

Hypo anxiety - When a person is in low moods and too worried and needs interactive multisensory spaces to exercise the brain to help raise the mood.

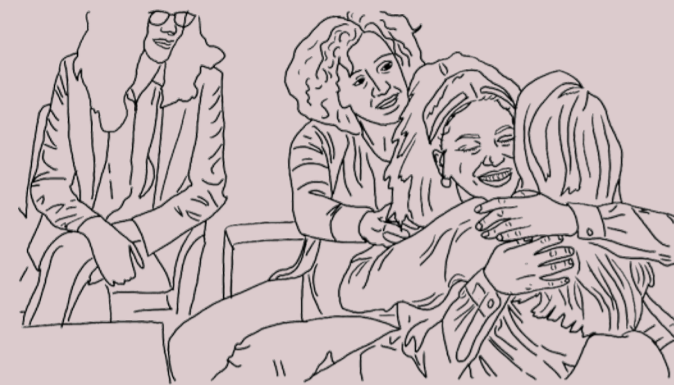


Hyper anxiety - Excessive worrying about different activities and events. People would need a quiet space where they can relax and be alone. A small relaxing and comfortable space is needed for these people to unload.

The Proposal

In this design the aim is to help improve female mental health and rebuild the relationship between health care professionals and women. Creating a community, conversation and focusing on a multisensory experience within the space; this design focuses on helping with hypo and hyper anxiety. Promoting women to talk about mental health and interact to have a positive effect. They will also be able to learn more about mental health in women and observe research. Women's Drop in Mental Health Centre

Space Objectives



Create a space community for women to talk and interact



Encourage women to talk to health professionals and fix their relationship!



Utilise smells to calm



Relax and unwind when overwhelmed



Seek more information about female mental health and the space

The Mindful Retreat Trust



Google

Some women feel dismissed and unheard by healthcare professionals. Women have more faith in researching health information from family or friends (74%) and Google Search (71%).

Google Search I'm Feeling Lucky

72% of older generations are comfortable talking about Health issues to professionals. 41% Only 16-19. Below 50% of women think they are informed enough about mental health. With disability, 32% have access to enough mental health information. Without disability, 39% have enough information on mental health.

The 5th top DHSC (Department of Health & Social Care) issue is mental health (39%) for women. Less than 3 in 5 women feel, or perceived to feel, comfortable talking to healthcare professionals about mental health conditions (59%).

62% of women said health conditions or disability impacted their experience in the workplace.

More the 3 in 4 said it increased stress levels (76%). 2 in 3 said it impacted their mental health (67%).

This led to other issues like impacted earnings, opportunities and promotions and they said they had stopped work earlier than planned.

According to a 2021 UK Government 'Women's Health - Let's talk about it' survey



To improve women's access to services, respondents put forward a range of suggestions that centred around:

- system-level changes, such as geographical diversity in and joined-up provision of women's health services, hubs and drop-in clinics
- better education and training of GPs and other healthcare professionals as treatment gatekeepers

Structurally....

