

Situated near the bottom of the valley at the side of the River Rhondda, the Rhondda Recovery Centre is a residential rehab clinic for women which aims to treat malicious and unhealthy addictions that could be drug or alcohol related as well as repurpose its patients with new skills. The core focus of the recovery centre is to provide its patients with continuous access to support, enlighten and teach them new skills and through togetherness, aims to build a recovery community with individuals that are there to support each other.

As a consequence of the successive series of lockdowns we have faced over the last year in Britain, the Royal College of Psychiatrists has indicated that the risk of building long-term unhealthy addictions has doubled, and that the services currently in place to treat people are in desperate need of funding. Having worked with the NHS and being aware of these issues, is what led me to investigate the possibility and feasibility of designing the Rhondda Recovery Centre, as the precedents as well as necessity to have such a facility as implied above certainly exist.

From an interior design perspective, I wanted to challenge myself by undertaking a project which would truly require thorough and detailed building analysis to serve its patients and ultimately, a design that supports people. Predominantly, this meant investigating existing recovery centres and the functions they provide, such as Castle Craig in Scotland, as well as deep diving into what interior features affect the well-being of an individual positively and negatively, which I also investigated as part of my dissertation, and how wooden furniture and biophilia evidently improved the mental health of people.

The location of the Recovery Centre was chosen as its close the River Rhondda, which is easily accessible by transport as it's nearby the centre of Llwynypia. A sense of nature surrounding the building tremendously helps mental well-being and existing facilities such as Equine-assisted therapy are already in place, where patients can involve themselves in therapeutic activities with horses. In addition, its location also allows for drumming therapy, which also heals through music and sounds, without having to worry about disturbing surrounding facilities and/or inhabitants as the recovery centre is outside of town and secluded.

Whilst the core focus of the recovery centre is to provide rehabilitation services through its features, there are a number of functions, facilities and roles that need to be maintained and paid for, which will incur costs that entities which support the recovery centre will have to pay for. Therefore, to ensure the recovery centre can maintain and support itself, the spa and gym facilities will be accessible by the general public for an appropriate fee, ideally through a monthly subscription. Consequently, the following tiers would be established:

- Tier 1: Free of charge for referred patients only. Access to: All Services & eligible for a paid Residential Room
- Tier 2: Free of charge for referred patients only. Access to: All Services
- Tier 3: Monthly subscription plan for the general public. Access to: Spa & Gym

As highlighted earlier, the Rhondda Recovery Centre is only available to women. The reasoning here, is that, we, as women, confine in each other easier, can relate and convey our problems to one-another without feeling pressured. I believe this would 1) further build a community together and 2) promote the uniqueness and appeal of the recovery centre.

Distinguished and unique is what I feel the recovery centre needs to be to appeal to women of all ages and backgrounds. Seldom do we feel comfortable in places that make us feel like there is something wrong with us, and this is why I have strived to maintain the vibrant colours, luxurious facilities, and the multitude of therapeutic options. It should feel more like a resort than a medical facility.

Building a community must be done with the correct foundation and principles in place, as well as the appropriate funding and the right people, namely, caring people: the Rhondda Recovery Centre aims to tie all of these elements together and provide a one-of-a-kind healing experience.

## THE RHONDDA POWERHOUSE LLWYN-Y-PIA

HISTORY

It was built in 1905 as the powerhouse for the Glamorga Colliery, which soon became the Rhondda's most profitable coal mine. More interestingly, it saw the beginning of the Tonypandy riots, the climax of the 1910 Halpenny Strike by Rhondda miners. The riots would see the controversial use of the armed forces against striking miners by then Home Secretary Winston Churchill, who is reported to have said "If the Welsh are striking overhunger, then fill their bellies full of lead". If the riots had not died down, Churchill was prepared to cut off food supplies to the South Wales Valleys to starve the miners into submission. The Powerhouse, Glamorgan Colliery closed in 1945.

## BUILDING ANALYSIS

LOCATION

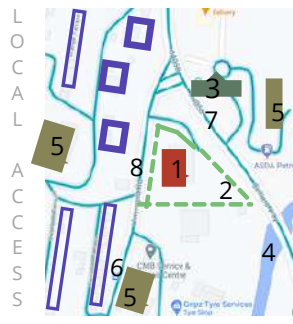
The site is situated near the valley bottom on the west side of the River Rhondda north of the town of Tonypandy, between the old thoroughfare of Llwynypia Road to west and the new by-pass to east. All so has good transport links and is located close to the population centre of Llwynypia, opposite the Asda and McDonalds fast food restaurant. So this building has a great location to be recovery centre.



The Llwynypia Powerhouse is located 4km north of Tonypandy. This site is located within easy walking distance of two bus stops and Llwynypia train.



RAILWAY STATION  
RAILWAY  
SITE AREA  
PUBLIC BUILDING  
RIVER RHONDDA  
PATHWAYS  
SPORT GROUND  
RESIDENTIAL  
LIGHT INDUSTRIAL  
RETAIL  
ROADWAYS



POWERHOUSE  
OPEN GRASS AREA  
RETAIL  
RIVER RHONDDA  
LIGHT INDUSTRIAL  
BUS STOPS  
ROADWAYS 4058  
LLWYNYPYA ROAD  
RESIDENTIAL



East, West side and existing door by youth have a very good natural lights, only from the back by North is poor.

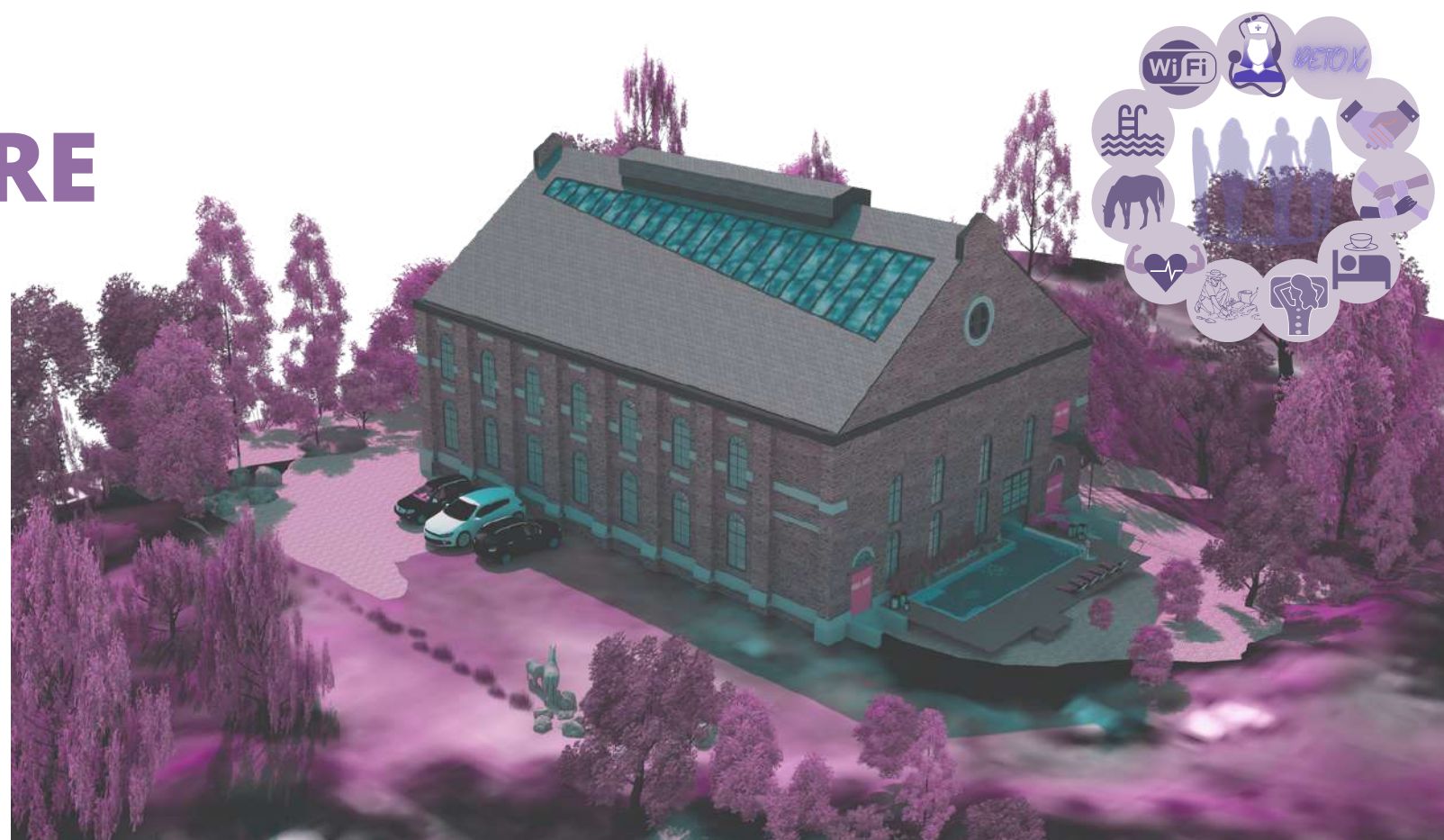


## MASTER PLAN

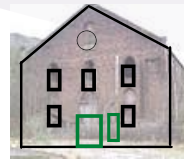
# RHONDDA RECOVERY CENTRE

## WHERE WOMEN HEAL

Designed by: Amari Asali  
ST20149637  
ADZ8888  
2021



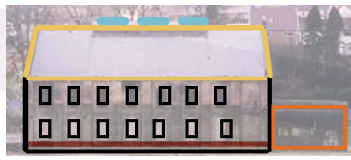
EXTERIOR  
This building is generally in poor condition and would be prohibitively expensive to reuse. Powerhouse built of yellow and red brick, with stone and concrete. Many of the steel window frames are in reusable condition. And most of doors and windows are blocked by brick.



FRONT POWERHOUSE  
Windows of the ground floor blocked by brick. first floor windows have frames with no glazing.



