

Your Seasons

your balance

The mission of this project is to empower women by educating them about understanding their own bodies better, with a focus on their menstrual cycle and hormonal health.

Located in the heart of Edinburgh, surrounded by university buildings, student hubs and tourist attractions, this project is aiming to tackle a complex issue with 3 main interventions.

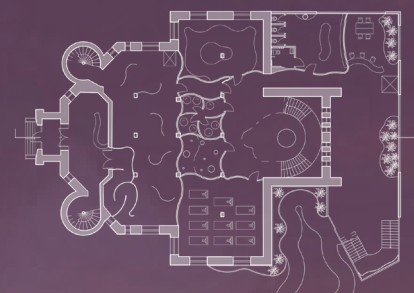
1, Raising awareness and educating the public about the importance of the hormonal system, with an immersive exhibition experience highlighting the miracle of the female body.

2, Creating a safe and welcoming space for women affected, where they can learn to better understand their bodies and improve their hormonal health, as well as providing a sense of community to them.

3, Providing research facilities aiming to fill in all the gaps in the data we currently have and to ensure new innovations for the future.

This project is about the journey. The journey through the building, getting to know more about the hormonal system, the journey of finding your own way. The journey around the woman sculpture, finding new perspectives.

Every body is different, everyone has their own seasons, their own balance.



LONG SECTION OF PROPOSED DESIGN

HOST BUILDING, RESEARCH AND CONCEPT DEVELOPMENT

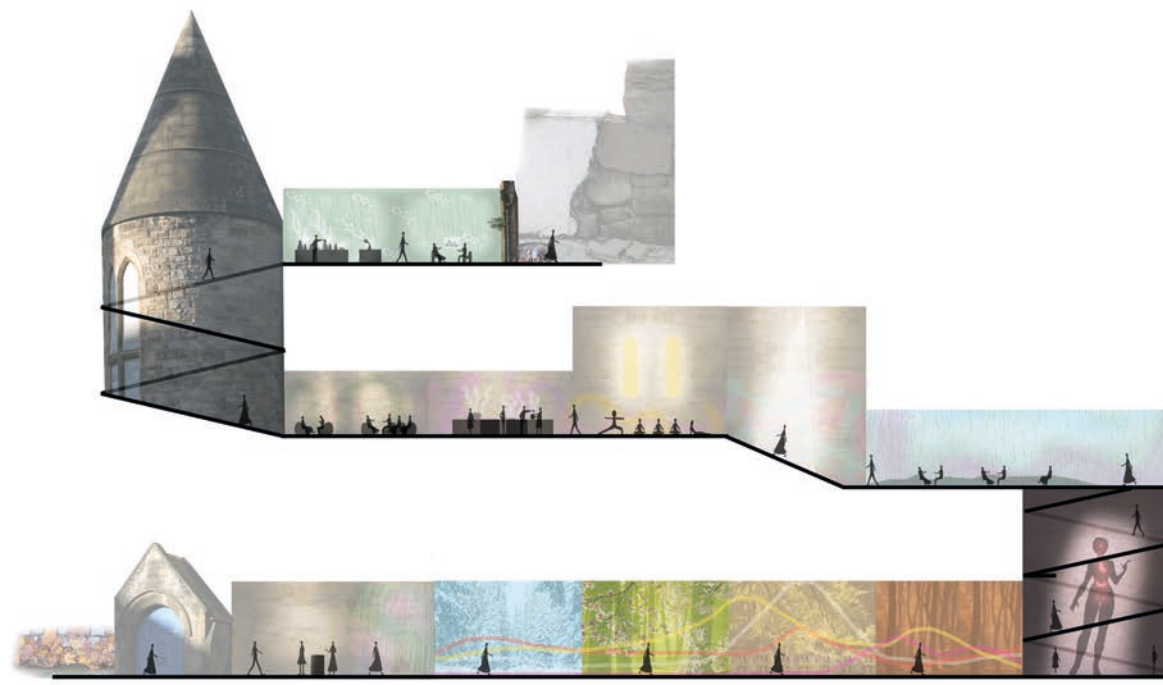
Hormones can be described as the body's chemical messengers. They are produced in the endocrine glands and are responsible for communicating tissues and organs what to do, these important chemicals travel around the whole body using the bloodstream as their highway. In case of a hormonal imbalance, even a slight shift from the healthy amount of hormones can cause significant effects throughout the whole body. (Healthline, 2020)

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder that affects women. According to the WHO, PCOS impacts an estimated 8–13% of reproductive-aged women, making it a significant concern among females all over the world. Alarmingly, up to 70% of affected women remain undiagnosed, highlighting a concerning gap in recognition and treatment.