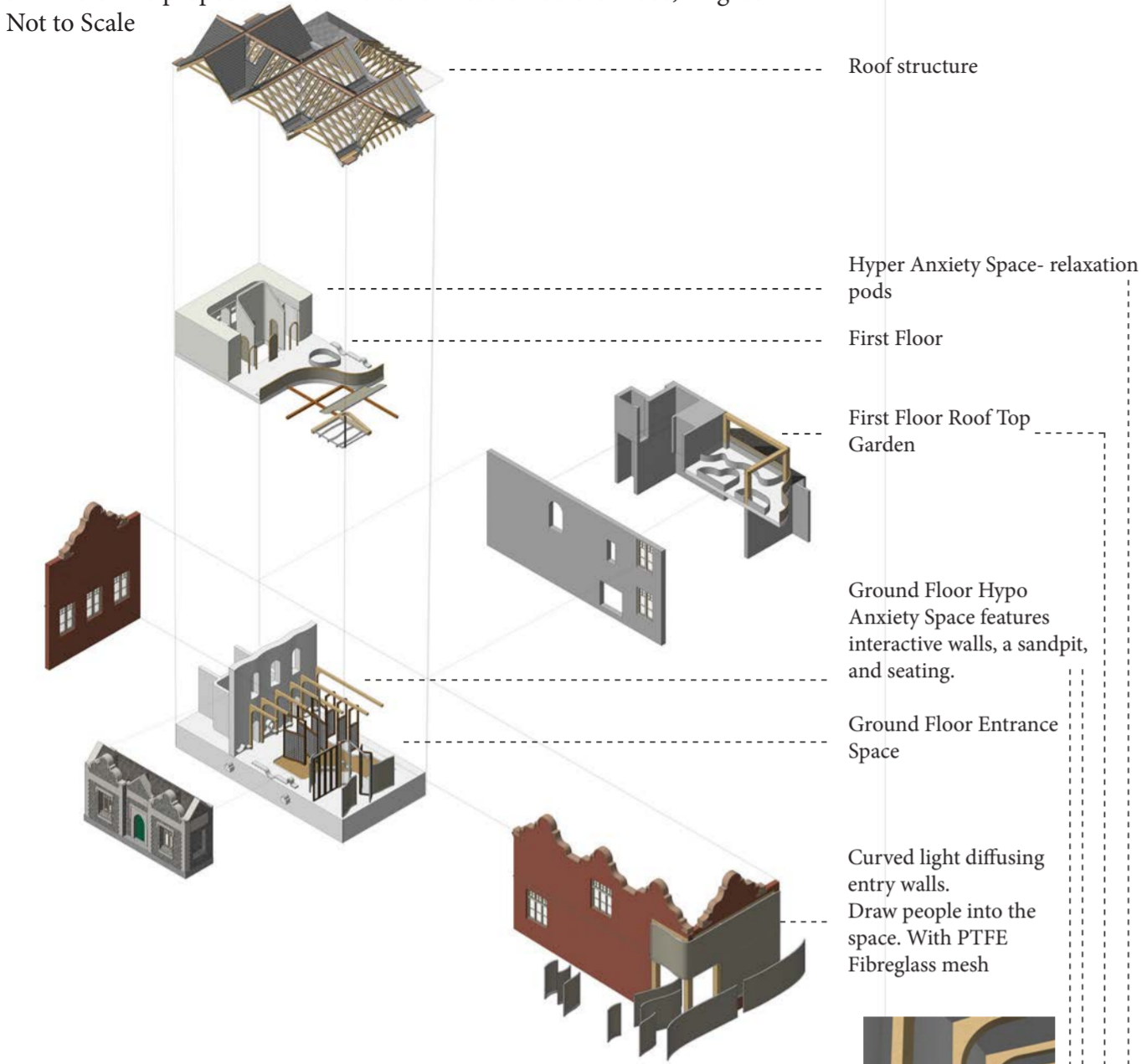
People can create a multisensory experience that benefits mental well-being and influences people's emotions. Simple features such as ventilation, natural lighting and material choices can all impact wellbeing. This must be an architectural priority.



Hypo Anxiety Space- create focus and engagement.

Spatial Features

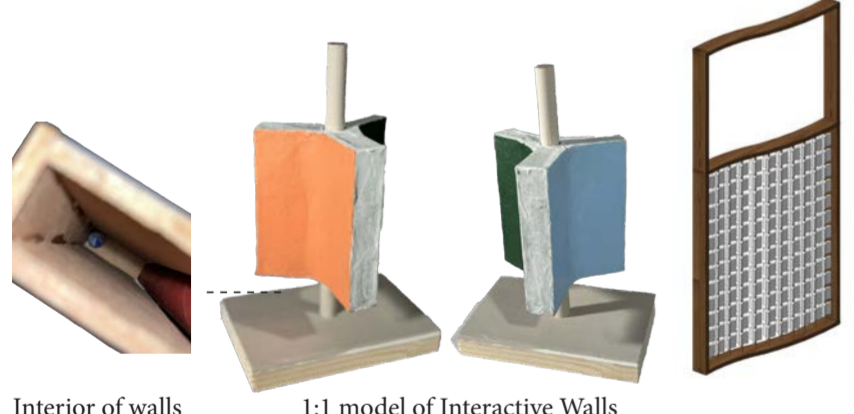
3D Axo of the proposal in New Venture Theatre Bedford Place, Brighton BN1 2PT
Not to Scale



- Roof structure
- Hyper Anxiety Space- relaxation pods
- First Floor
- First Floor Roof Top Garden
- Ground Floor Hypo Anxiety Space features interactive walls, a sandpit, and seating.
- Ground Floor Entrance Space
- Curved light diffusing entry walls. Draw people into the space. With PTFE Fibreglass mesh

Interactive Seating
Varying the seating heights so people can experiment and think about how they will sit. Additionally, it creates conversation between people and helps them interact.

