



LIFESTYLE

MENTAL HEALTH

HEALTHCARE

RELEAF

HEALING HEALTH NATURALLY



RELEAF

OVERVIEW

The current reliance on clinical medication to treat anxiety and stress often overlooks important factors like nutrition, exercise, and sleep.

RELEAF is a rehabilitation centre that offers a holistic, evidence-based alternative to traditional mental health treatments, focusing on nutrition, physical activity, and nature-based therapies to support recovery from anxiety, stress, and related issues, while promoting long-term resilience and reducing pressure on the healthcare system.

The challenge is moving away from quick fixes and towards more sustainable, natural solutions.

The purpose of RELEAF is to provide a sustainable, natural alternative to clinical medication for mental health recovery, helping individuals build long-term resilience by prioritising living needs like nutrition, exercise, and sleep.

The long-term impact is twofold: individuals gain mental health benefits through sustainable lifestyle changes, and pressure on the healthcare system is reduced by offering a preventative alternative to traditional treatments.



Nothe Fort
Barrack Road
Weymouth, BT4 8UF



Monday - Saturday 08:00 - 20:00
Sunday 10:00 - 16:00



A friendly team of 50 members (including NHS registered dietitians, nutritionists, therapists, neurologists, physiotherapists and beauticians)

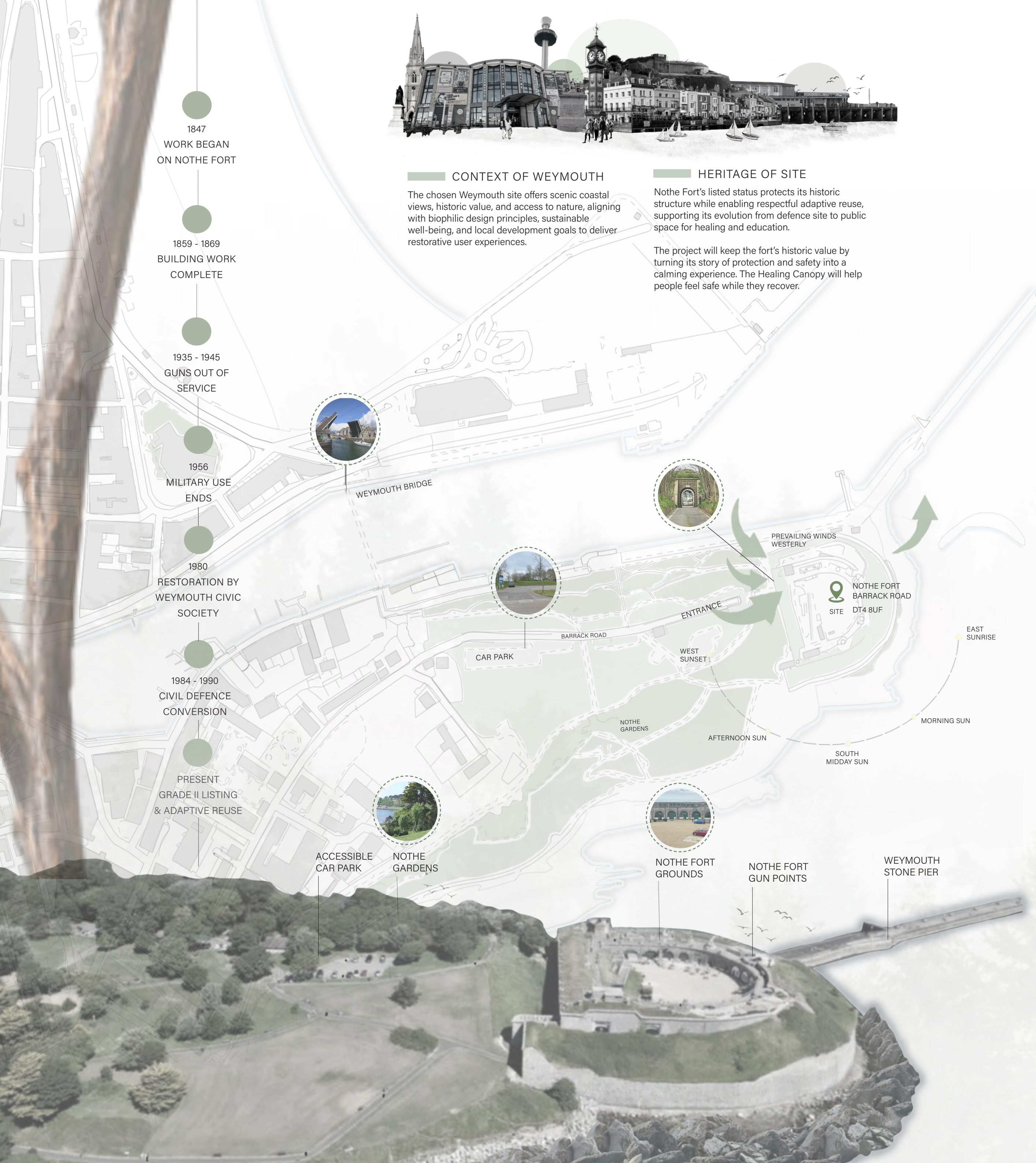


Healing Garden and Nutritional Cafe open to the public.
- Varied costs natural healing treatment package.
- Short stay studio apartments with kitchenette and ensuite (max. 2 persons)



ADDRESSING THE PROBLEM

There is an urgent need to address the NHS backlog and the over-reliance on medication by introducing more accessible, preventative approaches that prioritise lifestyle, nutrition, and holistic care to improve long-term mental health outcomes.



