

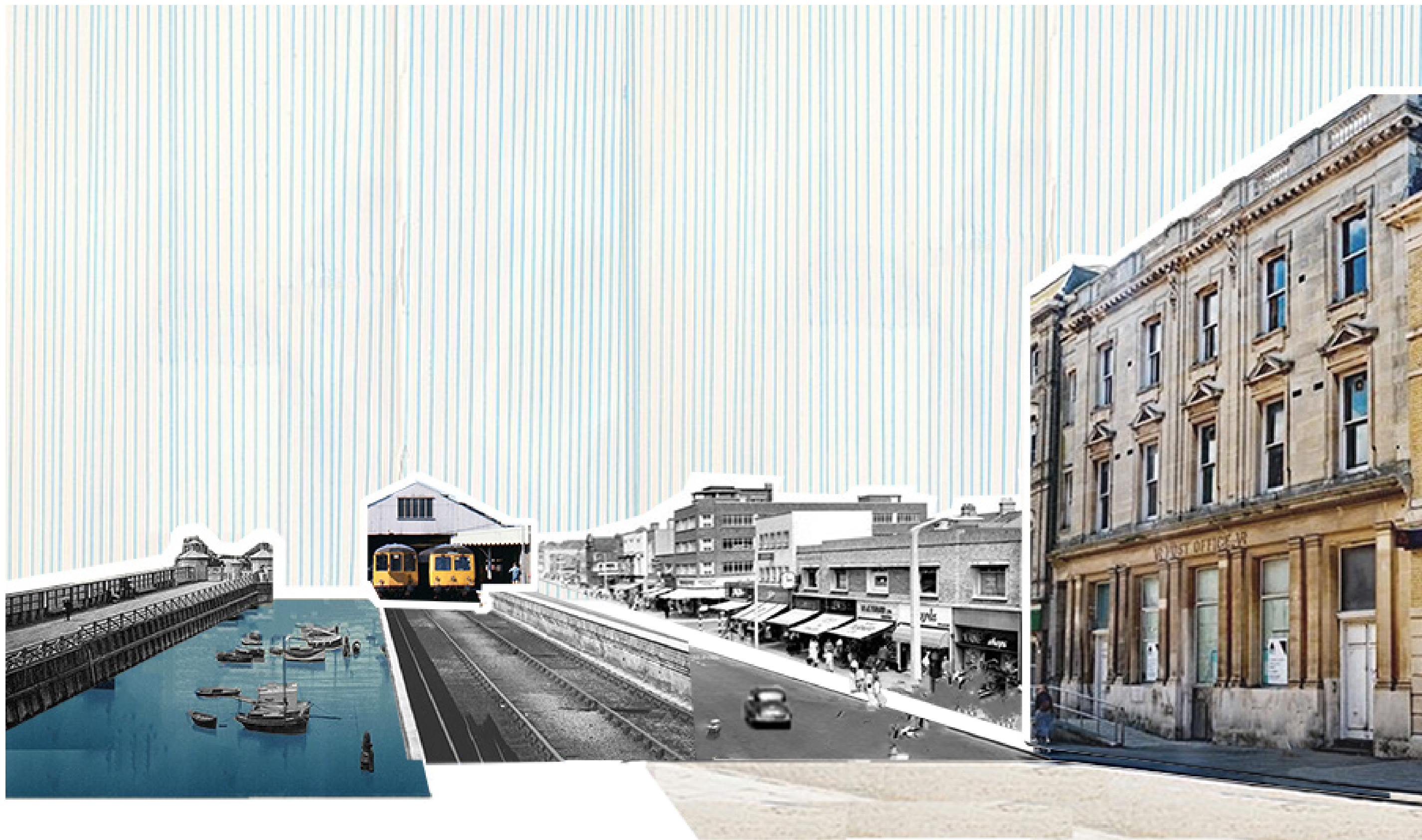


Yuzhi Gu

MA Royal College of Art 2022

Interior Design

Tutor: Jee Liu



LOWESTOFT



SITE LOCATION

51 London Road N.
Lowestoft. UK.

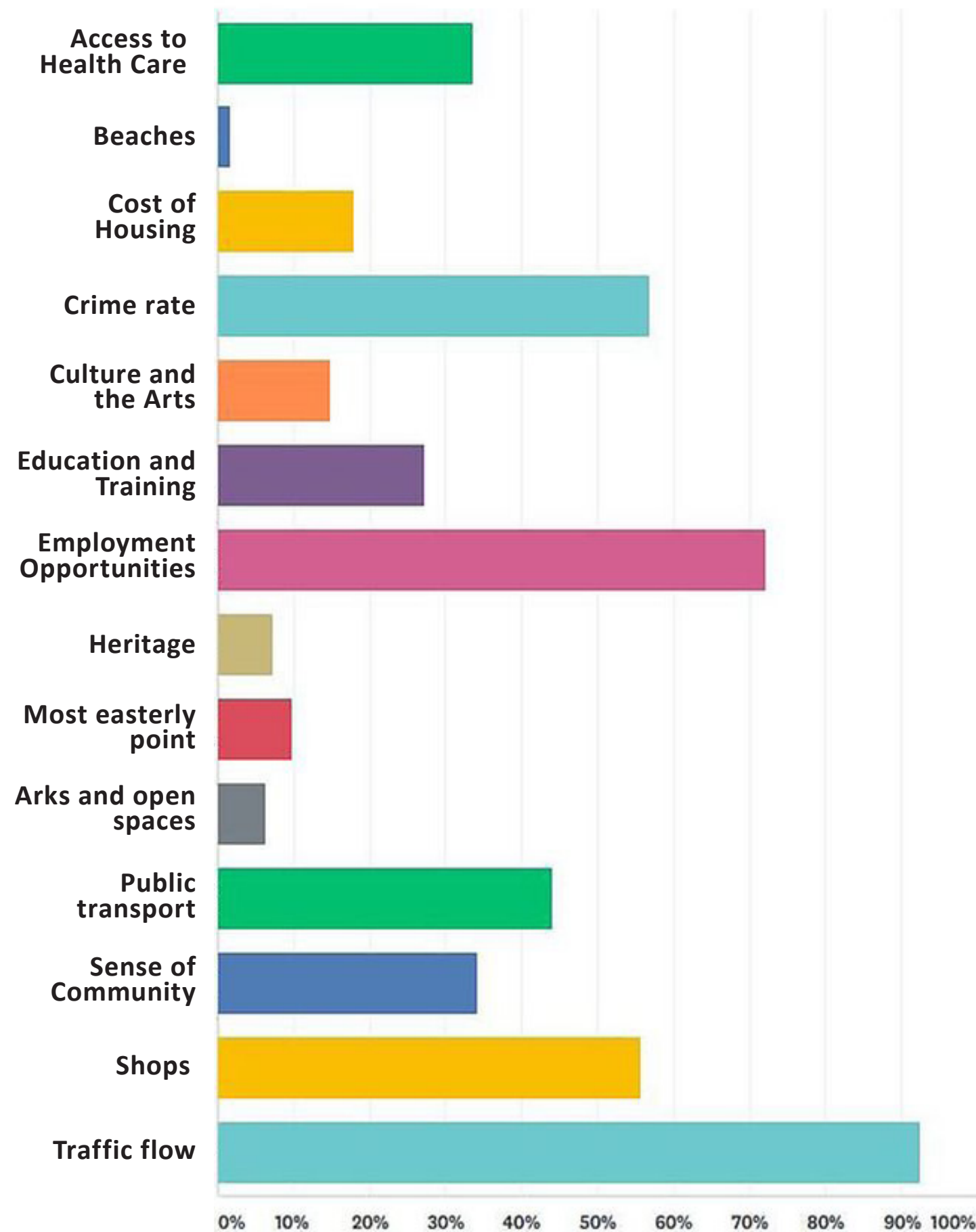
High Street



Early 1950s



Now



Lowestoft
Facing Problems Reaserch

Aging Population



According to the 2011 Census, **Suffolk's population now stands at 728,200** – an 8.7pc growth that outstrips the national average of 7pc.

The census also reveals a striking increase in Suffolk's ageing population – **with a growth of 25pc of people aged 60 and above from 2001.**

Health Inequality



If one lives in certain parts of Lowestoft one has a 60 to 80 per cent. greater chance of dying before the age of 75 than the average individual living in Suffolk.

World Current Situation

Pandamic





Britain's struggling mental health services are on the brink of a new crisis

Analysts put the cost of mental illness to the UK economy at more than £100 billion a year.

The coronavirus outbreak will have an enormous psychological toll

A government spokesperson said:

"... On top of that, **we are providing an additional £500m for mental health services and £79m to expand mental health support teams in schools and colleges.**"



Lowestoft illuminated in RED to highlight the crisis facing the industry



In Lowestoft The Situation Is Worse


Demand for psychological support has risen alarmingly in Lowestoft in recent years, community leaders say, and its overstretched mental health services haven't been able to keep up. The Norfolk and Suffolk NHS Foundation Trust, the authority responsible for the region, was graded "inadequate" by official inspectors three times in the past five years because of a host of safety and management failings.

*In Lowestoft, Melissa, 19, who reached out to local mental health services for help during the pandemic because her anxiety was spiralling out of control and making her suicidal. **"I was supposed to have a telephone consultation," she said, "but then they cancelled it. And then I didn't hear anything back."***

“Mental Health Support Centre”



“Mental Health Support Centre”

- Create Convenience for local people to access the mental health service
 - Create Job Oppotunities
 - Bring back vitality of high street
 - Increase the sense of community
 - Attract more young people stay in Lowestoft
 - Encourage more interaction between the two generations
- 



Precedent Study - Maggie's centre

- are calm, friendly and welcoming places, full of light and warmth
- have a kitchen table at their heart
- offer glimpses and views of the nature that surrounds them
- provide thoughtful spaces to find privacy as well as places to come together as a group





Natural Therapy

- A place that creates an intimate bond between people.
- A refuge that feel like a “home” outside the home.
- An hidden oasaas garden the city.



Targeting Client

Mainly for **LOWETOFT'S LOCAL PEOPLE**

TOURISTS can be potential clients

Special

People have financial struggle who cannot see a phsycologist, can volenteer to provide sorts of working labour to the centre in exchange for free psychotherapy.

Inside Centre

- Garden
- Pavilion
- Kitchen / Dining / Library
- Small Psychological Counseling Room
(2-3 people)
- Medium Psychological Counseling Room
(4-6 people)
- Office for 6 people