Interactive Walls
Utilising sound, touch and sight to create an interactive ASMR wall. Can play games create images with the walls and interact with people. Create conversations between people. These wooden objects will have a marble inside each compartment that can create ASMR-like sound effects. These can create active thinking and help people struggling with Hypo Anxiety.

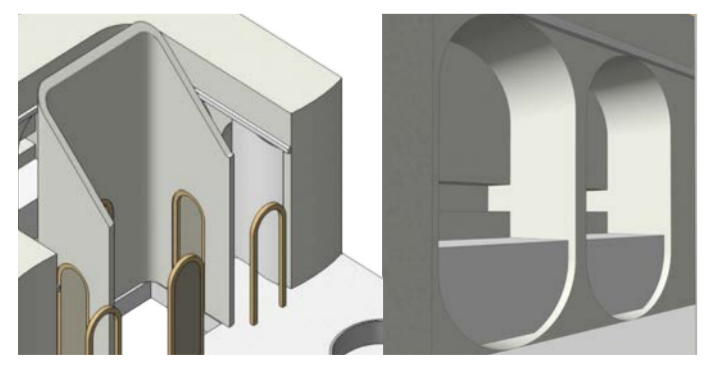


Interior of walls 1:1 model of Interactive Walls

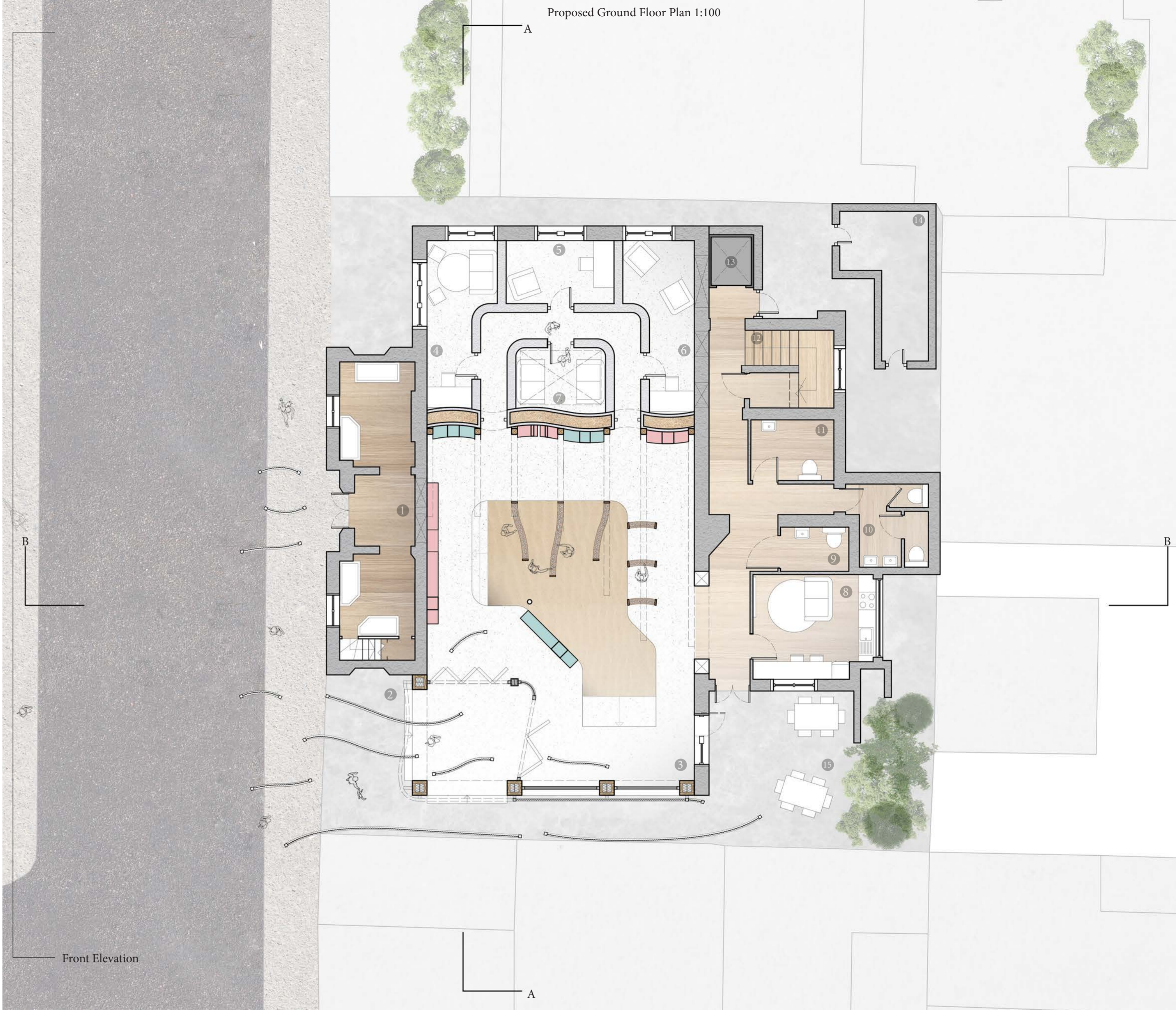
Garden Pots
Made from recycled existing building materials and curved to be more soothing shape for the brain. Featuring Lavender and Peppermint

