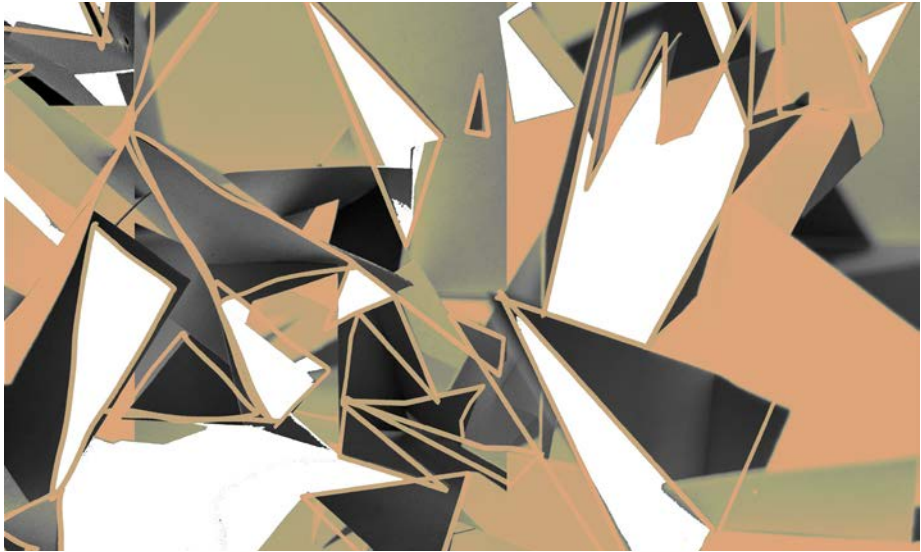




Mezzanine floor library visualisation



Parasitic inspired sketch models



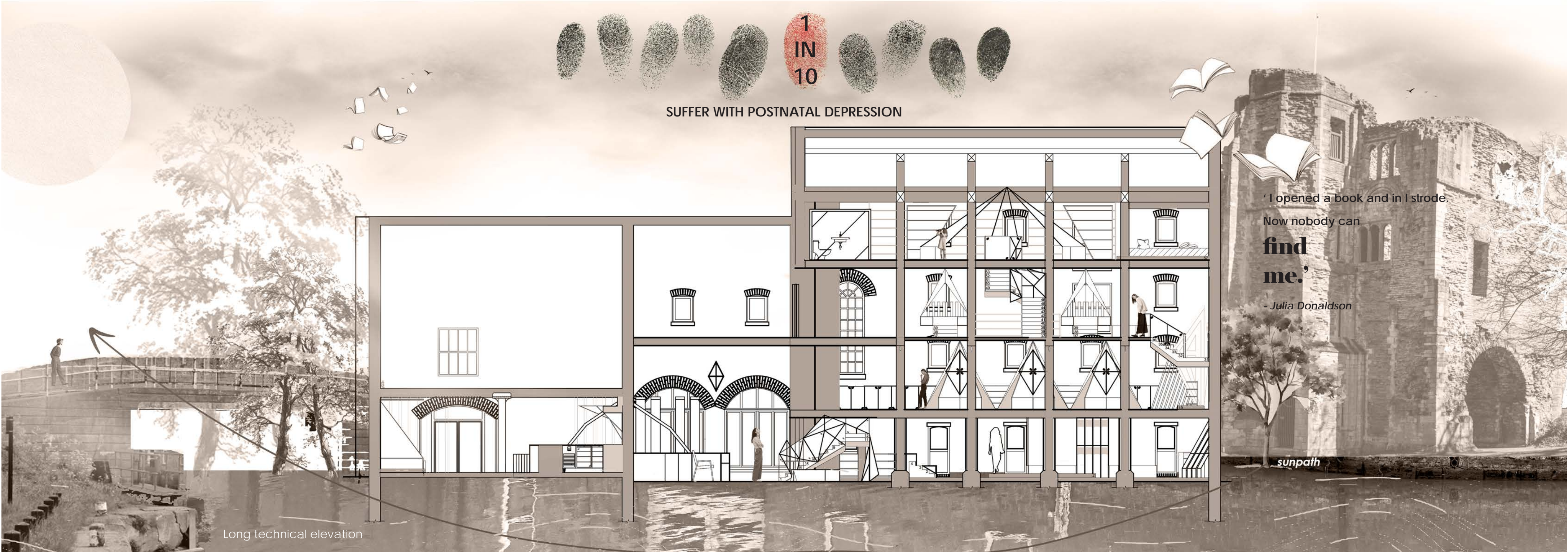
# RE•ERIE

a **sanctuary** for the **mind**, a **haven** for **healing**

FREYA NICOLE HUMBERSTONE



Conceptual site collage



Long technical elevation



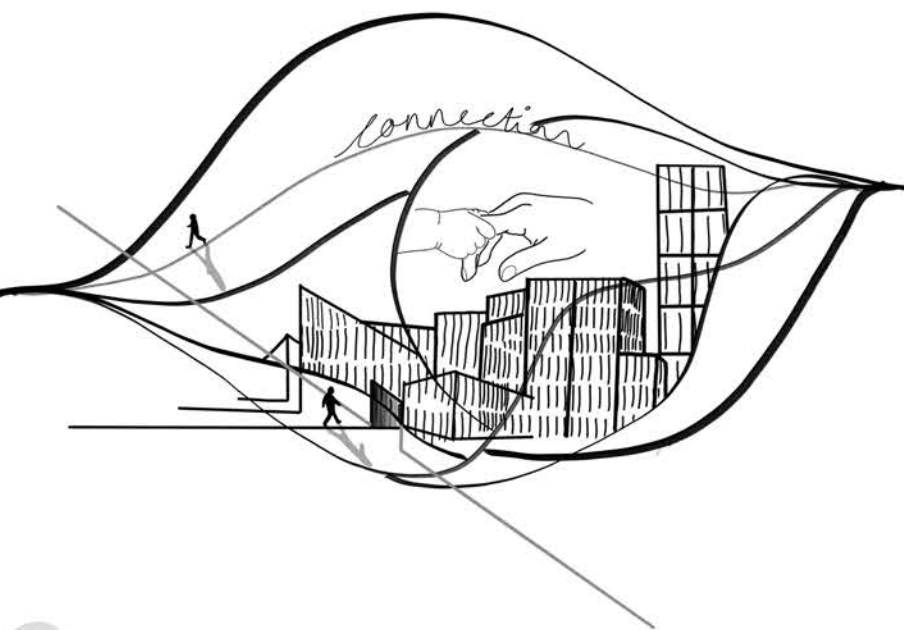


Site External Elevation

# 1 UNHEARD WHISPERS : Understanding the silent struggles



# 2 SHAPING SOLACE : Designing