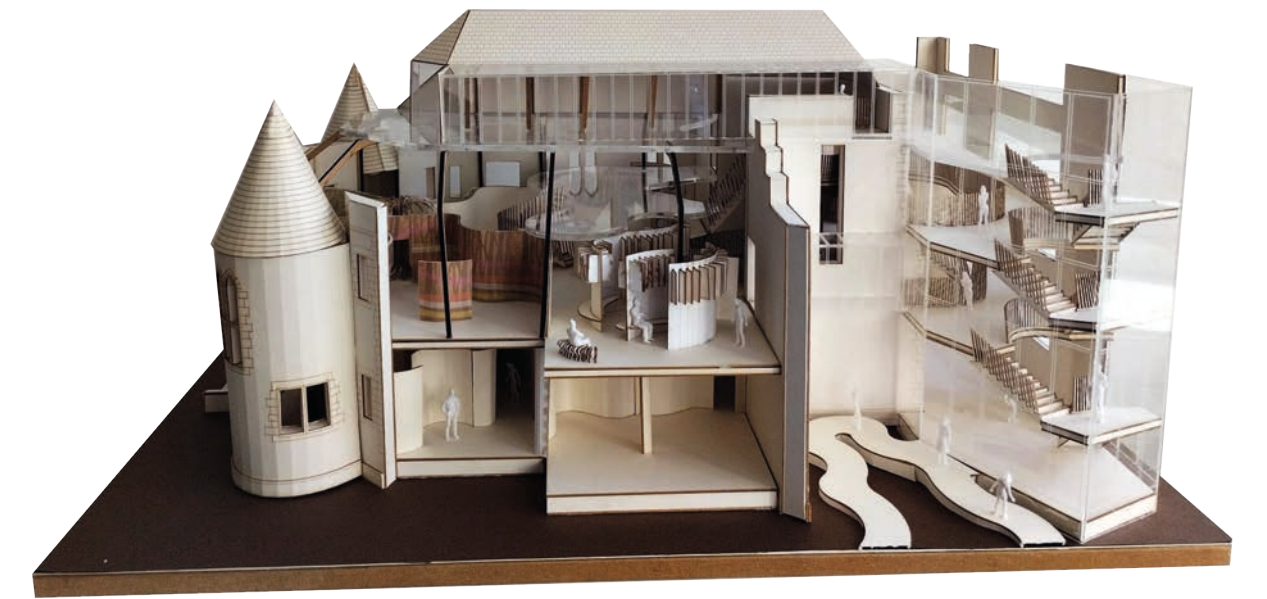
Furthermore, my research highlighted that there is a 'gender data gap' that means medical professionals literally know less about the female body. Due to this gap diagnosis for hormonal imbalances can take up to 8-12 years. Women are also less likely to seek help after feeling their concerns are not taken seriously. Every case is different - personalised treatment is key.

The Old Kirk was chosen to redefine medical experiences, removing previous negative encounters with doctors and encouraging visitors to have a new approach to see it for the magically complex system it is. Churches are places of worship, buildings that signify community, knowledge, and deep-rooted historical power. The endocrine system represents the fact that the human body is science, but also a tiny bit of magic. Numerous things in the system could go wrong, and sometimes they do, but more often it works flawlessly, and we all take this for granted. The choice of this church as a host building was to marry these two views and topics, merging the idea of sacred with something so 'average' as the female body.

CONCEPT JOURNEY SECTION




MODEL OF PROPOSED DESIGN AT 1:50 SCALE



USERS


- Target Audience:
- Women of all ages
 - Medical professionals
 - Researchers and scientists
 - General public interested in women's health

Anna 18 yo




has pcos
moved away from home
finds it hard to stay on top of things
cooking seems like a burden

Becca 24 yo

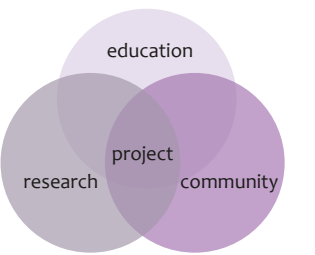


in ed recovery
diagnosed with endometriosis
wants to create a healthy body image and
to reconnect with her body and food

Elise 35 yo



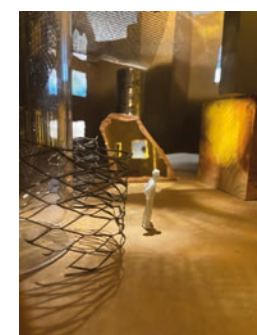
tired all the time
knows that she should exercise more but
finds it hard to start and find the motivation
needs inspiration and guidance