BACK OF POWERHOUSE  
Windows of the ground floor blocked by brick. first floor windows have frames with no glazing.

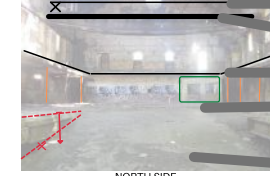


Roof made of slate very poor condition but roof ventilator in good condition.  
East side of the building has 14 windows, west side has 15 windows.

INTERIOR  
Heritage building with thick walls and very bad condition. All other existing floors within the building are reliant upon this structural ground floor, which due to water ingress over many years has become structurally unstable.



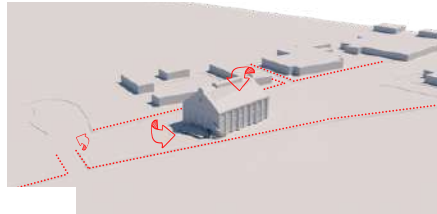
MEZZANINE  
STEEL COLUMNS  
OPEN TRAPS  
SOUTH SIDE



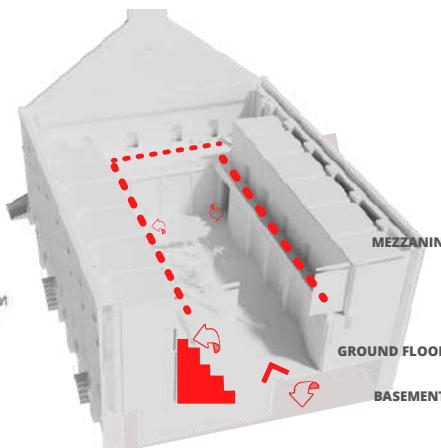
STEEL TRACK ROLLERS  
EXISTING TRAVELING CARNE  
MEZZANINE U SHAPE  
CONTROL ROOM  
RAMP  
NORTH SIDE

## ACCOMMODATION SCHEDULE

### KEY MOVE



MEZZANINE  
RESIDENTS ROOM  
LIBRARY ZONE  
YOGA ZONE  
BREAKFAST BAR



## CONCEPT DESIGN

Inspired by Zaha Hadid

I took the opportunity to create a new domestic language of interior design, driven by developments in digital design and enhanced interior design capabilities. This new dialogue emphasises the complex and continuous nature of the design and the merging of disparate forms texture and use material as wellbeing.

Note: I will achieve my ideas without destroying the Heritage Value of the building.

Sustainable interior design has become a major issue in interior design practice, according to the literature the frequency with which interior designers make sustainable choices in real practice is still limited, particularly where materials selection is concerned. Therefore, I've ensured to include as many sustainable materials as possible.

Cotton is soft, durable and it's a common choice for slipcovers.

Wool fabric is strong, hard-wearing, and naturally flame-retardant. It makes the perfect upholstery material, and soft furnishings.

Tile flooring is one of the types of flooring that has increased in demand mainly because of its resilience and adaptability.

Wood because it has the necessary resilience and strength.

Stainless is an extremely flexible material in terms of design options.

Double glazing is a great way to keep heat inside building to make them more energy efficient, and their benefits are often touted in the colder months.

## Biophilic COLOUR

Colour can bring reminders of nature indoors, re-connecting us with the outdoors to boost our wellbeing. Interior spaces which have been designed according to Biophilic Design principles bringing references to nature indoors, have been shown to: Be more relaxed, calming & restorative, Reduce stress and anxiety.

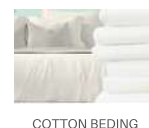
## POLYMER BASED

Modern Wall Textures  
Stylish and elegant these 3D panels transform a wall into a stunning, contemporary feature.

- Run vertically, horizontally or diagonally.
- Easy to tailor to size on site.
- Perfect for DIY - install using glues.
- Lightweight - one person install.
- Durable and shock resistant.
- Pre-primed surface requires only one coat of paint.
- Material type: High Grade Polymer.
- Flexible options in Flexible Polyurethane, for curved walls.

## MOON

Created by Iraqi architect, Zaha Hadid, in 2007 for B&B Italia, the Moon System sofa features an unmistakable and distinctive lunar shape - effortlessly emulating the futuristic grace of her award-winning architectural style.



