

sanctum

INTRODUCTION

Sanctum is an innovative mental health space that will subconsciously support individuals with their mental health in a non-traditional way through immersive activities. Providing a sanctuary of warmth, in a community space, embracing natural materials surround by a tranquil location. Traditional mental health treatments such as therapy and counselling currently aren't working in this society due to lack of resources, stigmas around mental health and even long wait times. This needs to change. By creating a treatment where individuals are subconsciously supported helps reduce the stigmas towards mental health as well as other factors which prevent people from seeking help.

SIGNIFICANCE OF THE PROJECT

The sanctum project responds to current well-being support and changes perspective for future alternatives to benefit peoples mental health. Support can often be very expensive and cause long wait times, sanctum will provide 24hour access to the site so individuals are able to get support whenever it is needed, as often as they need. This means traditional services use less resources providing more financial access into other areas like the NHS. Counselling and therapy is familiar to the majority of the population however, this form of support hasn't changed in 30 years. Now that our perception has changed and people take well-being more seriously it is time to change the future of well-being.

support

the use of

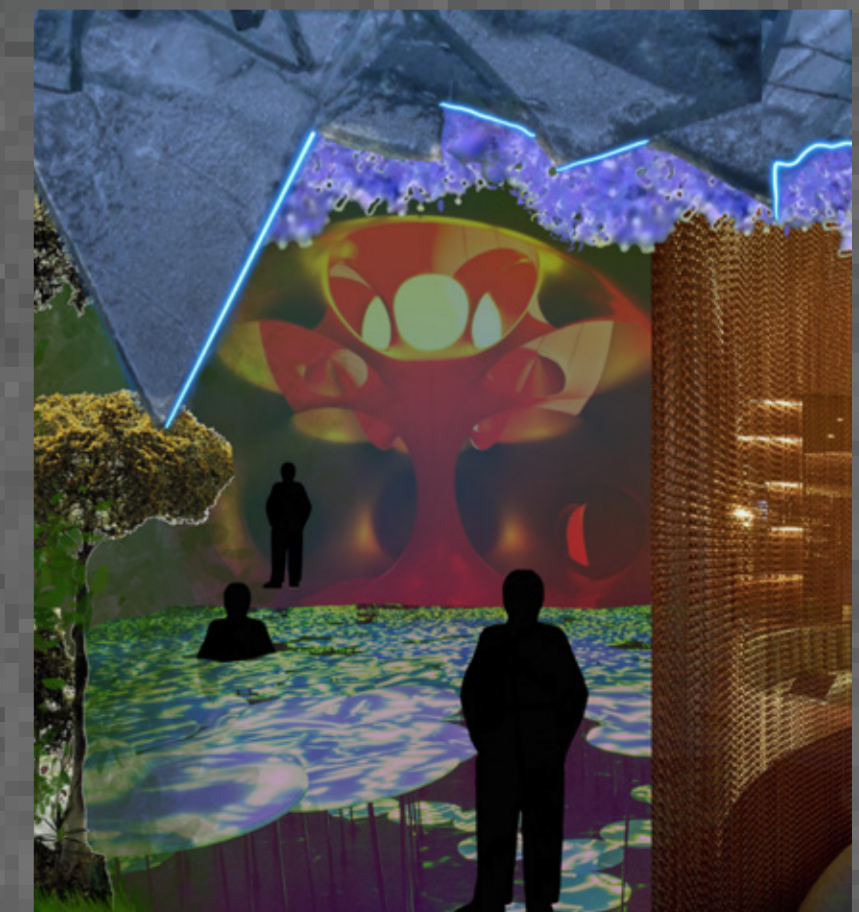


41%
Have lack of awareness and are unsure where to seek mental help.

36%
Have a social stigma and believe people will judge them for getting support.