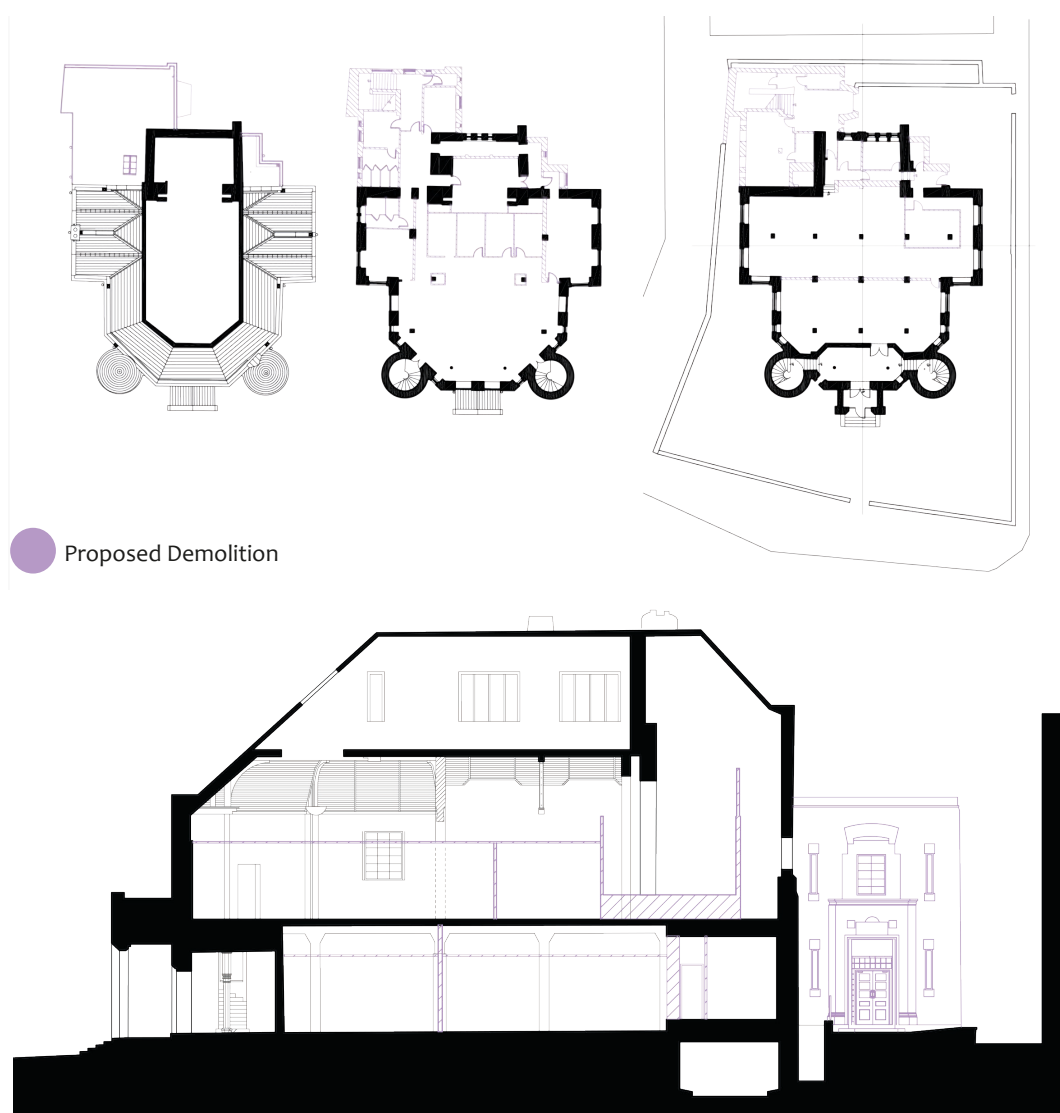
SITE PHOTOS



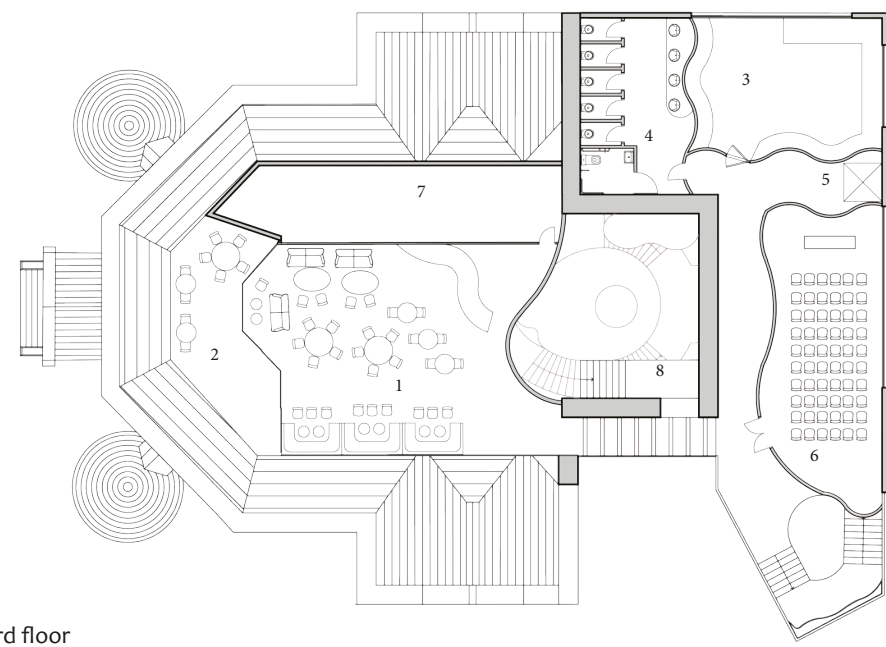
EXPERIMENTAL MODEL PHOTOS



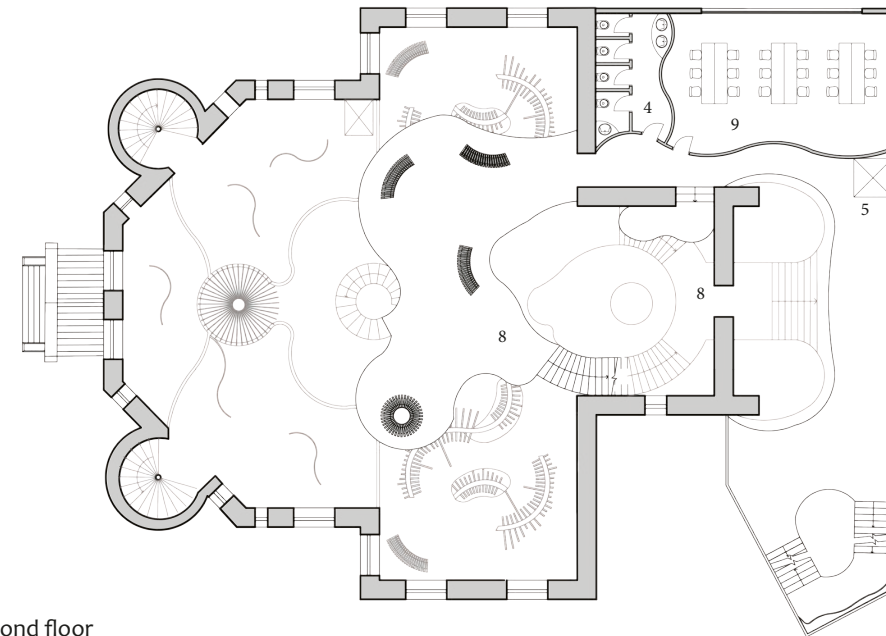
ORIGINAL PLANS AND SECTION



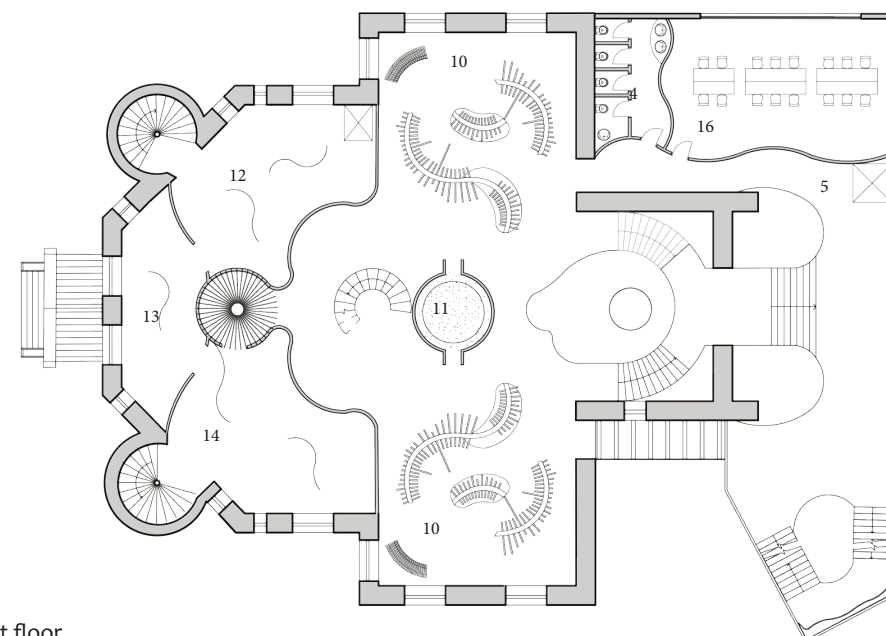
EXTERIOR VIEW



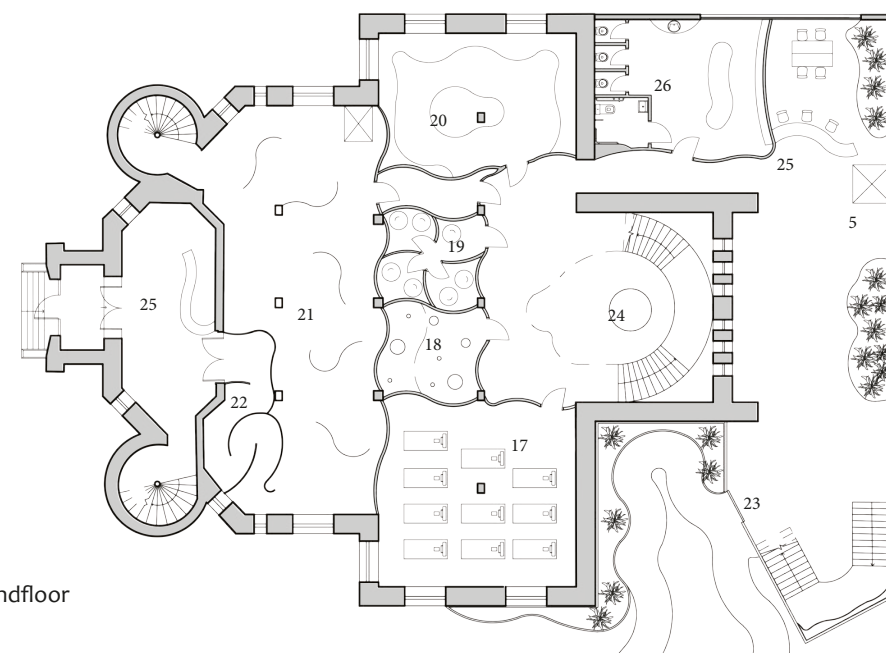
Third floor



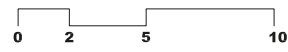
Second floor



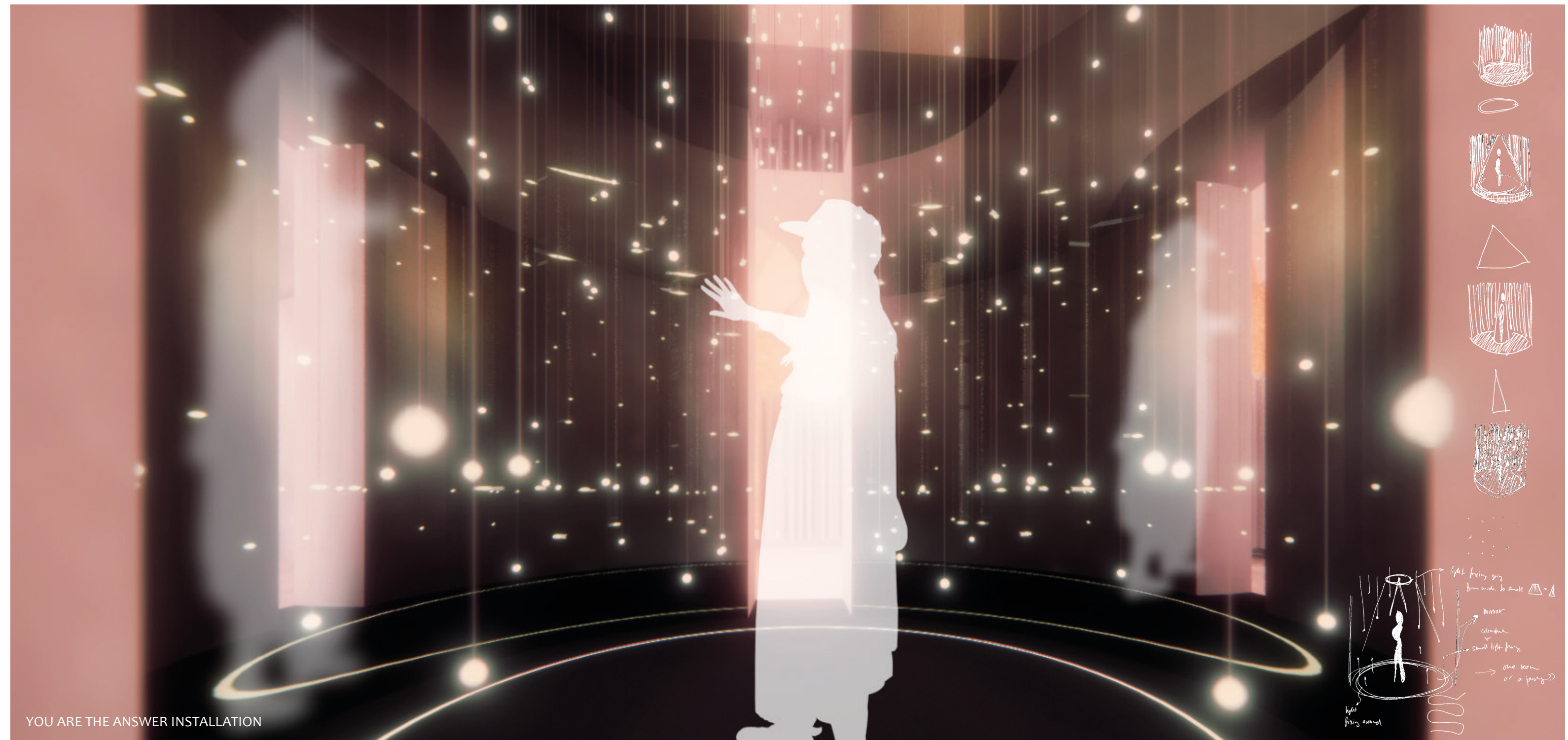
First floor



Groundfloor

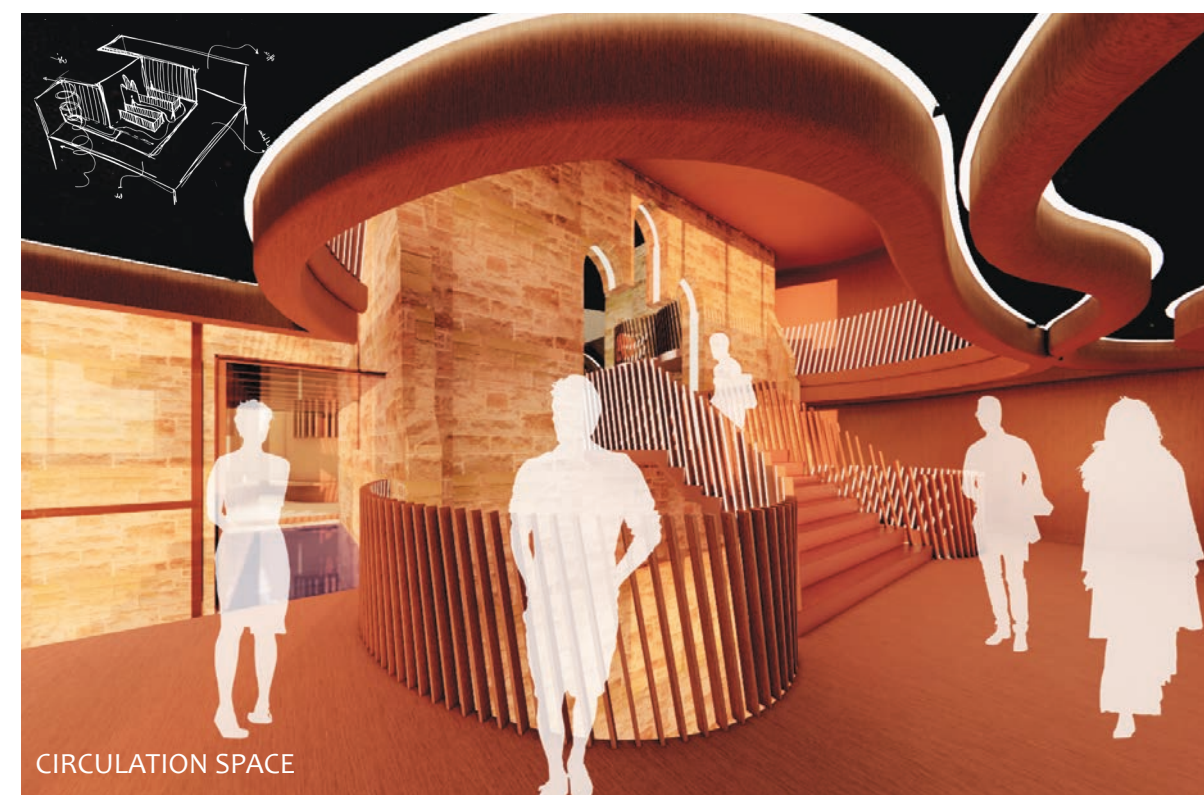


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|--------------------|-------------------------|--------------------------------|----------------------------------|