Design For People Who Suffer From Mental Illness

1. Environment

Open Space. encourage

Surrounded With Natural

2. Circulation

Fluent / Easy Navigate / Loop

3. Material

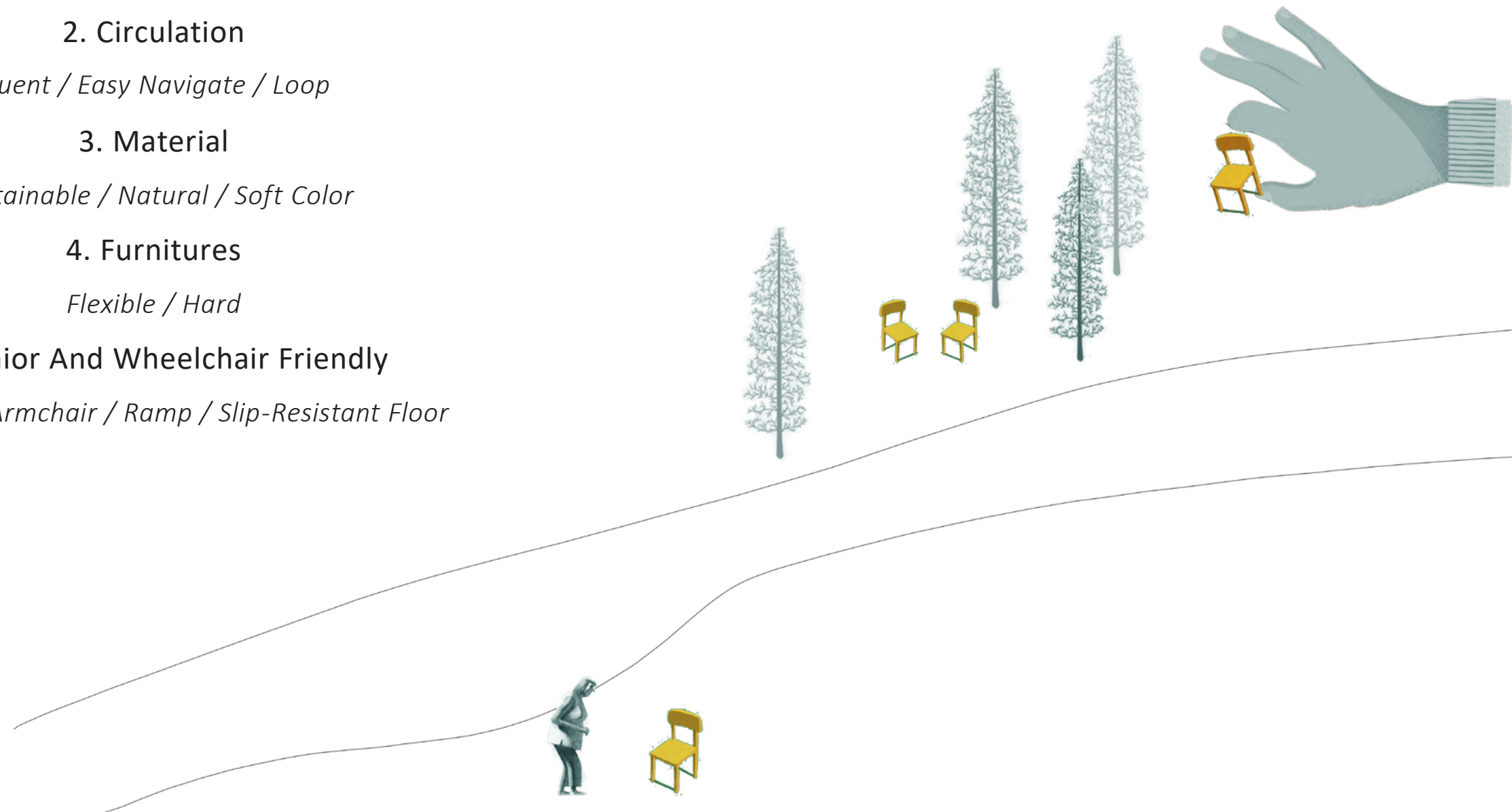
Sustainable / Natural / Soft Color

4. Furnitures

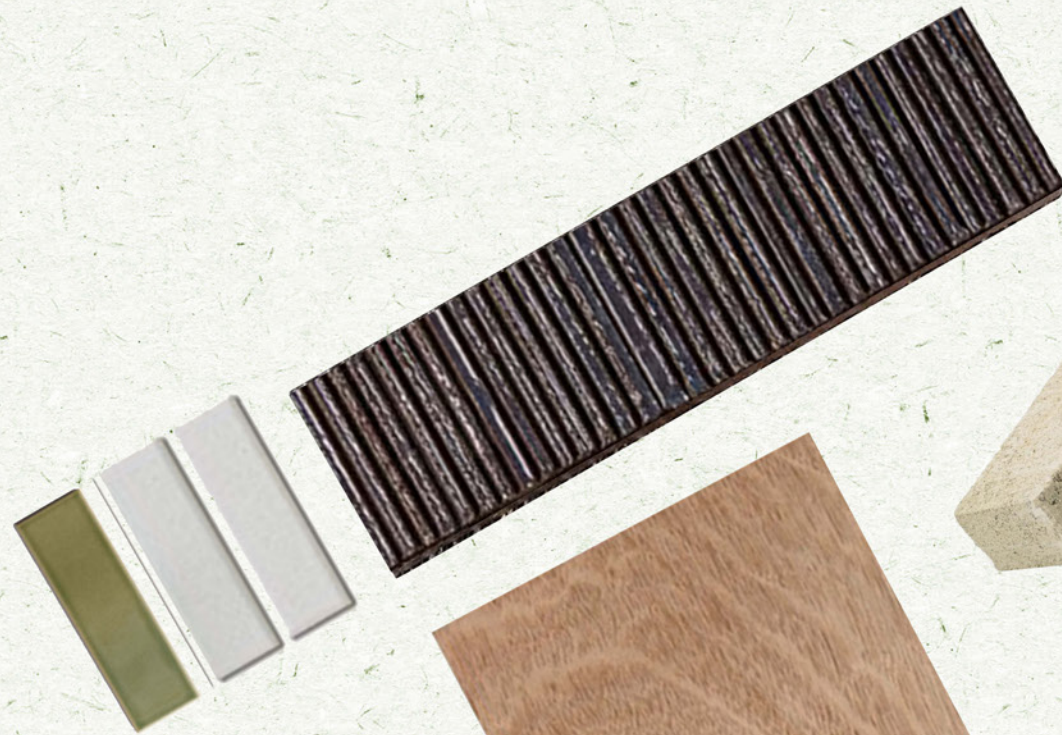
Flexible / Hard

5. Senior And Wheelchair Friendly

Handrail / Armchair / Ramp / Slip-Resistant Floor



Ceramic Tile



Pavement Stone



Timber



Brick



Fabric



Translucent Polycarbonate





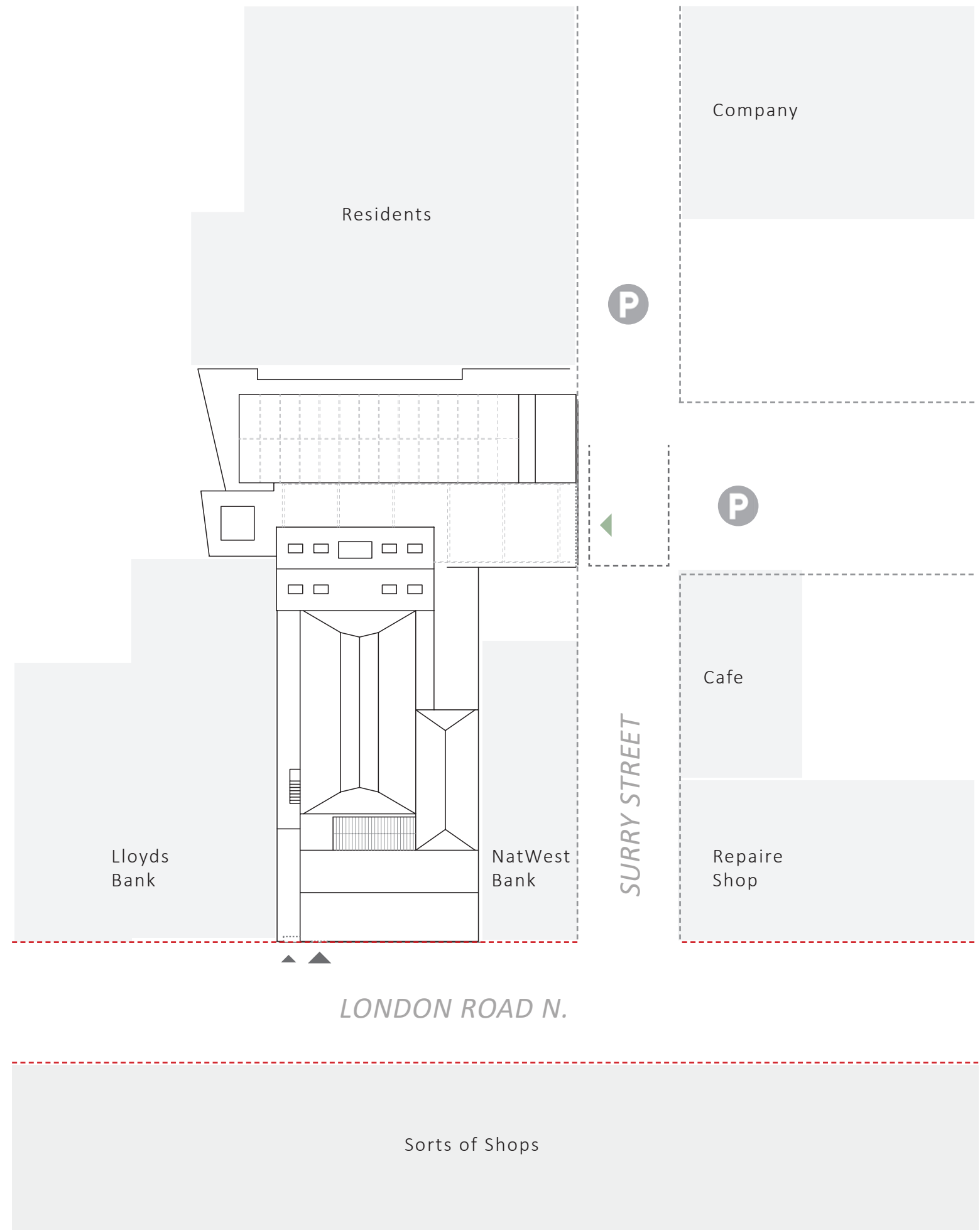
Former Post Office Main Entrance
On The Vehicle Free Street



Curb Drop Location
Rare Entrance
Loading Zoom



Parking
Close To The Rare Entrance





A



B



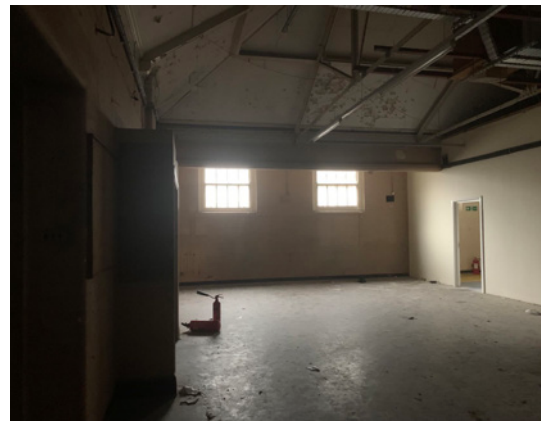
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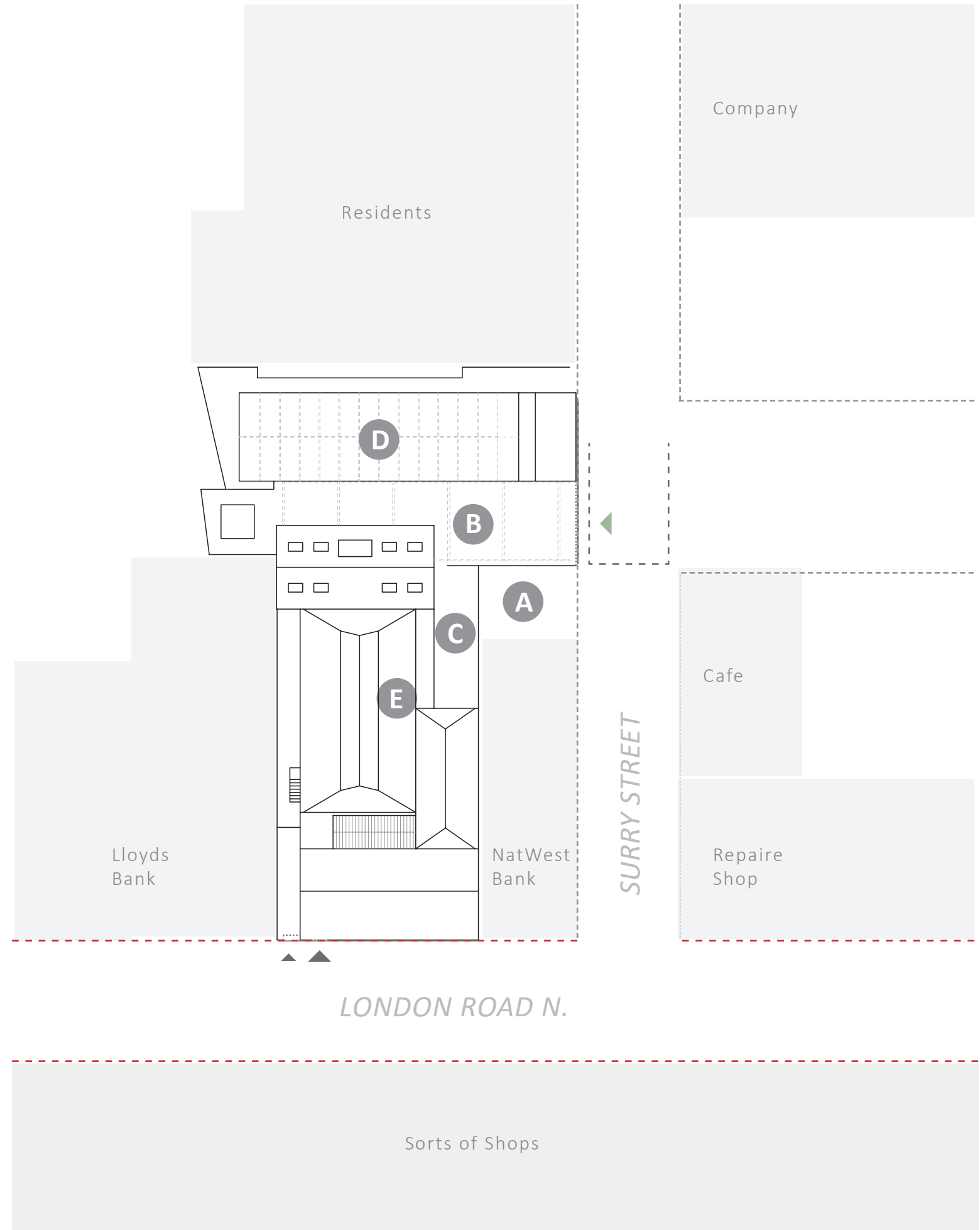
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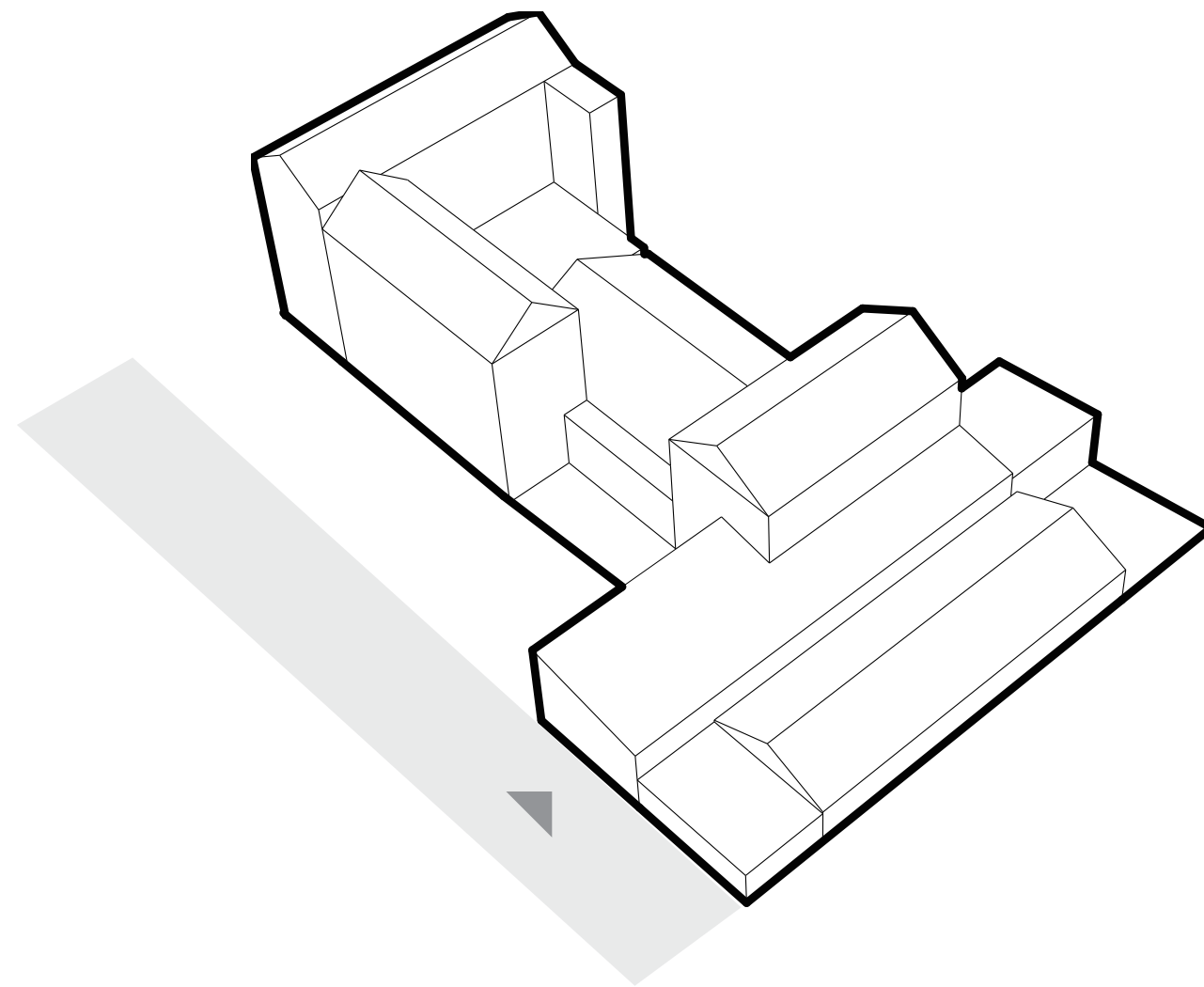