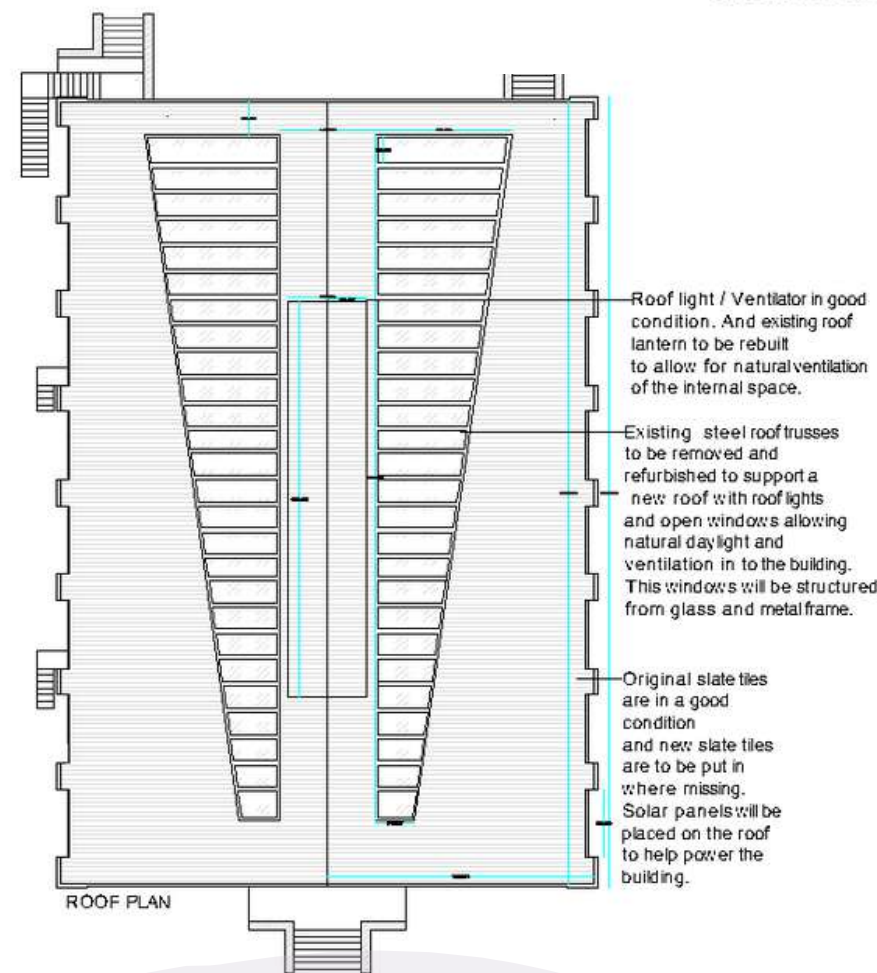
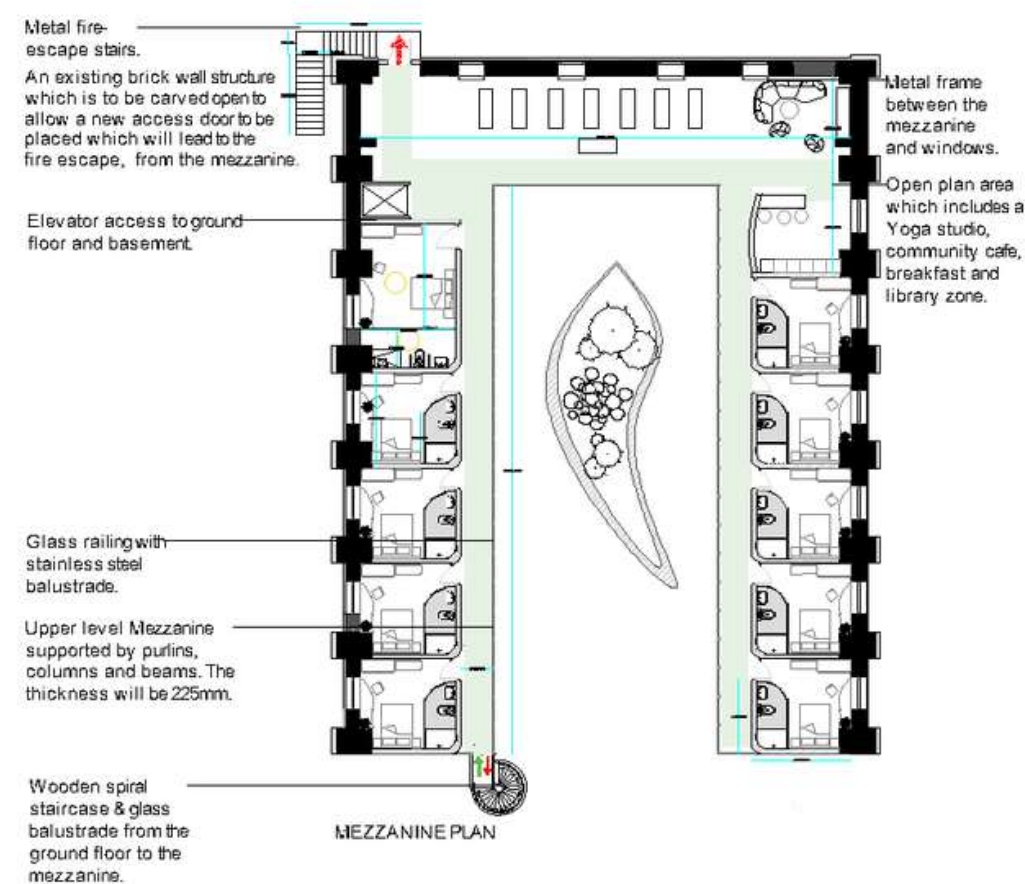
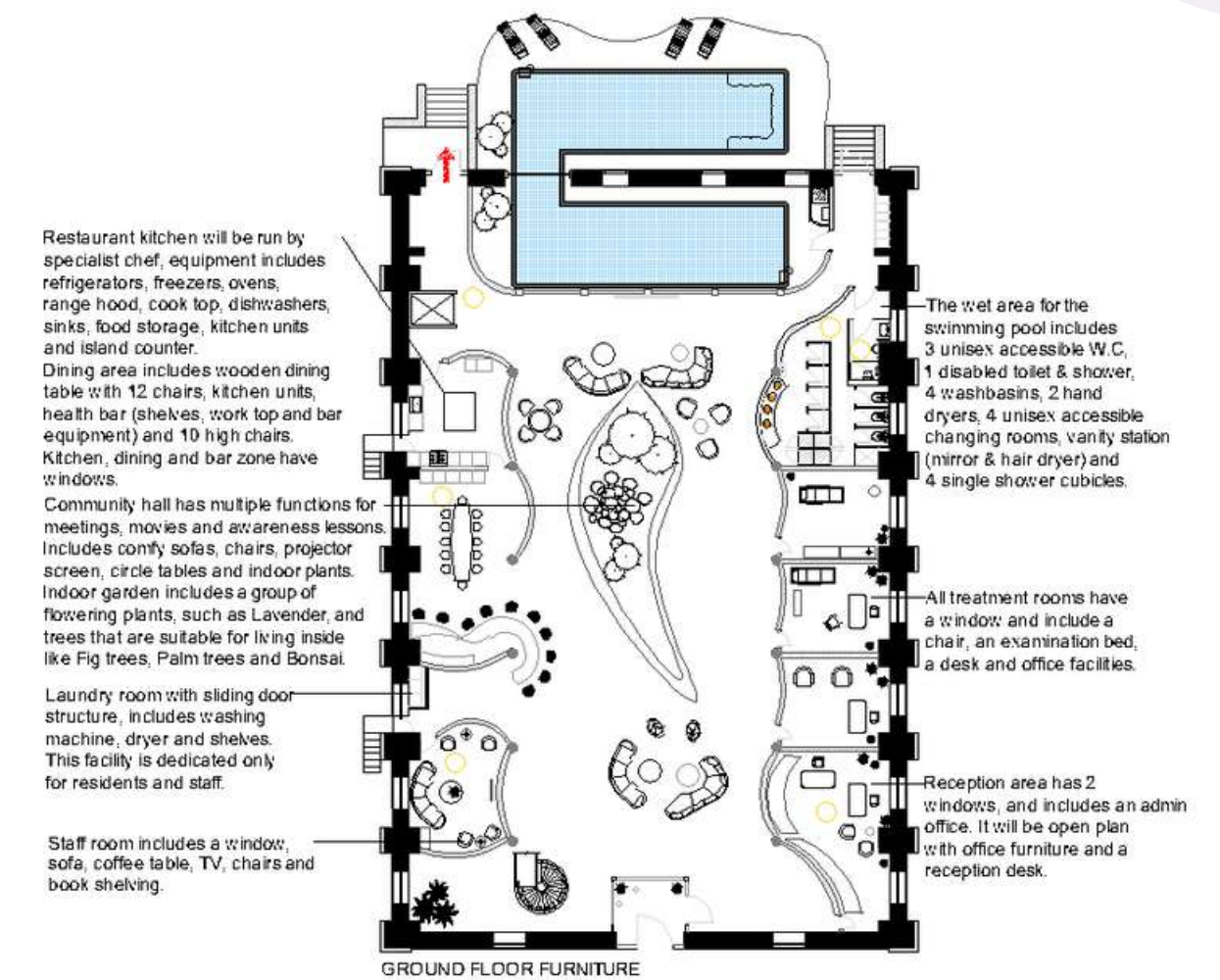
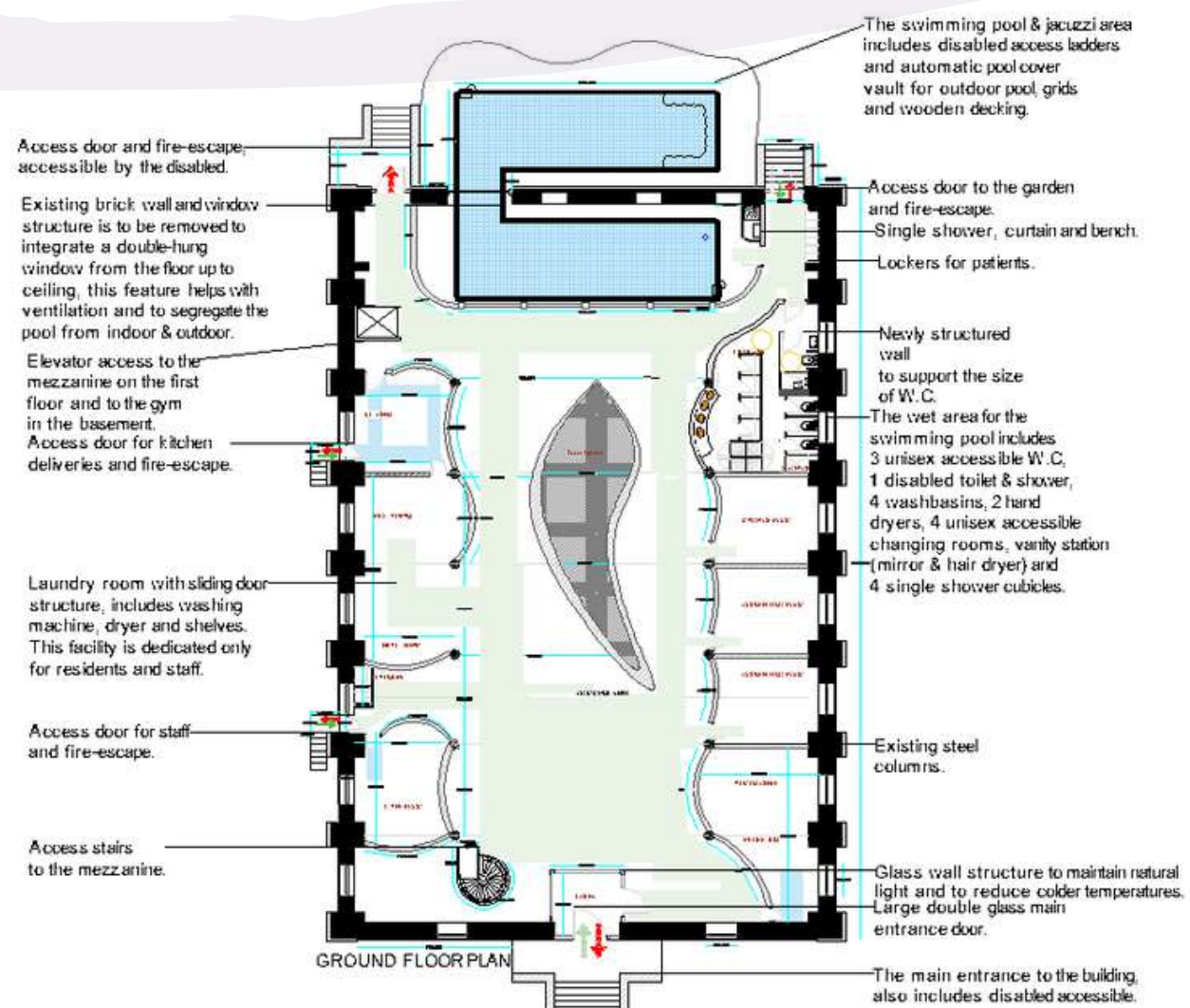
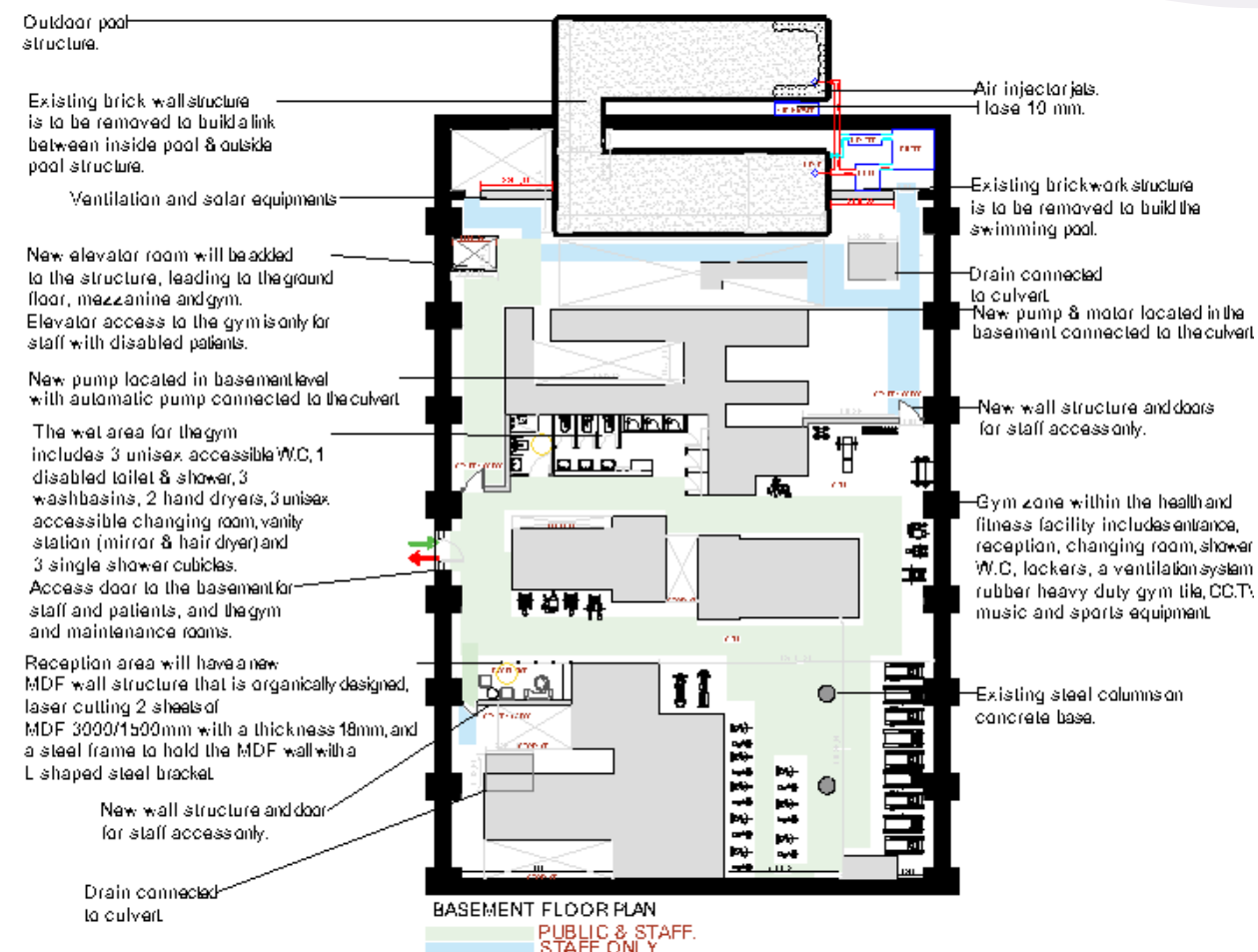
Calacatta white marble effect porcelain floor tile