96
MILLION
Individuals had to wait over 2 weeks for mental support.

39%
Believe that others will judge them for seeking mental health support



SITE:

Located in Braunstone Park on the outskirts of Leicester, Winstanley House a Grade II listed building is the ideal space with no neighbouring buildings or main roads nearby, only surrounded by nature it is tranquil area to improve on becoming a better version of yourself.

The historic Georgian Manor built 1775 provides historical significance to the local community, respecting the buildings natural structures was important into keeping an essence of the history of the building. However the building was abandoned for over 20 years and has only recently started to undergo renovation.



SITE: WINSTANLEY HOUSE



EMOTIONS EXPERIENCE



FIRST FLOOR PLAN



BAR BALCONY



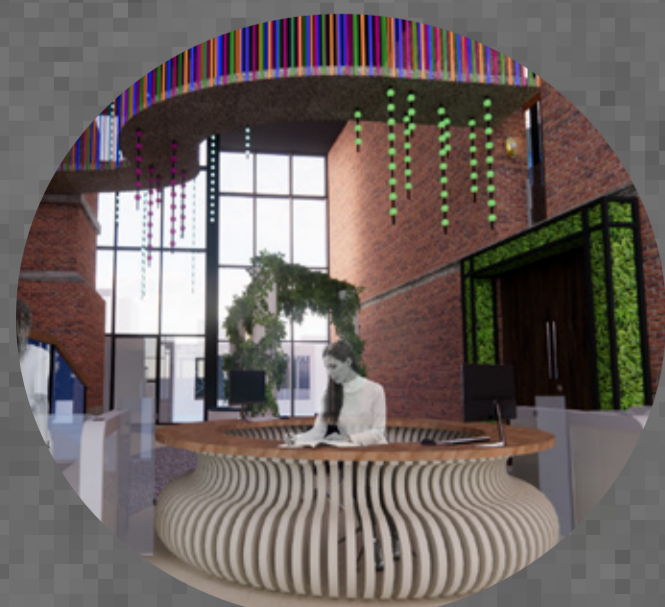
RAGE ROOM RECEPTION



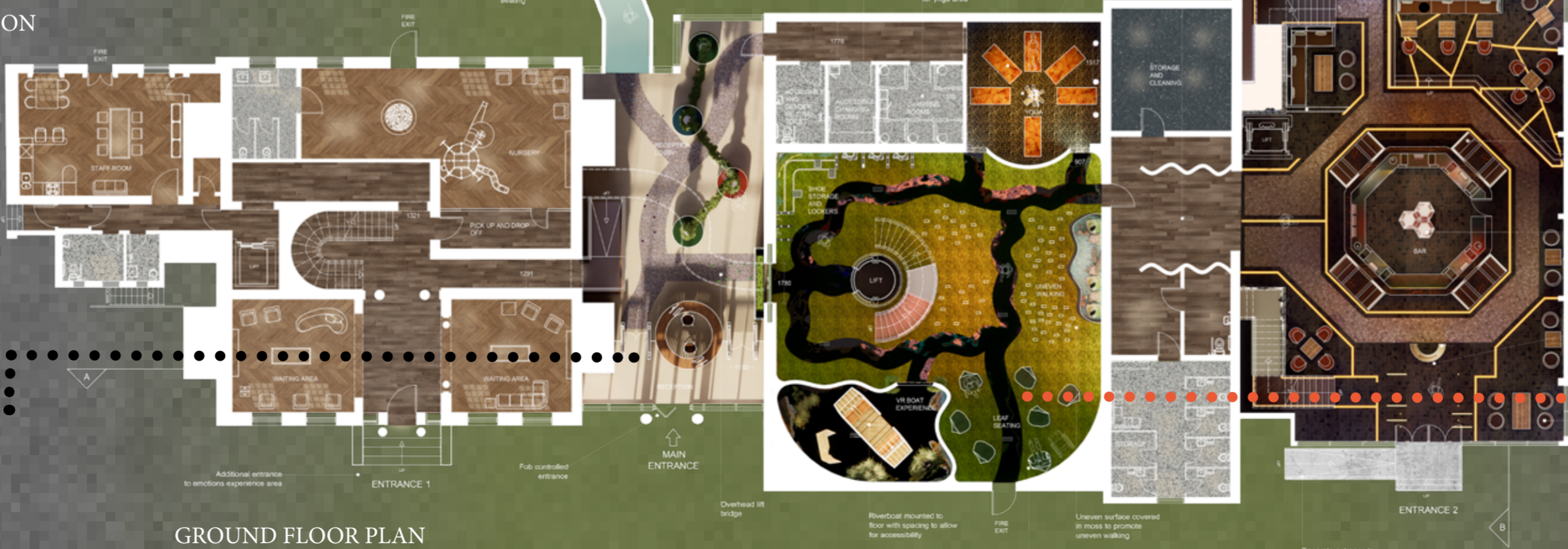
SANCTUM PROJECT
FLY THROUGH



BAR AREA



RECEPTION AREA



GROUND FLOOR PLAN



RAINFOREST EXPERIENCE



Studies show it is important to have fun in your life to improve your mood, manage stress, and maintain balance. Breaking things is a healthier activity of managing anger and stress instead of sitting at home over thinking about what's making you angry or upset.

The mental health benefits of using rocking could help a variety of people. Providing tranquillity and a more relaxed mental state becoming more focused naturally shifts away from daily worries and concerns.

