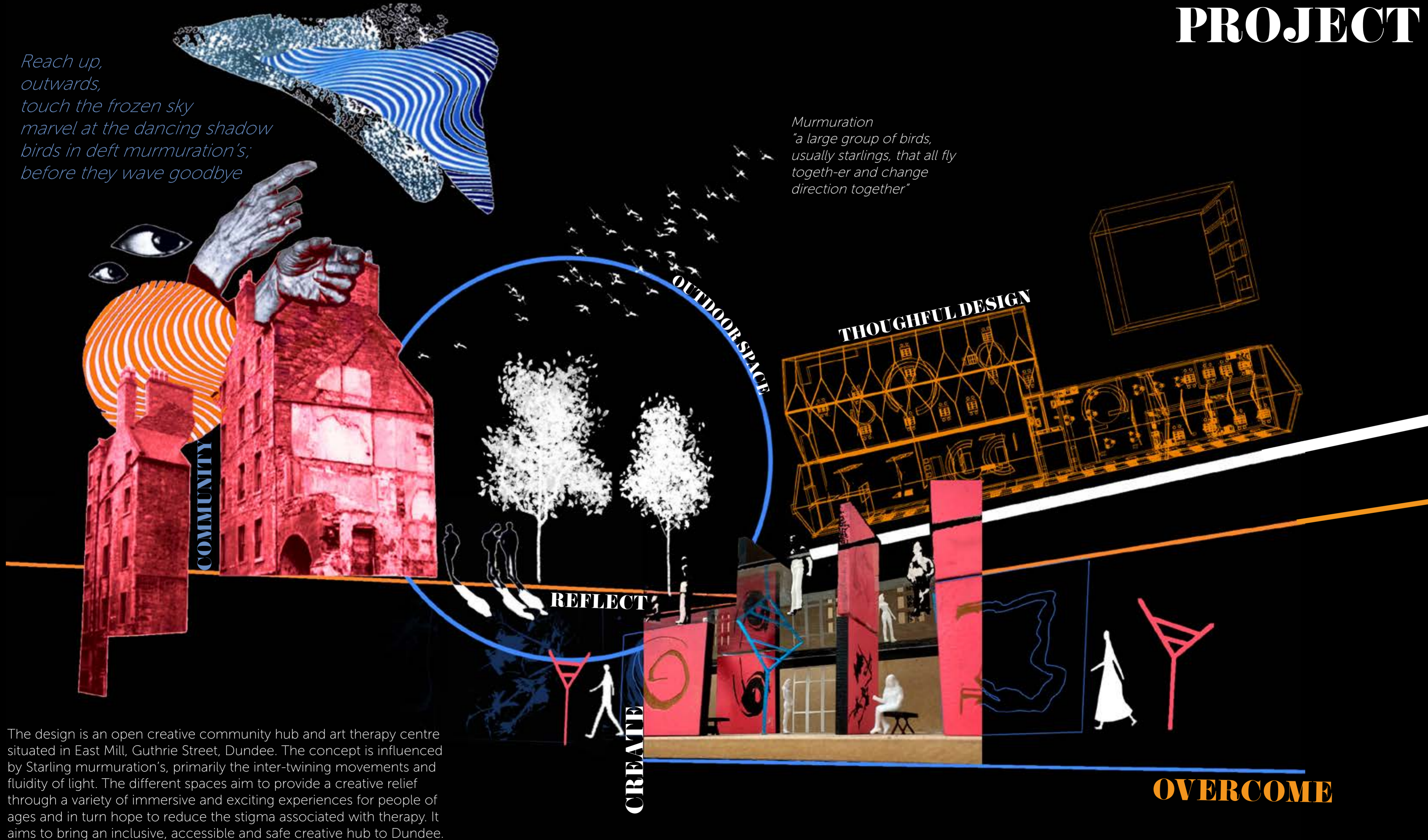


THE MURMURATION PROJECT

*Reach up,
outwards,
touch the frozen sky
marvel at the dancing shadow
birds in deft murmuration's;
before they wave goodbye*

*Murmuration
"a large group of birds,
usually starlings, that all fly
together and change
direction together"*



The design is an open creative community hub and art therapy centre situated in East Mill, Guthrie Street, Dundee. The concept is influenced by Starling murmuration's, primarily the inter-twining movements and fluidity of light. The different spaces aim to provide a creative relief through a variety of immersive and exciting experiences for people of ages and in turn hope to reduce the stigma associated with therapy. It aims to bring an inclusive, accessible and safe creative hub to Dundee.