E



Inside Building

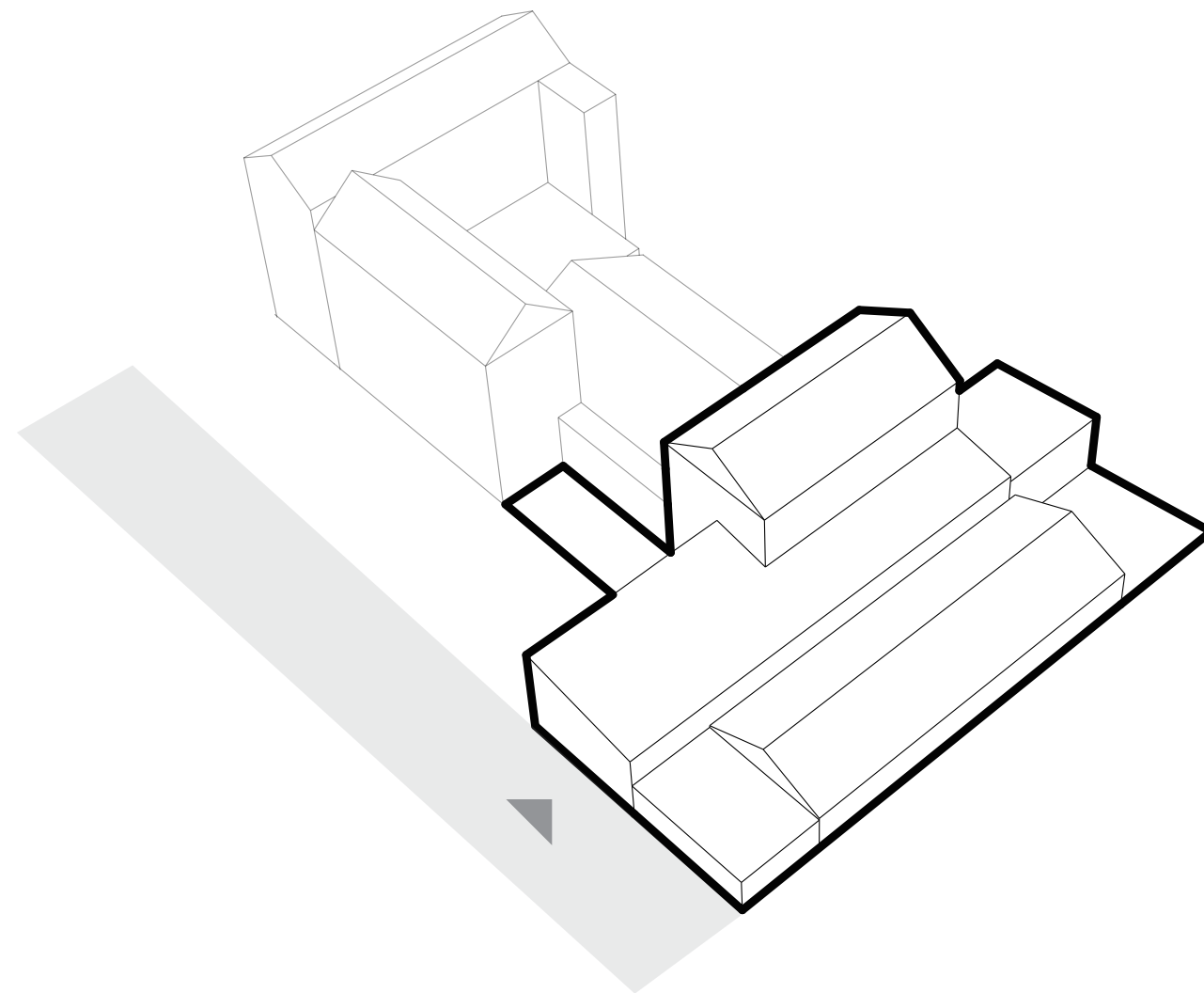




1

Given Site

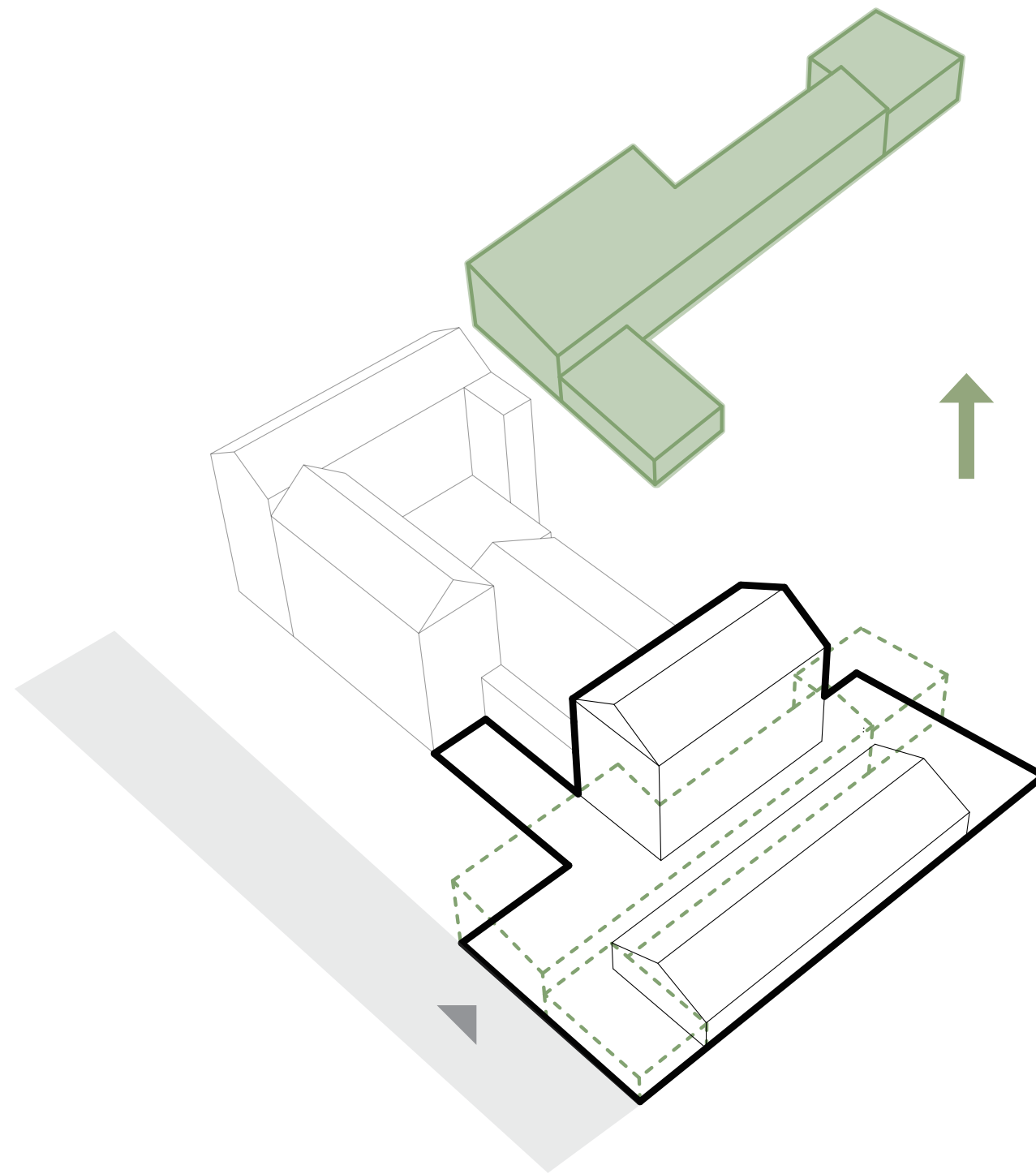
Back Entrance On Surry Street



2

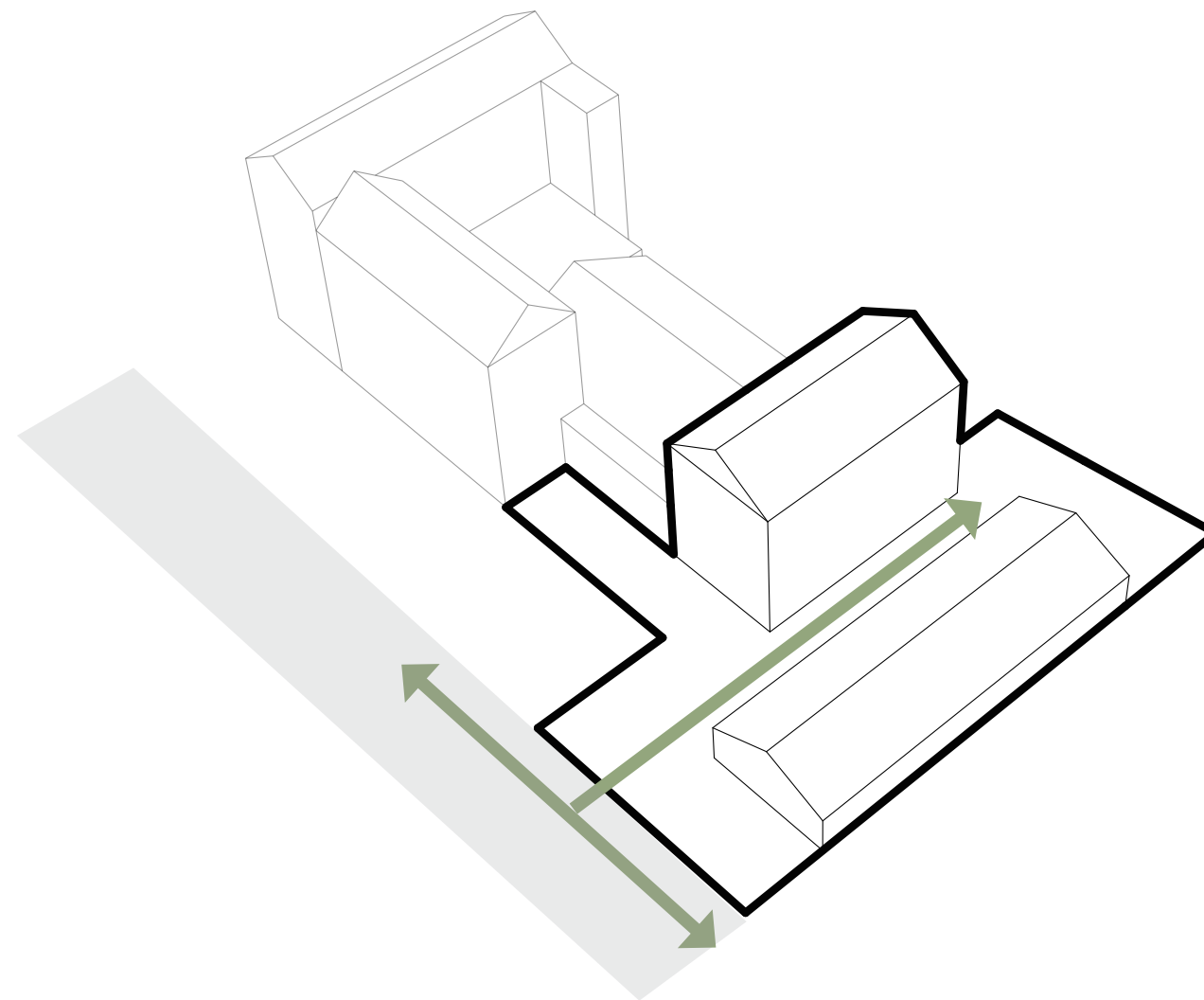
Start With Back of Given Site

More Quiet / Community Vibe



3

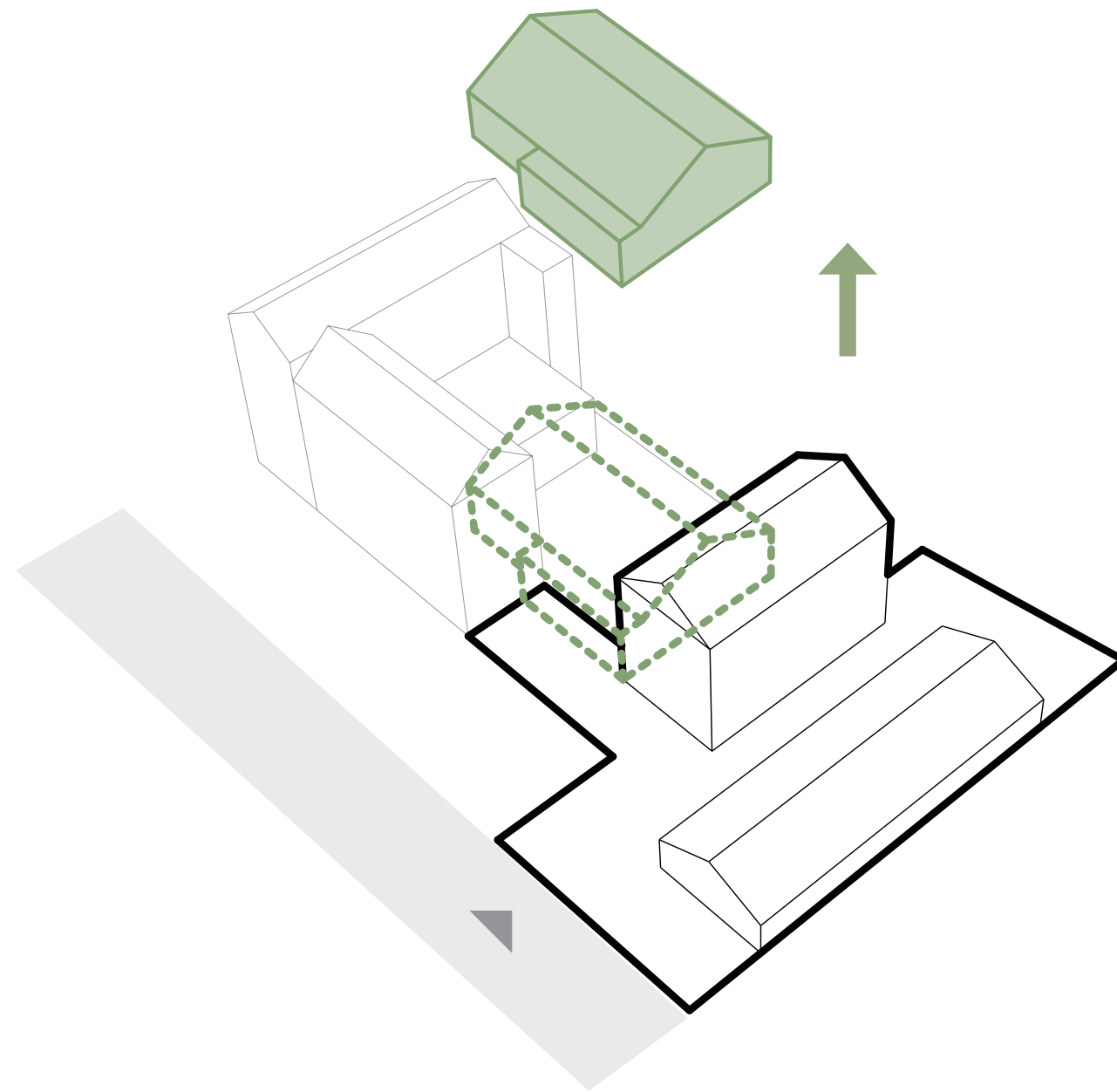
Remove Lean To