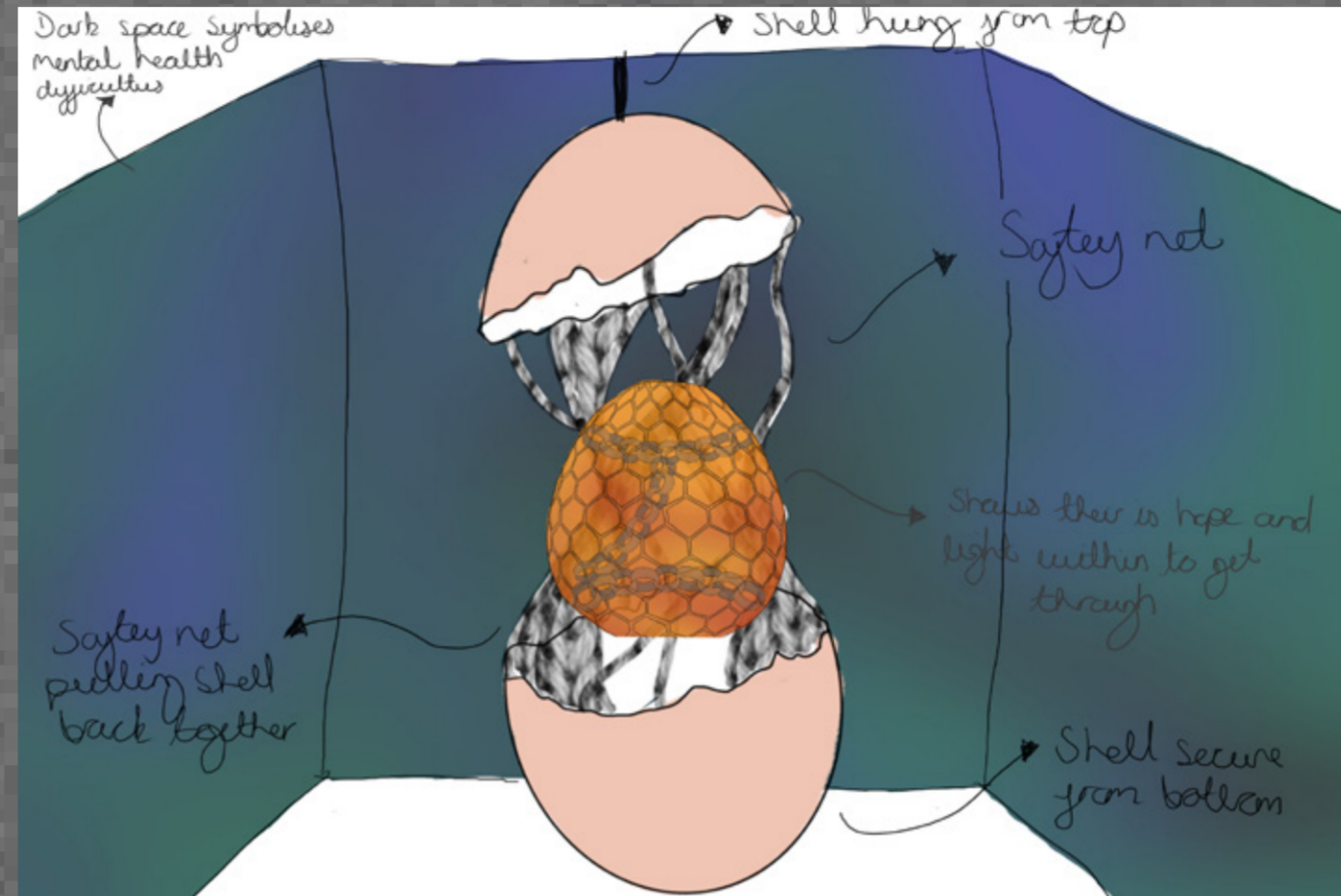


CONCEPT:

The aim of the concept model was to provide a womb-like structure to promote the sense of safety and warmth.

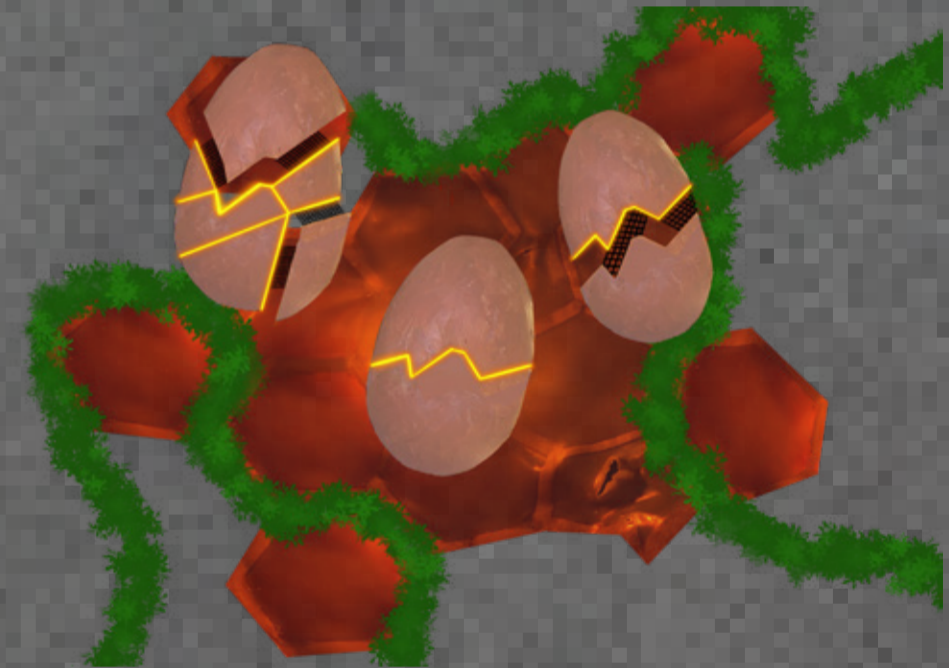
Also showing the connection with others in a community way through a safety net. Showing support is important to get through broken or tough times with mental health, so this was portrayed through community as a safety net.

The egg like shape represents the project will nurture people into who they are meant to be and support people during a difficult time to become the best version of themselves.



A recent study showed that walking on uneven surfaces are proven to have healing benefits on well-being and even reduce stress. By walking on an uneven surface it brings you closer to nature as well as feeling more focused and present over time.