COTTON BEDING

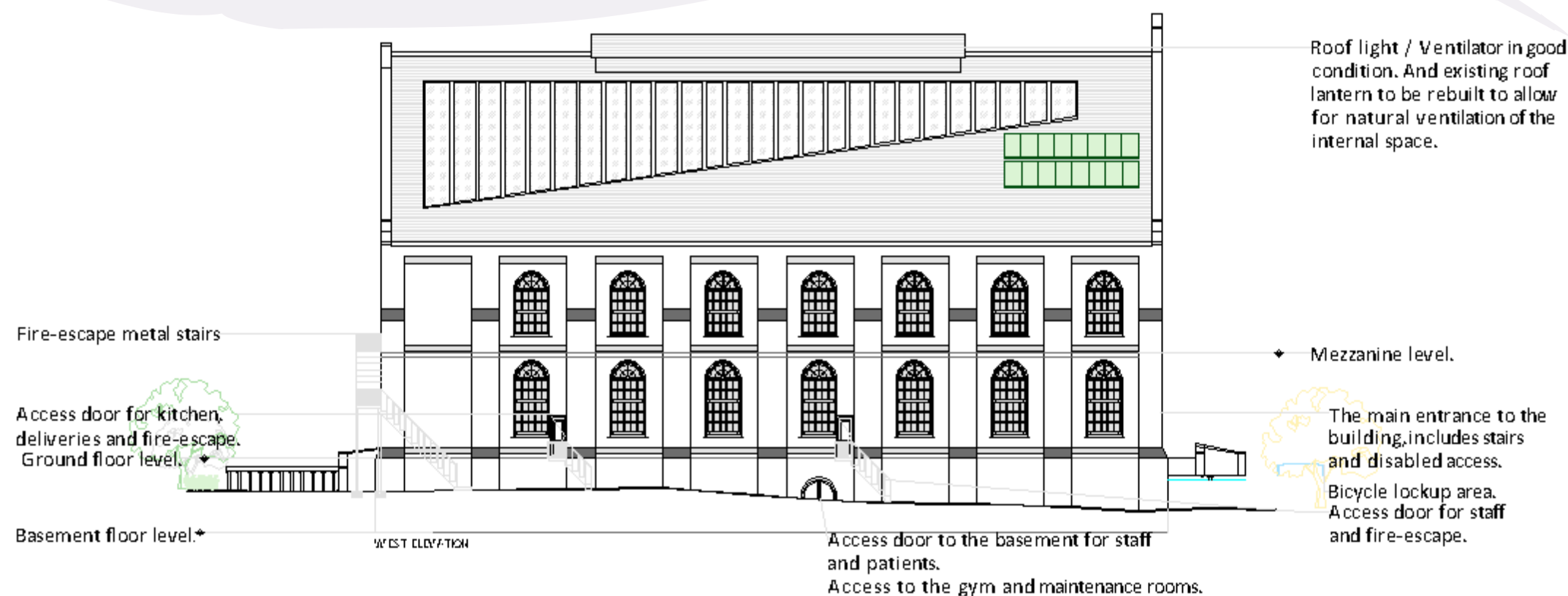
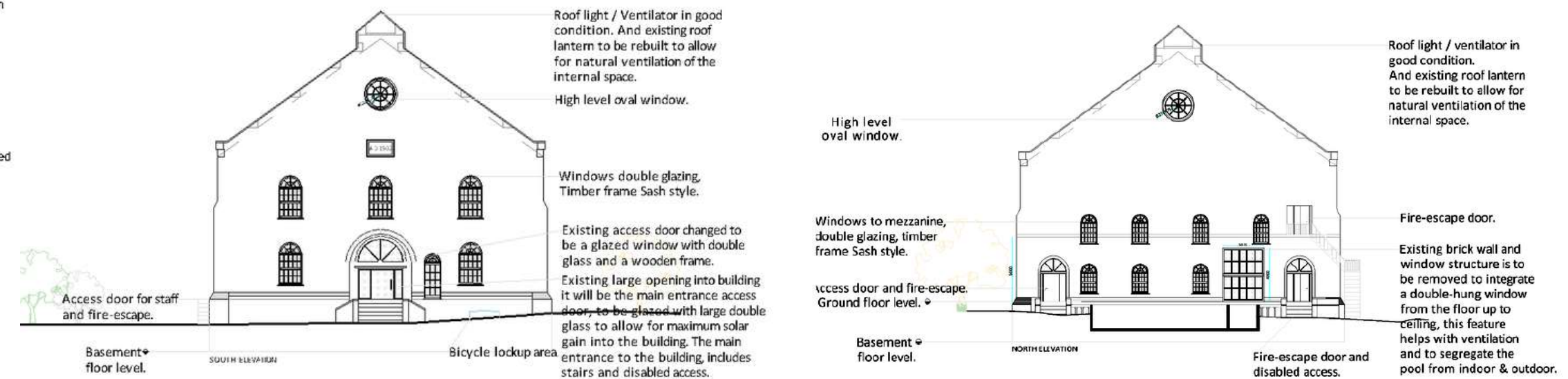




# PLANS



## ELEVATION



Solar energy 1600 / 800 P.V. panels.

Rebuilt parapets.

Windows to mezzanine, double glazing, timber frame Sash style.

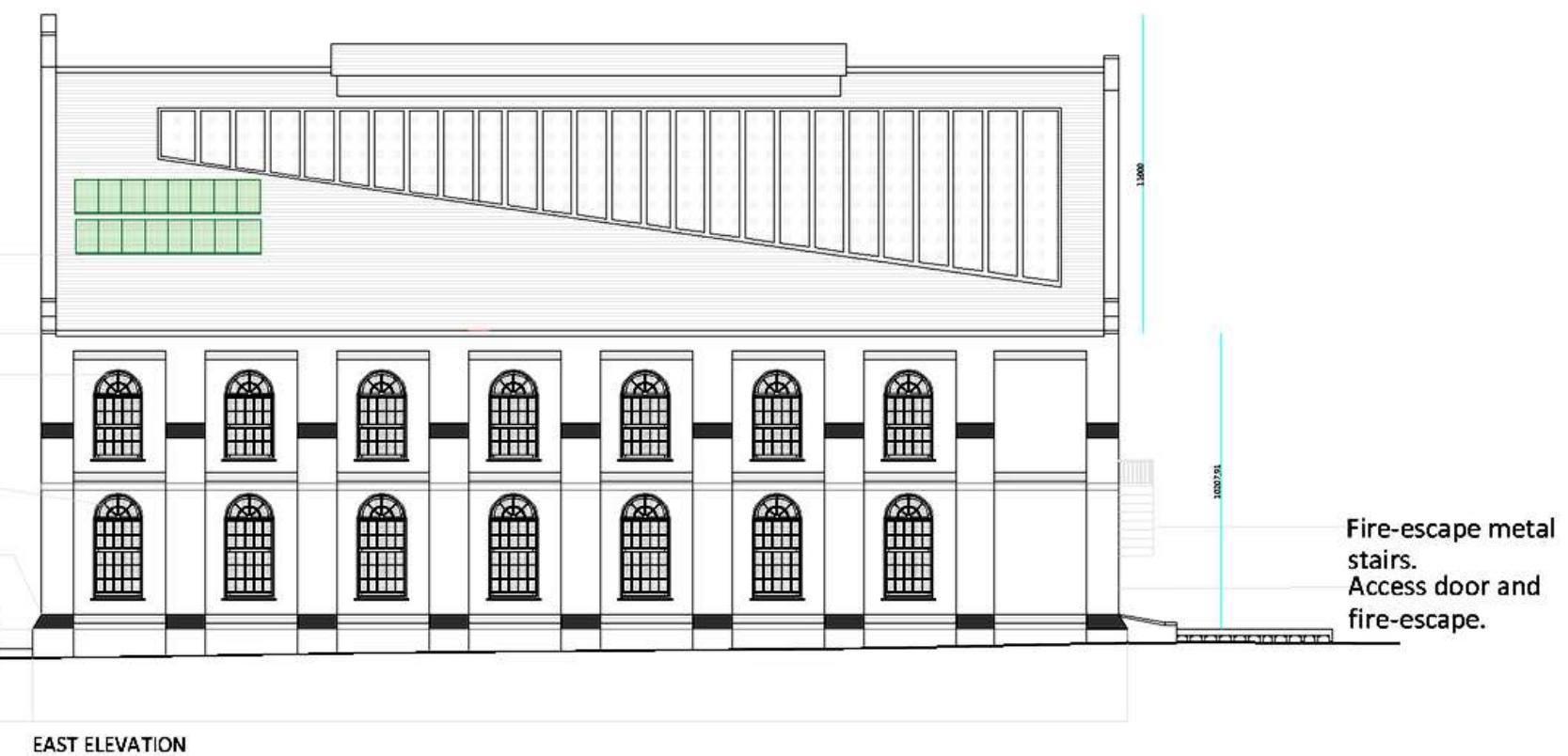
Windows to ground floor, double glazing, timber frame Sash style.

