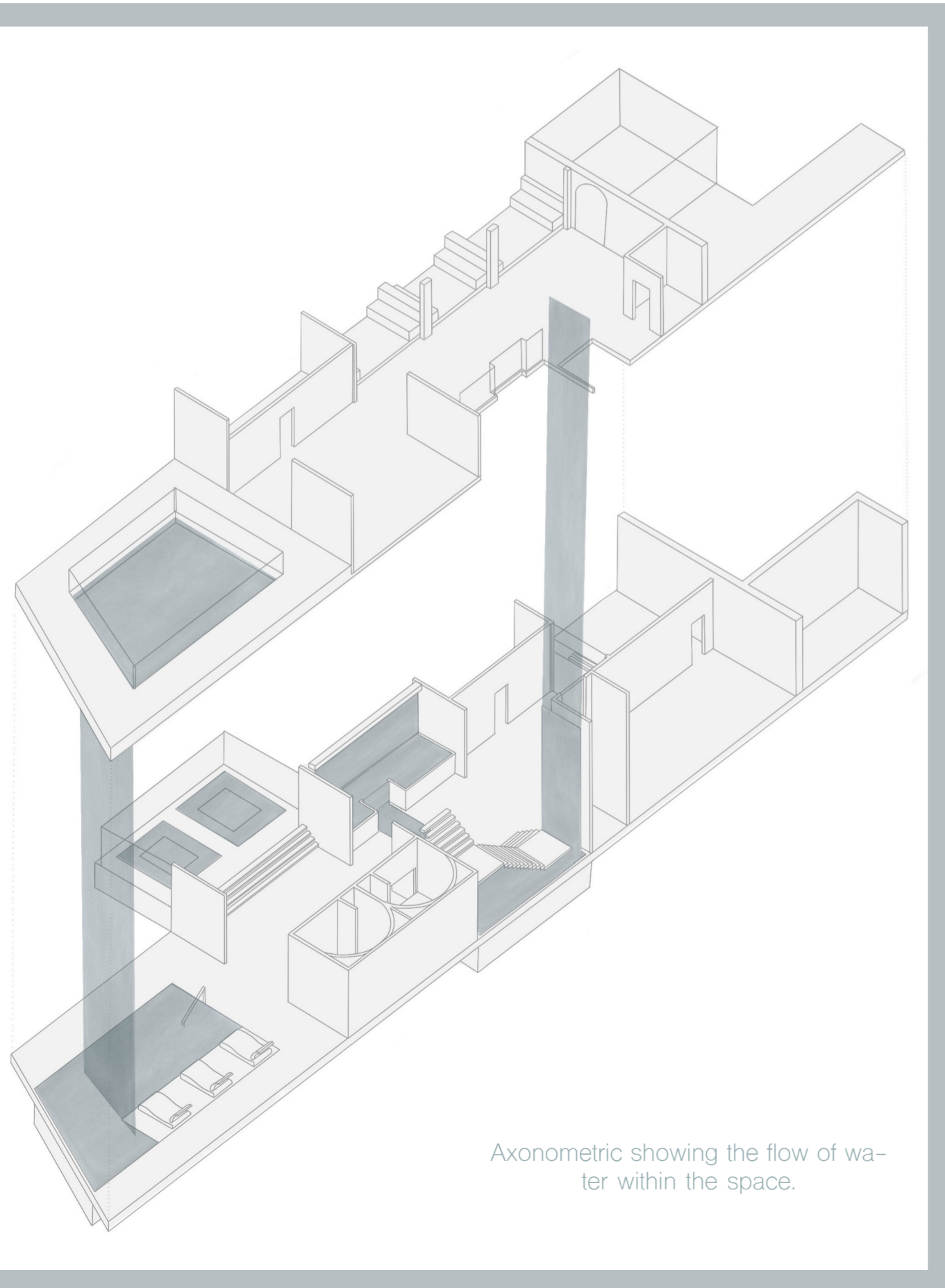
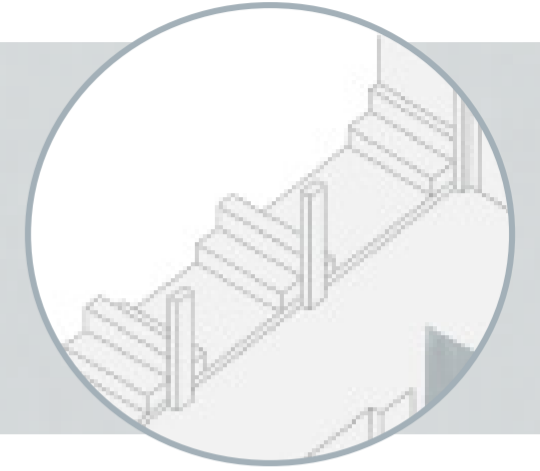
floating stairs with double highted cascading water wall