Essential oils can help relieve depression, enhance mood, and uplift and energise the body-mind. With yoga's emphasis on breathing practices and meditation both of which help calm and centre the mind reducing depression and anxiety. Both of these combined really support well-being.



Exposure to nature and organic materials not only makes you feel better emotionally, it contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.



SECTION A-A

SECTION B-B

SECTION C-C

RECEPTION

The reception area has calm neutral colours, due to the other experiences being colourful the entrance area had to be very minimalistic and calm for visitors to understand how the space works. There is a reception desk for queries as well as a map because of the large site users can understand where specific areas are.



RECEPTION ENTRANCE



RECEPTION LOBBY



RAINFOREST EXPERIENCE:

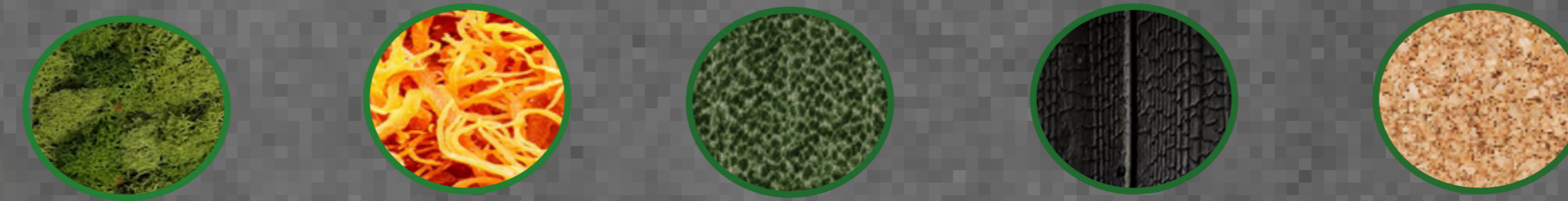
This immersive experience encourages visitors to embrace natural materials, by interacting with sustainable textures. The space promotes unique activities which subconsciously supports individuals with their mental health.

Bare-foot walking, uneven walking, rocking leaf seats, sea moss with essential oil yoga and tranquil virtual reality boat will subconsciously support people's mental health in a non-traditional way to remove social stigmas. By supporting well-being in this subtle way can be effective to slowly help heal the mind from stress, anxiety and depression.