Can help people feel focused. Helps Hypo

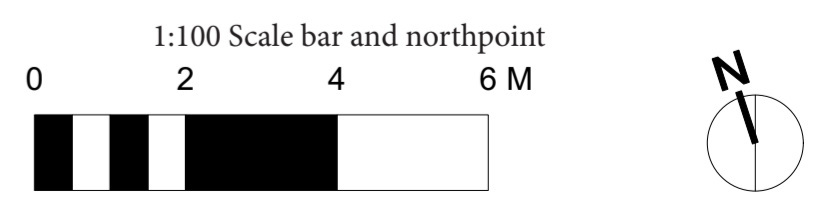
Can make people relax and sleepy. Helps Hyper

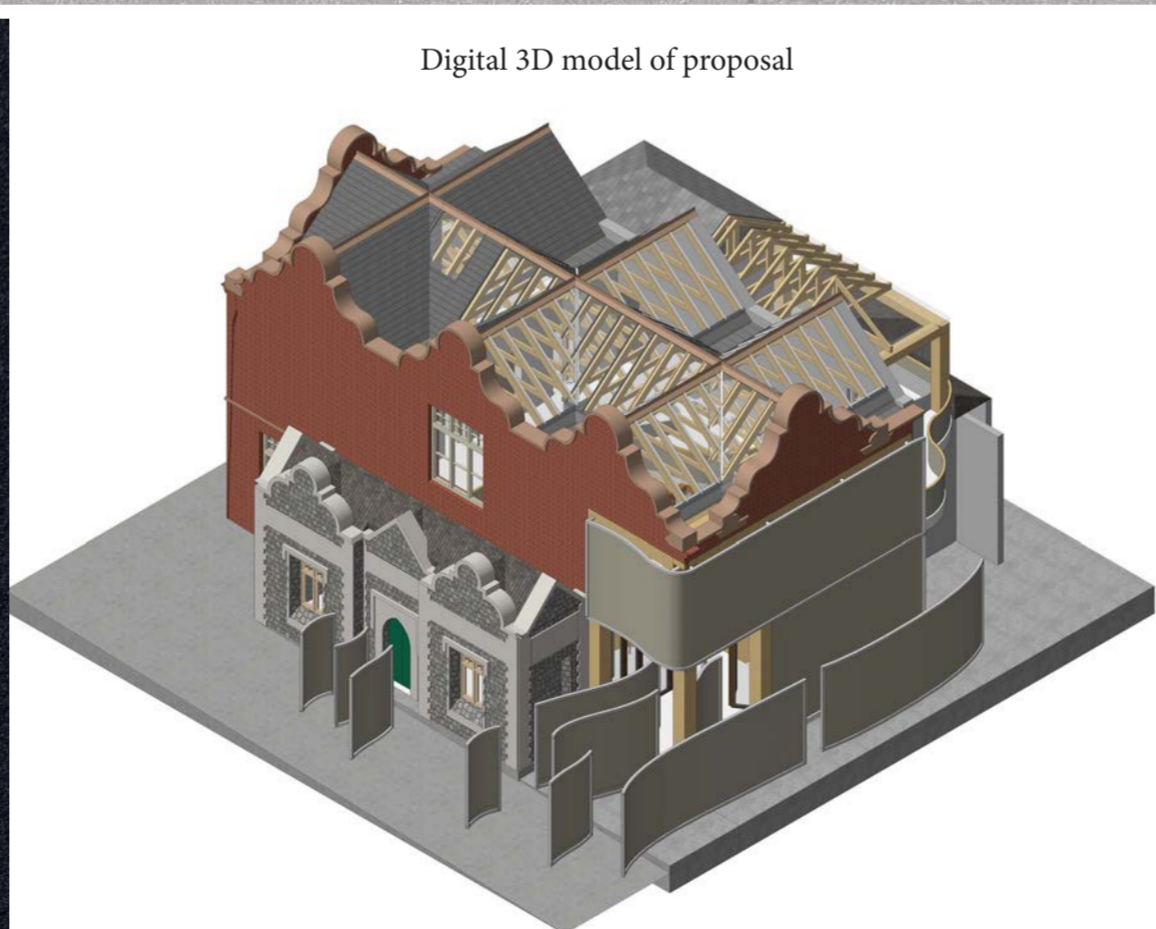
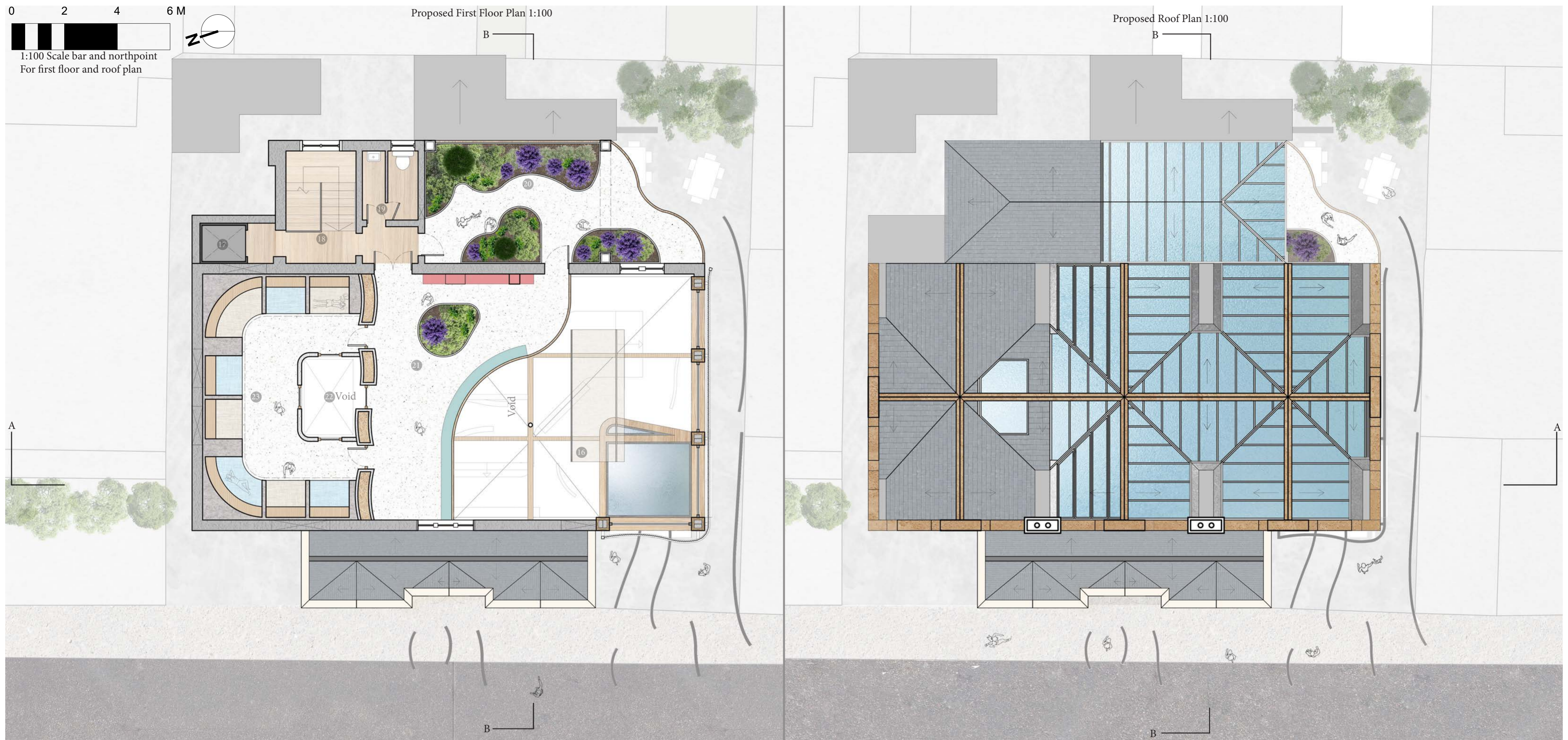