| Key: | 7, Storage | 14, Exhibition - Autumn | 21, Exhibition - Winter |
| 1, Cafe | 8, Viewing platform | 15, Bloodstream installation | 22, Distortion tunnel |
| 2, Terrace | 9, Research lab | 16, Office/ Staff room | 23, Entrance |
| 3, Kitchen | 10, Experience maze | 17, Exercise room | 24, Platform for women sculpture |
| 4, Toilets | 11, You are the answer | 18, Meditation room | 25, Reception |
| 5, Lift | 12, Exhibition - Spring | 19, Consultation/ Therapy pods | 26, Changing room |
| 6, Conference room | 13, Exhibition - Summer | 20, Workshop kitchen | |



YOU ARE THE ANSWER INSTALLATION

MODEL PHOTOS



CIRCULATION SPACE



EXPERIENCE MAZE

Visitors are entering through the historical entrance where the immersive exhibition experience begins. Users are invited to walk through the four seasons of the female cycle, an exhibition that highlights the importance of the hormonal system, provides a good general overview to anyone interested in the topic. This experience end with the bloodstream LED installation giving a visual image to visitors how hormones are chemical messengers and they use the blood stream as their highway.

Then they arrive at the experience maze that features the "You are the Answer" installation with a programmed light show in the middle. Both spaces highlight the confusing and burdening journey of diagnosis, feeling lost in all the information, feeling alone, and unsure what to do next. The maze includes seating and wooden panels, some of which slide out and feature a woman's personal story battling hormonal issues. However, visitors are forced to try multiple panels as some of them are not movable, showing how uncertain it feels to look for the right answer in the diagnostic process. On the other hand, these spaces highlight that women are never alone in their journey and encourage them to share their own stories and provide a sense of community.