YOGA AREA WITH ESSENTIAL OIL



TREE SEATS



MOSS

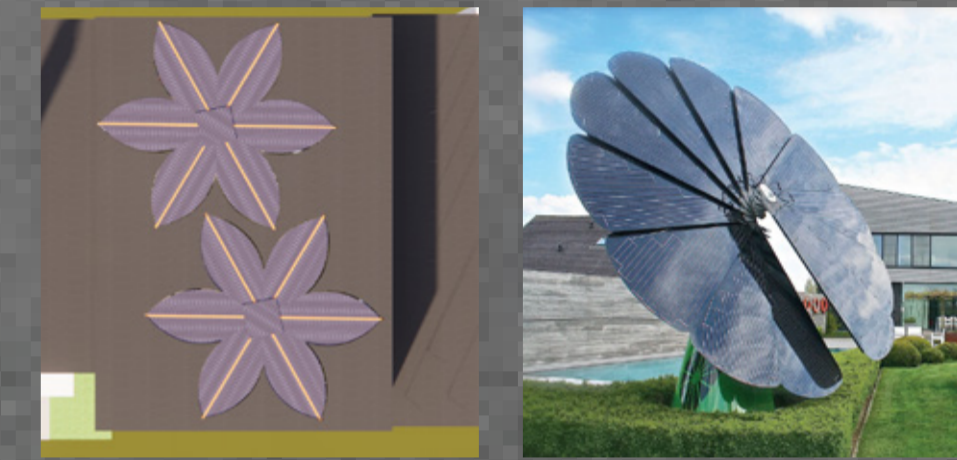
SEA MOSS

WOOL

CHARRED WOOD

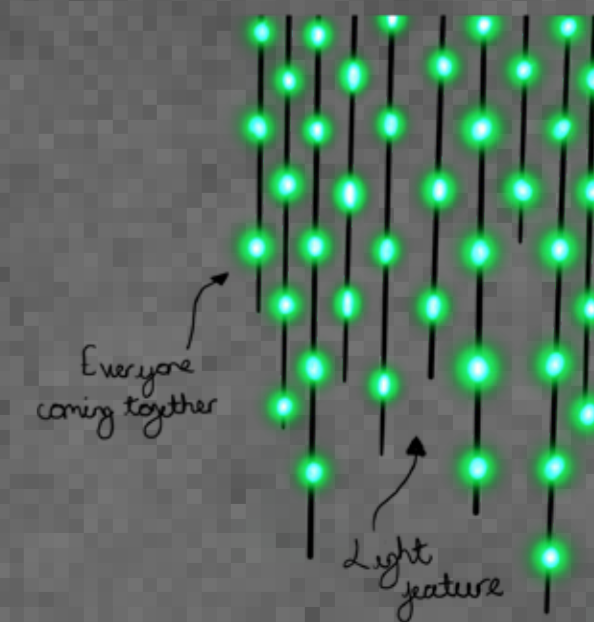
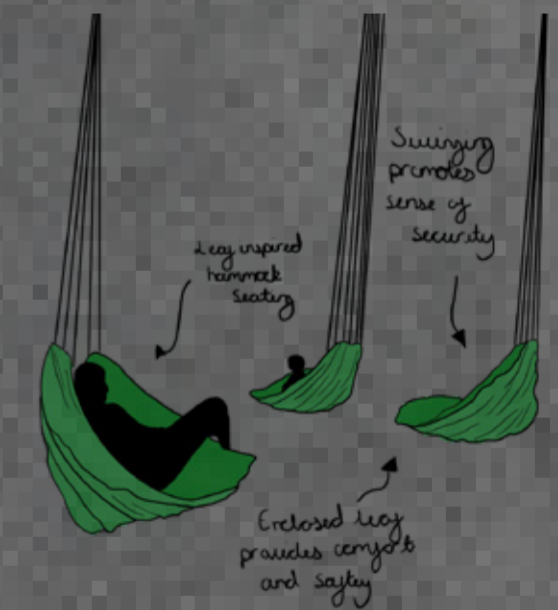
CORK

The rainforest has a lot of exposure to natural materials to positively impact well-being reducing stress and anxiety. The tranquil area provides humidity to mimic a rainforest and various types of white and pink noise. Video projection also means that the space can be manipulated and change constantly.



Flower solar panels are more efficient because they follow the path of the sun ensuring that the panels can receive maximum energy to be stored.

This means experiences in the rainforest such as video project can be powered through solar power energy as-well as a rainwater harvesting system that is available.



RAGEROOM

An ice inspired rage room design allows visitors to smash ice letting out anger and frustration to help with many mental health difficulties. The sustainable design allows ice to be smashed and broken, which is melted and re-frozen. Creating a reusable material to be broken without the waste because traditional rage rooms use plates and glass which get throw away after use. From the sustainable design an ice themed space was used to match the feel of the space. After raging visitors can relax in the Northern Lights Experience to cool down before leaving because of the adrenaline that would be built up after the rage.