CONTEXT OF WEYMOUTH

The chosen Weymouth site offers scenic coastal views, historic value, and access to nature, aligning with biophilic design principles, sustainable well-being, and local development goals to deliver restorative user experiences.

HERITAGE OF SITE

Nothe Fort's listed status protects its historic structure while enabling respectful adaptive reuse, supporting its evolution from defence site to public space for healing and education.

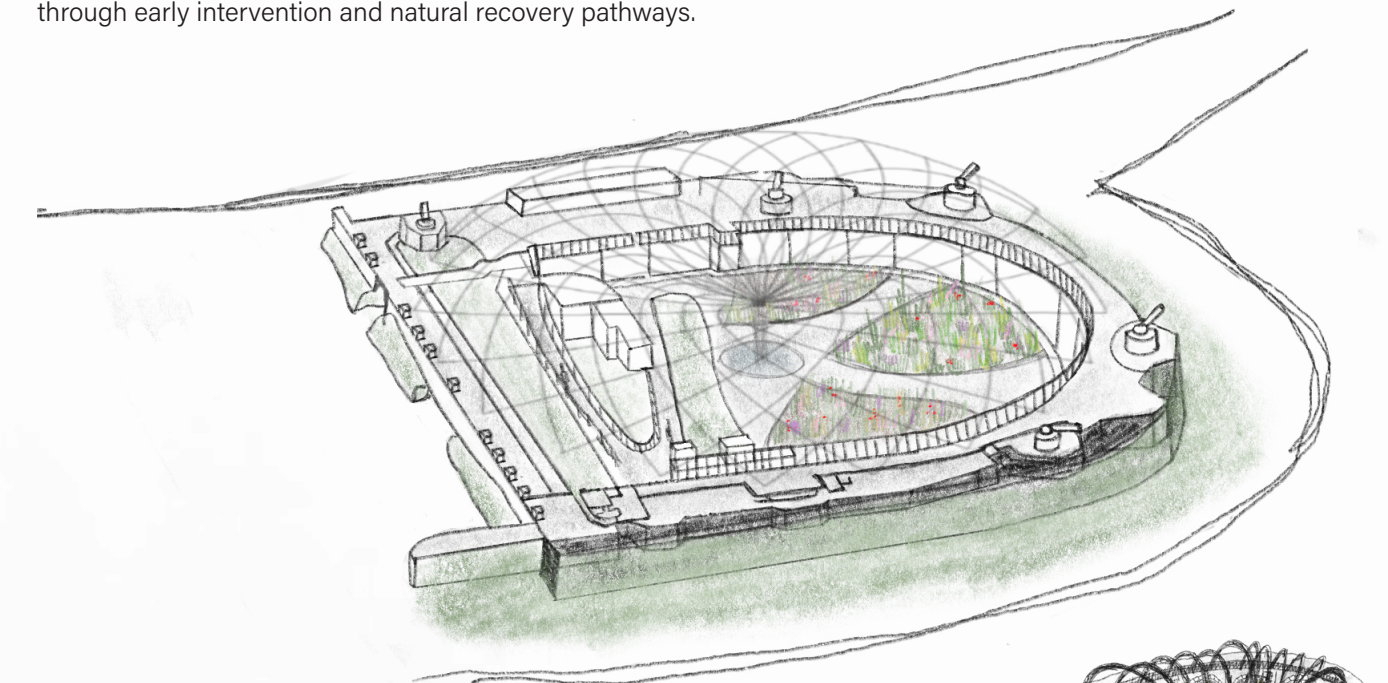
The project will keep the fort's historic value by turning its story of protection and safety into a calming experience. The Healing Canopy will help people feel safe while they recover.



DEFINING THE PROBLEM

RELEAF responds to this gap by providing a sustainable, evidence-based alternative that combines nutrition, movement, sensory therapies, and personalised support.

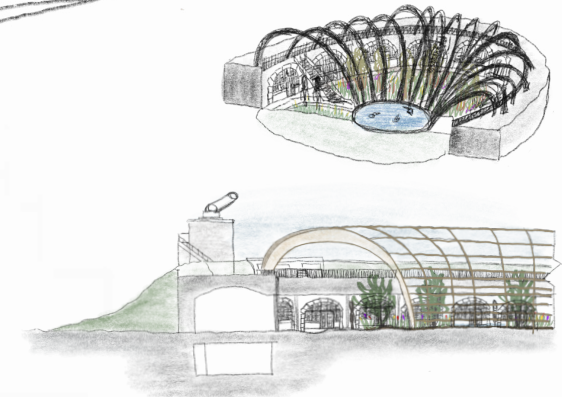
It will help individuals build resilience, reduce dependency on medication, and relieve pressure on mainstream services through early intervention and natural recovery pathways.