3

Remove Lean To

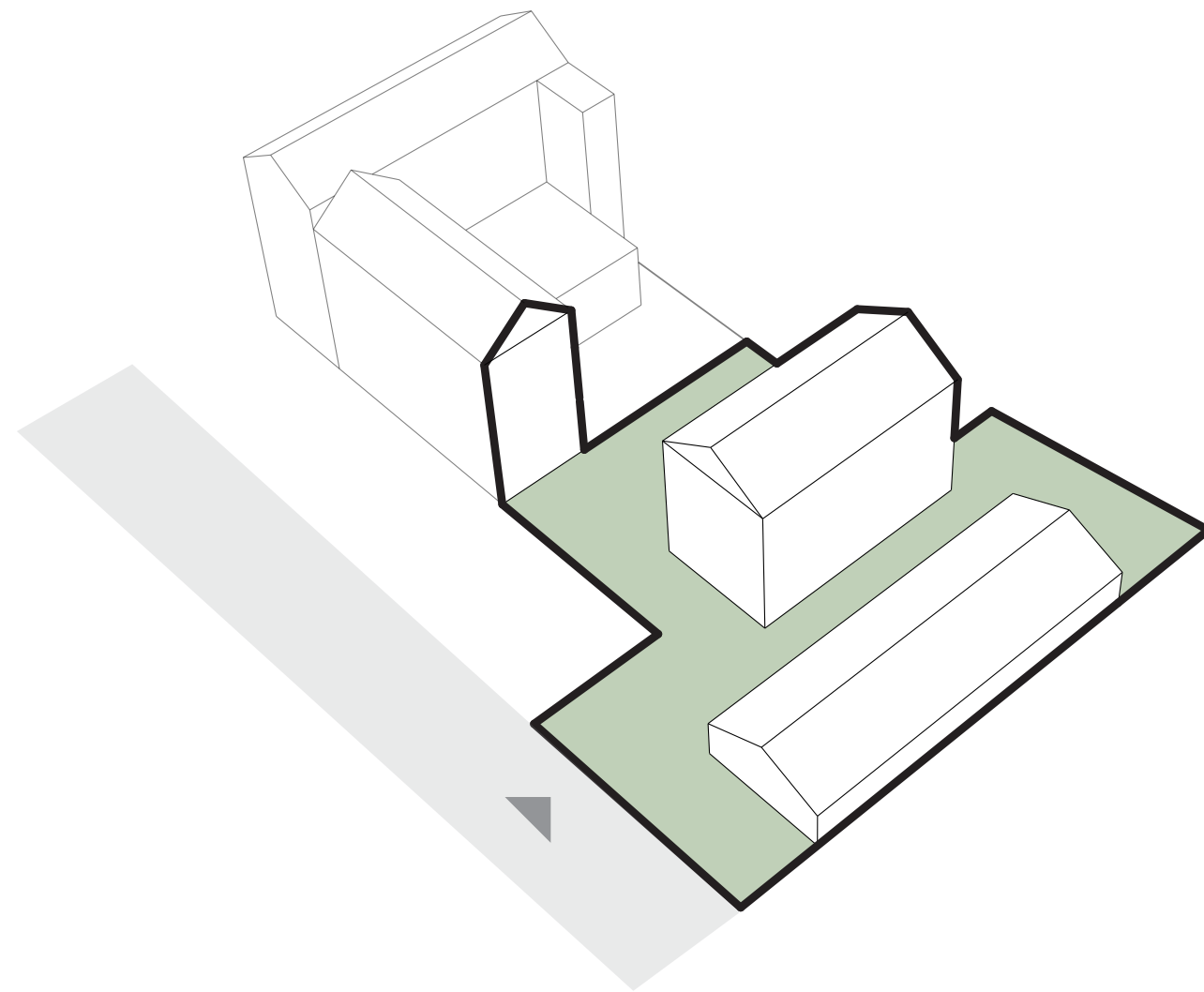
Enhance Connection To The Surry Street



4

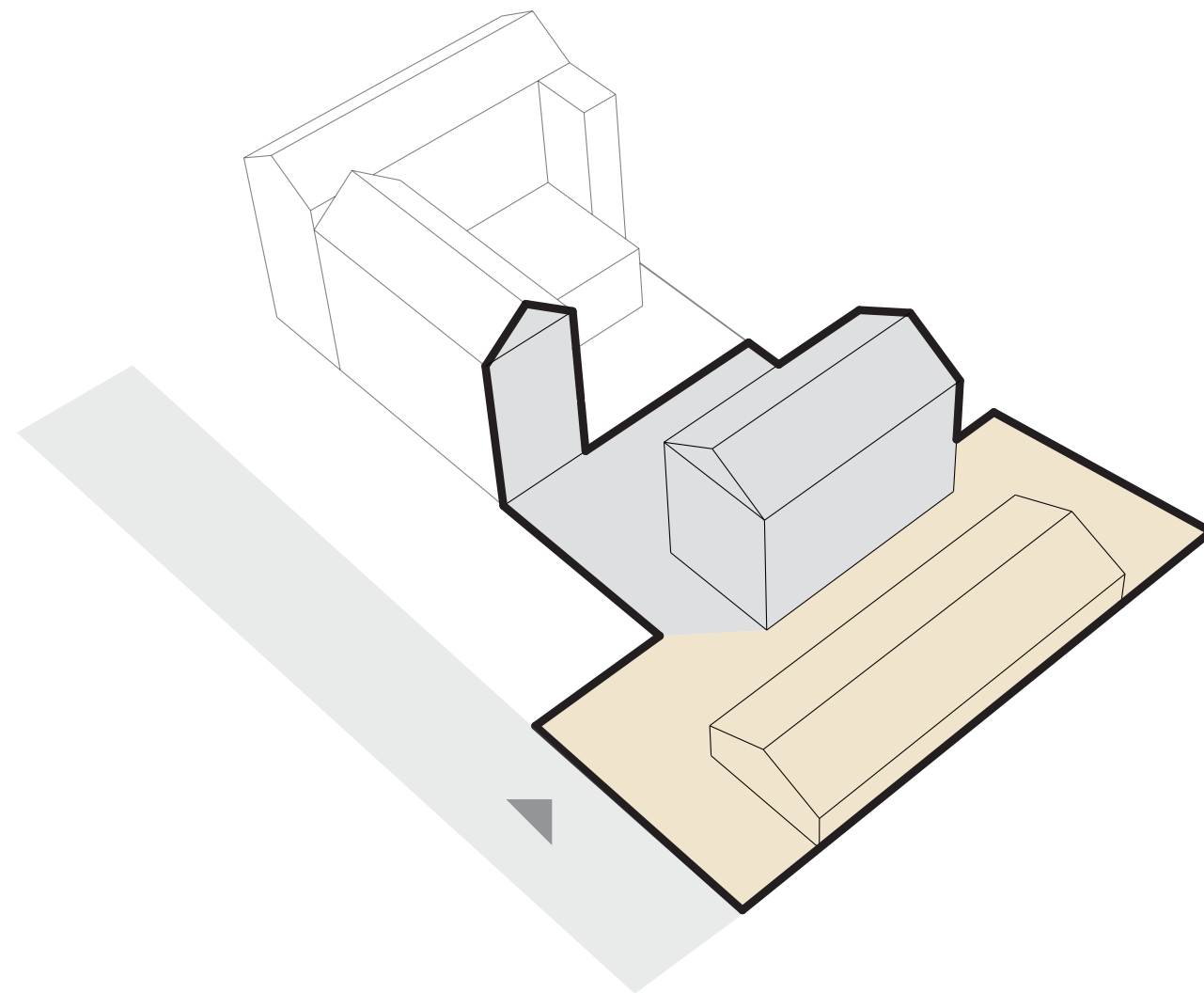
Remove Courtyard

Expand the territory



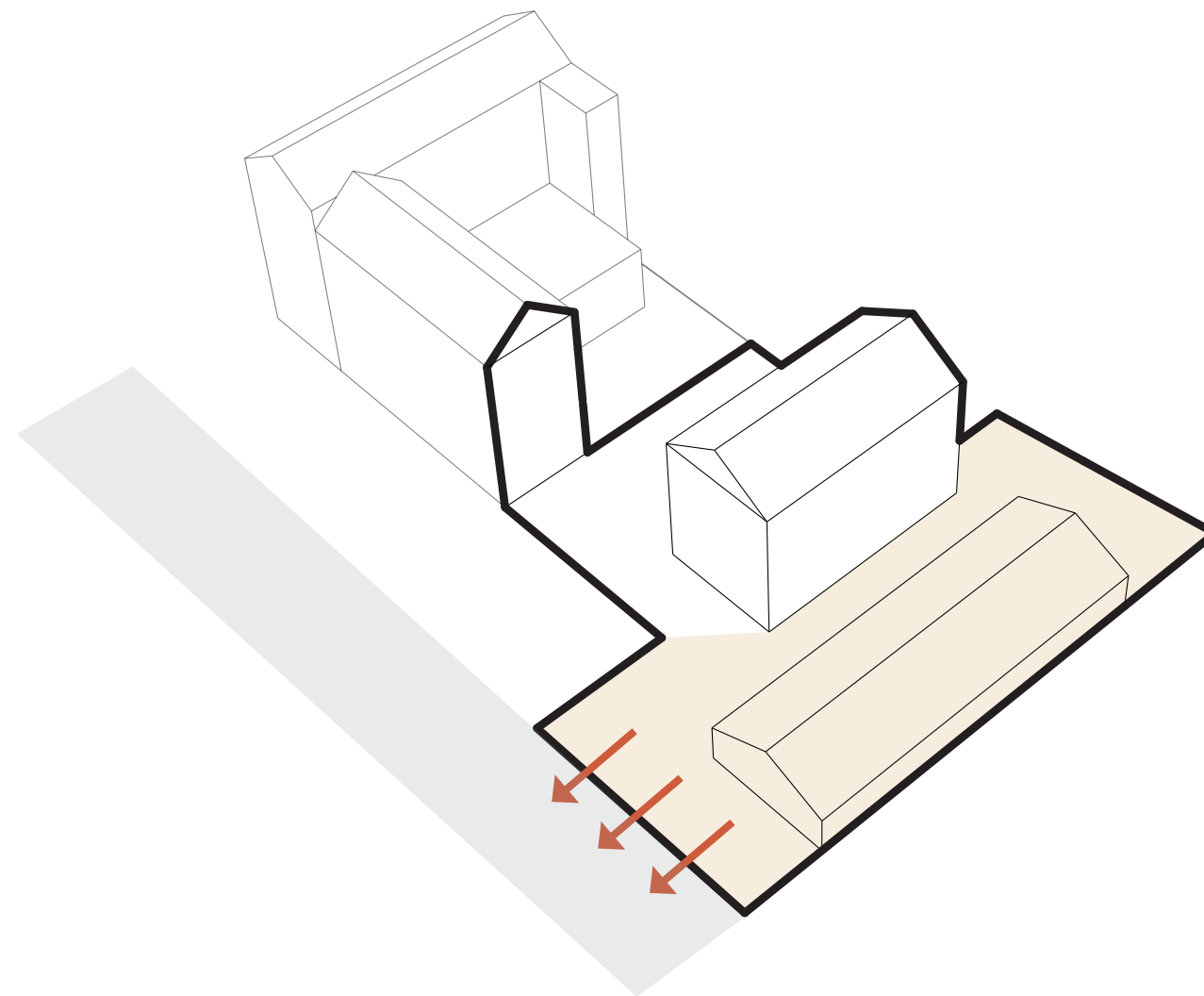
5

Design Territory



6

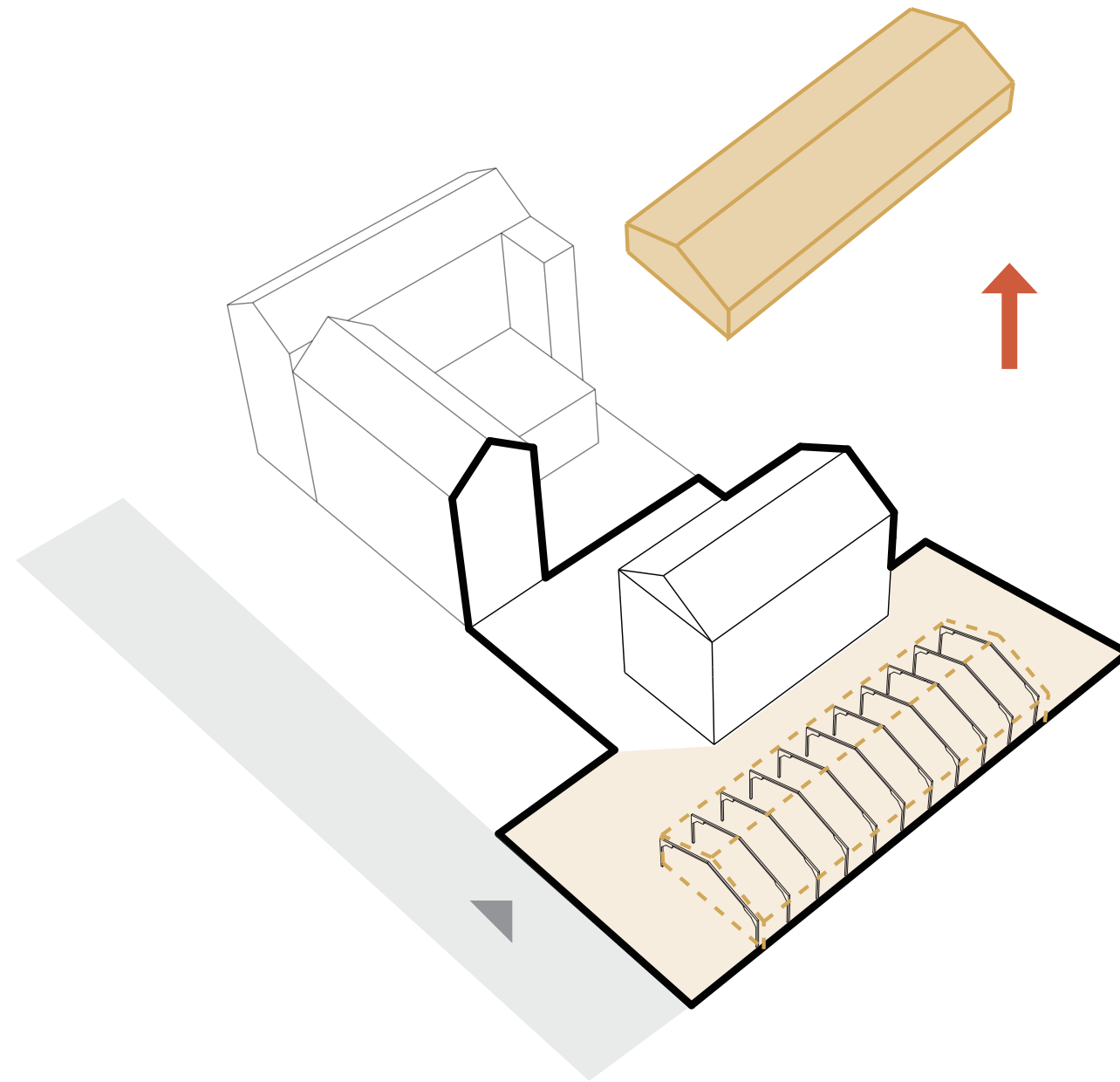
Divide Space For Public &. Private Use