RAGE ROOM RECEPTION



NORTHERN LIGHTS EXPERIENCE

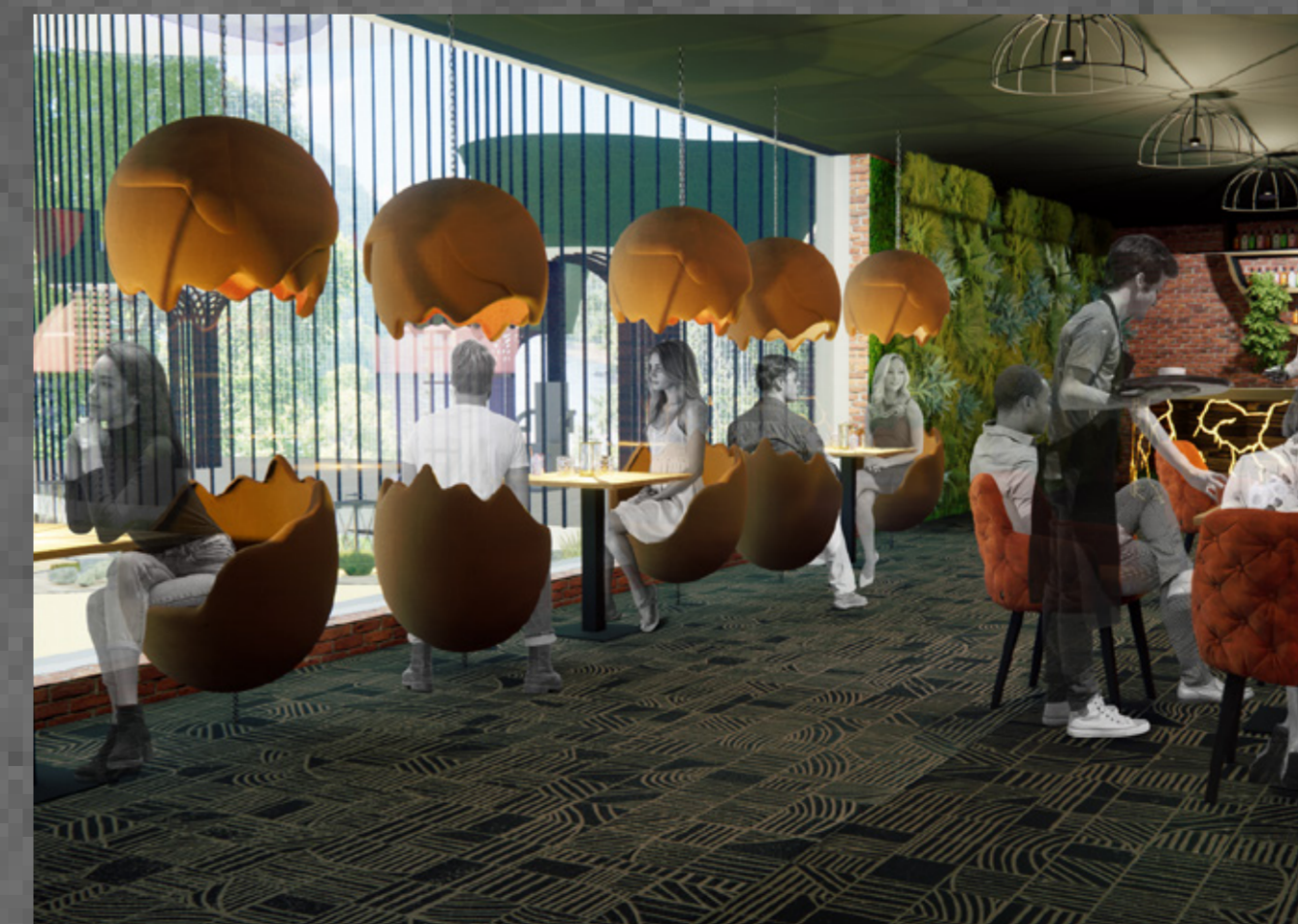
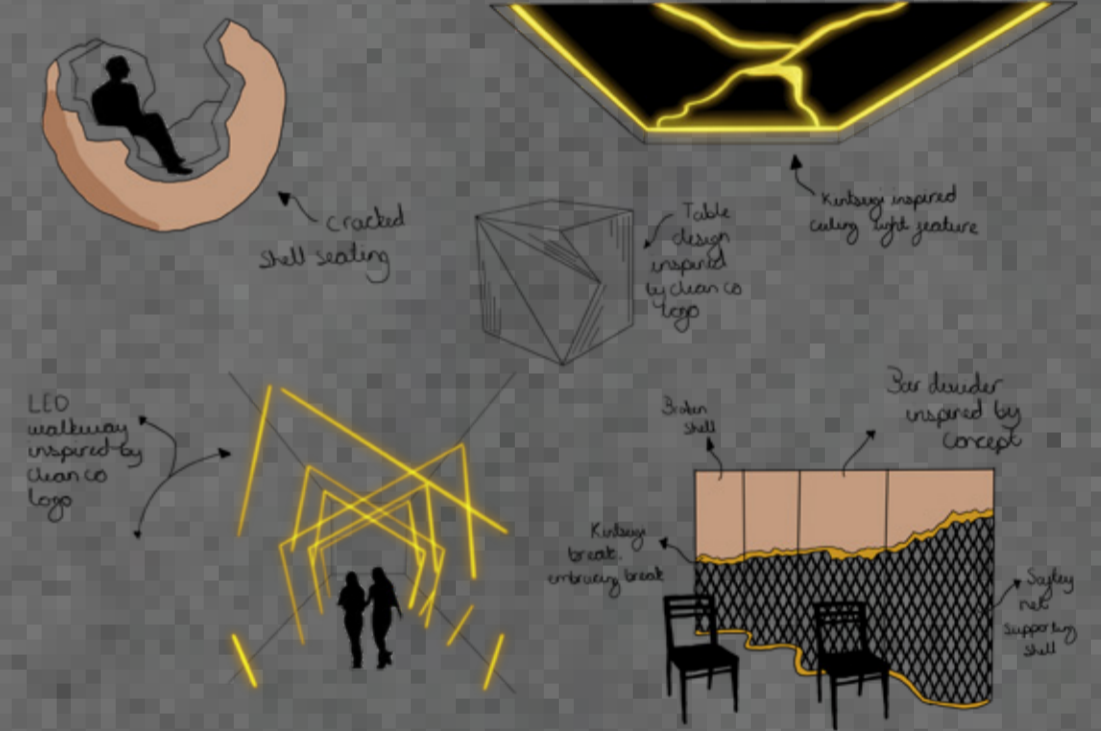