for connection and calm



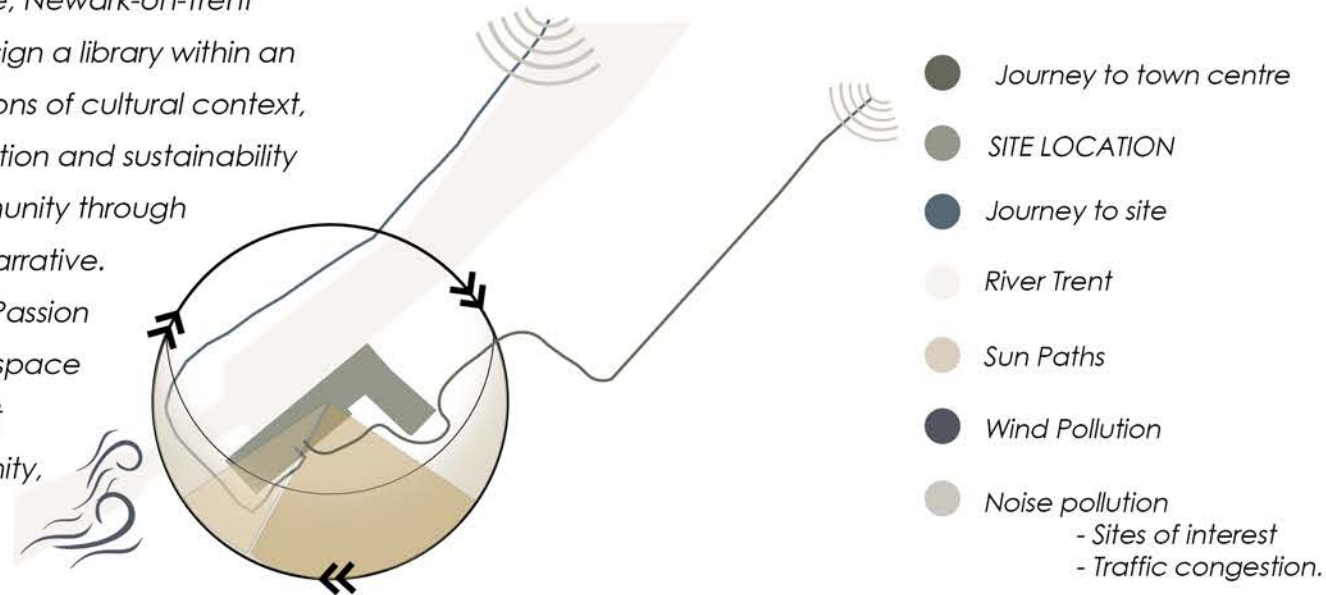
# 3 REVERIE REALISED : A space to heal, bond and bloom



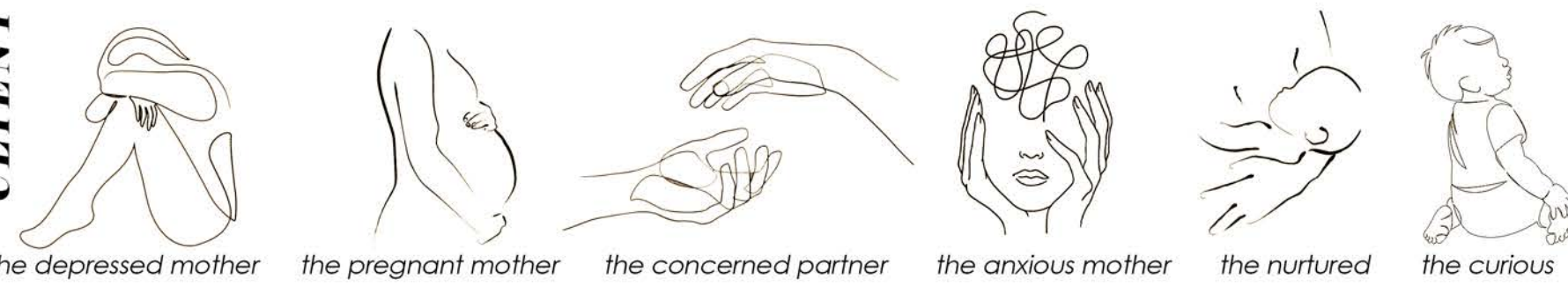
**LOCATION:** 48 Mill Gate, Newark-on-Trent

**PROJECT AIM:** Design a library within an existing building, to consider insertions of cultural context, challenging spatial proposals, function and sustainability to support and benefit local community through research into a strong concept / narrative.