OVERCOME

WHAT IS ART THERAPY?

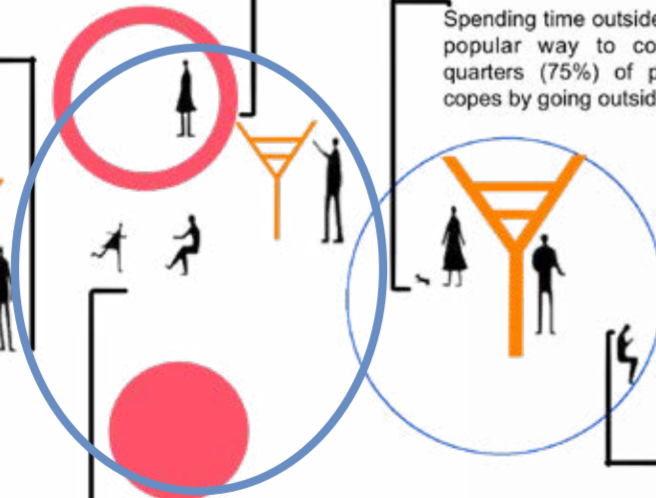
Art therapy is a form of psychotherapy that uses visual media as the main channel of communication. The aim of art therapy is to facilitate positive change on a personal level through the use of art materials in a safe and facilitating environment with individuals or in groups.



TOP 5 MOST POPULAR COPING MECHANISMS IN ADULTS

- 1 Spending time outside.
- 2 Reading, watching tv or listening to music.
- 3 Eating too much or too little.
- 4 Connecting with friends or family online.
- 5 Sleeping too much or too little.

Loneliness affected most people we talked to but young people were particularly affected. Nearly 9 in 10 (88%) told us feeling lonely in the pandemic made their mental health worse.



Young people are most likely to use negative ways to cope. A third (32%) of young people have self harmed to cope, making them more than twice as likely to have coped by self harming than adults.

TOP 5 MOST POPULAR COPING MECHANISMS IN CHILDREN

- 1 Sleeping too much or too little.
- 2 Spending time outside.
- 3 Reading, watching tv or listening to music.
- 4 Spending too much time on social media.
- 5 Eating too much or too little.

Spending time outside is the most popular way to cope - three quarters (75%) of people have copes by going outside.

(Surveyed 10,023 adults aged 25+ and 1756 young people aged 13-24)

SOCIAL CONTEXT

EXAMPLE OF LOCAL CHARITY

ABOUT ART ANGEL.
FOR MORE THAN TWENTY YEARS ART ANGEL HAS BEEN AT THE FOREFRONT OF SUPPORTING PEOPLE WITH MENTAL HEALTH PROBLEMS IN THEIR ATTEMPTS TO GET BETTER AND STAY WELL THROUGH ACTIVE PARTICIPATION IN THE ARTS. FROM THE OUTSET WE HAVE SEEN OURSELVES

ART ANGEL

PARTICIPANTS ARE USUALLY REFERRED THROUGH LOCAL MENTAL HEALTH SERVICES AND PROJECTS BUT PEOPLE CAN ALSO SELF-REFER BY CALLING OR EMAILING.

PEOPLE COME TO ART ANGEL BECAUSE THEY WANT TO, BECAUSE IT IS AN ATTRACTIVE, SAFE PLACE FULL OF PEOPLE WHO DO NOT JUDGE, WHERE THEY CAN LEARN OR RE-LEARN TO BE THEMSELVES THROUGH MAKING ART. IT IS A PLACE WHERE PEOPLE KNOW THEY ARE MENTORED BY EXCELLENT, EXPERIENCED STAFF WHO CAN SHARE SKILLS, LISTEN AND MOTIVATE, USING HIGH QUALITY MATERIALS IN A SAFE AND FRIENDLY ENVIRONMENT. WE REGULARLY SEE PEOPLE BEGIN TO TAKE RESPONSIBILITY FOR THEIR OWN LIVES; TAKING DECISIONS BASED ON HOPE, WHICH BENEFIT NOT ONLY THEMSELVES BUT ALL OF THEIR FRIENDS, FAMILY AND COMMUNITIES IN WHICH THEY LIVE.