Sensory viewing platform



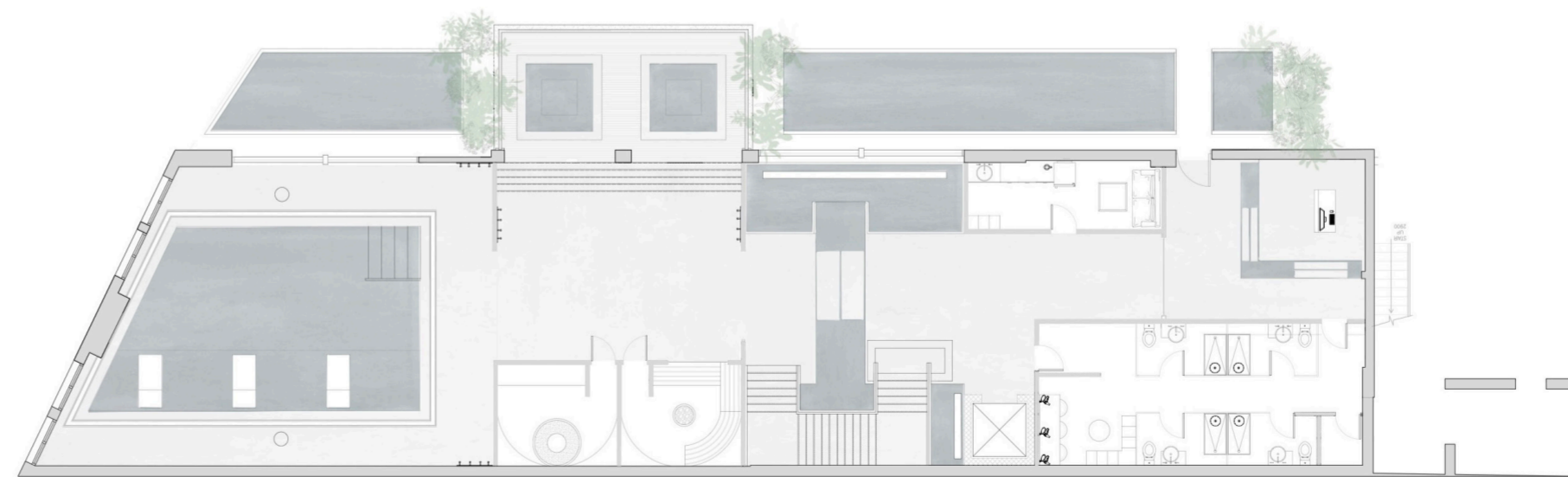
Indoor cafe seating booths



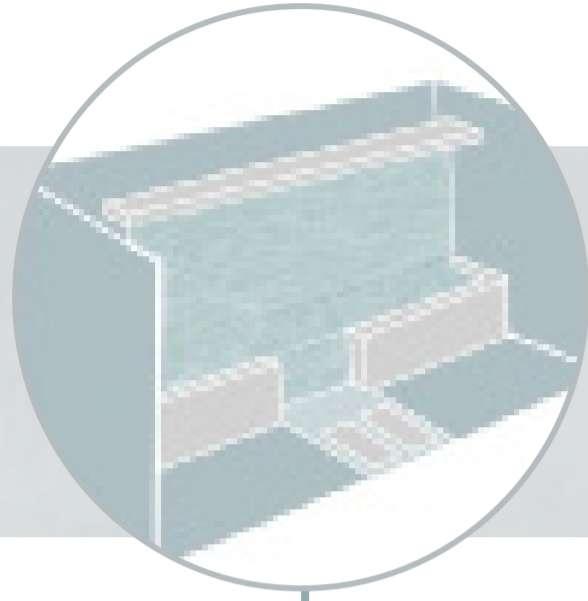
Axonometric showing the flow of water within the space.