The main entrance to the building, includes stairs and disabled access.

Ground floor level.

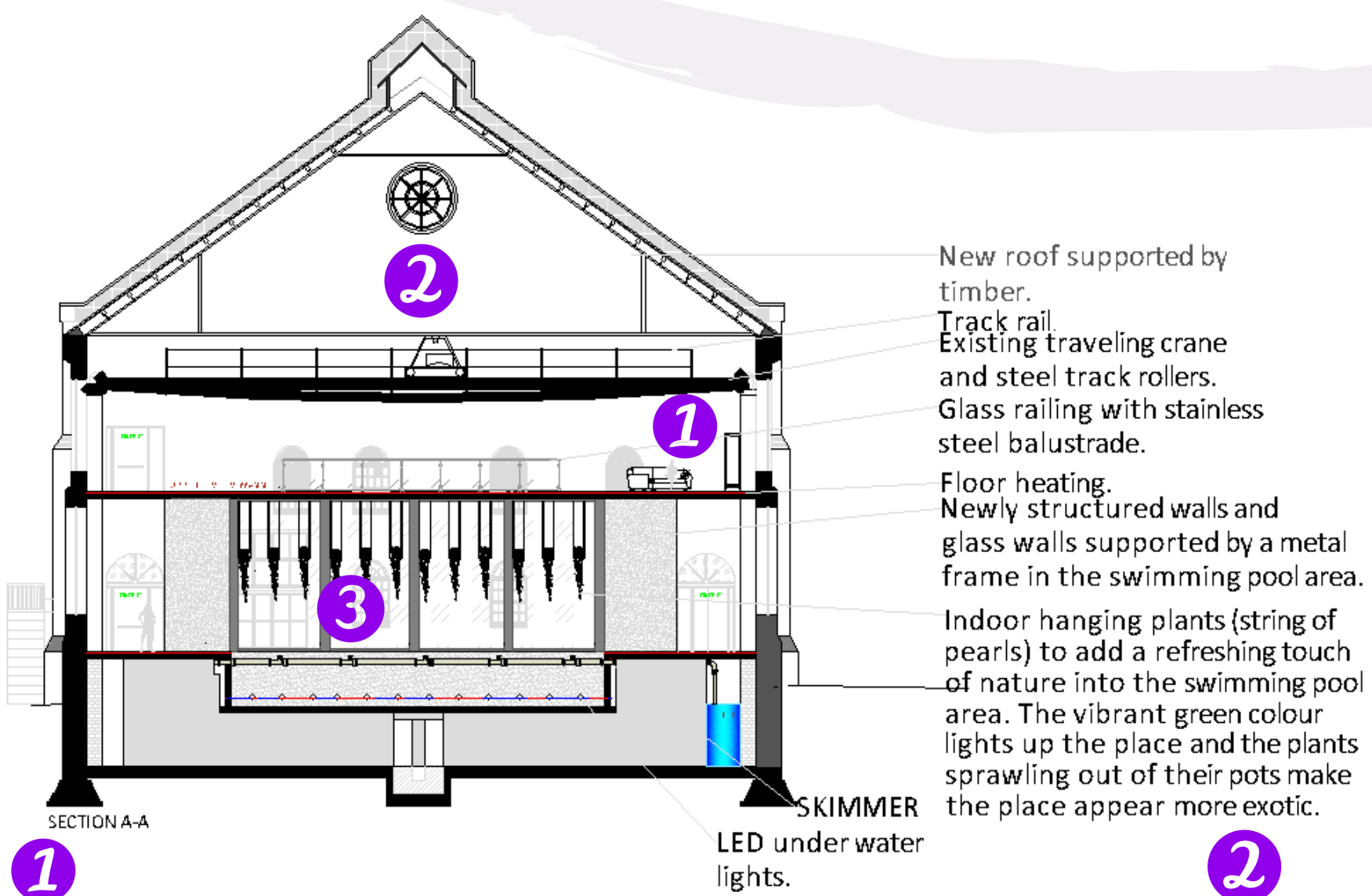
Bicycle lockup area.

Basement floor level.





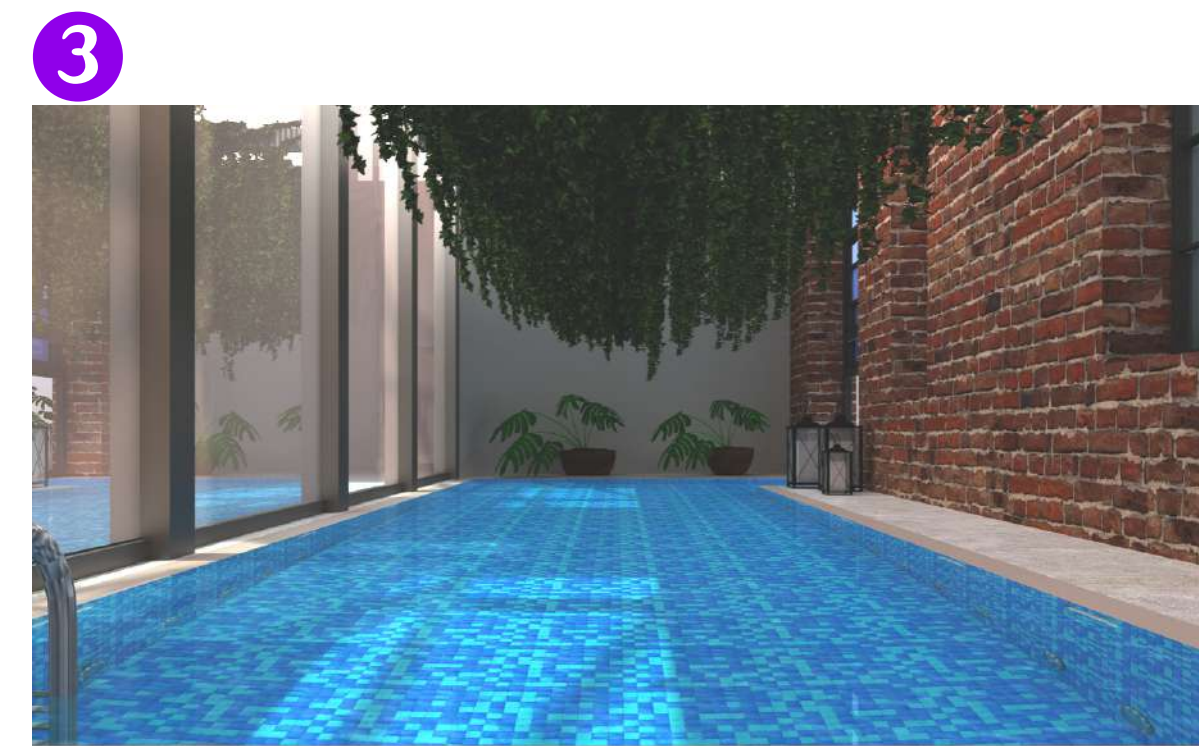
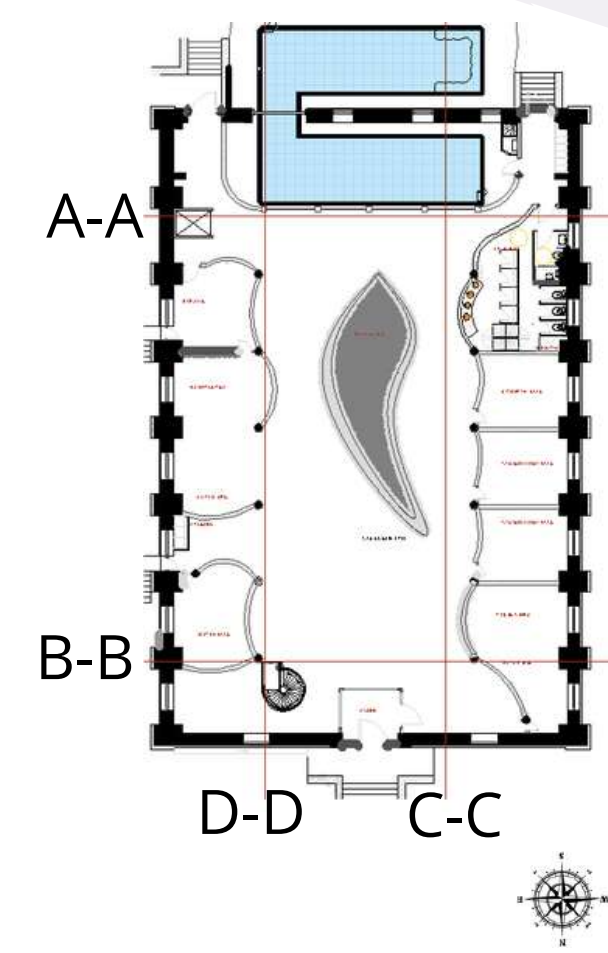
SECTION