**DESIGN ETHOS:** Passion for user centred design, division of space and using innovative development processes to benefit local community, keeping the issue at hand in every design consideration for emotive, ergonomic storytelling through interiors.



CLIENT



## ‘THE PROBLEM...’

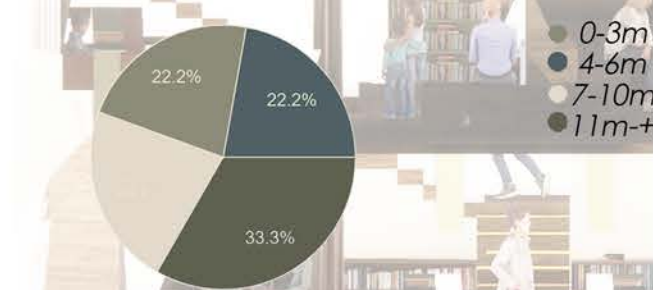
The NHS is collapsing under weight it cannot carry and has unfortunately left mothers as its silent casualties. With mental health support waiting lists exceeding 12 months and some local UK regions with no dedicated pre or postnatal mental health services; leaving over 70% of mothers untreated and undiagnosed. One in five new mothers will suffer with postnatal depression, an average of 2,843 women suffering in a town underserved by public mental health services alone. Reverie proposes preventative, non-clinical intervention by redefining interiors as a futuristic, proactive infrastructure of care and creativity that directly responds using architecture to compensate for the lack of care provided by the NHS, normalising isolation in negative associations of women navigating postnatal depression symptoms in the early stages of motherhood. Interiors are increasing in need for emotional value to build a strategic community in the arms of a new civic future, defending and preventing cases where the system has withdrawn hope and opportunity. Reverie is a place to rest, retreat and revive by engaging with early learning in interactive, immersive environments within a calm library setting. Reverie aims to uplift and reconnect mothers who may be struggling with their sense of identity after birth. Fostering community, supporting well-being, and empowers women to re-engage with the world around them - including their return to the workplace. Reverie invites both children and their parents to immerse themselves in meaningful, joyful experiences that deepen bonds and support lifelong learning.



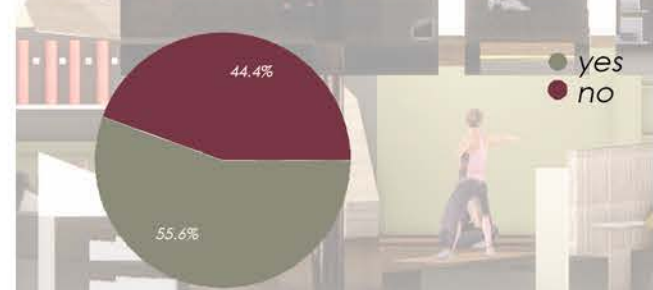
Have you experienced postnatal depression?