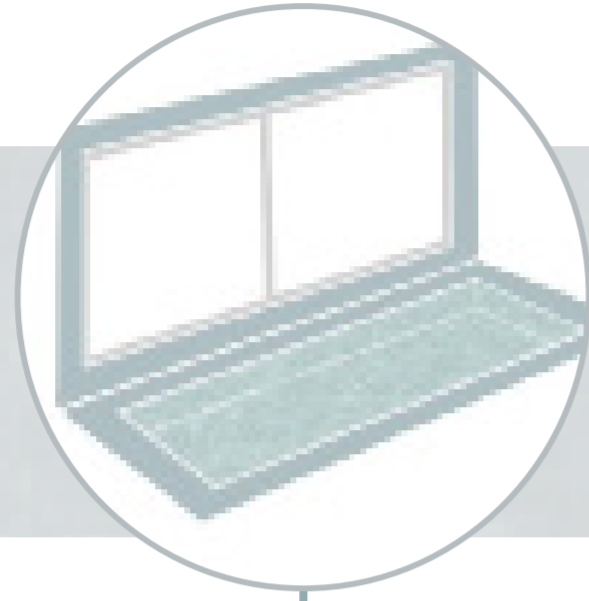
Salus per aquam's upper ground floor allows the users to gain from water's sensory benefits without physically interacting with it. The upper ground floor consists of a hydration cafe which provides users with different water-based refreshments. Along with this is a bespoke indoor seating area as well as an outdoor seating area to be used in the summer months. As well as this is a sensory relaxation room which uses water and vibrations which reflect onto the walls. The sensory viewing platform allows views to the hydrotherapy pool below.



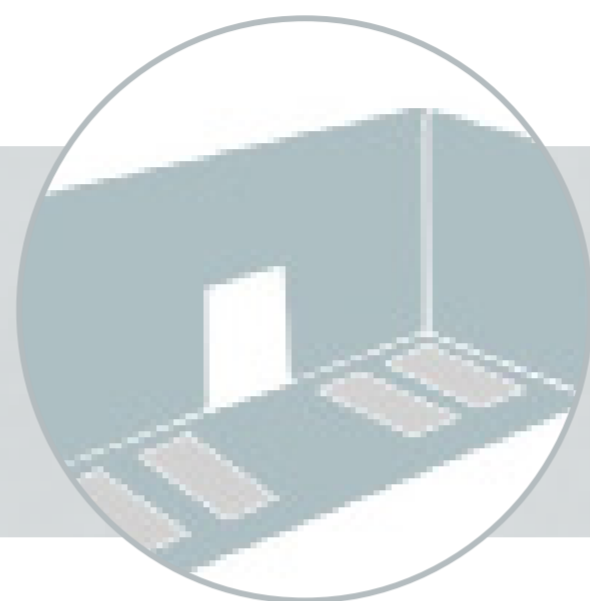
The lower ground floor journey starts from the user's journey to the site, via the Birmingham Canal. The water figuratively flows through the space through the use of the users. On the lower ground floor, the users interact physically with the water to gain from sensory benefits. It includes a closed-off reception/lobby area, which leads into a unisex changing room. This includes private cubicles which include showers, a toilet, and changing facilities. The lower ground floor also includes an aromatherapy sauna, an ice room for hot and cold therapy, massage jet pools with views over the water at the front of the building to further implement the concept. Falling water is used throughout to add sensory richness as well as further connecting the two floors.