FUTURE OF SITE

RELEAF proposes a scalable, nature-based solution supporting individuals and the NHS by prioritising lifestyle changes over medication.

Through GP referrals, public events, and evolving digital or in-person services, it delivers sustainable, personalised care to reduce long-term NHS demand and empower future communities to prioritise mental well-being.



INITIAL CONCEPT SKETCHES

USER CENTERED APPROACH



ANITA SHILLING
NUTRITIONIST

'I empower individuals to nourish their bodies and minds with plant-rich, healing foods. I want to make eating healthy simple, sustainable, and effective for any lifestyle.'



ANDY BODMAN
NEUROLOGIST

'I help individuals understand the powerful connection between the mind and body, using specific methods to optimise brain health, sleep and overall well-being.'



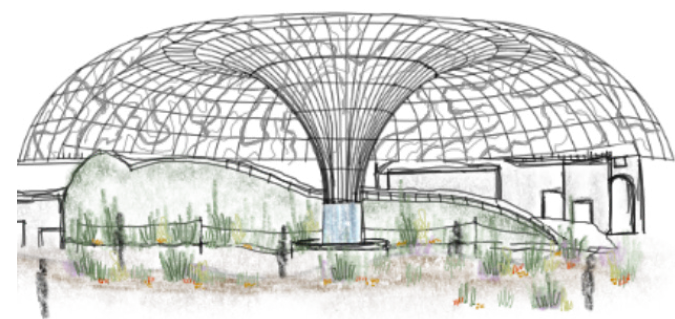
JAMES BAILEY
LAB TECHNICIAN

'I blend traditional healing with science, using natural herbs, spices, and fermentation to create, safe, nourishing, remedies that support overall health.'



FRANCESCA SARCHET
STUDENT

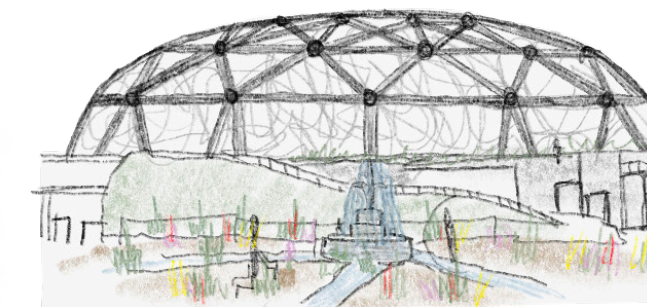
'RELEAF has helped me to realise the importance of prioritising all aspects of my life, nutrition, rest, and mental health. Whilst managing stress I can nurture my well-being and graduate at university.'



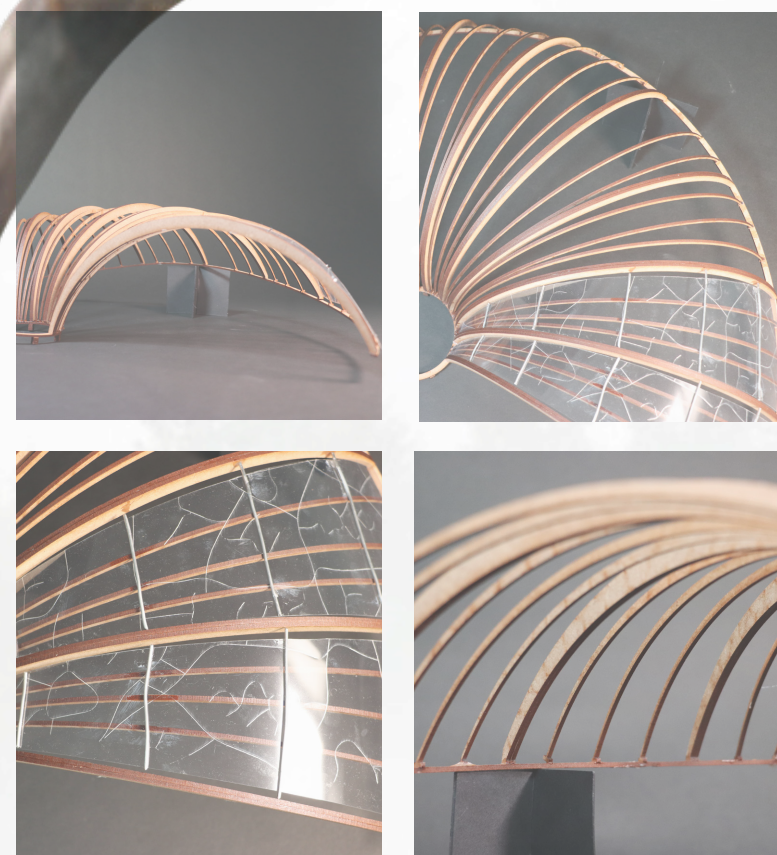
DONUT DOME CONCEPT SKETCH



WEST ELEVATION



GEODESIC DOME CONCEPT SKETCH



MDF DOME MODEL

MDF Dome Model constructed with laser cut 2.5mm MDF into arches with clear acetate etched with skeleton leaf pattern using laser cutter with silver wire to display circular structure.