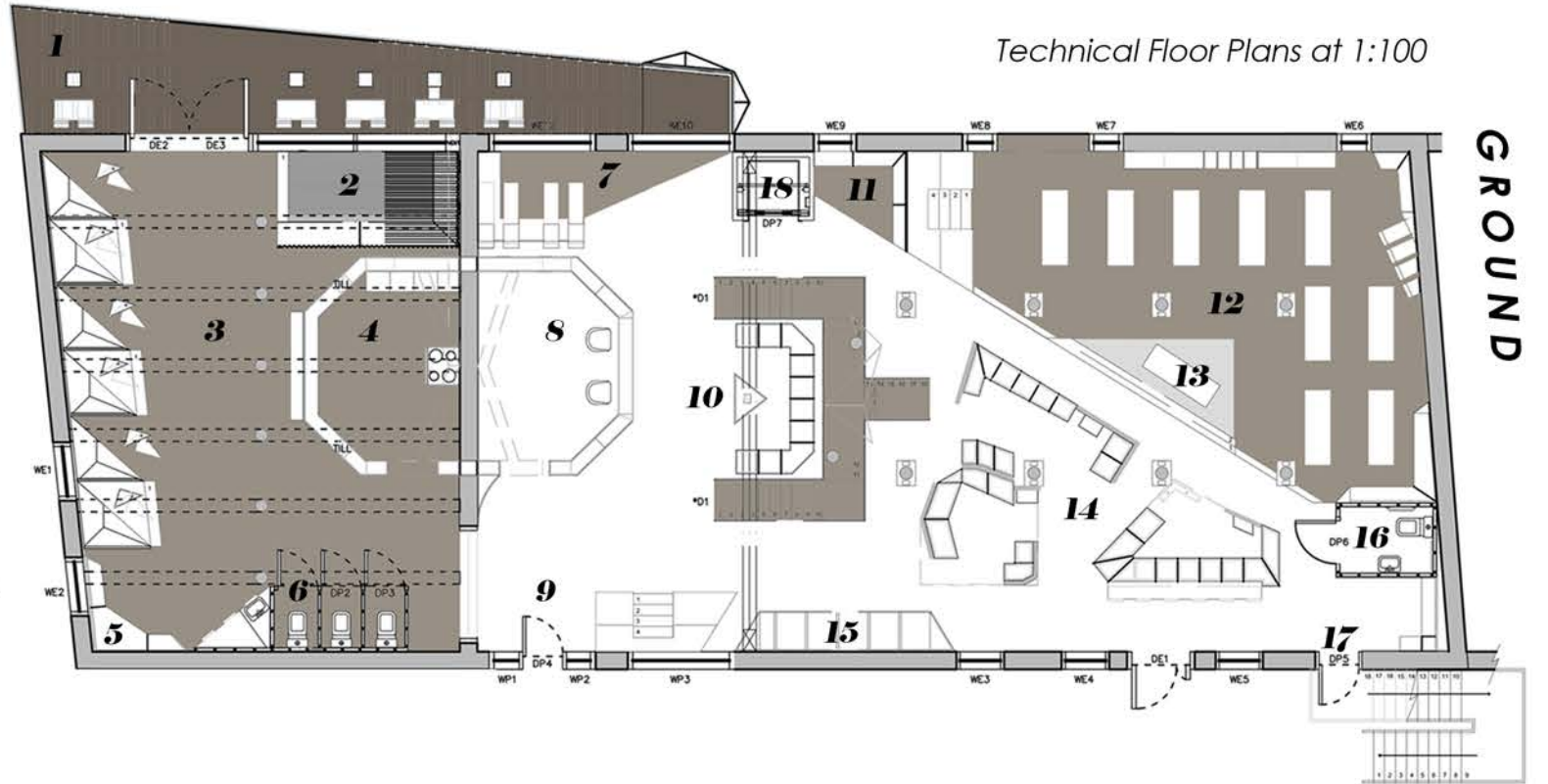
How long after labour did you experience PND?



Did you have access to help in your area?



External Mezzanine Visualisation



## KEY

list of spaces

## Ground

- External Brise Soliel seating mezzanine
- Lowered Seating Area
- Main Cafe Area
- Kitchen
- Bespoke Bookcases
- Toilets
- Elevated Platform Seating Booths
- Reception Desk
- Entrance
- Main Staircase and Waiting Area
- Bespoke Bookcases
- Elevated Gym and Exercise Platform
- Elevated Instructors Podium
- Counselling and Workshop Booths
- Pram and Bag Storage
- Disabled Toilet/Baby Change
- Fire Exit
- Lift (Disabled access)