CASE STUDIES

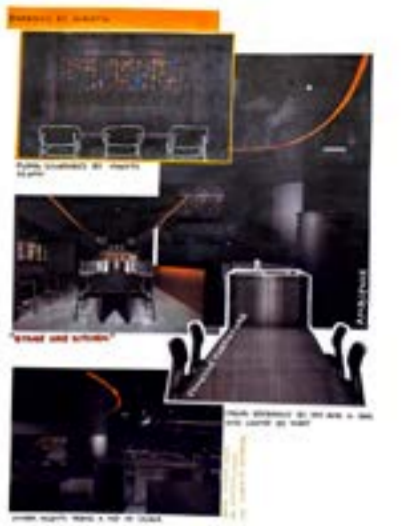
Variety of case studies looking at functionality, materiality, colour and transparency, all of which were deeply considered throughout the design process.

INTERVIEW



@MYCREATIVERELIEF ON INSTAGRAM

"For a creative room, I would recommend having an open space and one private room (this depends on how many employees provide 1:1). The open space can be for workshops, groups, events, etc. The private room can be smaller- a more intimate feel for comfort & support. As art therapists, we are always looking for unique materials, therefore, having traditional (familiar materials such as colored pencils, crayons, markers, paint) & non-traditional materials that you may not know what to use them for- feathers, nature materials, fabric, etc). are best."



BURNSIDE BY SNOHETTA - LOOKING AT COLOUR AND AMBIENCE.



STUDIO FOR ARTIST JOSE PARLA BY SNOHETTA. FOCUSING ON THE USE OF SPACE, FUNCTION OVER AESTHETIC



THE DAEDALUM MAZE BY ALAN PARKINSON AND CHROMOSATURATION BY CARLOS CRUS-DIEZ EXPERIMENT WITH COLOUR AND MATERIAL.



DO HO SUH- HOME WITHIN HOME LOOKING AT TRANSPARENCY AND MATERIALS.



SKETCHBOOK AND COLLAGE WORK LOOKING AT INTERESTING FEATURES OF SITE

EXAMPLES OF SKETCHBOOK WORK, USING COLLAGE, SKETCHES AND MATERIAL MANIPULATION TO CREATE TEXTURE, COLOUR AND PATTERN WHICH COMBINED FORM AN EXCITING CREATIVE VISION.

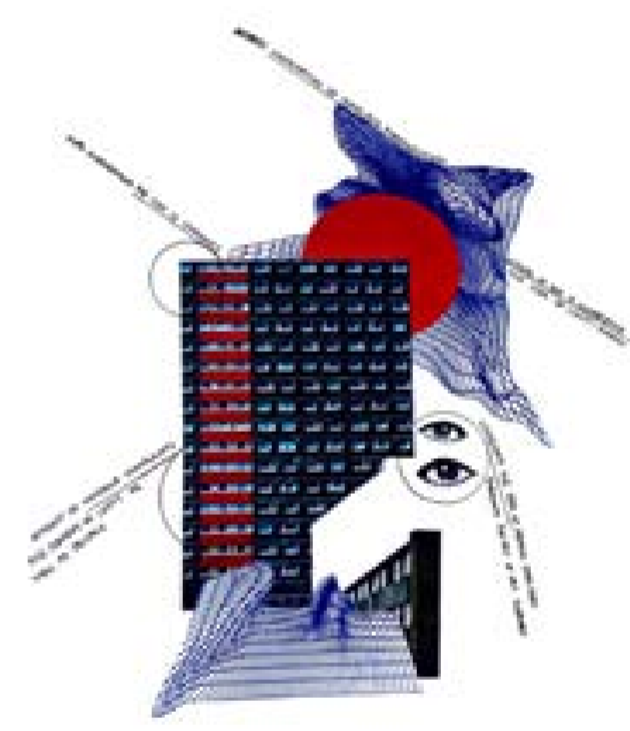


The existing site, located in East Mill on Guthrie street in Dundee, contains a singular shop with the rest of the site be-ing completely derelict. The building contains three stories with the attic floor partially collapsed and the building itself is situated on a slope. There are archives written by the Brown family in the late 1700s confirming that the site was the first successful steam powered flax mill in Scotland owned by George Wilkie and then J and W Brown. The site was originally a tannery and in 1799 it was converted to a flax mill. The history of the building is written within the rubble wall, with the hoist visible in the east side of the building as well as the original windows, some of which have damaged with age. The analysis of archives, surveyors' images, architectural drawings and site visits were deeply informative. Each factor inter-twining to reveal a rich and unexpected history. One of the designs most unforeseen yet central themes within the fin- shaped steel beams which were in the original building.