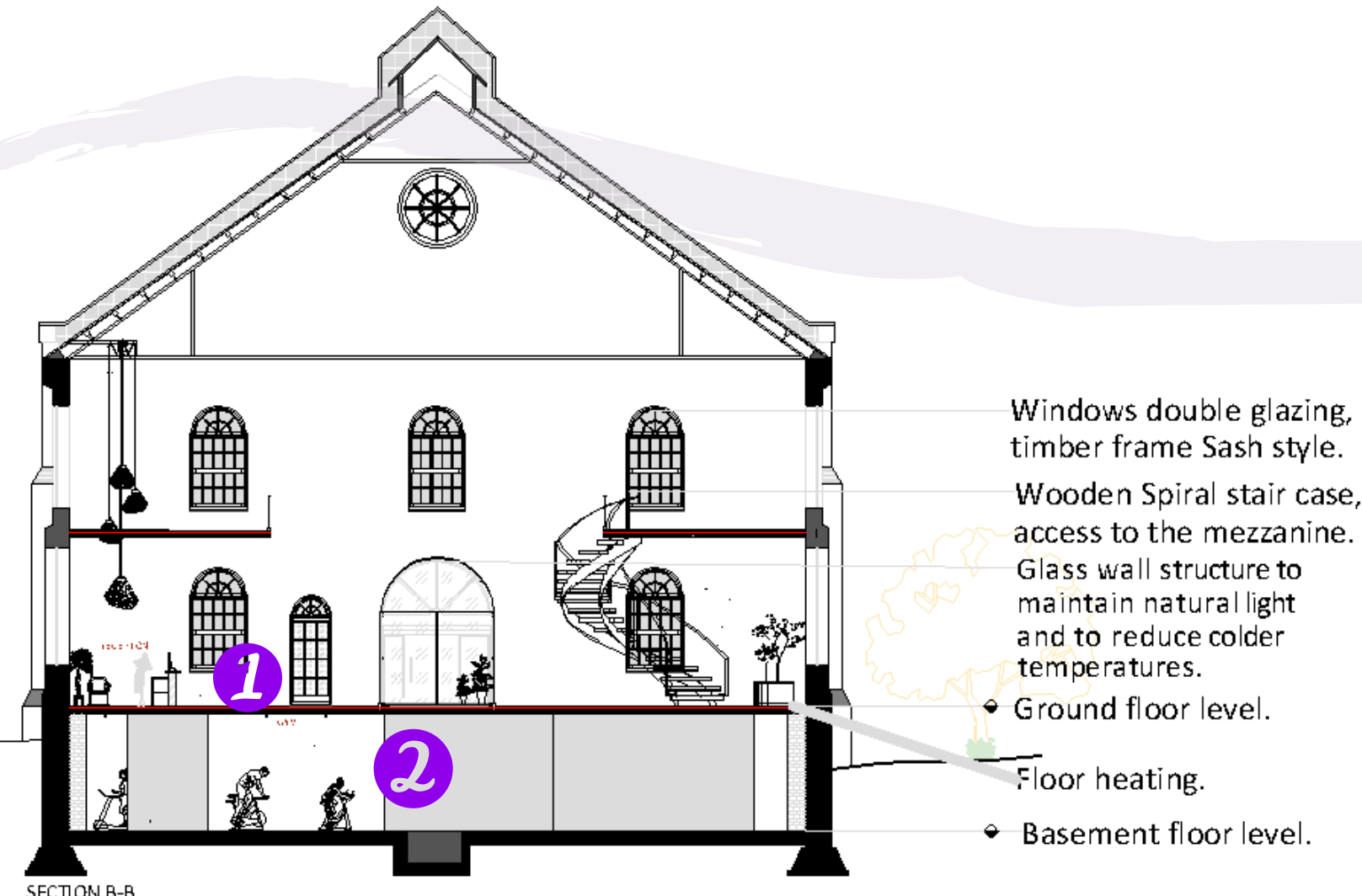
Wall structure and surface textures are combined to create this relaxing library zone.



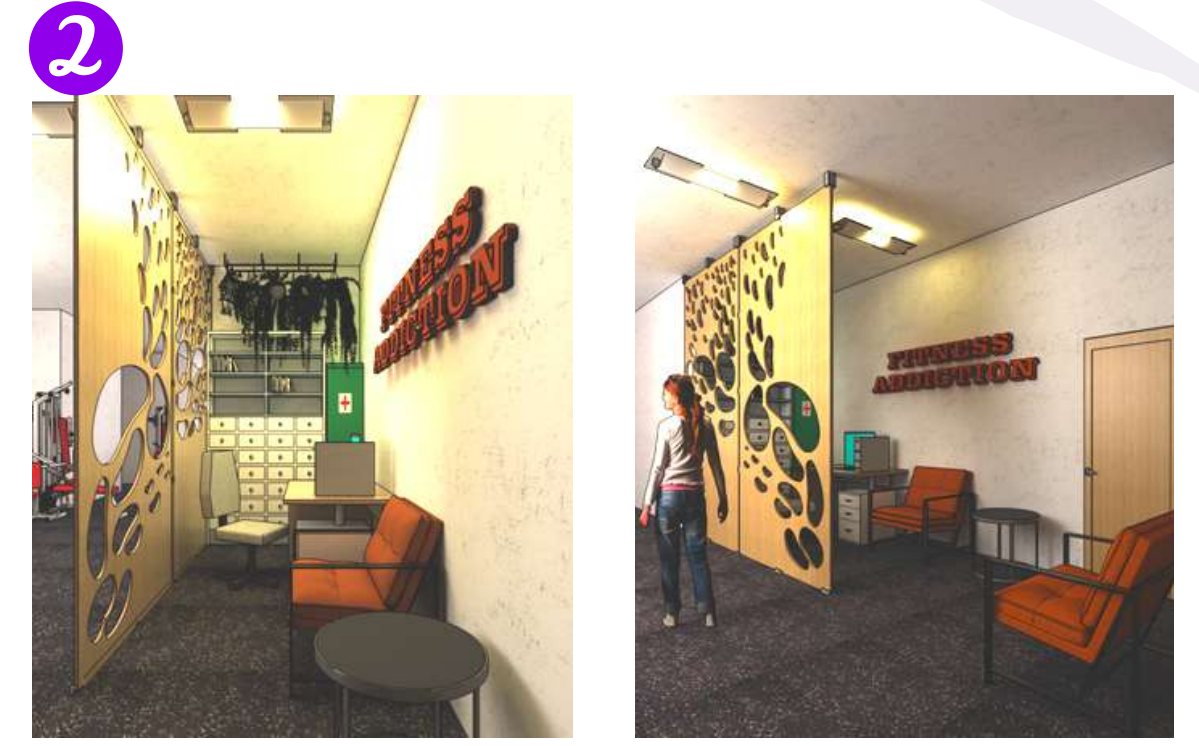
Residents rooms from the outside have soft touch walls enveloped in wooden frame, carved with longitudinal lines in addition to the arch shape from the top.



Indoor hanging plants (string of pearls) to add a refreshing touch of nature into the swimming pool area. The vibrant green colour lights up the place and the plants sprawling out of their pots make the place appear more exotic.



Main entrance and reception: I chose organic light design by Zahe Hadid to give the place a modern touch. The brick wall was preserved to combine the buildings ancient history with contemporary modern design.



Walls have power. They can be invisible, but they can be so much more.