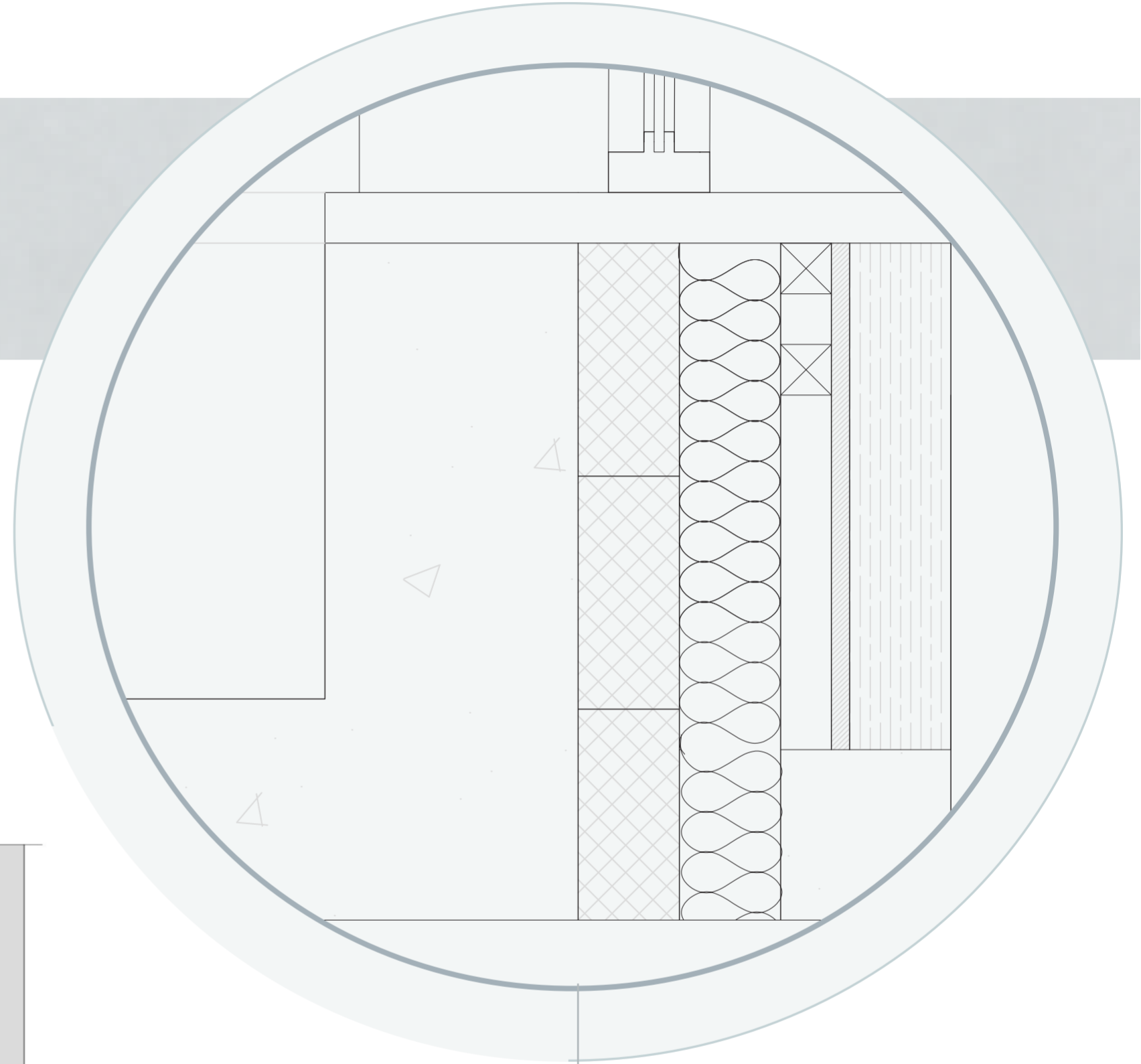
Falling water



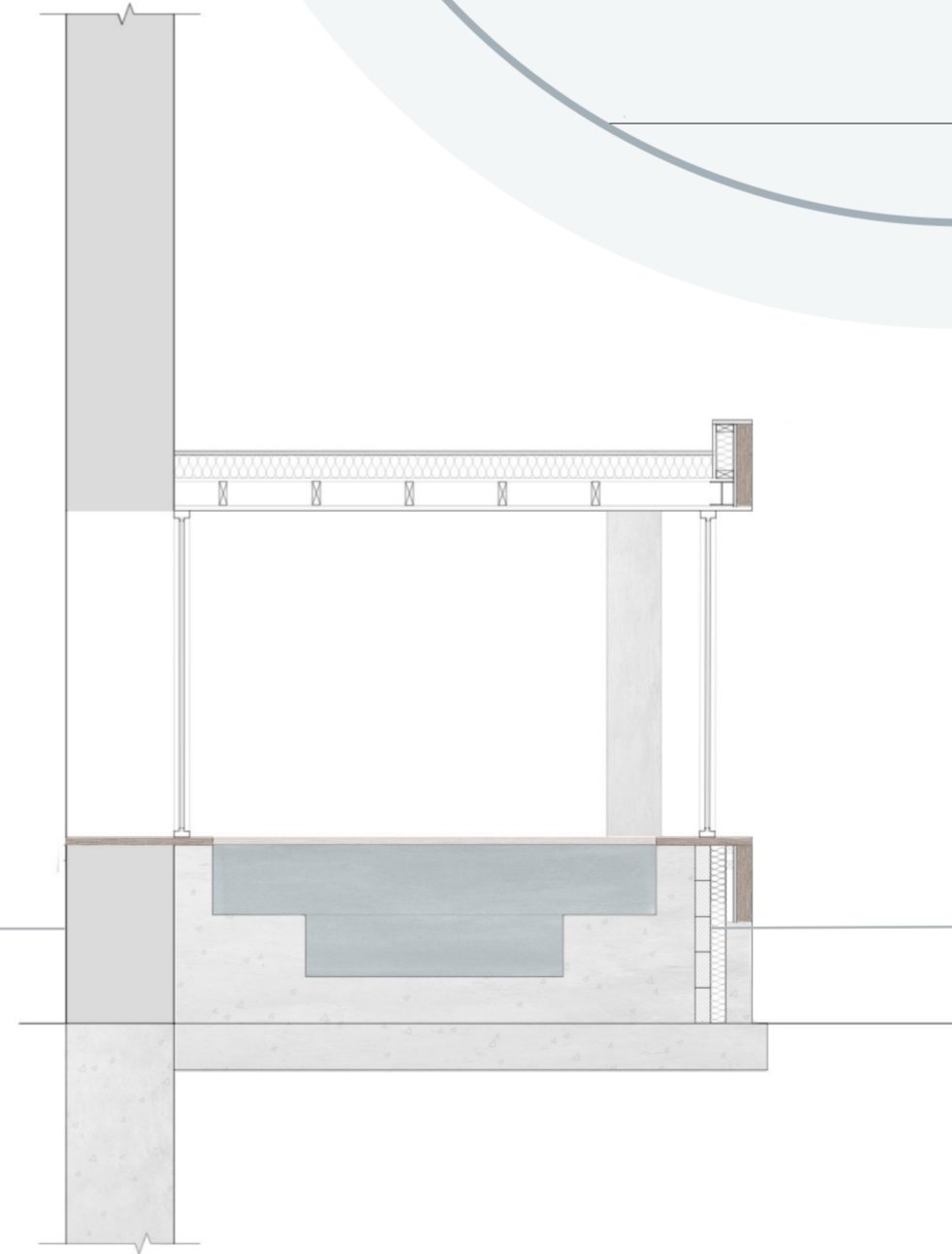
Hydrotherapy pools



Sensory relaxation



1:5 detail showing the jet pool extension



MATERIAL PALLETTE



Visual showing the hydrotherapy pool.



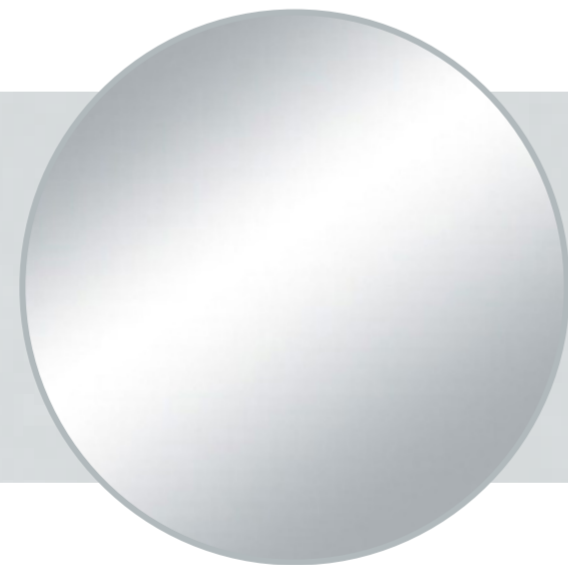