7

Half Opens To Public

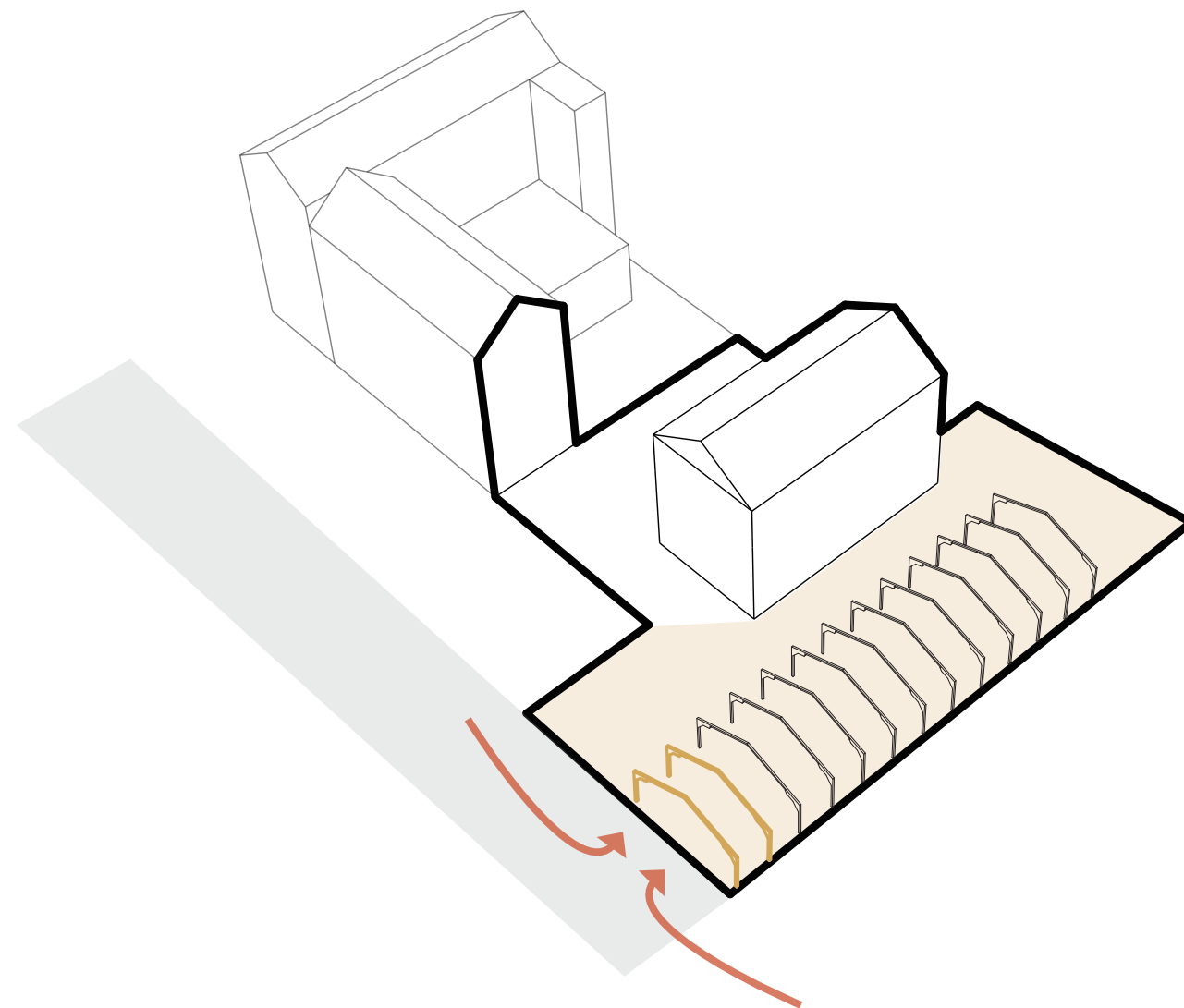
Increase urban intergration



8

Open Up Space

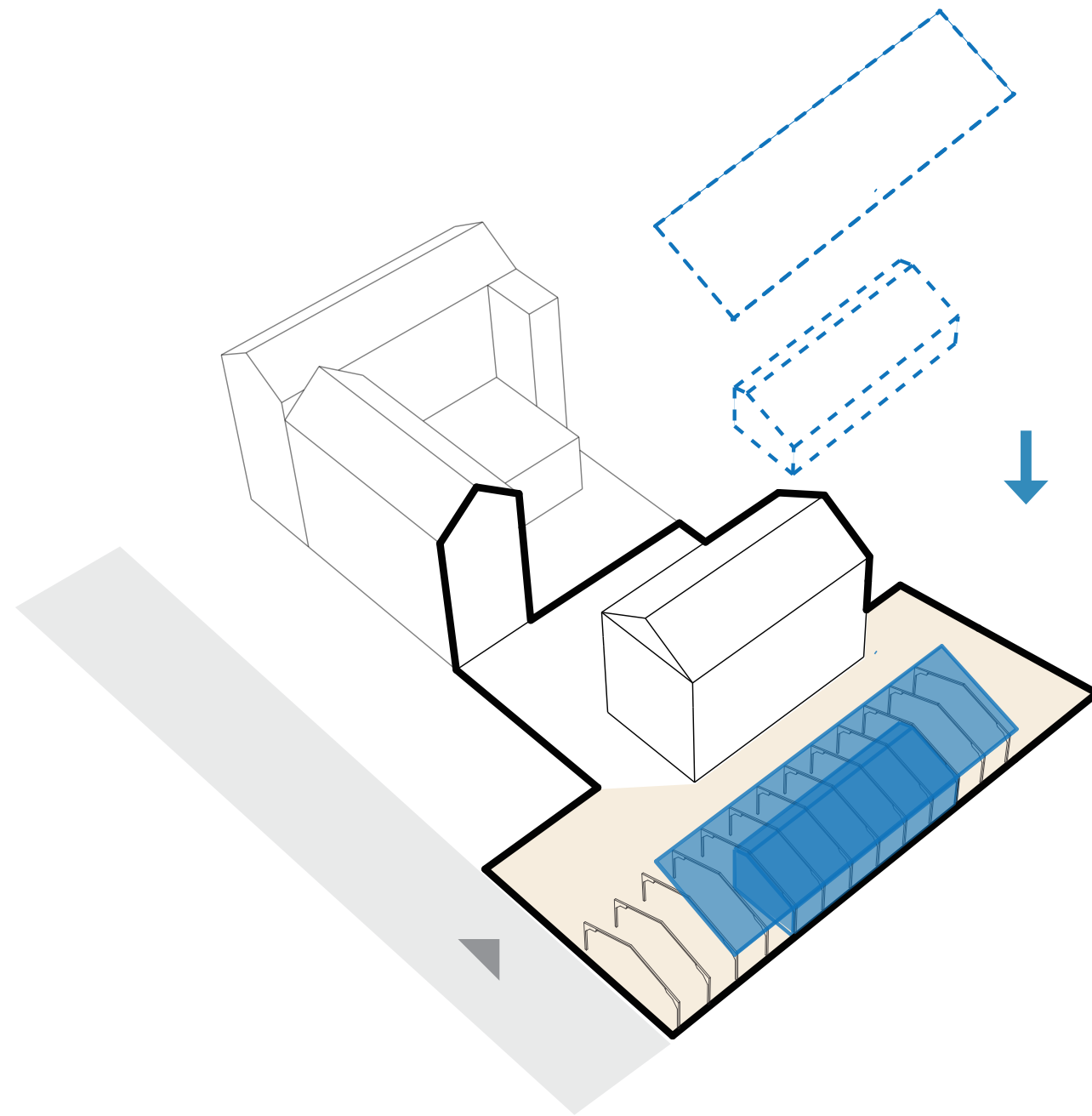
Keep the original structure



9

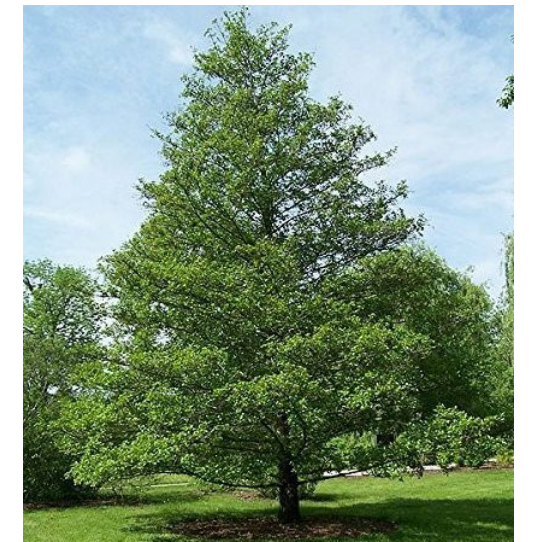
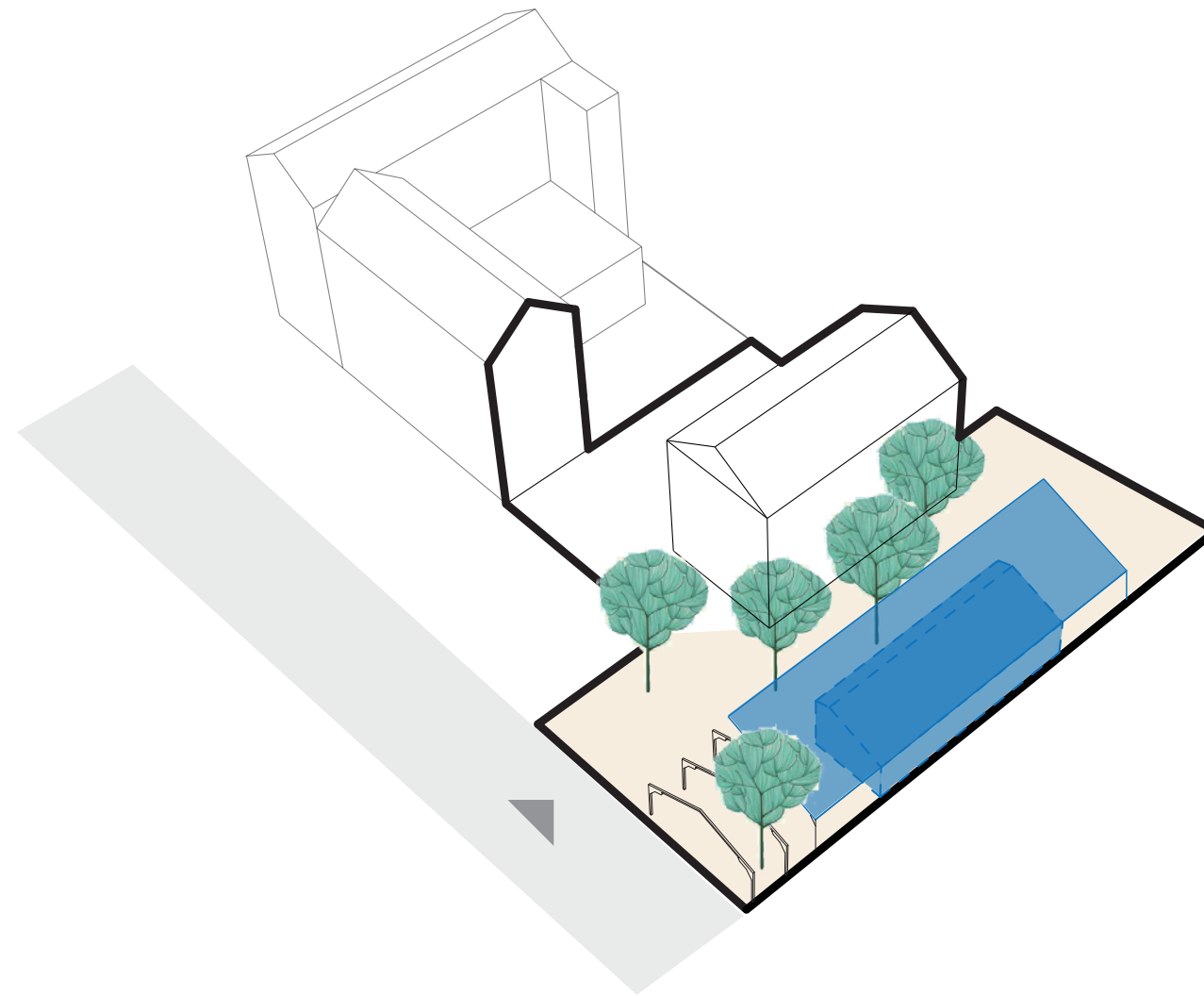
Extend The Original Structure