DOME STRUCTURE

Double glazed glass
10mm glass
25mm void
10mm glass

Skeleton leaf pattern overlay

Cross beam structure
Cross laminated timber
Mortise and tenon joint system

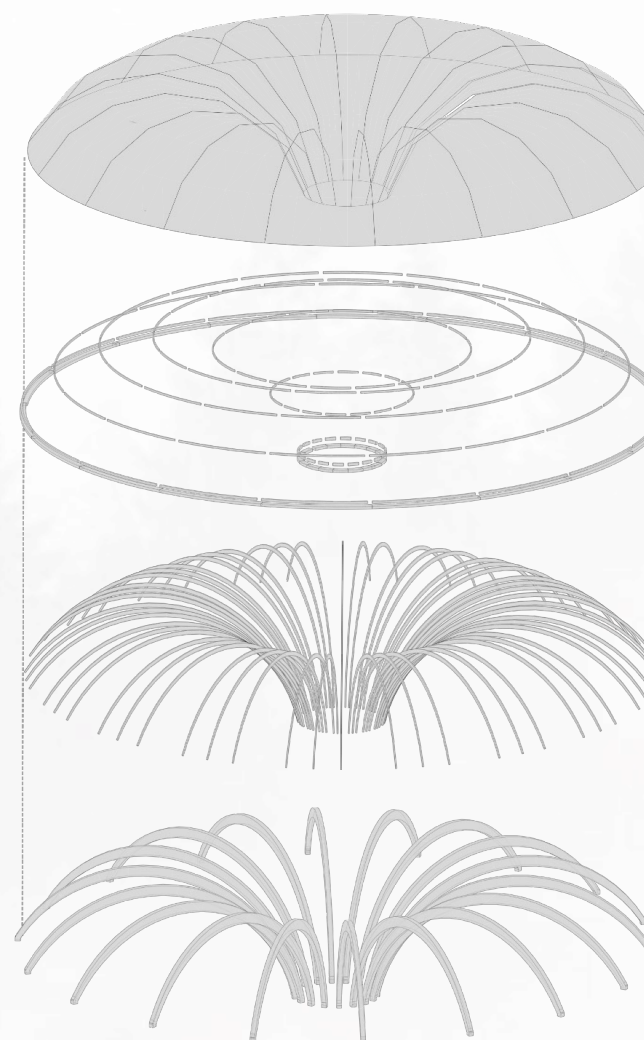
250mm thick

Cross laminated
smaller timber beam

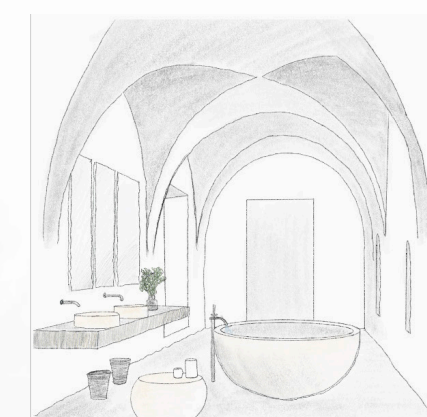
900mm x 400mm

Cross laminated
main timber beam

400mm x 200mm



CONCEPT SKETCHES



BATHROOM SUITE



BOOTH SEATING



NUTRITIONAL CAFE



AYURVEDIC TREATMENT ROOM



NATURE FRAMEWORK

Structure of Nature explores how natural forms such as symmetry, repetition, and organic patterns can create environments that reduce cortisol levels and improve individual's emotional well-being.

THE HEALING JOURNEY

ROOTS



The healing journey begins as patients arrive through the Portland stone tunnel, surrounded by greenery, wild herbs, and views of the healing canopy and garden.

NOURISH



After signing in, patients are guided to the heart of Releaf, the healing canopy filled with nourishing plants and clear pathways for exploration and reflection, overlooking Weymouth's calming coastline.

GROWTH



Within the private suite, patients complete their healing profile and receive a personalised healing stone, connecting them to tailored treatments, sensory controls, and progress tracking throughout their recovery journey.

BLOSSOM



Patients are welcomed into their private studio apartment, a personal space with essential amenities and sensory controls, designed to support rest, reflection, and personalised care throughout their stay.

BLOOM



The nutritional cafe provides a welcoming space for patients to enjoy gut-healthy meals, supporting well-being through balanced nutrition, whether dining in or ordering room service.

FLOURISH



Personalised therapy and consultation sessions, bookable via the healing stone, offer flexible support in private or casual settings to provide long-term recovery and personal growth.



NOURISH

Nourish (Zone A) is dedicated to growing fruits, vegetables, and plants that naturally nourish the mind, body, and promote hydration for overall well-being.

It could contain produce such as citrus fruits, walnuts, pears, almonds, sunflower seeds, mulberries.



DIGESTION

Digestion (Zone B) focuses on grounding the body with foods grown to support healthy digestion, balance, and inner stability.

It could contain produce such as sweet potatoes, pumpkin, leafy greens, lotus, black beans, chickpeas.



RESILIENCE

Resilience (Zone C) features plants and herbs known for their adaptogenic properties, helping the body and mind manage stress and build long-term resilience.