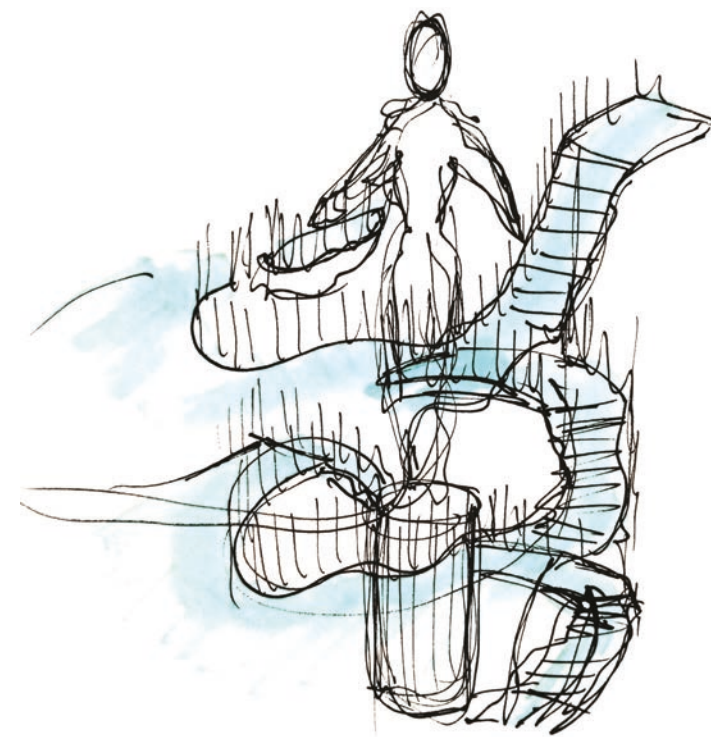


GROUND FLOOR VIEW OF WOMAN SCULPTURE

CIRCULATION SPACE



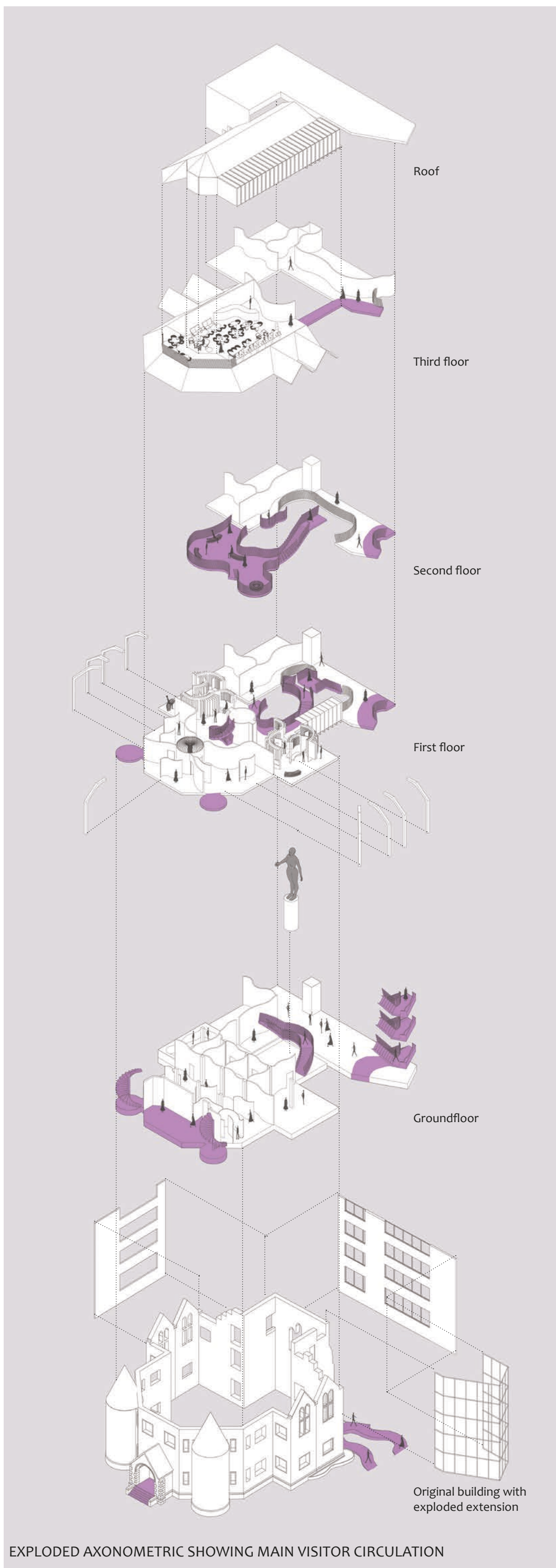
CIRCULATION AROUND WOMAN SCULPTURE



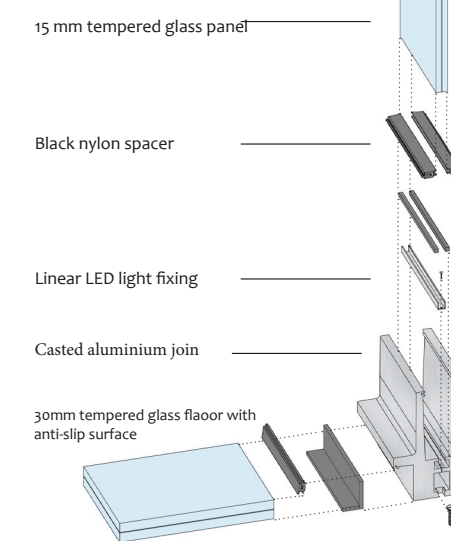
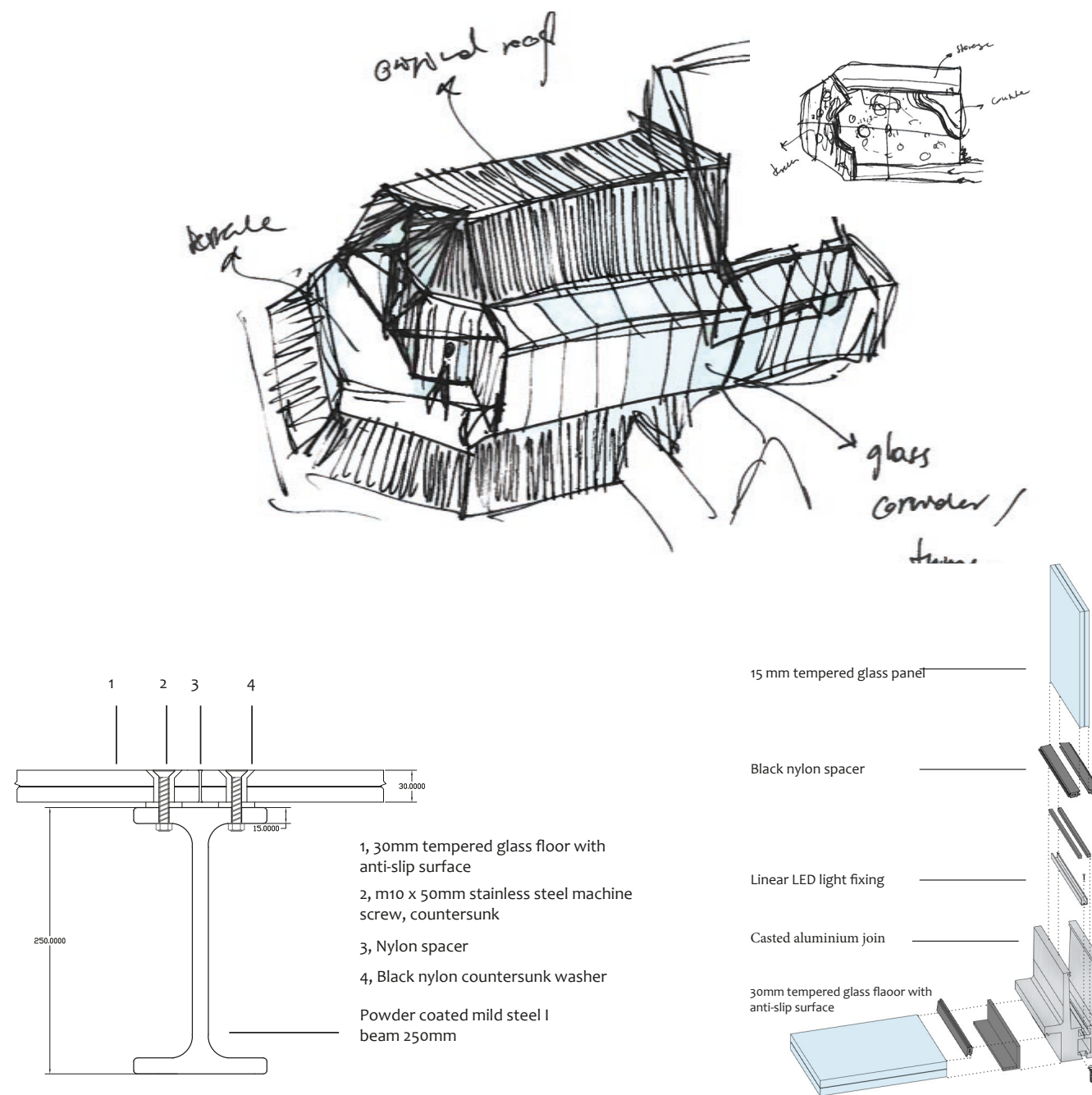
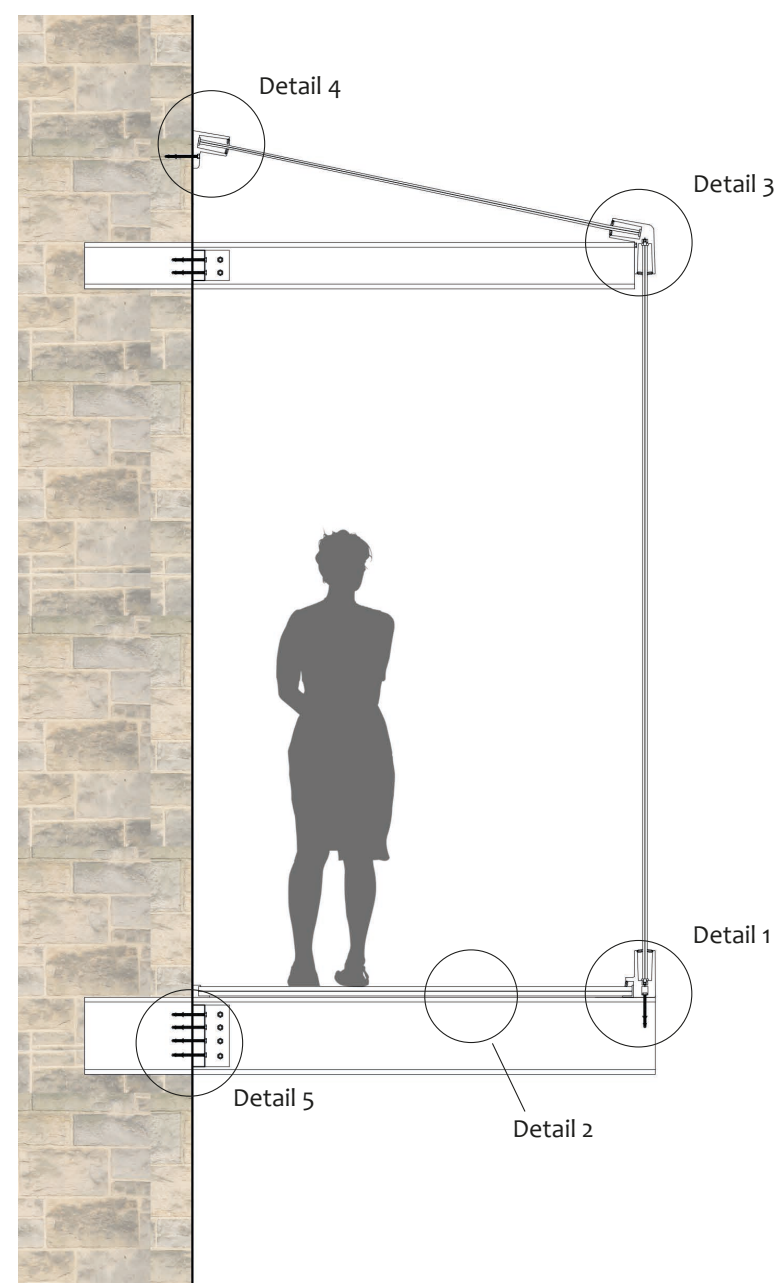
A key intervention is the female sculpture located in the back of the building. Inspired by the work of Andy Scott and Edoardo Tresoldi, it is made from metal mesh with fibre glass light organs inside, highlighting the endocrine glands, providing an overview of the female hormonal system. The goal of this move is to put the female body on a pedestal, give visitors a sense of amusement and respect towards this little piece of magic that happens in every female body. There are multiple staircases and viewing platforms around the sculpture, inviting visitors to find their own way around. The journey around the woman represents the different approaches, view, trials of women with hormonal issues. There are several ways to go about it, the same thing can look completely different from a new angle, however everyone needs to find their own way and what works best for them.

MODEL PHOTOS





ROOF ALTERATION AND GLASS CORRIDOR DETAILING



The experience ends on the third floor, with the old attic altered into a café, providing a calm breakout space for any visitor. It features a terrace with a view of the Salisbury Crags and Arthur's Seat. The roof has been altered to provide a better view of the beautiful scene of Edinburgh and to create more efficient space for the café.

This project aims to redefine the way society looks at female health, changing how women approach their experiences with doctors. It teaches them how to tune into their instincts, learn what is best for their own health, and find their own balance.