Invite public to join

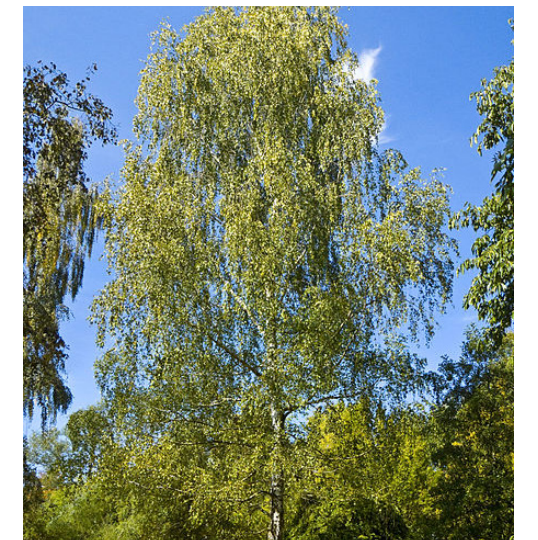


10

A Temporary Pavilion



Common Alder



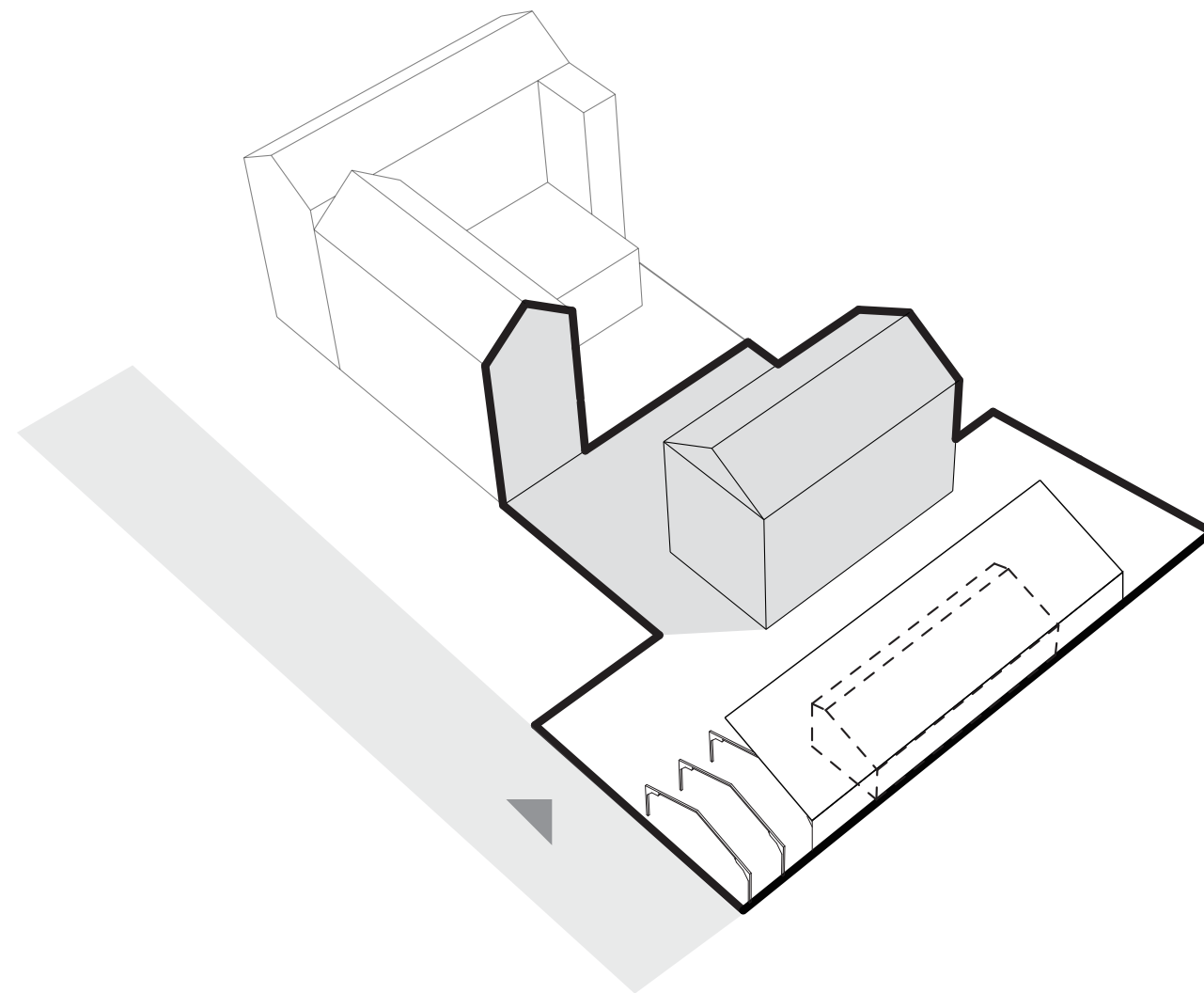
Betula Pendula

10

A Temporary Pavilion

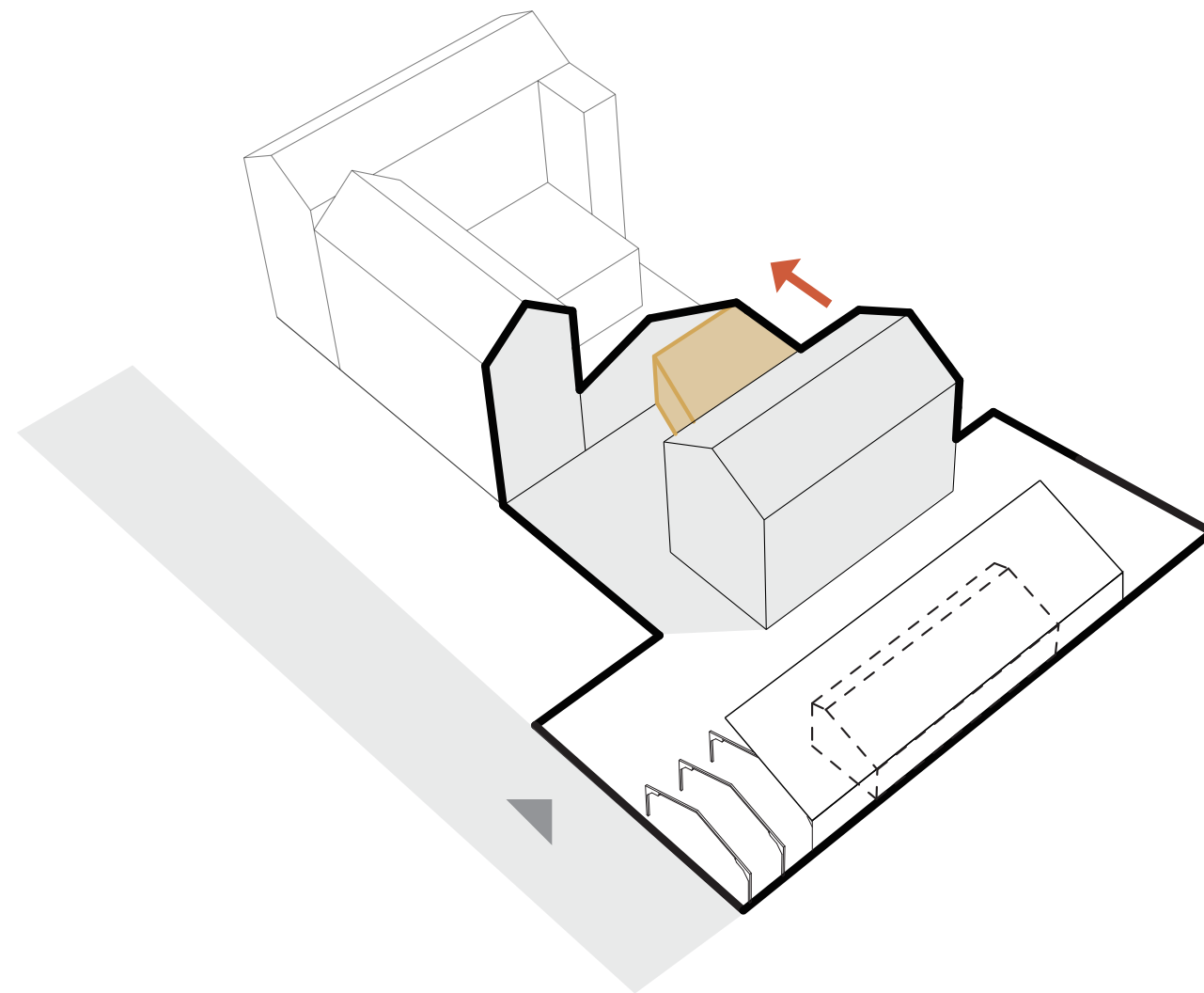
Surrounding with natural

Allowed possibilities for any situation and events



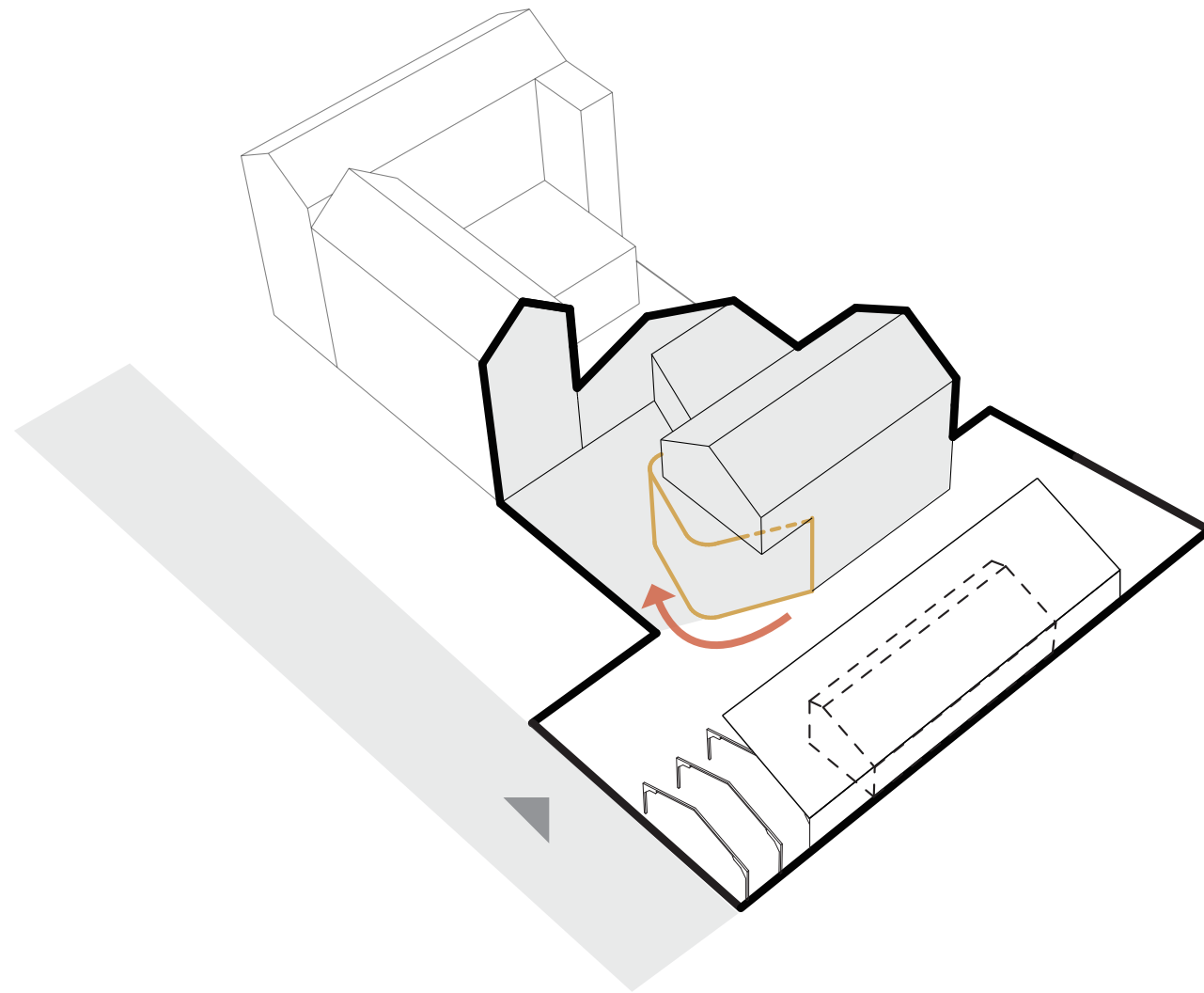
11

Another Half Territory Keep Private



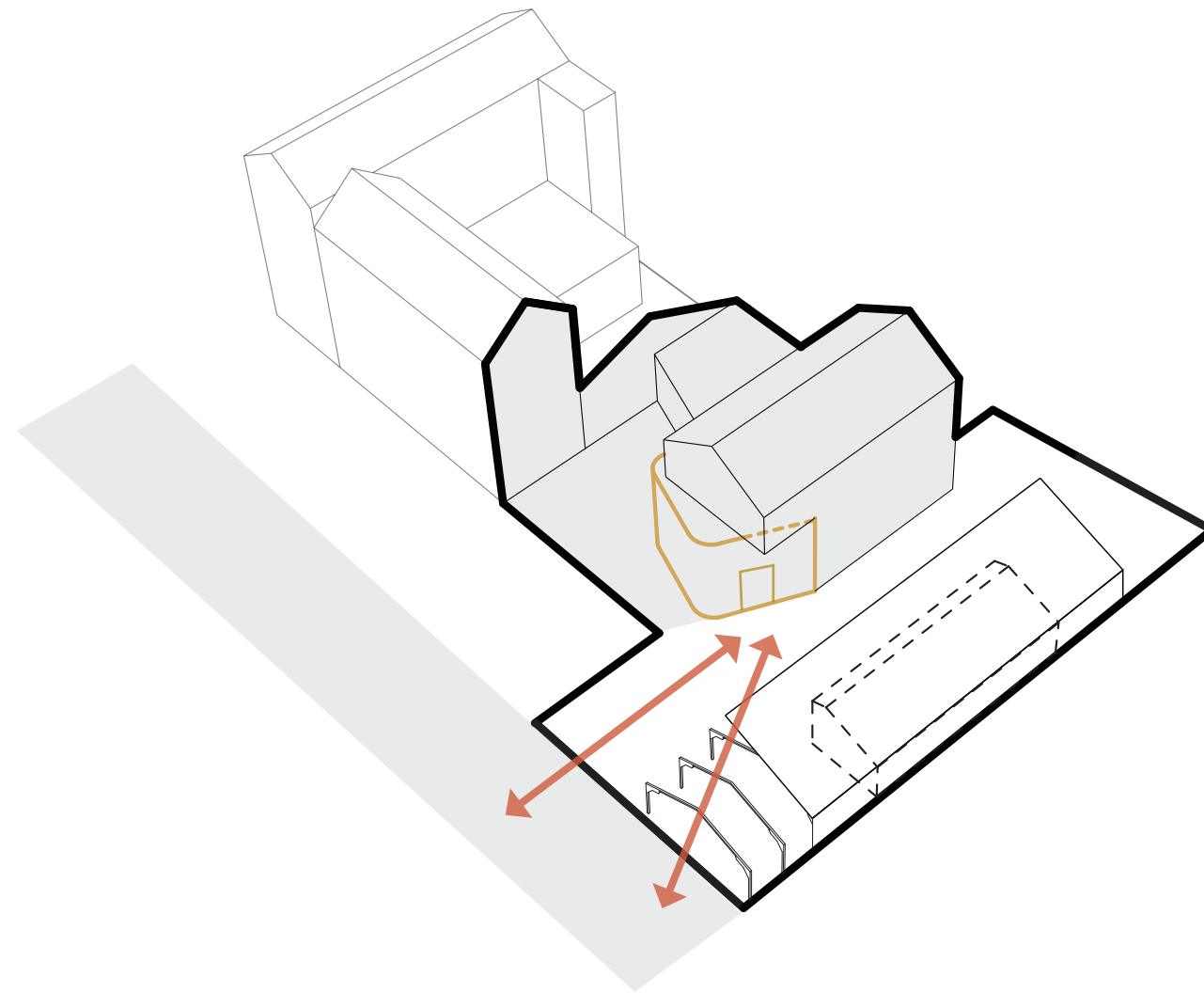
12

Extend the indoor space



13