BAR STEP UP

CLEAN CO BAR

A bar area provides a social space serving non-alcoholic cocktails and spirits. The design will provide a womb-like, nurturing, warm feel inspired by Kintsugi to make visitors feel comfortable and safe. This is key so visitors come back to get additional support and open up to others.

The warmth and nurturing behind the design encourages people to open up about their emotions because the design makes people feel relaxed and safe without the social stigma. Receiving positive support from friends, family and new members of the community.



BAR BALCONY



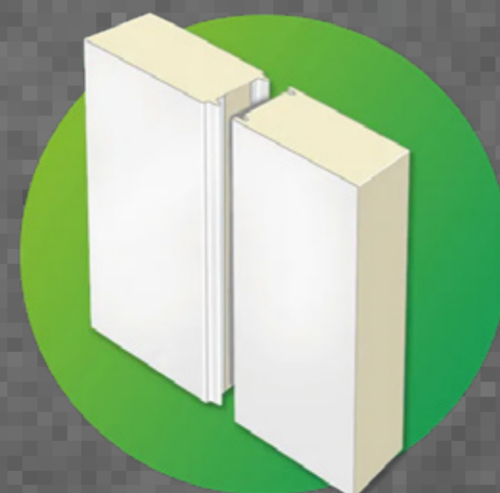
BAR BALCONY



RAGE ROOM



CONDENSING UNIT



INSULATED PANELS

For the rage room to work successfully it has condensing units for a cooling system keeping the space frozen. Along with insulated wall panels and curtains to keep the area at a certain temperature. There is a melting room where the temperature isn't controlled allowing for the smashed ice to melt. Once it has melted it goes into moulds in the freezing room to then be used again to smash in the rage room.