## Mezzanine

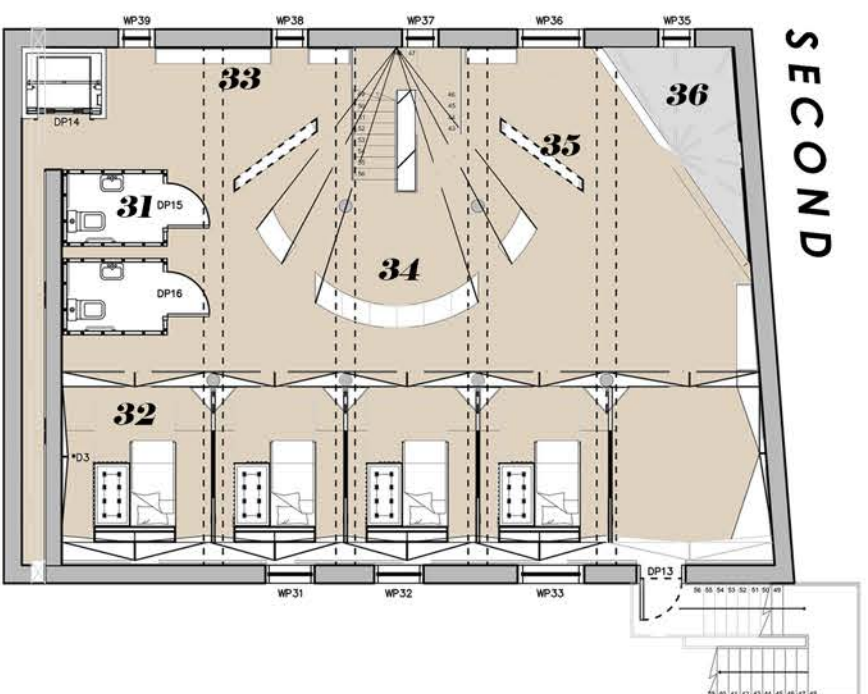
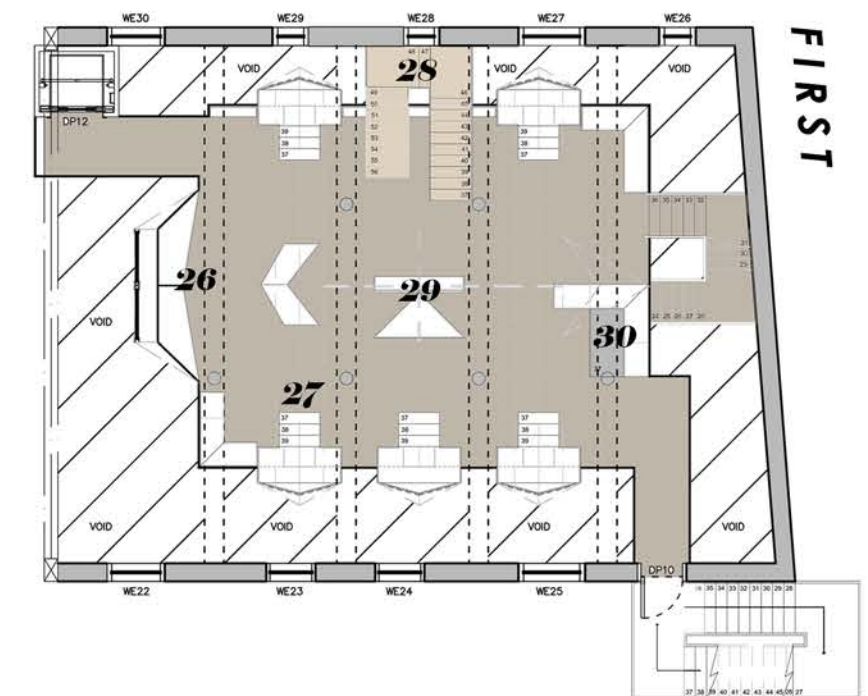
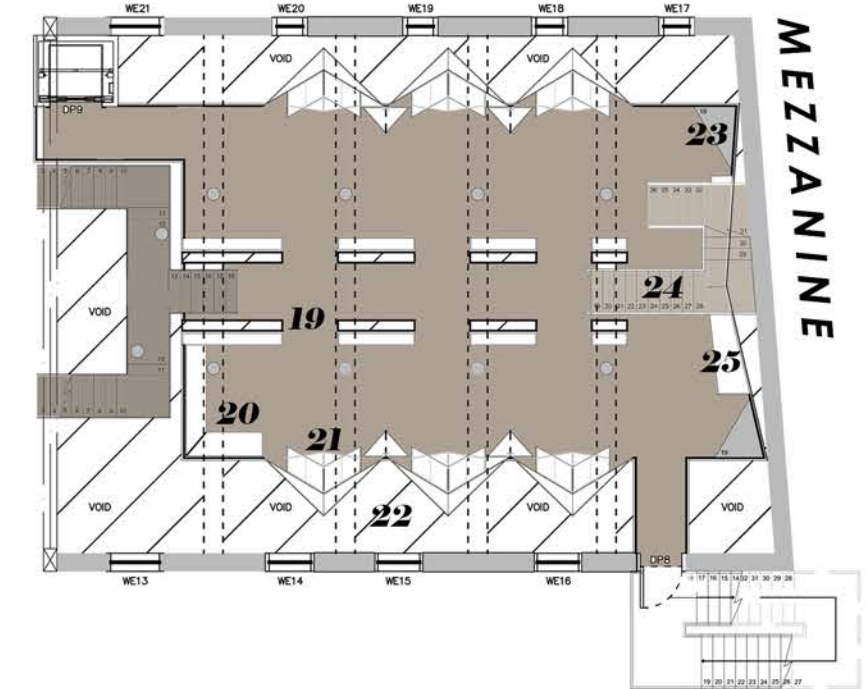
- Partial floor removal, glass balustrade
- Corner Banquette Seating
- Private Reading Pods
- Void
- Elevated platform / lookout corners
- Stair case
- Bespoke Bookcases

## First

- Parent Seating/ Lookout Pod
- Child Immersive Reading/Imagine Pod
- Staircase
- Bespoke Bookcase/Seating
- Elevated Banquette Seating