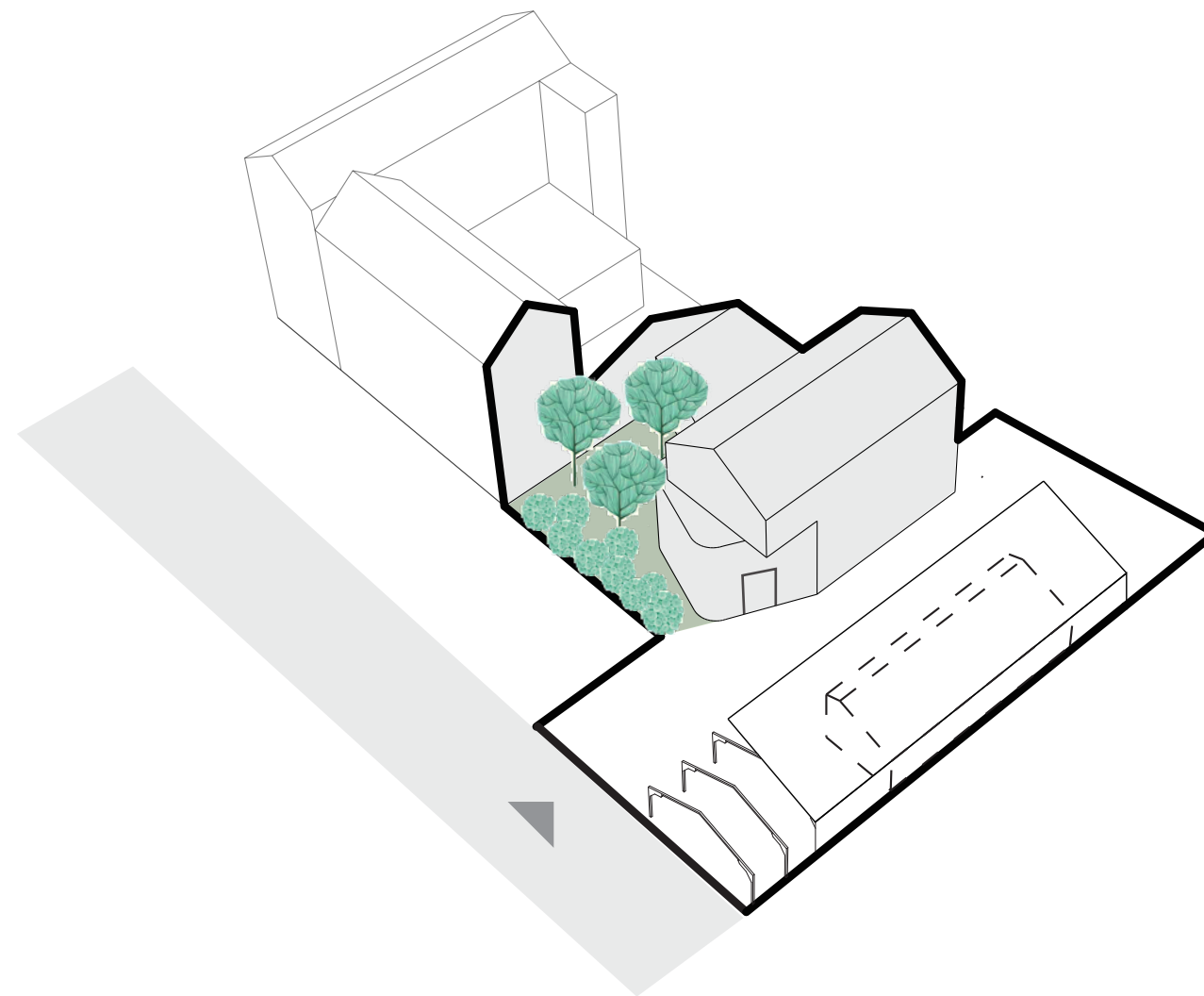
Turn The Building Emphasize The Privacy



13

Turn The Building Emphasize The Privacy

While the main entrance door became more welcoming



14

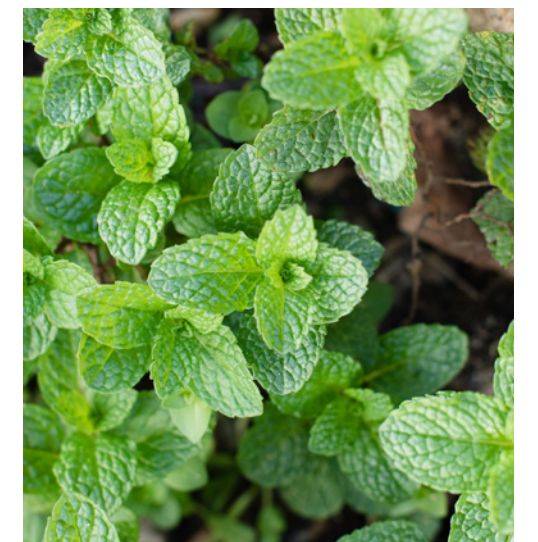
A Secrete Couryard For Ground Level



Stipa tenuissima



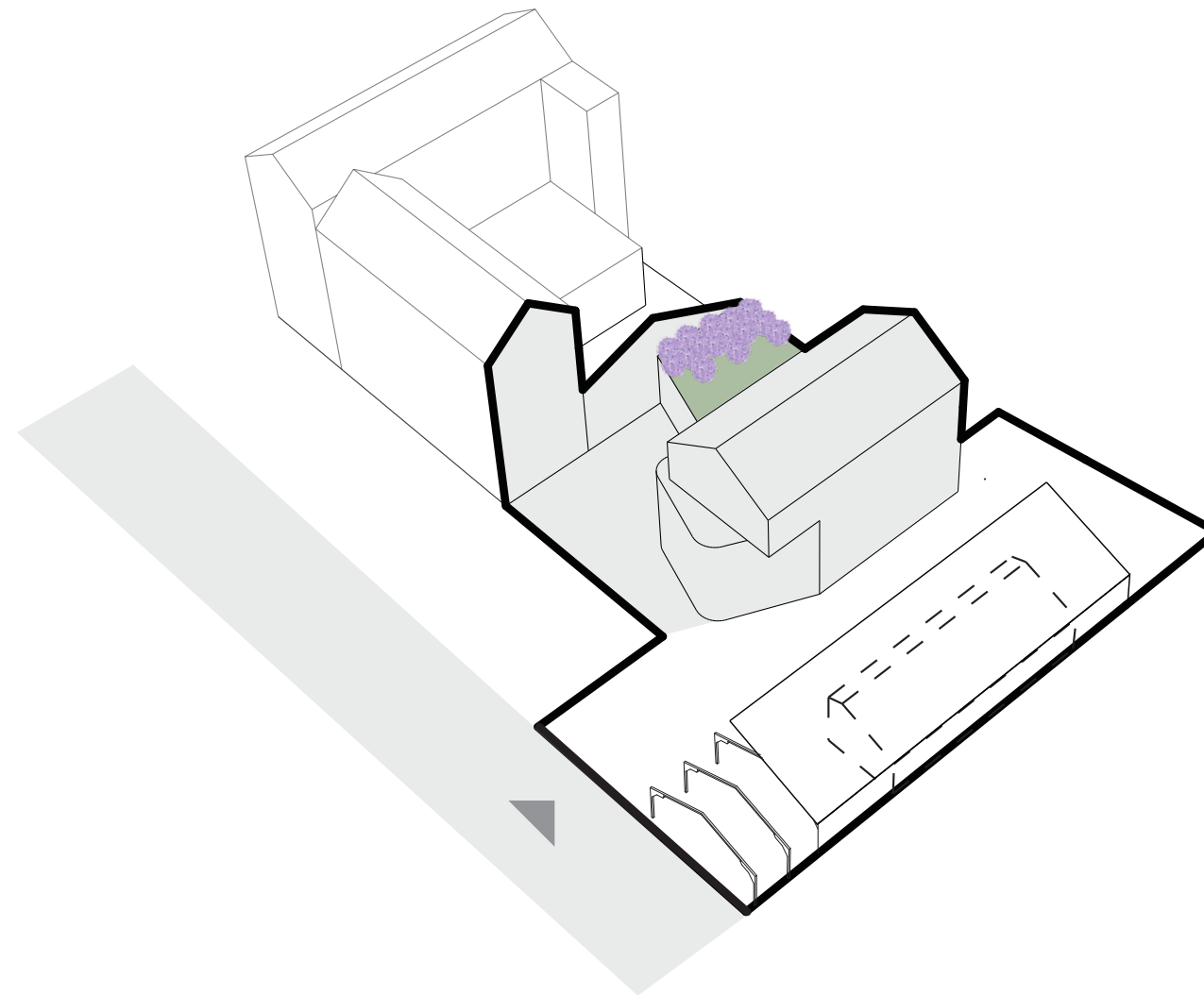
Chasmanthium Latifolium



Mint

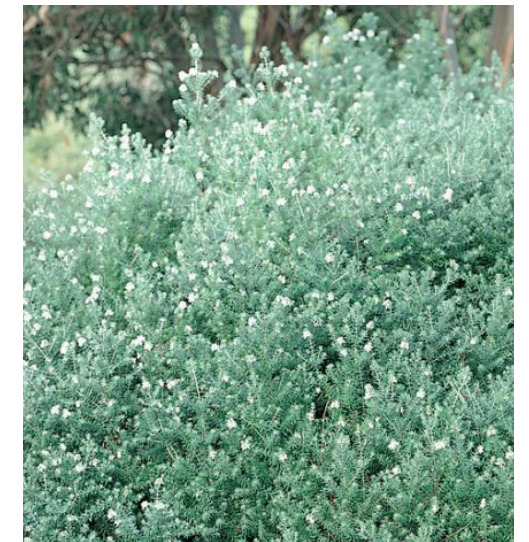


Lavender

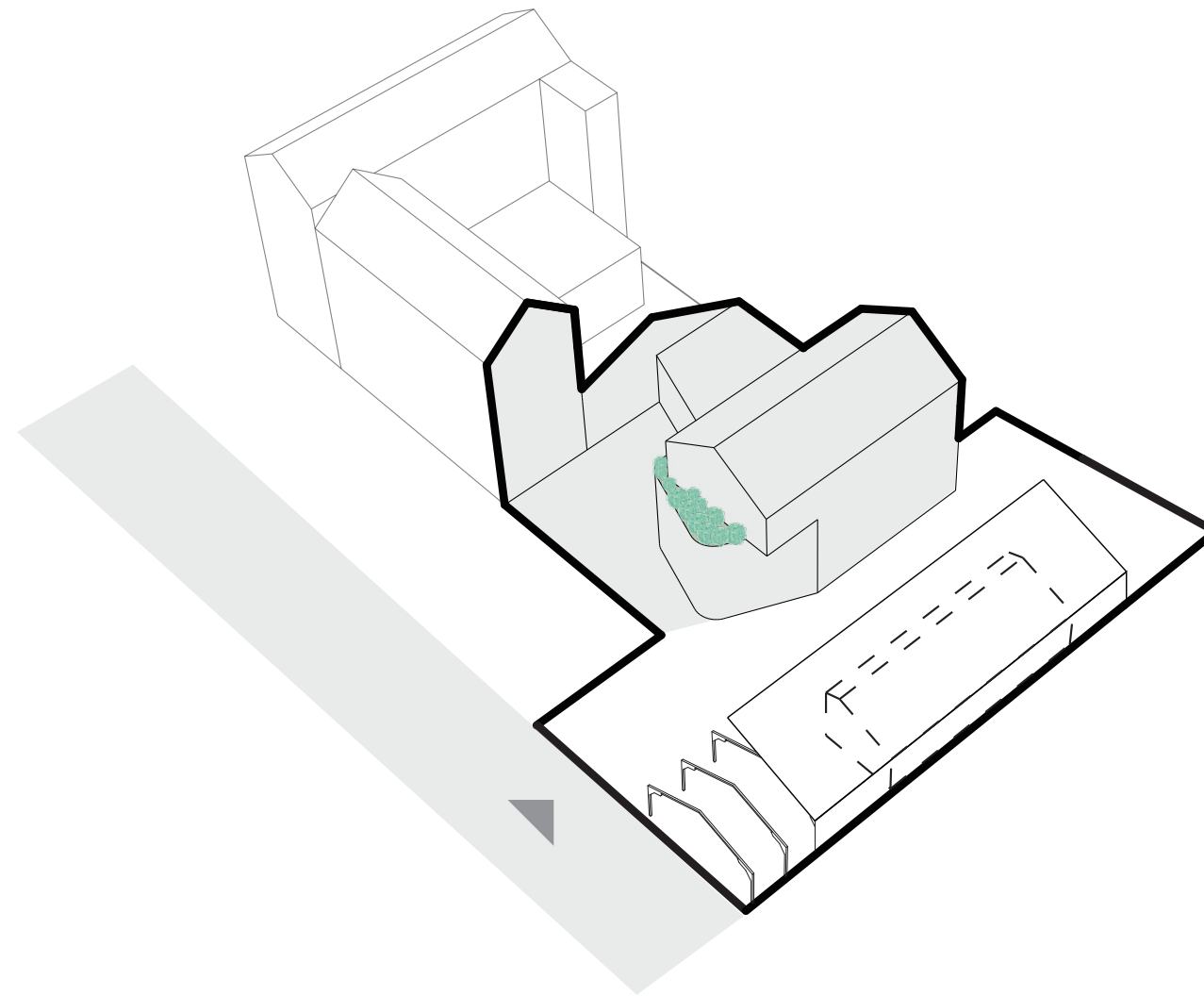


15