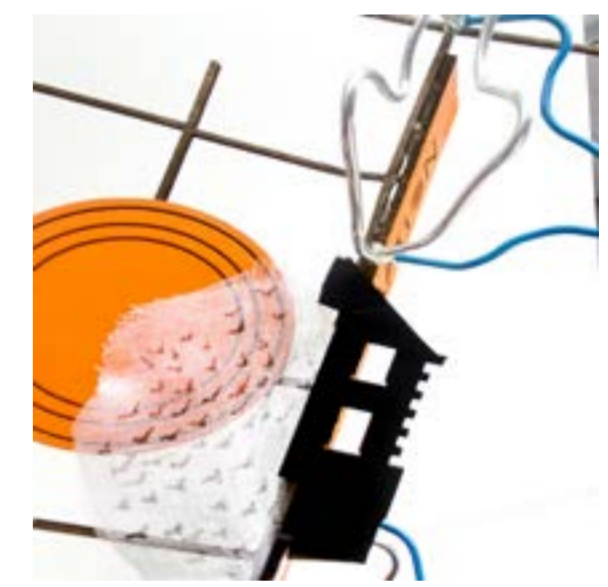
SITE ANALYSIS



COLLAGE MADE FROM IMAGES TAKEN AT SITE.



COLLAGES LOOKING AT THE THEME OF STARTLING MURMURATIONS, LOOKING AT DIFFERENT VISUAL EFFECTS THAT CAN BE IMPLEMENTED INTO THE DESIGN.

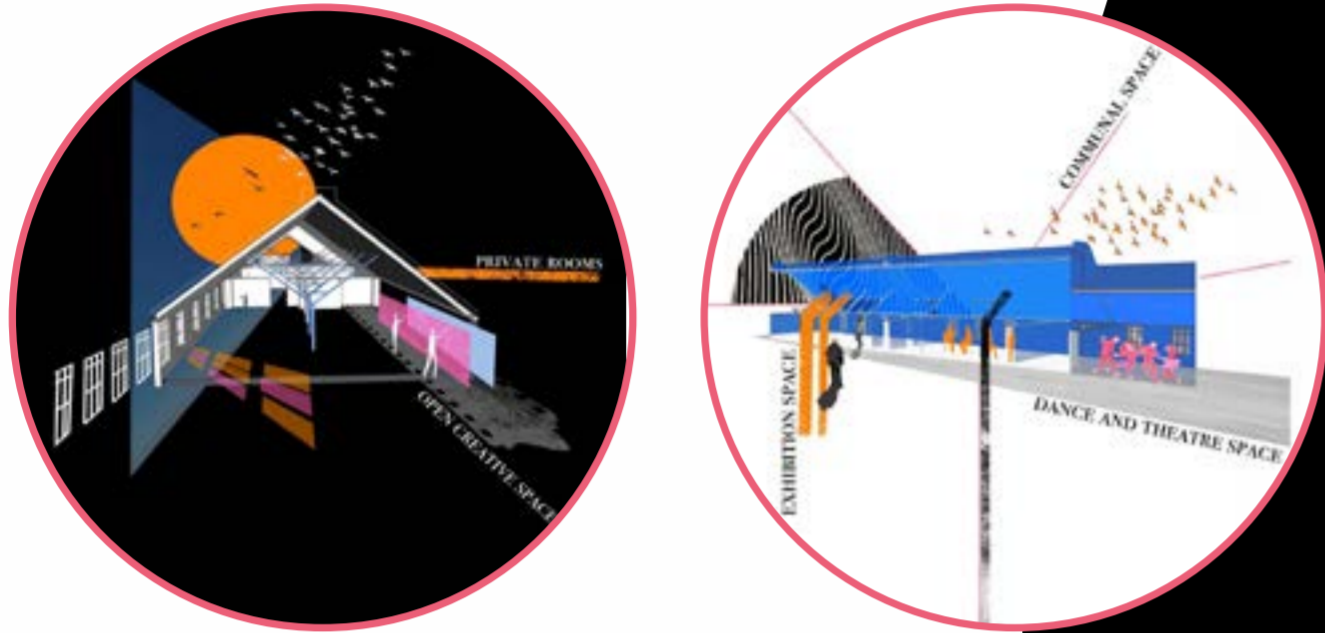


RANGE OF SKETCH MODELS, EXPERIMENTING WITH THE THREE THEMES OF LIGHT, NATURE AND MOVEMENT WHICH WERE LATER COMBINED THROUGH THE STARTLING MURMURATION THEME. INCORPORATING THE Y BEAM FOUND WITHIN THE SITE ANALYSIS, ALSO FOCUSING ON MATERIALS AS THE SITE WAS HISTORICAL-LY A FLAX MILL.