Relaxation Pods
Soft Felt exterior and fabric cushioned seating. With a built-in shelf to store personal belongings. Sound absorbing curtains and a central diffused lighting light well.



- Key for plans:**
- | | |
|--|---|
| 1. Information about Space and Female Mental Health Research | 12. Stairs to the First Floor |
| 2. Transparent Curved Entry Space | 13. Lift |
| 3. Hypo Anxiety Space- create focus and engagement. | 14. Maintenance Storage |
| 4. Therapy Office One | 15. Outdoor Seating |
| 5. Therapy Office Two | 16. Mesh Sound Absorber. |
| 6. Therapy Office Three | 17. Lift |
| 7. Therapy Office Four- With a Lightwell | 18. Steps to the first floor |
| 8. Staff Room | 19. Bathroom |
| 9. Bathroom One – Disability Access | 20. Scented garden- Featuring Lavender and Peppermint |
| 10. Bathroom Two – Multigendered Bathroom | 21. First Floor Balcony |
| 11. Bathroom Three – Female Bathroom | 22. Light Well |
| | 23. Hyper Anxiety Space- relaxation pods |





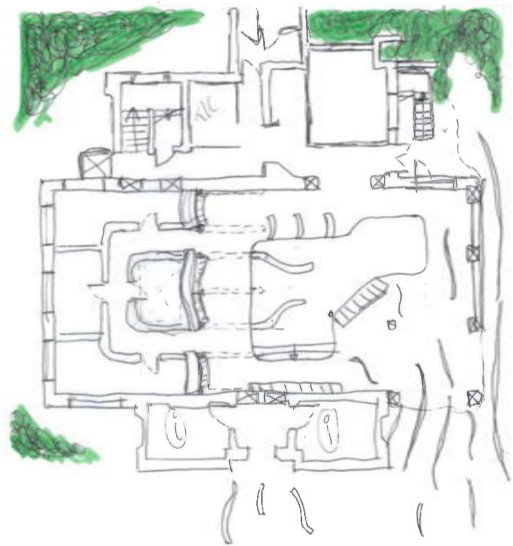
Maquette Models Development 1

Explored removing the south side wall and creating an interior curved beam/ column structure for support and fabrics. Exploring the lighting.

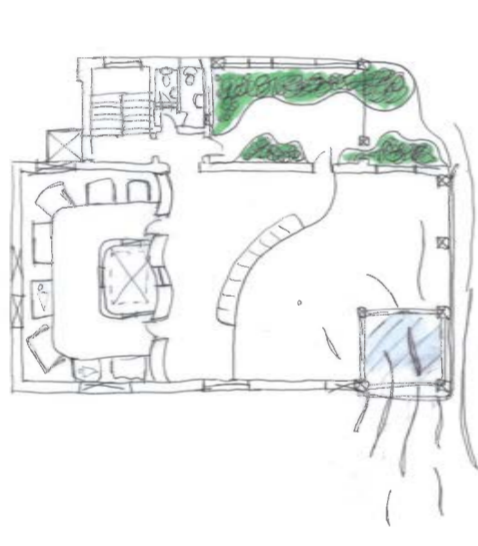
Maquette Models Development 2

3D maquette to explore arches, Sandpit layout, the experience, balcony and lightwells in the space. Still thinking of how to incorporate fabrics to affect the lighting in the space (with tracing paper to diffuse the light) and make it transitional from outside to inside.