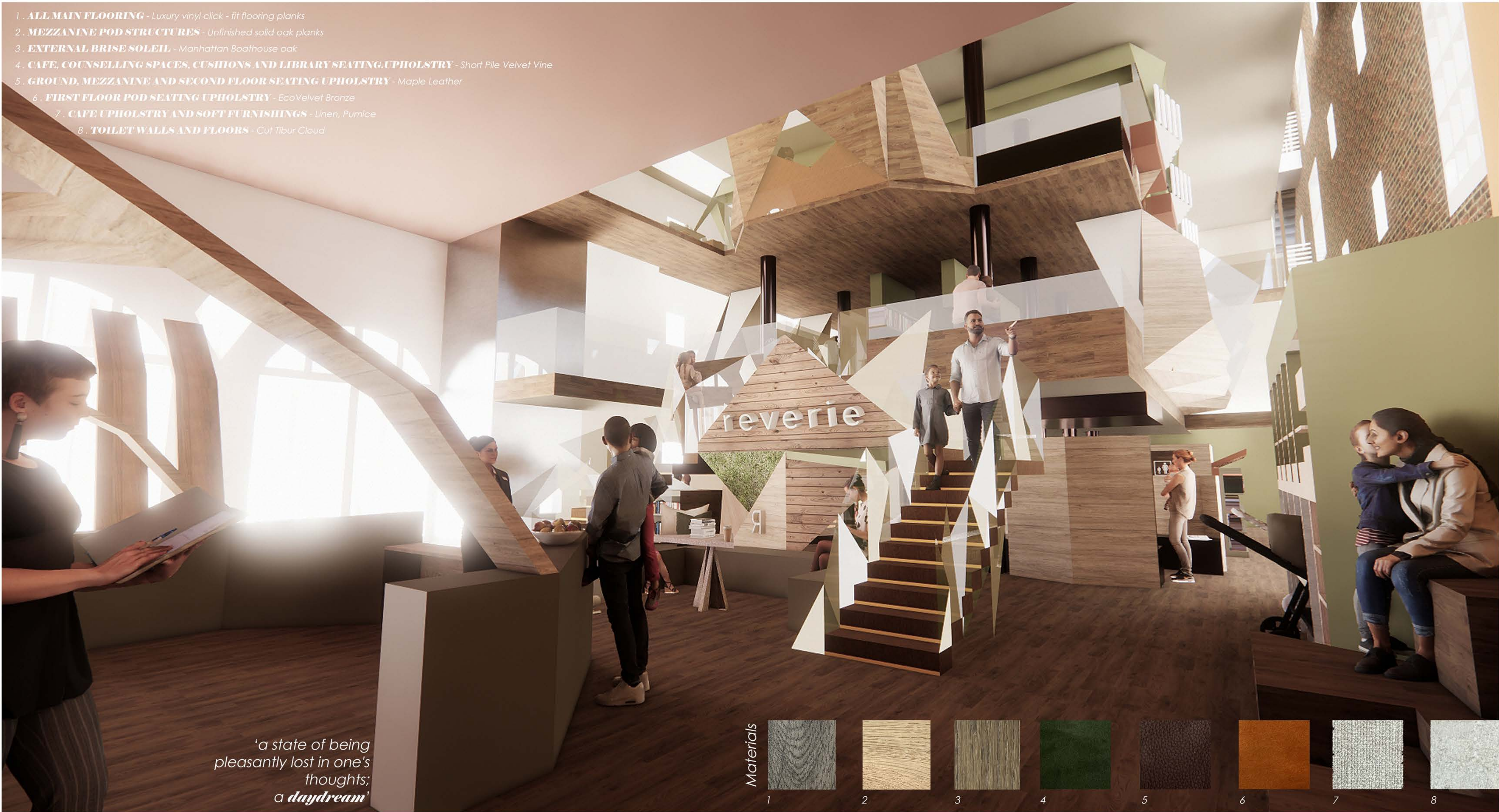
## Second

- Disabled Toilet/Baby Change
- Bespoke Sleeping Pod/Quarters
- Bespoke Bookcases
- Communal Seating Area
- Bespoke Bookcases
- Elevated Lullaby Corner





1. **ALL MAIN FLOORING** - Luxury vinyl click - fit flooring planks
2. **MEZZANINE POD STRUCTURES** - Unfinished solid oak planks
3. **EXTERNAL BRISE SOLEIL** - Manhattan Boathouse oak
4. **CAFE, COUNSELLING SPACES, CUSHIONS AND LIBRARY SEATING. UPHOLSTRY** - Short Pile Velvet Vine
5. **GROUND, MEZZANINE AND SECOND FLOOR SEATING UPHOLSTRY** - Maple Leather
6. **FIRST FLOOR POD SEATING UPHOLSTRY** - EcoVelvet Bronze
7. **CAFE UPHOLSTRY AND SOFT FURNISHINGS** - Linen, Pumice
8. **TOILET WALLS AND FLOORS** - Cut Tibur Cloud





REFRESH



4

#### ***Second floor sleeping quarters***

The sleeping quarters are the epitome of ultimate relaxation. With semi-private, temperature controlled pods and individual air-purifying vents tailored to the mother's requirements. A client can find reassuring and restorative results from an overnight stay at Reverie. Reverie offers on call staff with trained professionals, making sleepless nights a little less exhausting, with soft flooring units to create quiet footpaths on the transition in and out of the pods; helping neighbouring mothers to share experiences and advice in a non-judgemental environment when they need it the most. The utilisation of specialised acoustic partition walls, allow for harmonious sounds of white noise to help drift their baby to sleep, enhancing their stay. the cribs are designed with subtle vibrating pads to create gentle movement to a heartbeat, mimicking the close connection with their Mother and Father.

3

#### ***Children's first floor 'Imaginarium'***

The 'Imaginarium' is Reverie's first floor space that dedicates interactive, elevated reading nooks for toddlers and children to experience literature through audible books and sensory play. Inspired by authors like Julia Donaldson, this floor nurtures early literacy and shared storytelling, enhanced by soft and warm toned materials to create a calming and balanced environment for mothers and their children without over stimulation. With many safety precautions and barriers to allow for maximum safety while using the pod equipment and peace of mind for anxious new mothers.

2

#### ***Mezzanine floor adults library***

The mezzanine floor opens its heart to the mothers who are lovers of literature but unfortunately do not have enough time to escape into the arms of a good book. The adults library contains many genres of books and comfortable seating pods to escape everyday normality for a while.

1

#### ***Ground floor wellness and community spaces***

The Ground Floor has a welcoming and connecting entrance with strong parasitic, diagonal sight lines that lead up to the first floor. Visitors will be welcomed by one of Reverie's trained members of staff to greet clients with empathy and care, to advise and navigate them to their required destination to allow for maximum fulfillment and results during their visit.

With many communal spaces and seating areas, grounding stressed mothers at Reverie, to connect over coffee and nutritious foods at Reverie's cafe, or find solace in private spaces to breastfeed in comfort, or simply take a moment for themselves. Thoughtful design encourages conversation without overstimulation.