DESIGN PROPOSAL

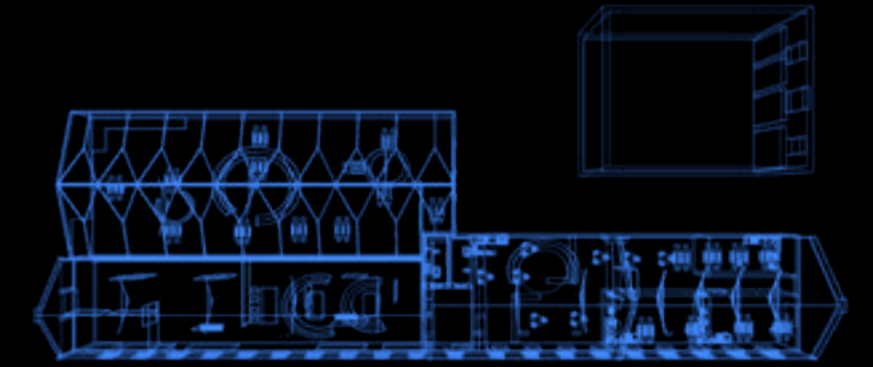
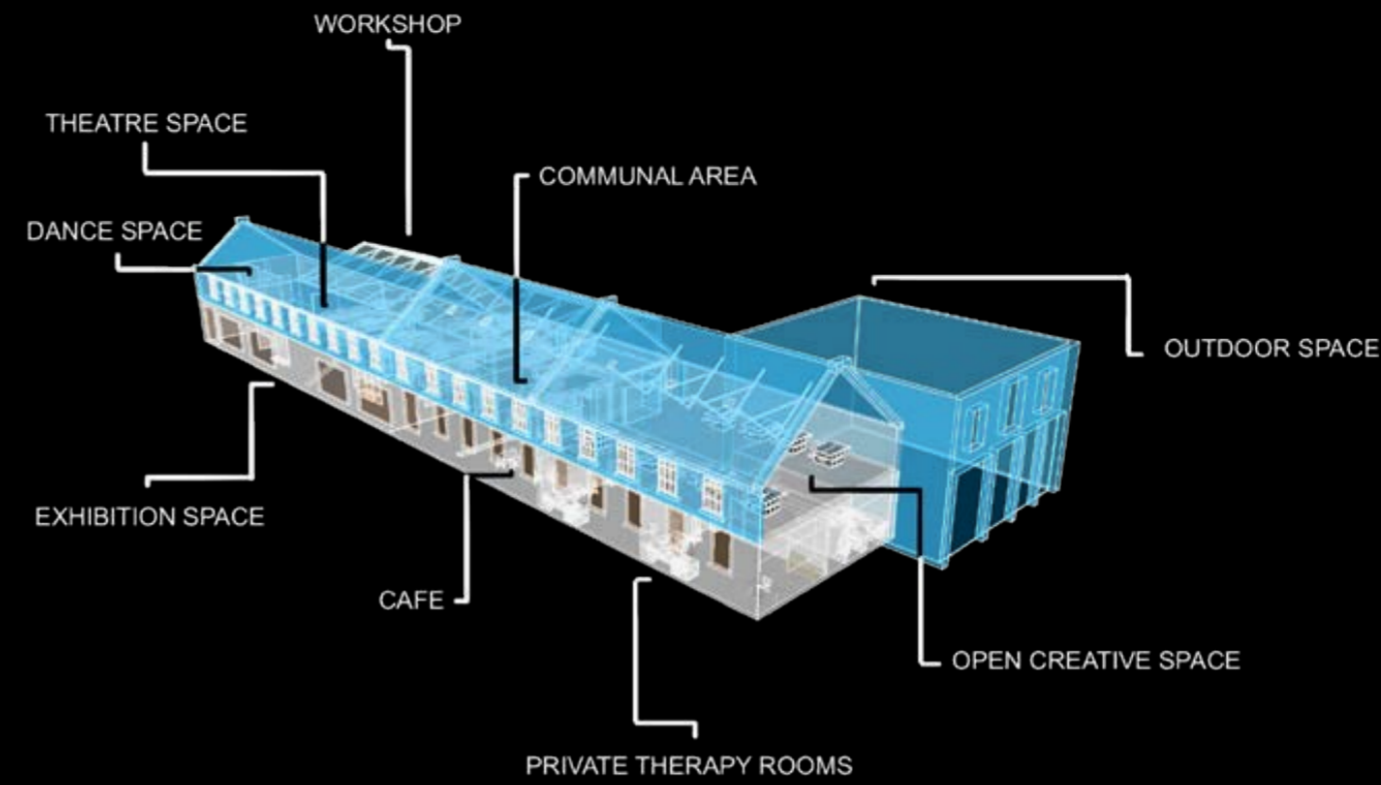
The concept is a multifunctional art therapy space and community centre. Integrating the themes of light, nature and movement into the precis that is, the phenomenon of starling murmuration's. This phenomenon projects the idea of individuality, change and reflection with the juxtaposition of community. Much as the individual birds fly together as one entity the design aims to unify the community through creative relief. It is fo-cused on being an Inclusive space, open to the public. The ideas of inclusivity, diversity and community were huge motivators within this design.