Sketch Ground Floor plan



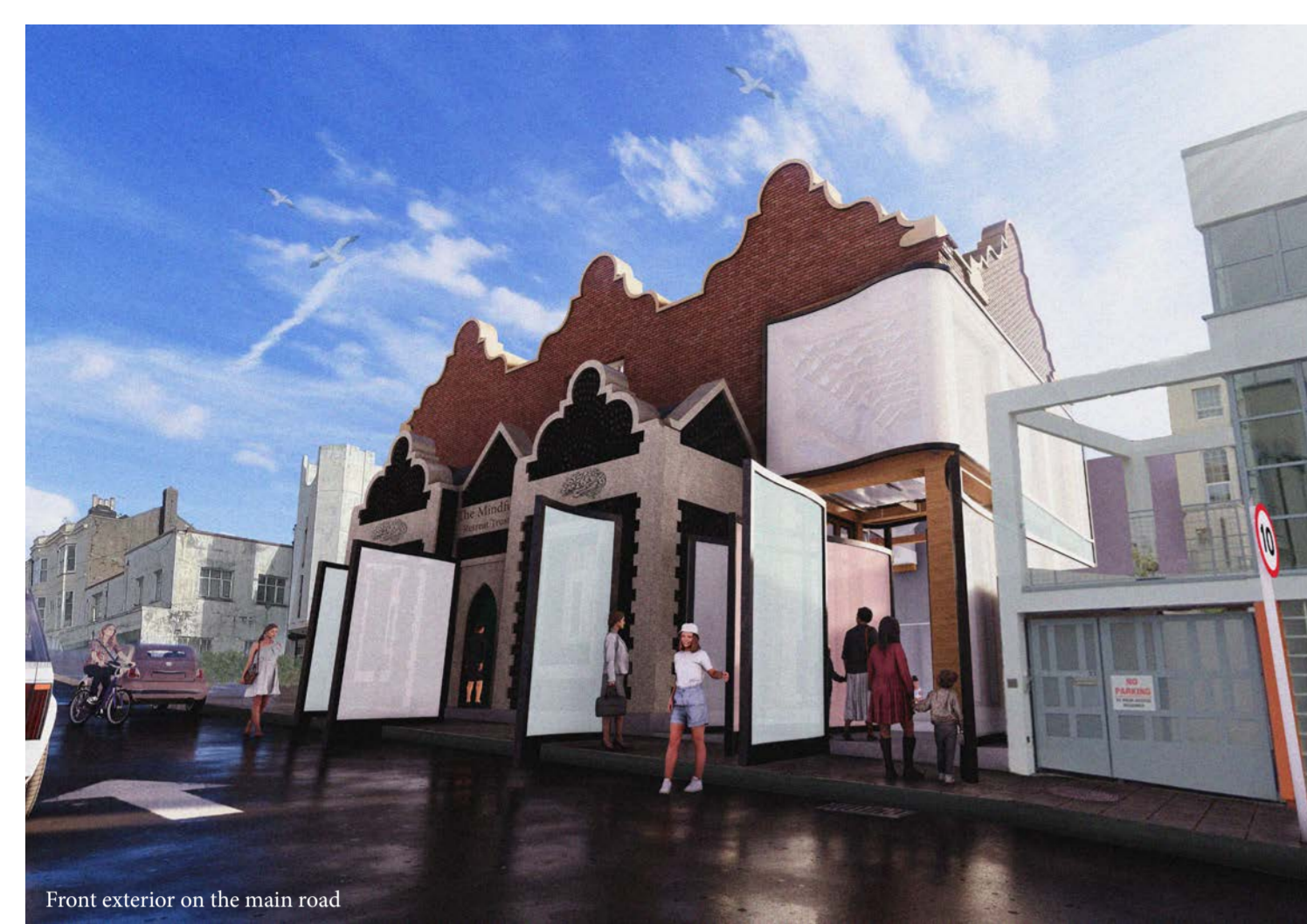
Sketch First Floor plan



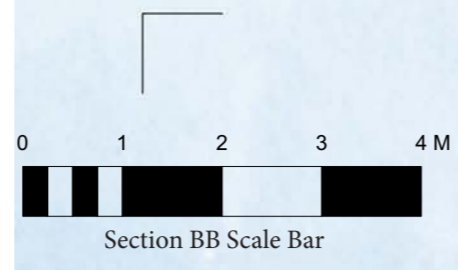
The final design incorporated a stack ventilation system for air control of touch. Fabric exterior to diffuse harsh lighting. Glass roof for optimal overhead natural lighting. Sound absorbers for noise control in large open spaces. In the final stages, smaller details were explored to enhance the multisensory experience. These are demonstrated in the spatial features.