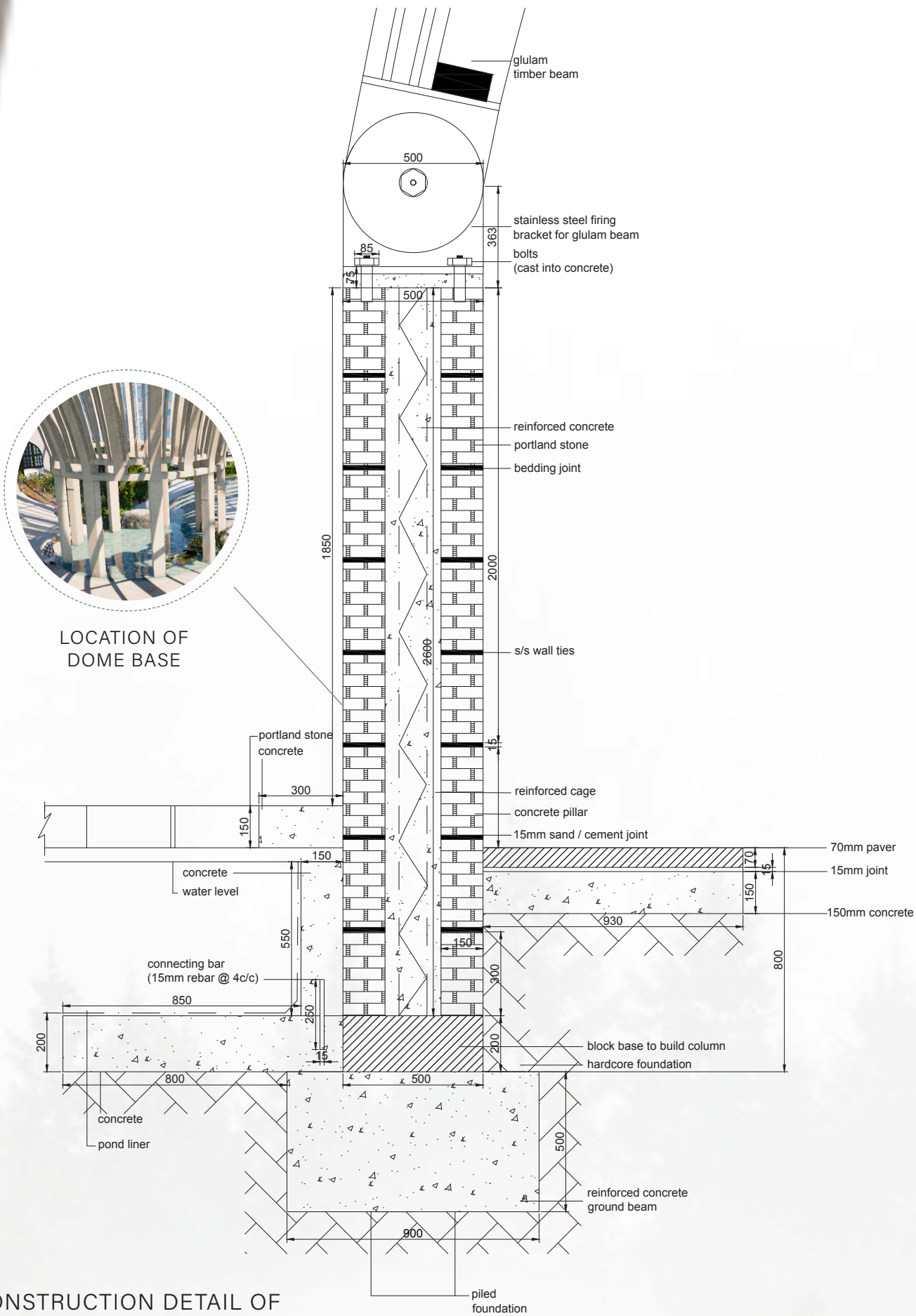
It contains produce such as ginseng, astragalus, lavender, walnuts, pine nuts, ashwagandha.



MOOD

Mood (Zone D) supports the circulation of the body and mind through plants and spices that help uplift energy and emotional balance.

It could contain produce such as ginger, turmeric, cinnamon, basil, pumpkin seeds.