COLLAGE SHOWING ZONING DIAGRAMS



ZONING DIAGRAM

The design consists of an open creative space and workshop - accessible to the public, a theatre space, dance space, communal areas - including a cafeteria area, private therapy and studio rooms which would be bookable, an outdoor area and an exhibition space. Each space correlates to different forms of art therapy keeping the focus of the design on wellbeing but also designing the space around the idea of community.



SHOWING OUTDOOR SPACE

DIGITAL ILLUSTRATION OF FINAL DESIGN

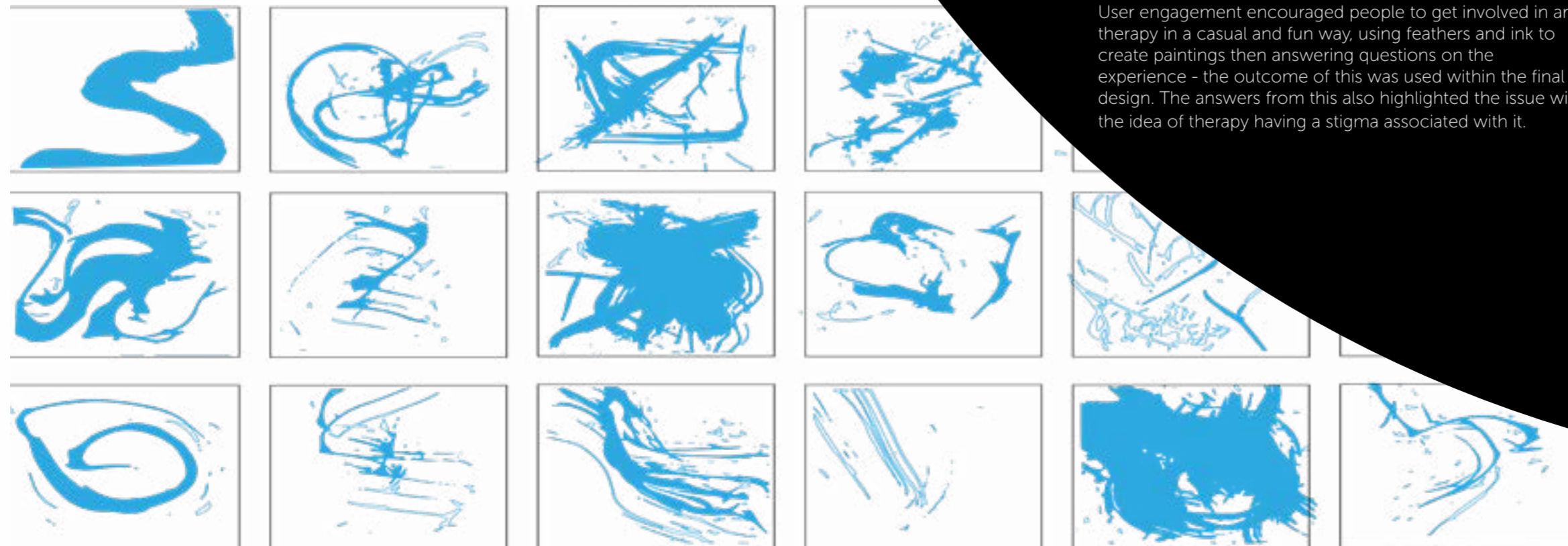


HIGHLIGHTING THE TWO FLOORS AND THE FEATURE OF THE 'Y' BEAM

SKETCH MODELS

Sketch models enabled the development of the design to unfold within small details, which became fundamental features in the de-sign. Using the historical context of textiles to manipulate materials. These models were able to communicate different elements of the design process that could not be written, the ability to understand the concept as a three dimensional space was made significantly easier through the process of making these models.