Design Development Sketch Perspectives





Front exterior on the main road



Section BB Scale Bar



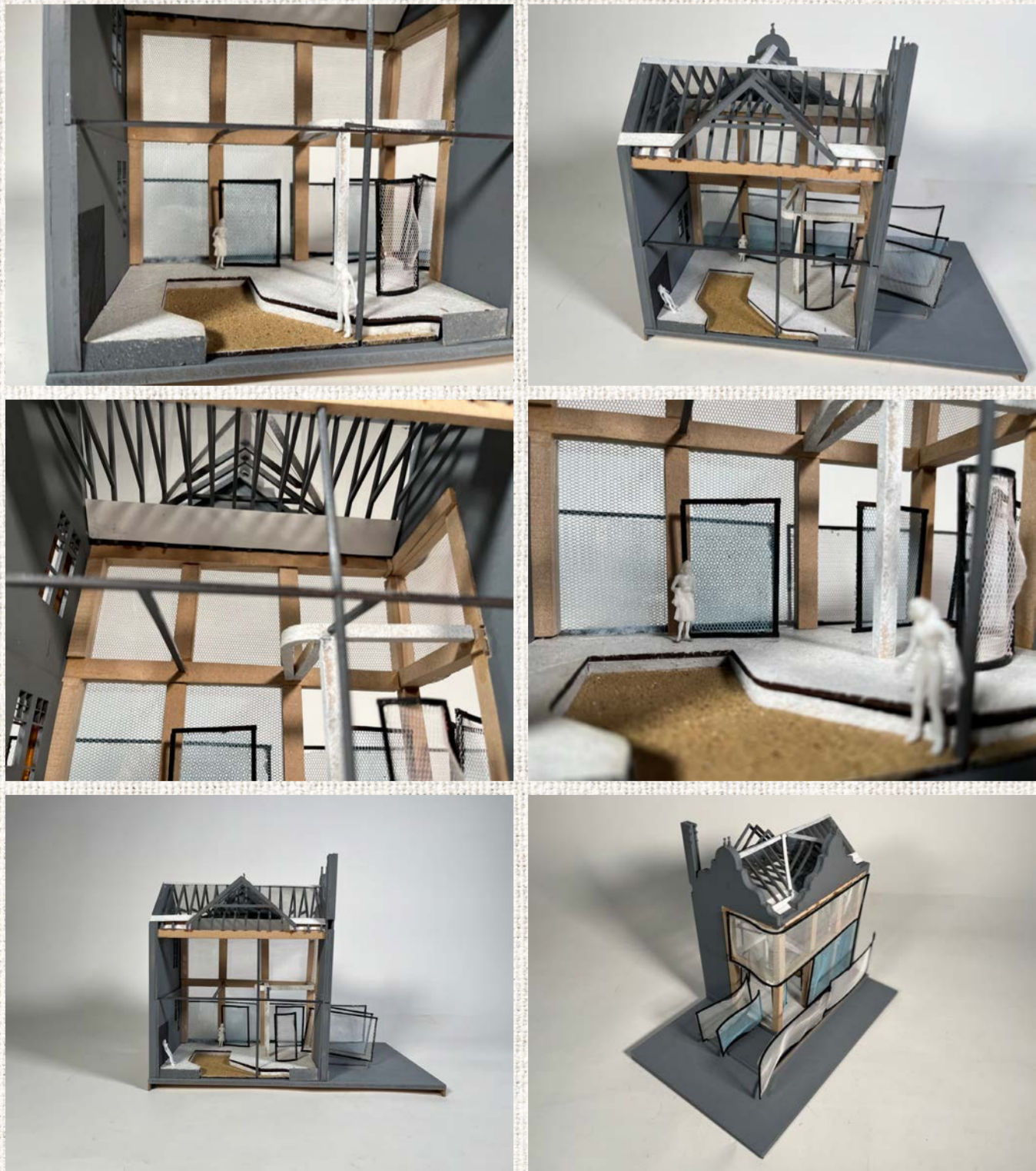
Roof Plan

First Floor Plan

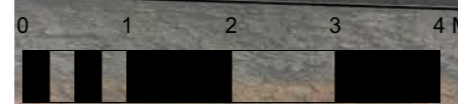
Ground Floor Plan

1:50 Section Model

Demonstrating the reconstruction and reuse of an existing building New Venture Theatre Bedford Place, Brighton BN1 2PT. The grey represents the existing structure. The colourful parts represent the new infrastructure within the design.



Proposed Front Elevation



Front Elevation Scale Bar