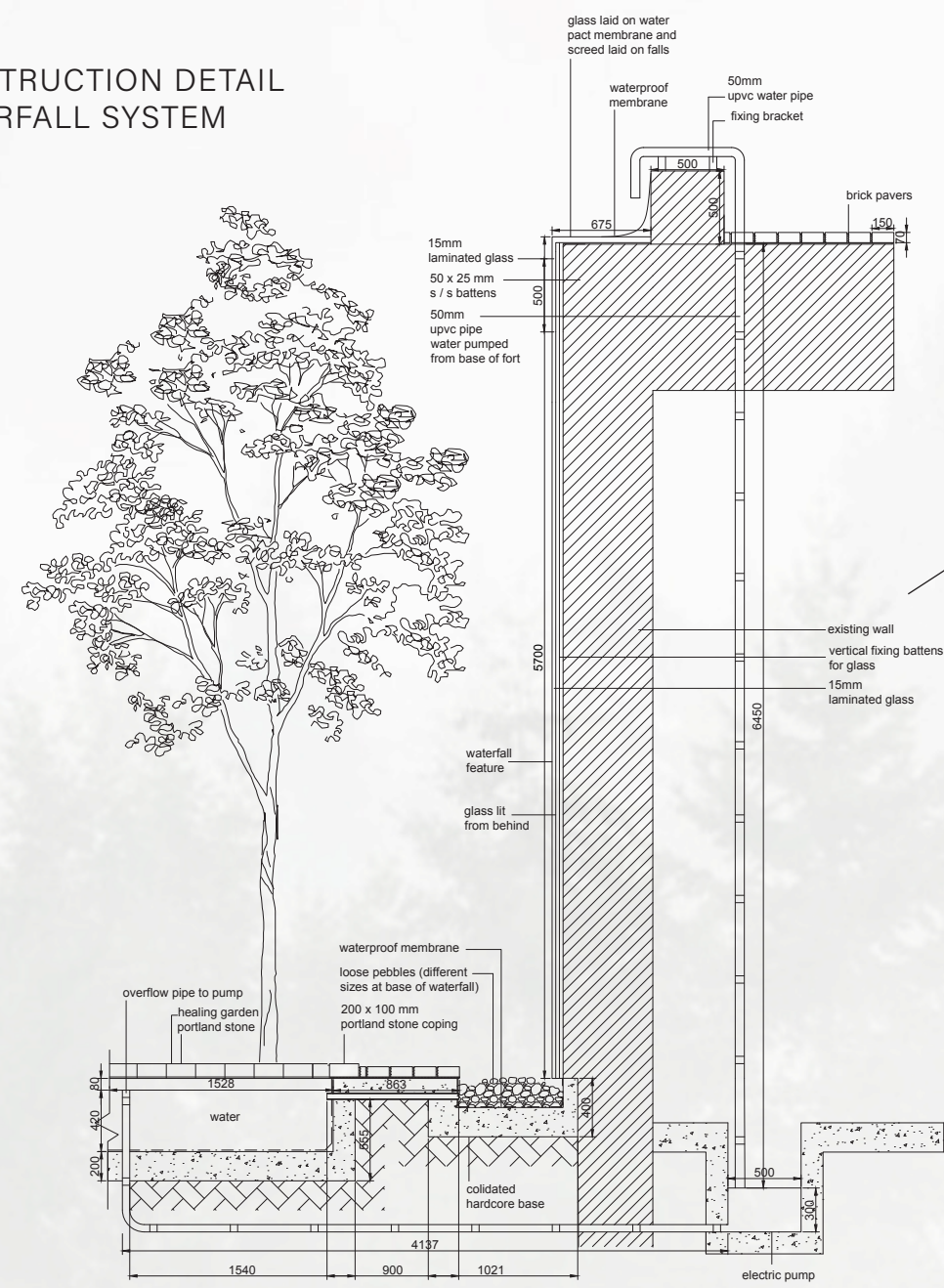
LOCATION OF DOME BASE

CONSTRUCTION DETAIL OF DOME BASE

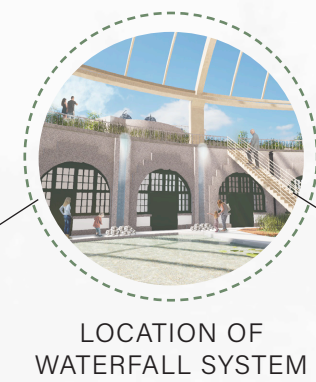
MATERIALS PALETTE



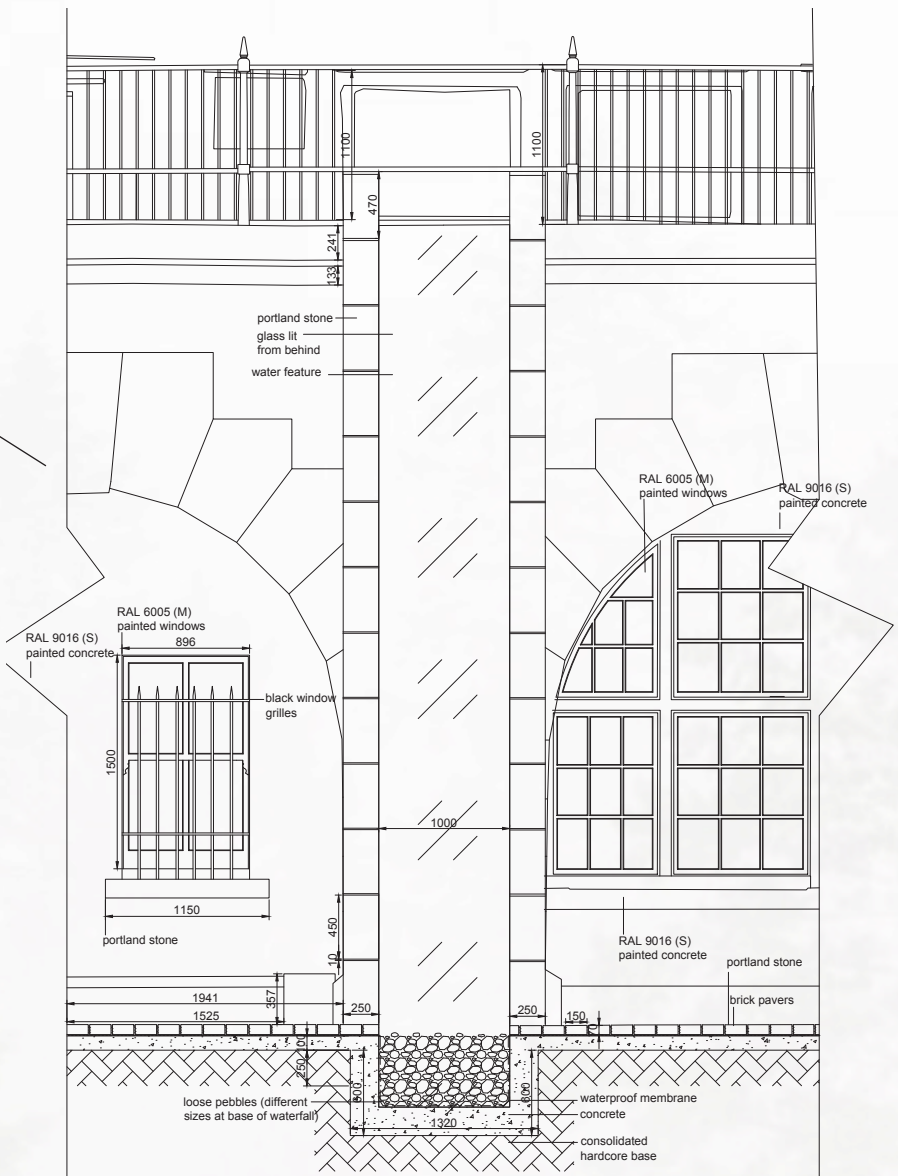
CONSTRUCTION DETAIL WATERFALL SYSTEM



DETAIL OF WATERFALL IN ELEVATION



LOCATION OF WATERFALL SYSTEM





STUDIO APARTMENT



NUTRITIONAL CAFE BOOTH SEATING



PROPOSED GROUND FLOOR PLAN

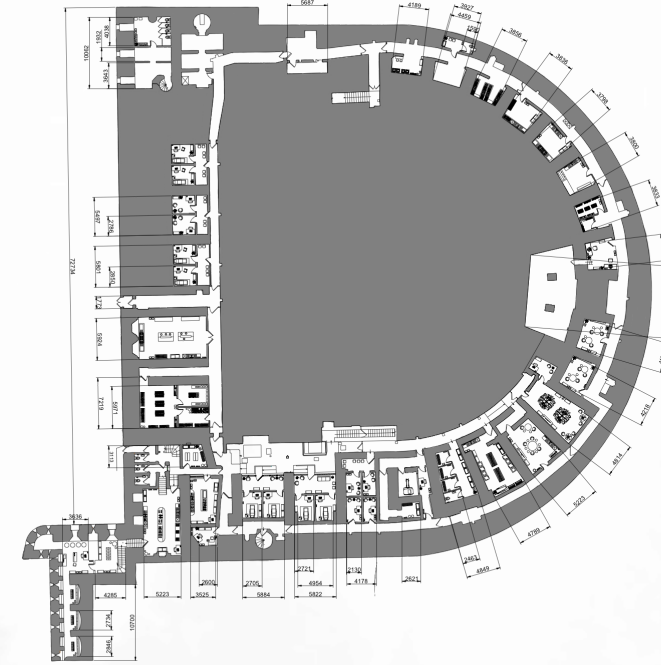
The ground floor provides key spaces designed to support the patient's physical, emotional, and mental well-being. These include the Healing Garden, Art Studio, Education Suite, Fitness