USER ENGAGEMENT OUTCOME



User engagement encouraged people to get involved in art therapy in a casual and fun way, using feathers and ink to create paintings then answering questions on the experience - the outcome of this was used within the final design. The answers from this also highlighted the issue with the idea of therapy having a stigma associated with it.

THE MURMURATION PROJECT

The murmuration project has developed the site from a derelict, frame of a building, into a vibrant, open, creative space. The building consists of three floors, however, the design is focused on the first and second as the ground floor would be ideal for storage, therefore the focus was on the spaces which could be developed into the ideal creative spaces. The different spaces each correlate with different forms of art therapy. The circular seating encourages conversation, with the open plan initiating a sense of space and movement. The private studios and the areas which have been blocked off with transparent walls provided privacy, while keeping these people connected with the other spaces. The Y shaped beam, seen within the research and development process is the main feature in the building, as well as the detailing of the original windows, keeping the history of the building entangled within the new design. The exhibition space showcases the outcome of the user engagement. Through creating visual renders, the sketch up model and the scale model the design harmonises in every aspect.



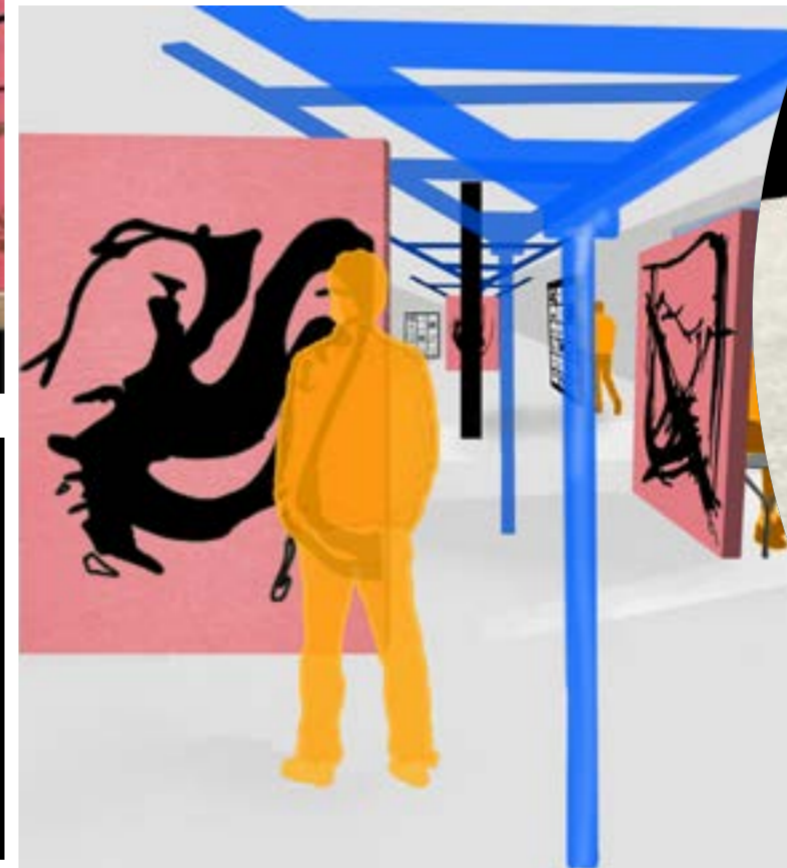
DIGITAL RENDER OF OUTDOOR SPACE AND WORK-SHOP CREATED WITH SKETCHUP AND PROCREATE



IMAGES OF FINAL MODEL - SCALE 1:50



DIGITAL RENDER OF EXHIBITION SPACE CREATED WITH SKETCHUP AND PROCREATE



IMAGES OF FINAL MODEL - SCALE 1:50



DIGITAL ILLUSTRATION OF FLOOR PLAN CREATED WITH PROCREATE.