Visual showing the reception area.



Visual showing the 'walkway through water' along with the stairs.



Existing red brick exposed



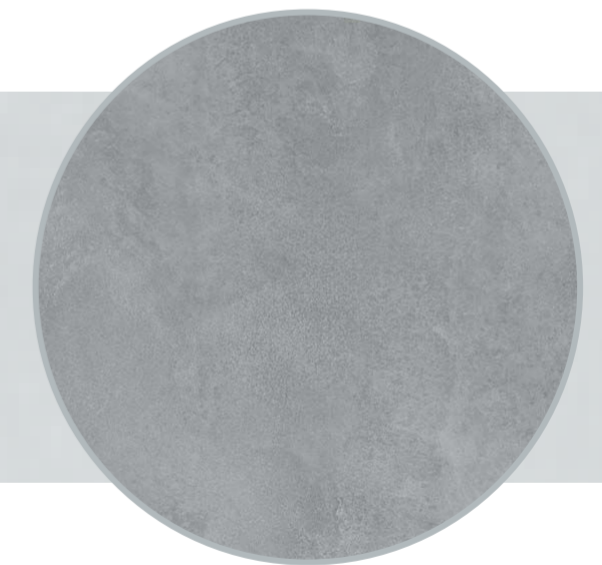
Tempered glass



Reeded glass



Water ripple effect stainless steel



etched stone