and Physiotherapy Studios, Nutritional Café, Consultation and Therapy Suites, Private Lounge, Sanctuary, Private Sanitary, and Studio Apartments for overnight stays.



HEALING GARDEN AT NIGHT



HEALING GARDEN IN DAYLIGHT

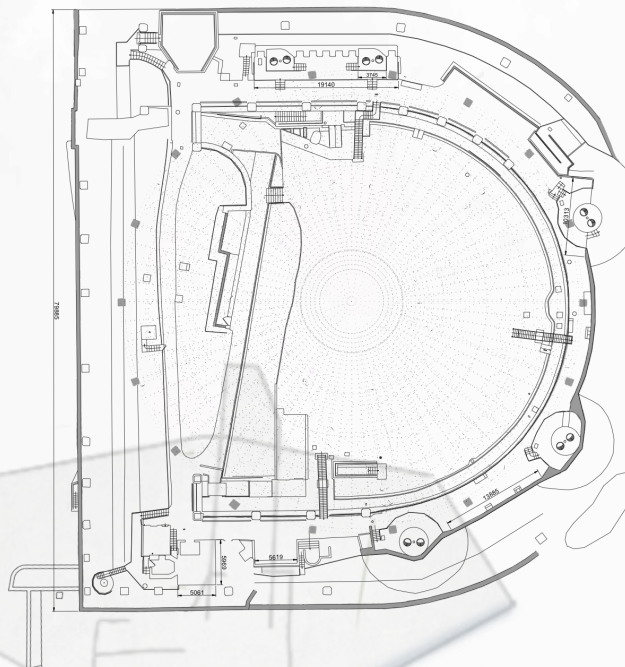


PROPOSED BASEMENT FLOOR PLAN

The basement level provides essential facilities that support natural recovery, including the Nutritional Lab, Skincare Lab, Ayurvedic and Neurological Treatment Rooms, Consultation Room, Therapy Suite, and a Laundrette to support daily living needs. These spaces work together to promote holistic well-being.



