

**The site**  
 Situated in the heart of Birmingham's city centre 54-57 Allison Street is a humble two-storey building. The site boasts close by transport links and is in walking distance to the city's NHS hospitals and private health clinics.

Digbeth, Birmingham, UK

move. nourish. rest. whole. health move. nourish. rest.

**The issue**  
 15 million people in the UK who suffer with chronic conditions are treated with pharmacological medication to manage their symptoms. However, their whole physical and mental wellness is neglected.

**The target audience**  
 It is expected that an individual would visit for a few hours before/ after they visit the local hospitals for appointments.

Therefore, these individuals may benefit from an accessible environment where they can be educated to support themselves. Consequentially, taking pressure off the NHS system and increasing an individuals quality of life.

Visitors can participate in as many activities as they desire or simply relax and socialise with other like-minded people.

Community support for adults with chronic health conditions.



The centre is split into three main zones named **move**, **nourish** and **rest**, to target the exercise, diet and rest habits of those with chronic health conditions. Icons have been designed to identify each zone.

The move zone is comprised of an accessible **Main Physiotherapy Space**, a **Self Serve Refreshment Space**, **Consultation Rooms**, accessible lockers, changing rooms and WC.



The nourish zone has a focus on educating visitors on how eating a healthy balanced diet can increase the function of their immune system. This is introduced through a **Healthy Cafe with Servery**.

The nourish zone is supported by the **Education Exhibition** where people can take away healthy recipe cards and meet with a nutritionist on a 1 to 1 basis.



The rest zone's main space is the **Yoga and Meditation Studio** with instructor lead sessions. The space is completely accessible with ceiling hoist track that allows everyone to be included.

Two informal **Mental Health Counselling Booths** allow individuals to meet with professionals to seek advice and the **Sleep Space** finds privacy and comfort for visitors to rest.





move.

The move spaces aim to feel safe and supporting for people to gently exercise. This zone is branded with a pastel green hue.

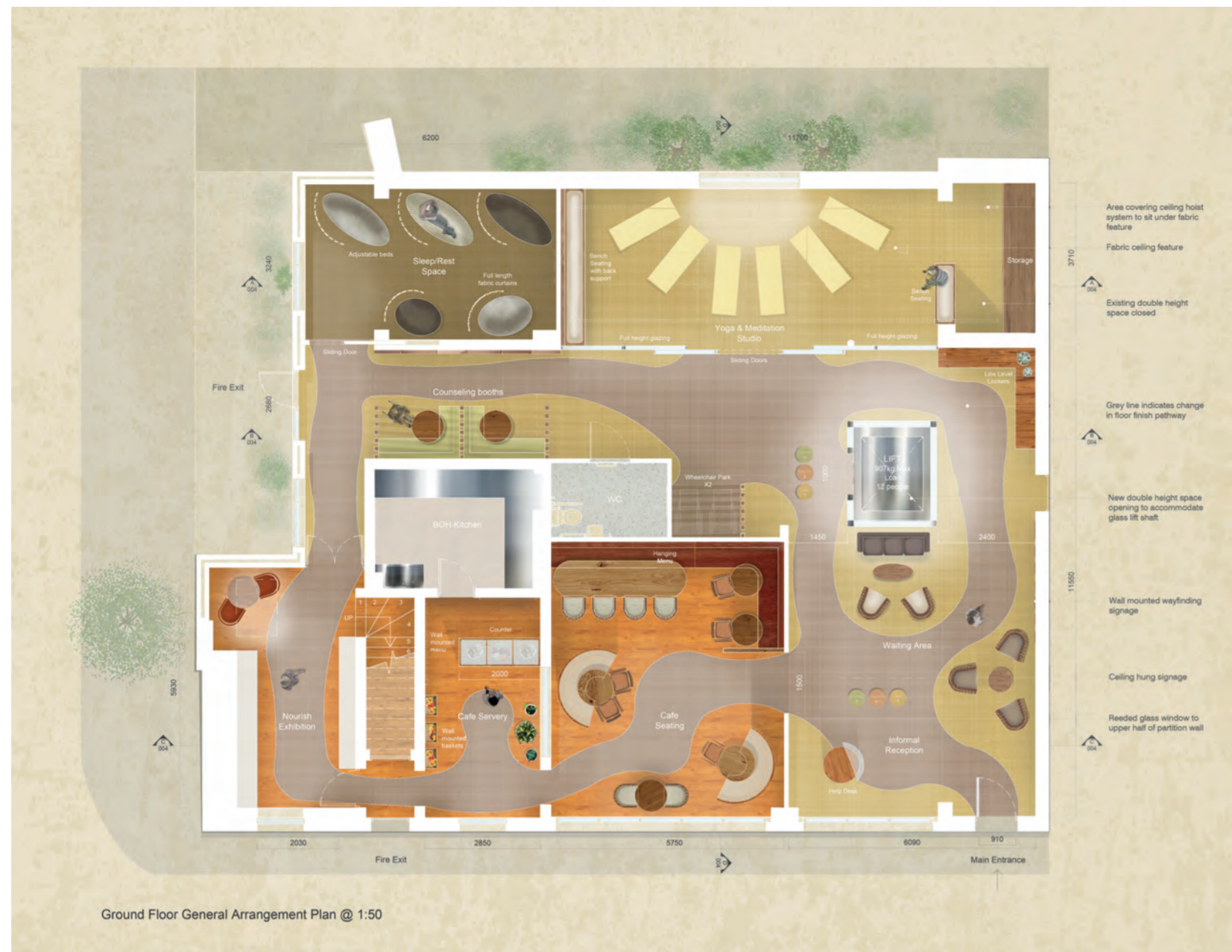
nourish.

The nourish zone is branded with an orange hue and aims to feel light and encouraging. The internal glazing allows light to flood the spaces.

rest.

The rest zone is warm and calm and invites people to relax with an uplifting yellow hue. Sliding doors allow all people to access all activities.

To identify staff members and reinforce way finding a casual polo shirt has been designed for each zone.





Informal Reception: Waiting Area



Move zone: Main physiotherapy space 2



Informal Reception: View into Cafe



Nourish zone: Cafe Servery



Move zone: Waiting & Rest Area



Move zone: Consultation Rooms



Nourish zone: Education Exhibition



Nourish zone: Cafe Seating 2



Move zone: Self Serve Refreshments



Move zone: Equipment & Wheelchair Park