With designated multi-use spaces designed with acoustic timbers for discreet wellbeing sessions and postnatal workshops to help those new mums with caring for their newborns. The ground floor has an elevated exercise platform for mothers to focus on bettering their mental health in productive and healthy classes with their baby, with pyramid seating for partners and family members to wait and offer support.

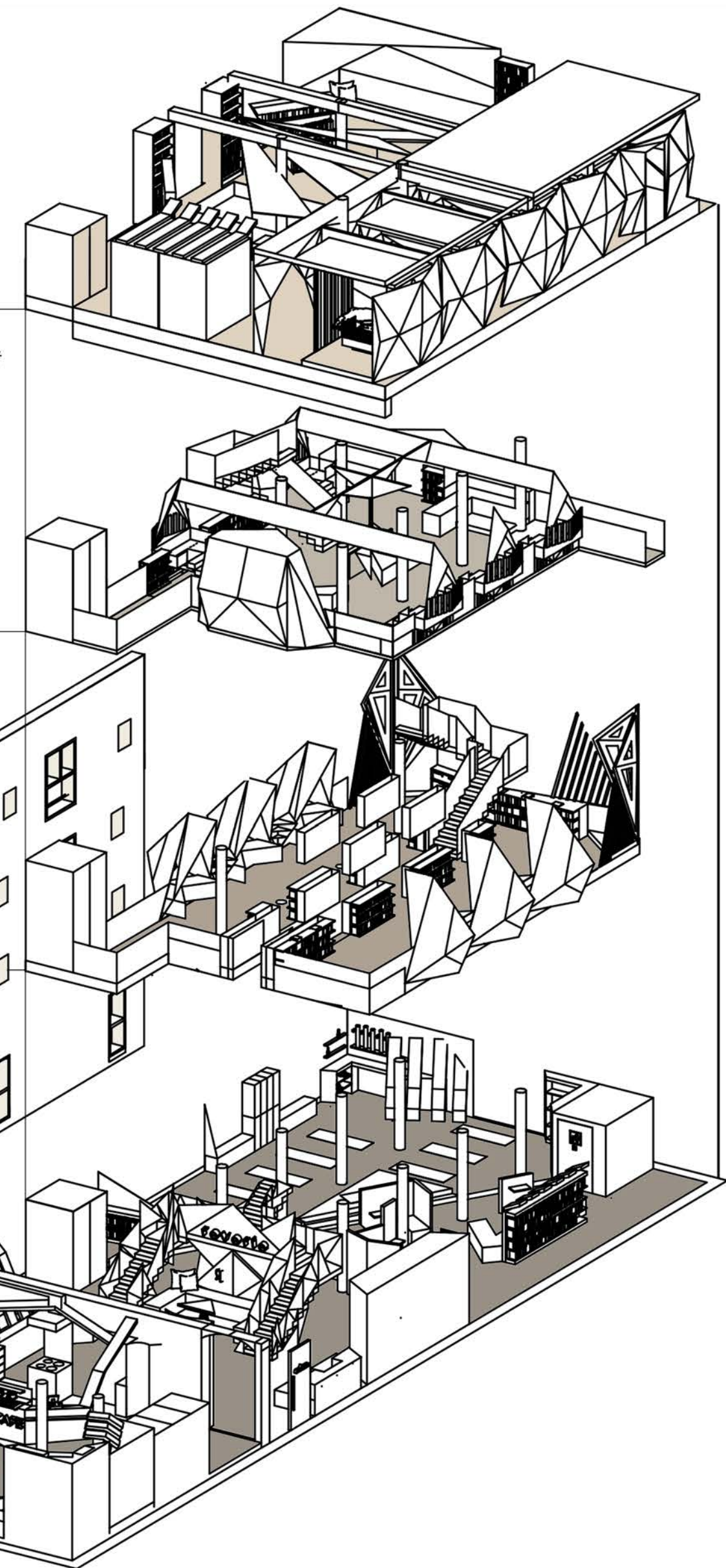
EXPLORE



ESCAPISM

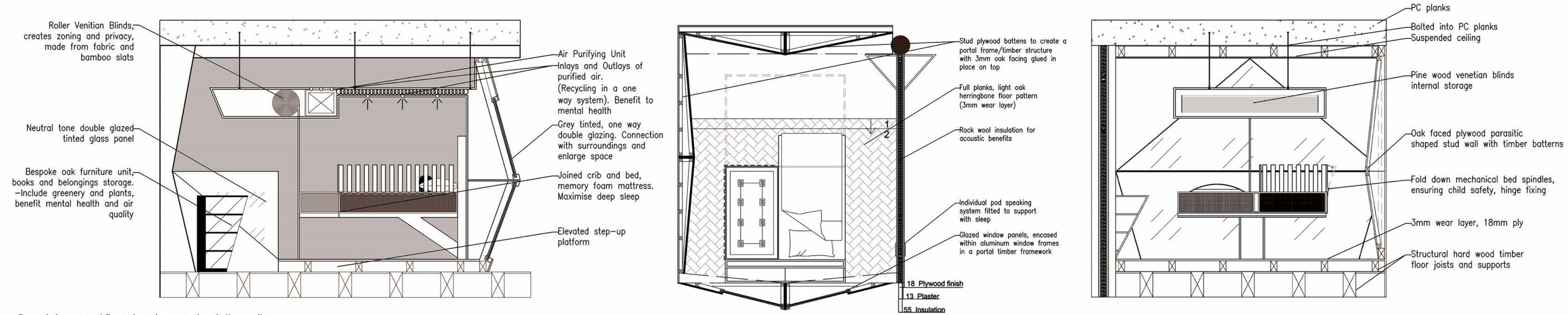


BALANCE





Technical Sleeping Pod 1:20 Detail

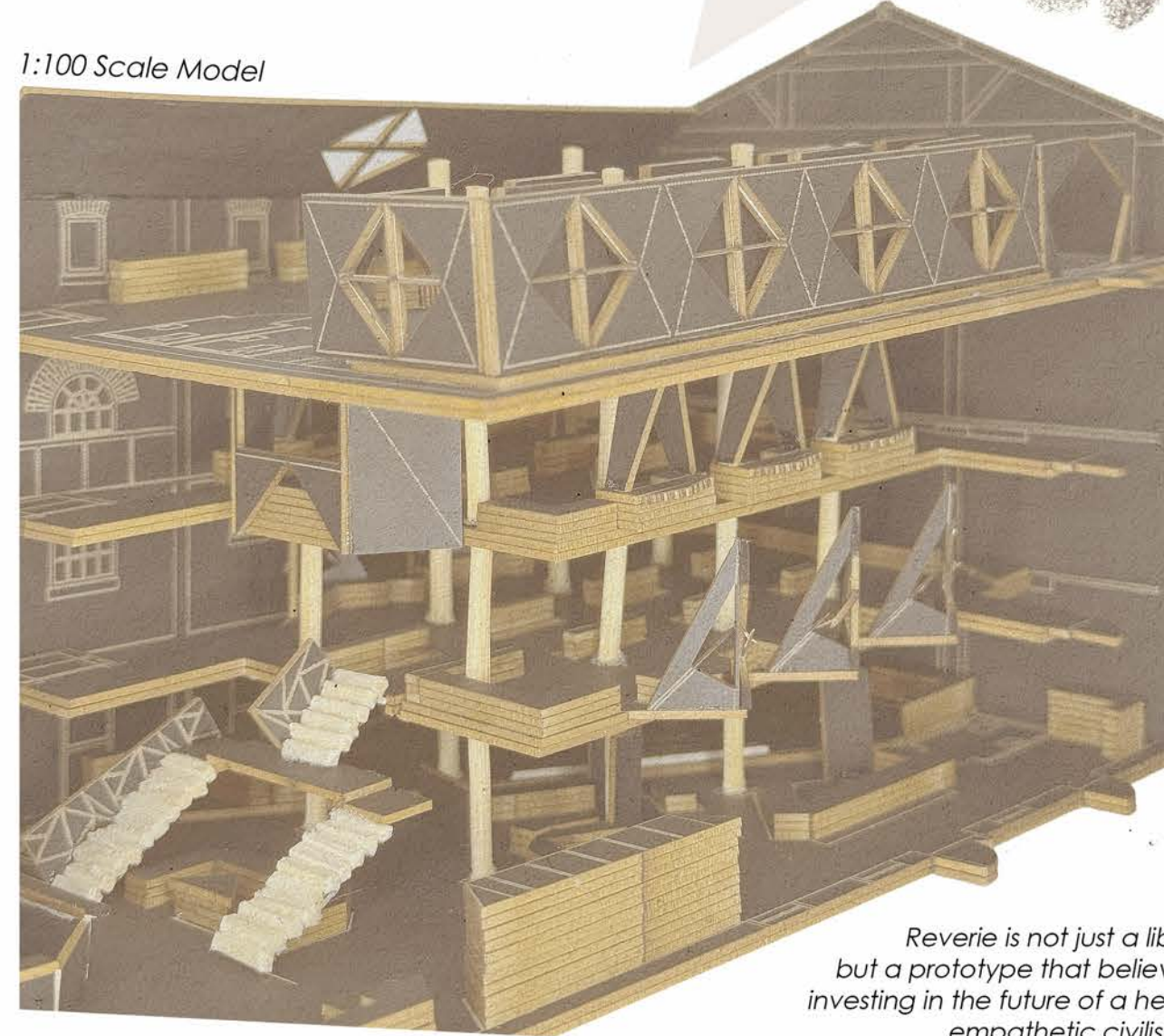


Reverie's second floor sleeping quarters is the epitome to demonstrate the future of care outside of the hospital walls, in a 'cradle' of civilisation for new mothers. Reverie creates a specialised sense of a 'home away from home', allowing mothers to find refuge and reconnect in the socialisation of collective mothers suffering with familiar PND symptoms during an overnight stay. Laying down the foundations of integrating future resilience to combat the NHS strain with a soft, human bond, sharing advice, stories or a supportive ear to listen.

Considering psychological elements to subconsciously better mental health, I have implemented a suspended drop ceiling that doubles as a fresh air purifying unit. The crib spindles can be adjusted mechanically through drop hinges to create a close and safe connection next to their mother. The crib has been designed with subtle vibrating pads inside the mattress to mimic a human heartbeat, with a wired acoustic sound system of white noise and meditation music for ultimate relaxation and deep therapeutic sleep.



1:100 Scale Model



Reverie is not just a library, but a prototype that believes in investing in the future of a healthy, empathetic civilisation. "Every civilisation is shaped by how it treats it's mothers and it's children... **Reverie is where they are both heard."**



Internal sleeping pod visualisation, second floor