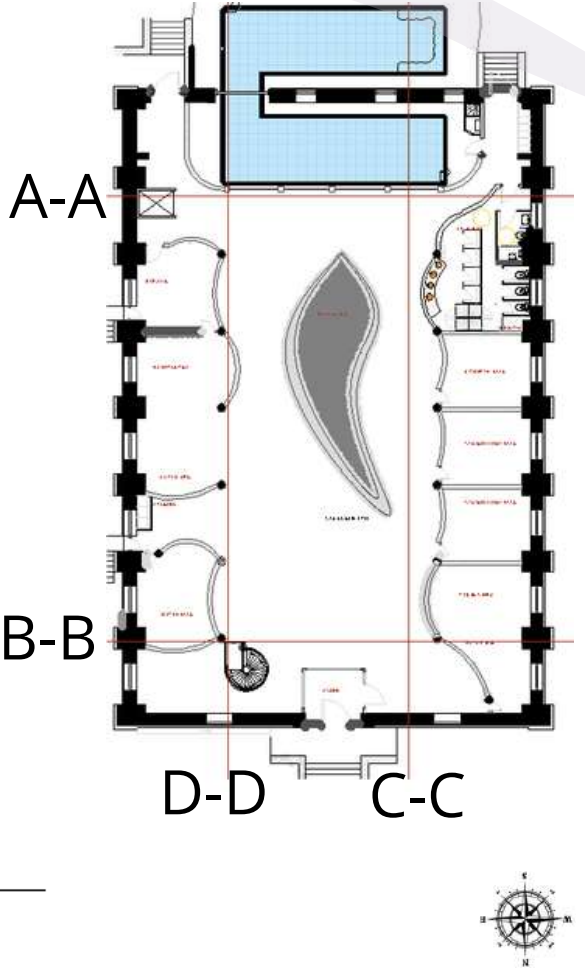
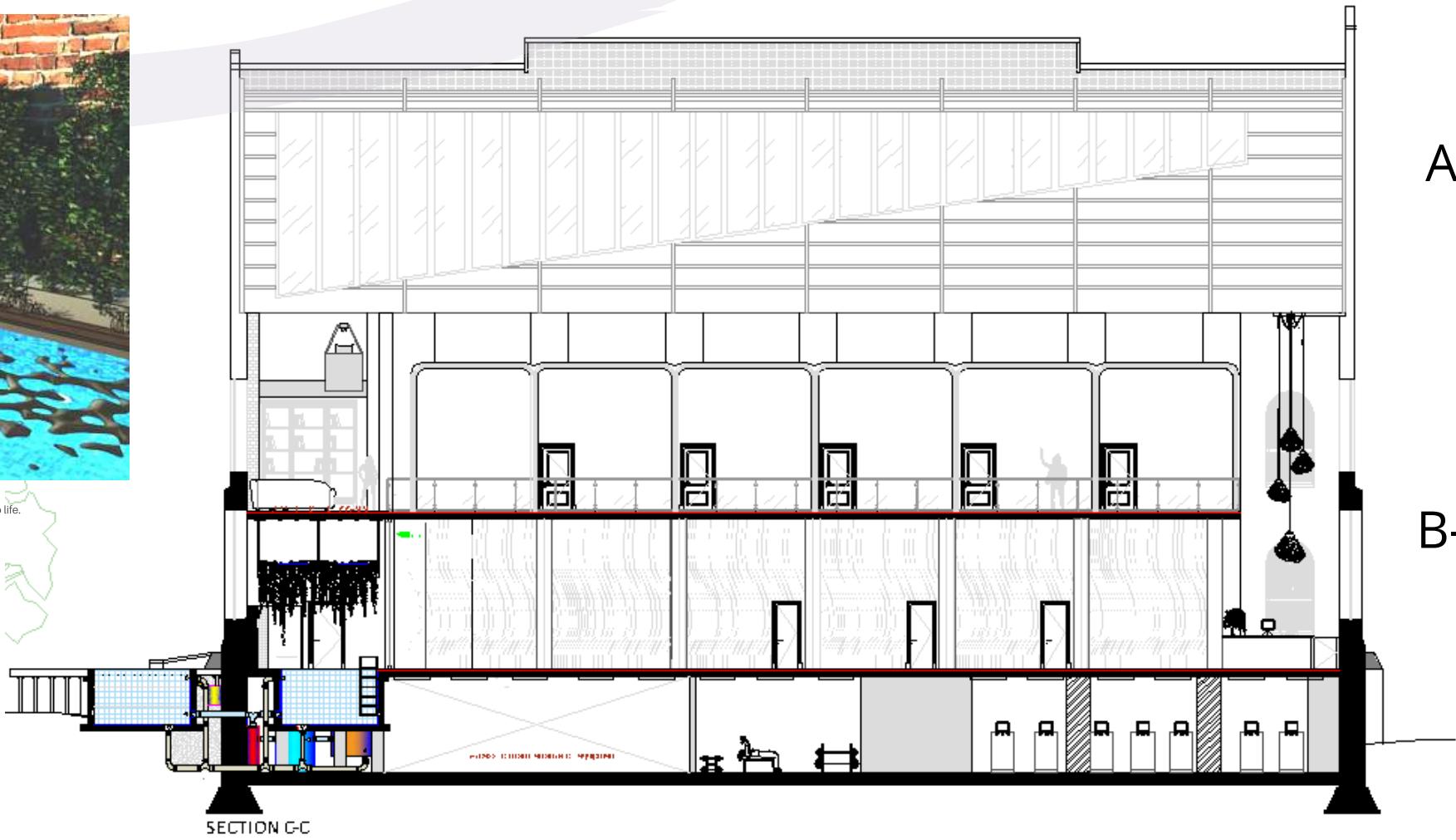
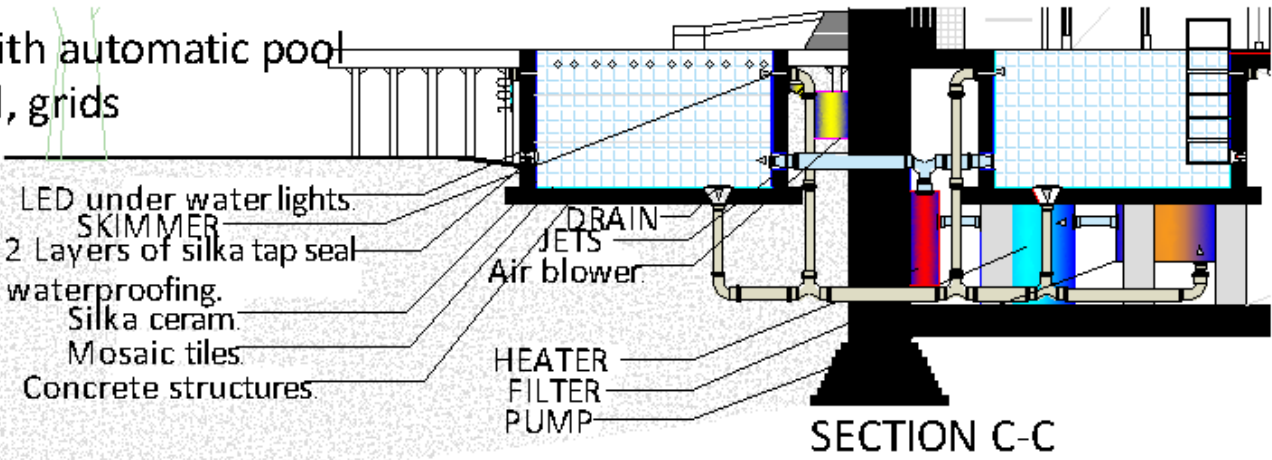
SECTION



The swimming pool & jacuzzi area includes disabled access ladders and automatic pool cover vault for outdoor pool, grids and wooden decking.

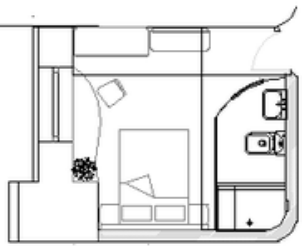
The perfect alternative to a swimming pool, jacuzzi swim spas have been designed to bring the swimming experience to life.

Swimming pool & Jacuzzi with automatic pool cover vault for outdoor pool, grids and wooden decking.



1

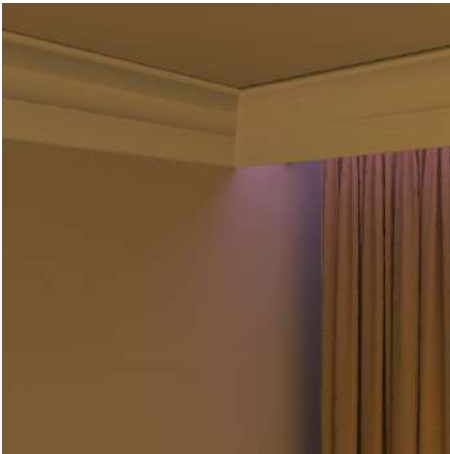
En-suite bedroom with a small double bed, suitable for a single patient. All bedrooms have a window, wardrobe, storage, fluffy rug, desk and a chair. The bathroom walls will be constructed from glass, and supported by a steel frame and a sliding door. The shower is a walk-in and door-less. The bathroom also includes a wash basin and toilet seat.



Double bed made of Egyptian cotton placed in the residents room.



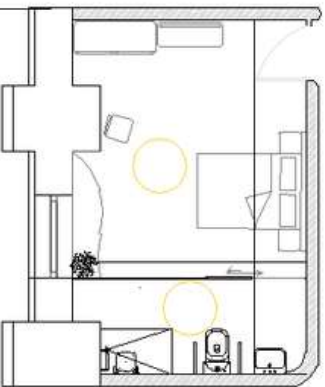
Floating bathroom sink unit in a warm natural wood shelf for bathroom sink.



Highlight the ceiling use indirect lighting for more spacious effect.

2

En-suite large size room which is accessible for disabled visitors. Suitable for a single patient, includes a small double bed, a window, wardrobe, storage, desk, chair and also includes a disabled shower, toilet set and sink.



Linen fabric is natural and eco-friendly curtains are made from linen.

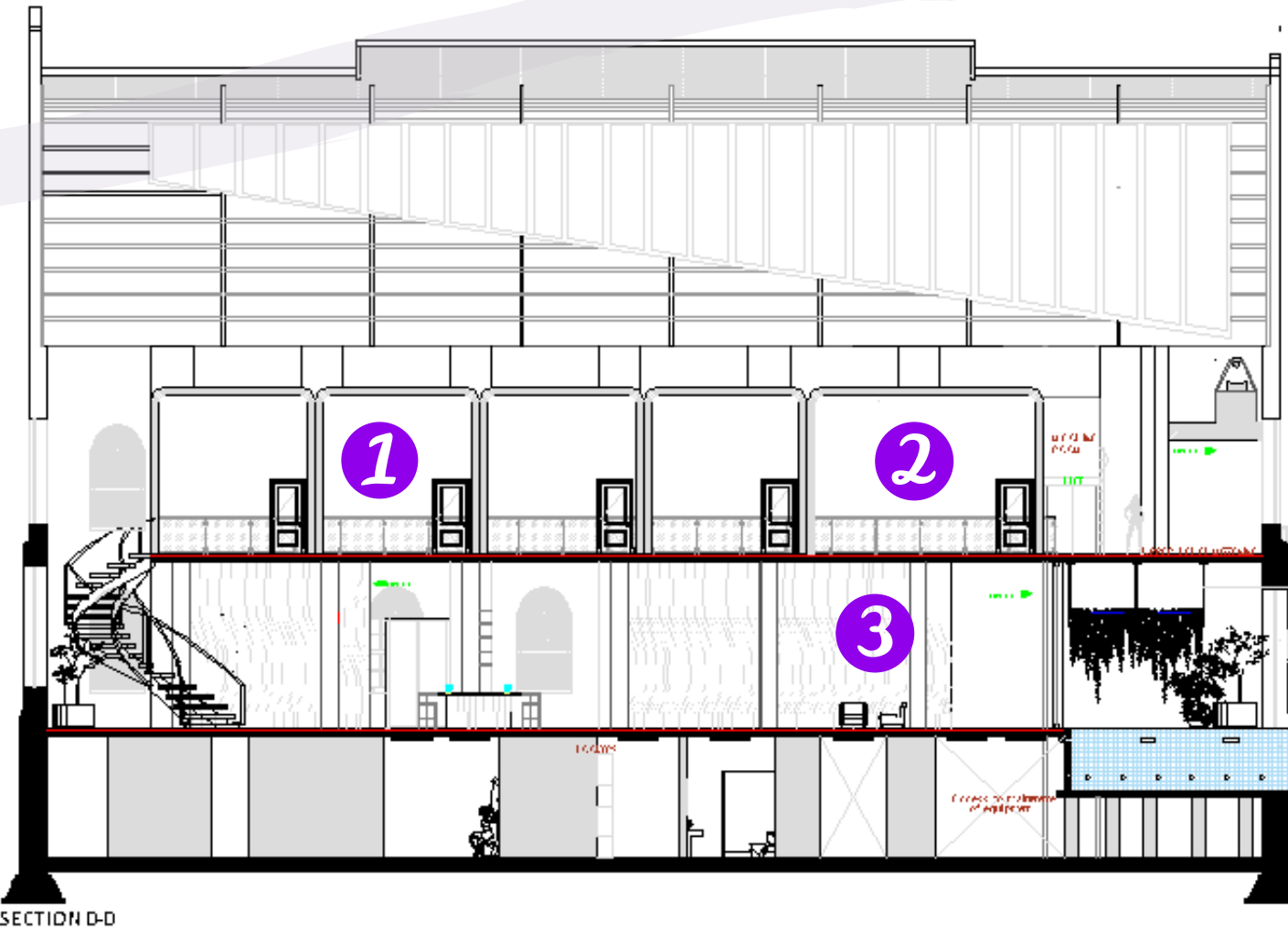


Drawers and a wardrobe made of oak for the residents room

1

2

3



Stunning infinity swimming pool mosaic surrounded by natural scenery.