VIEW OF EXTERNAL DOME AND UPPER TERRACE



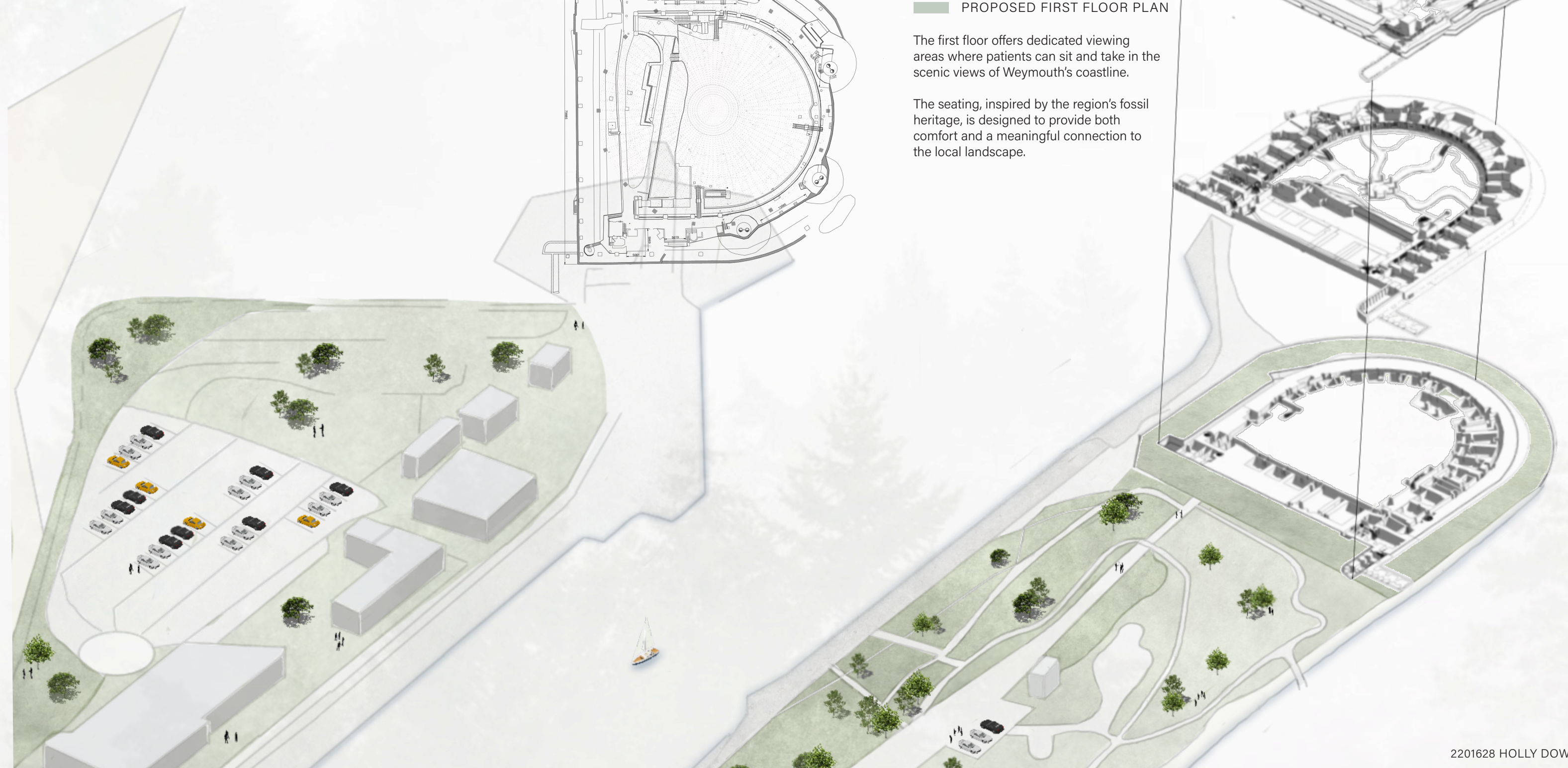
PROPOSED FIRST FLOOR PLAN

The first floor offers dedicated viewing areas where patients can sit and take in the scenic views of Weymouth's coastline.

The seating, inspired by the region's fossil heritage, is designed to provide both comfort and a meaningful connection to the local landscape.



AERIAL VIEW OF HEALING CANOPY



ISOMETRIC VIEW OF PROPOSED SITE