Metal hanging plants installed from the ceiling.

Swimming pool & Jacuzzi with automatic pool cover vault for outdoor pool, grids and wooden decking.

3



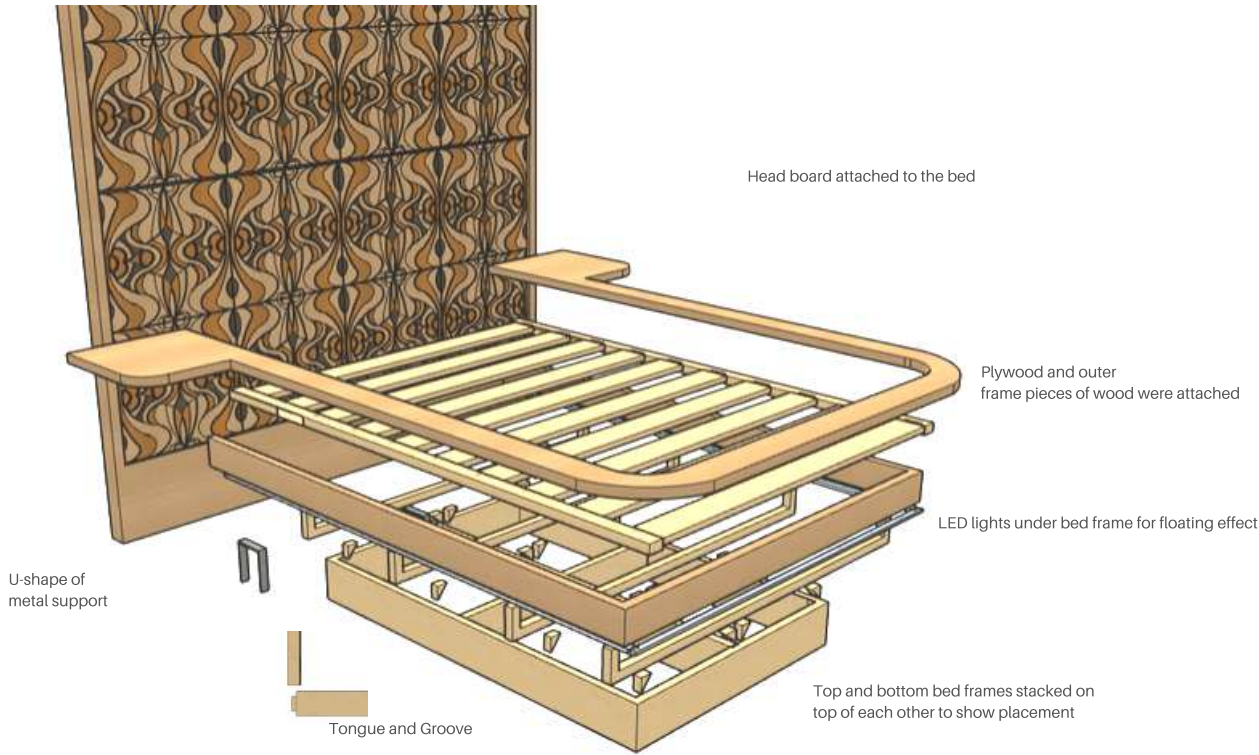
An interior garden, metal columns and wooden curved walls were placed on a concrete floor with the sunlight coming from the high ceiling. In addition to the moon sofa is coated with soft velvet in a light purple colour.



MICROTECTONIC  
DETAILING

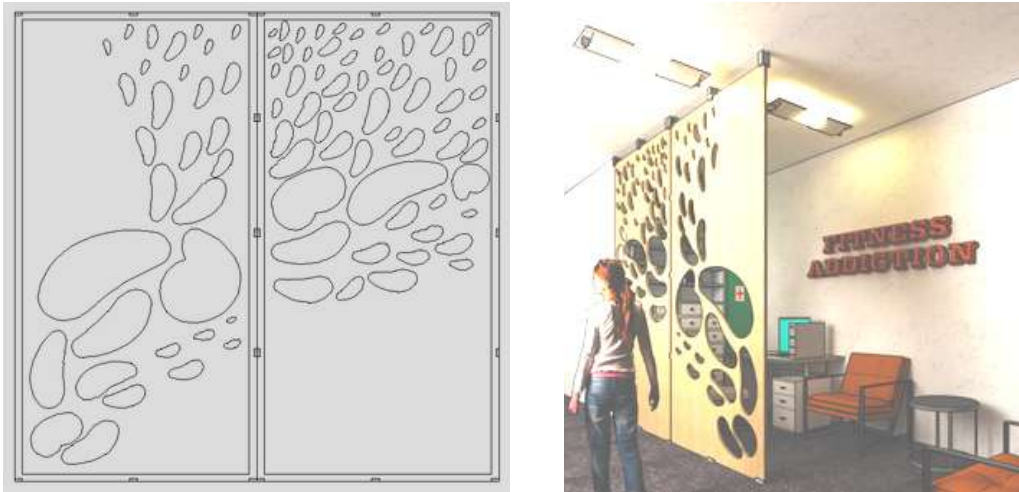
HEAD BOARD

A hand made large wooden wall with artistic wall art is to be used as a head board. The wall has a organic mosaic design and consists of different wood types which have different wooden scents. Wood causes positive emotional experience, such us proximity to nature, warmth, homeliness and relaxing effect.

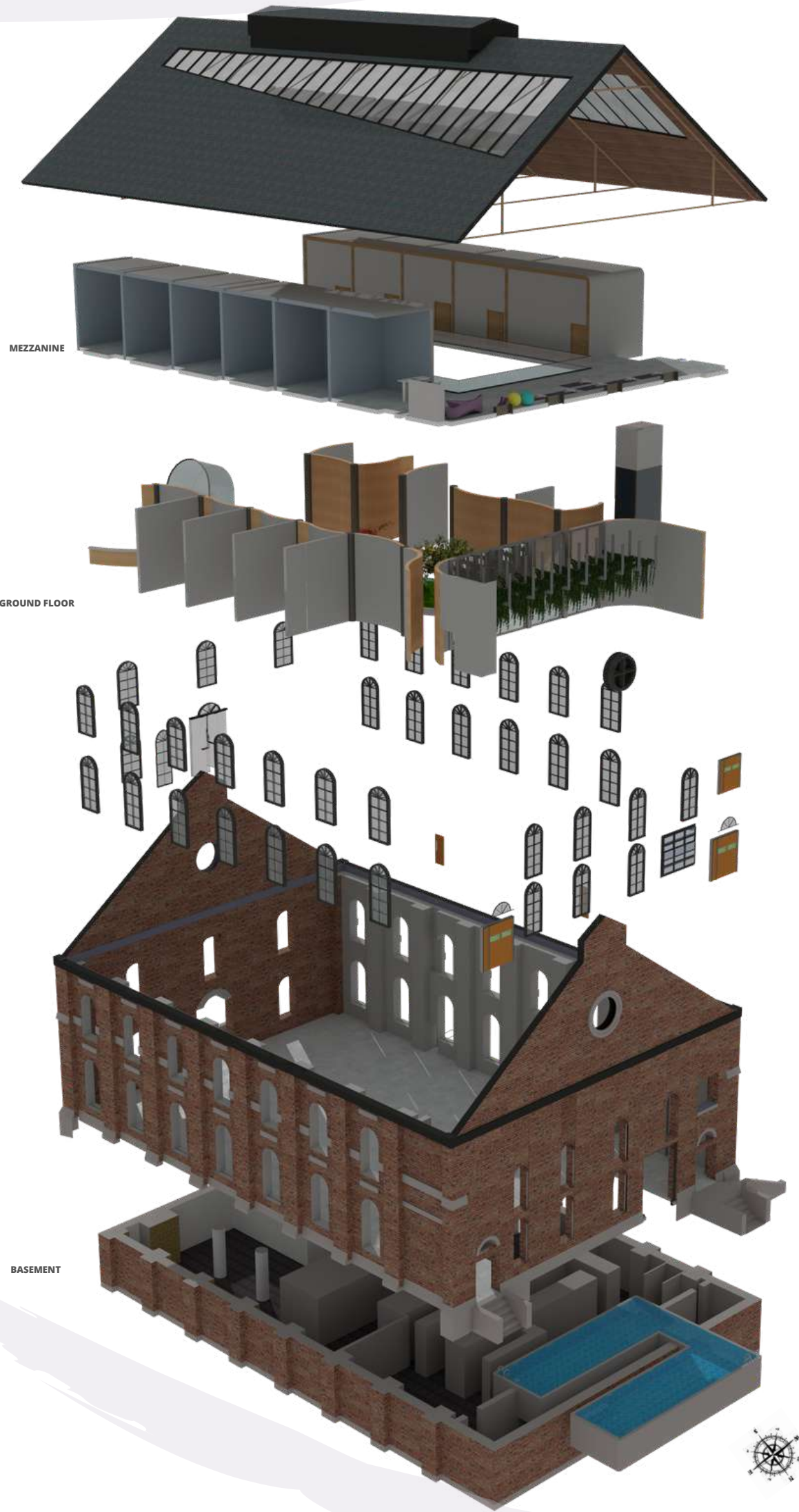


MDF wall

Reception area will have a new MDF wall structure that is organically designed, laser cutting 2 sheets of MDF 3000'1500mm with a thickness 18mm, and a steel frame to hold the MDF wall with a L shaped steel bracket.



ONE POINT PERSPECTIV 1:100 HAND DRAWING



1:100