Roof Lavender Garden For The First Level

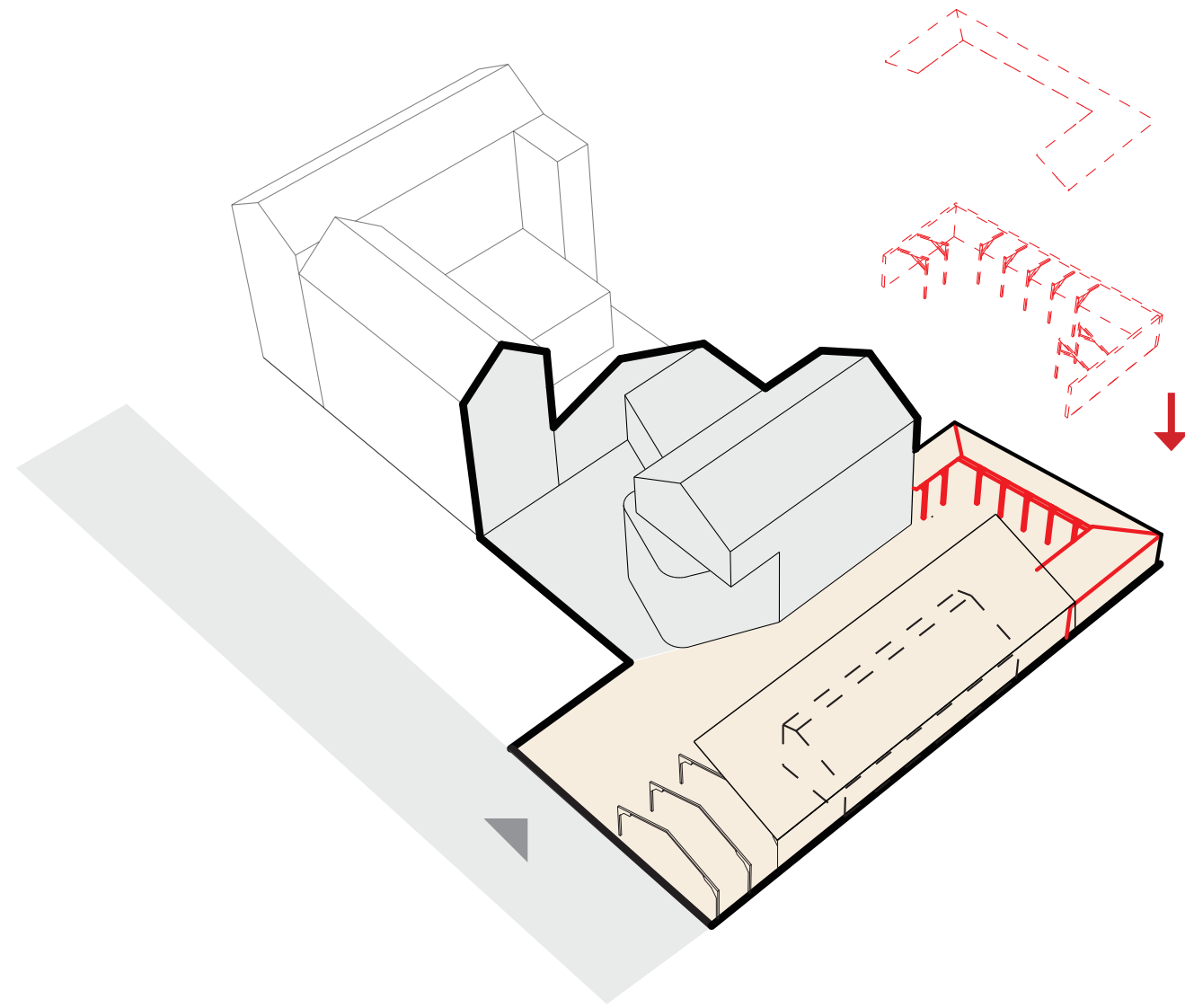


Coastal Rosemary



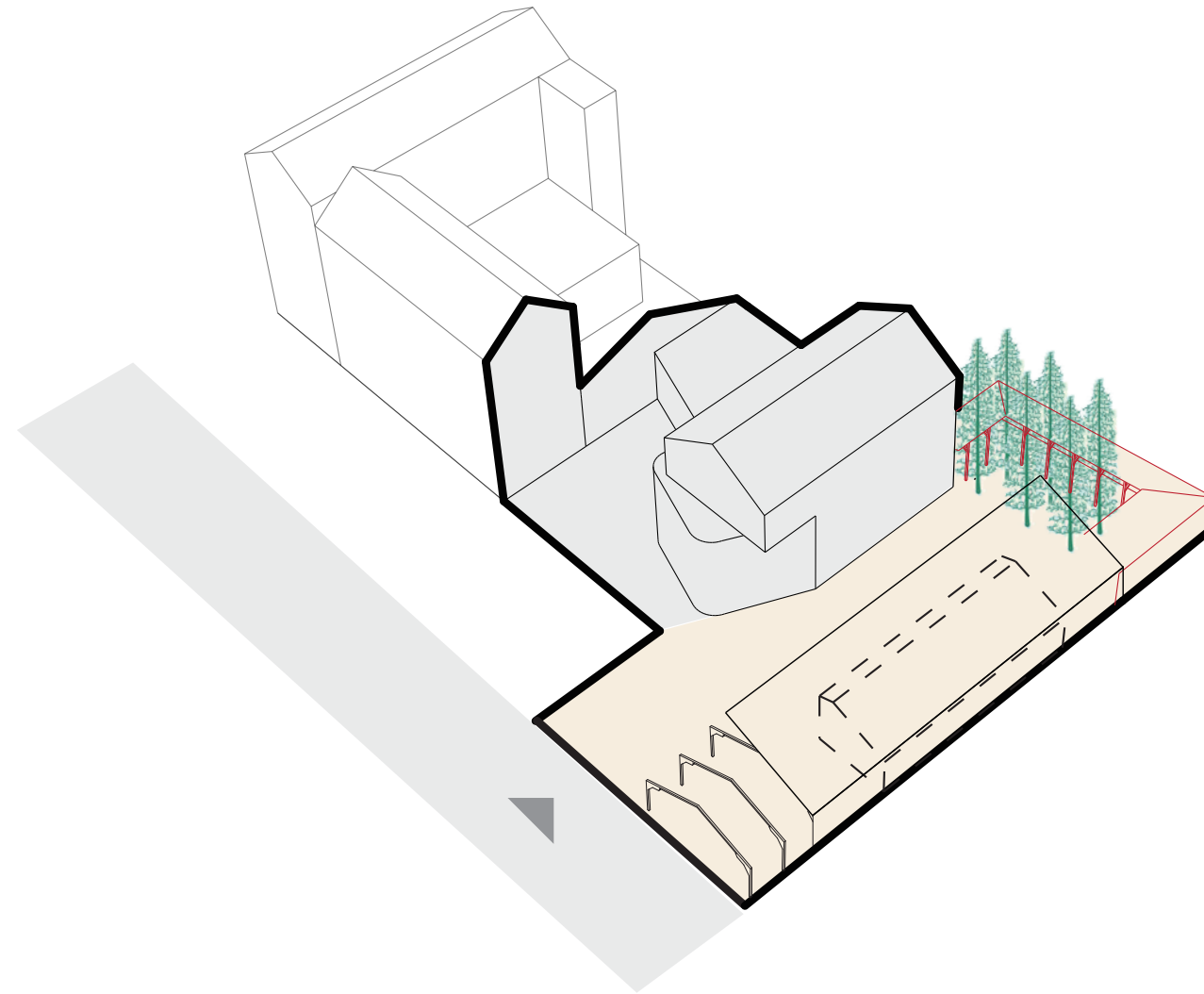
15

A Small Roof Garden For Second Level



16

A Roofed Passageway Connect Two Spaces

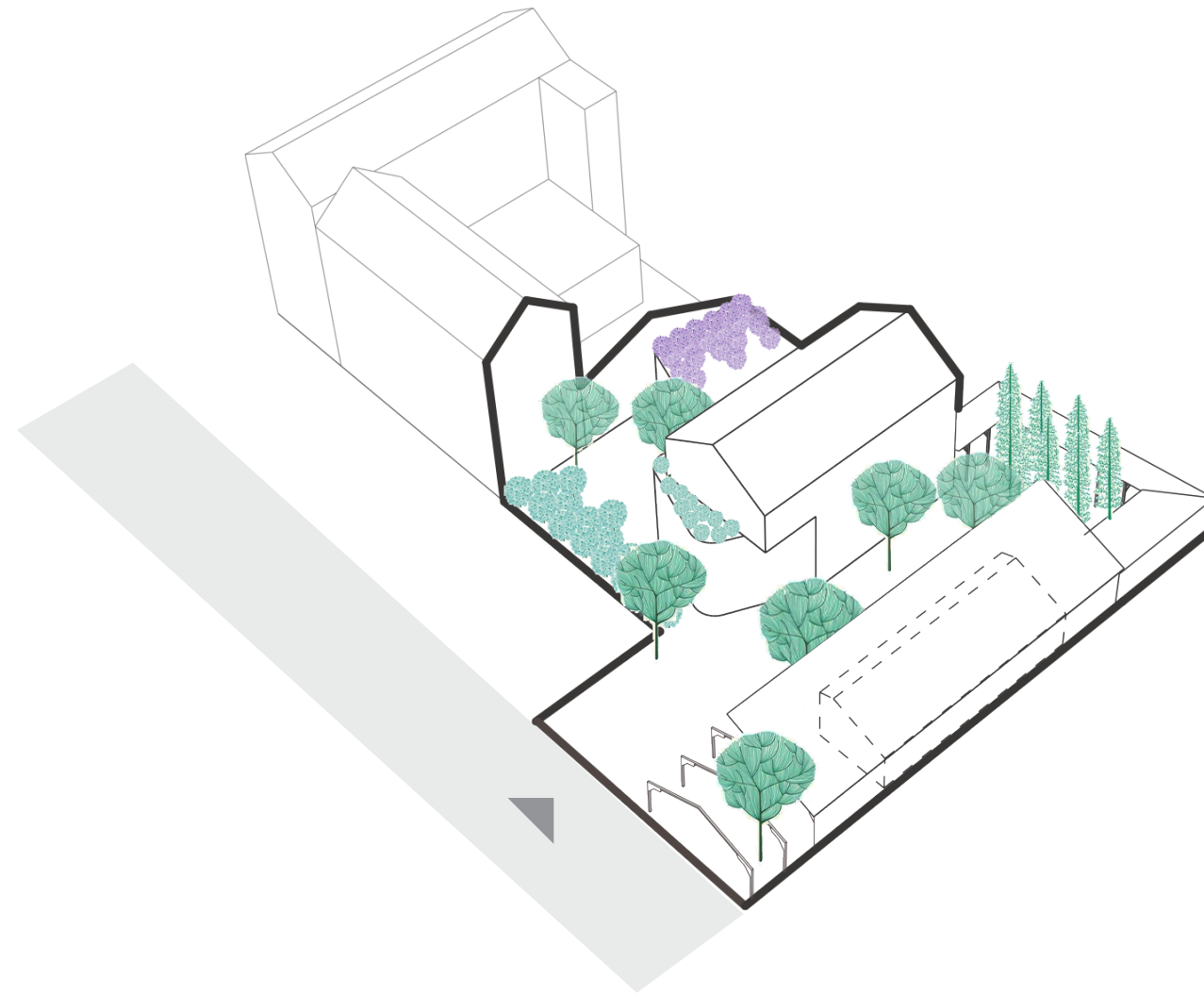


Lombardy Poplar Tree

16

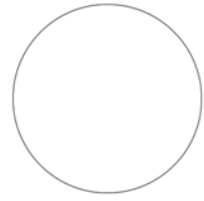
A Roofed Passageway Connect Two Spaces

A densely planted area
create a solitude space



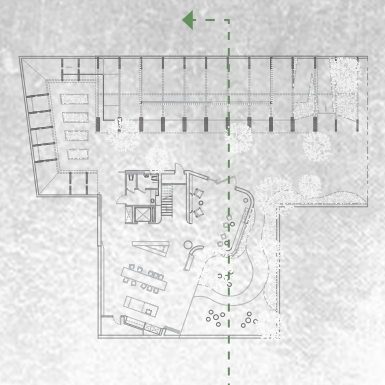
17

Garden Overview

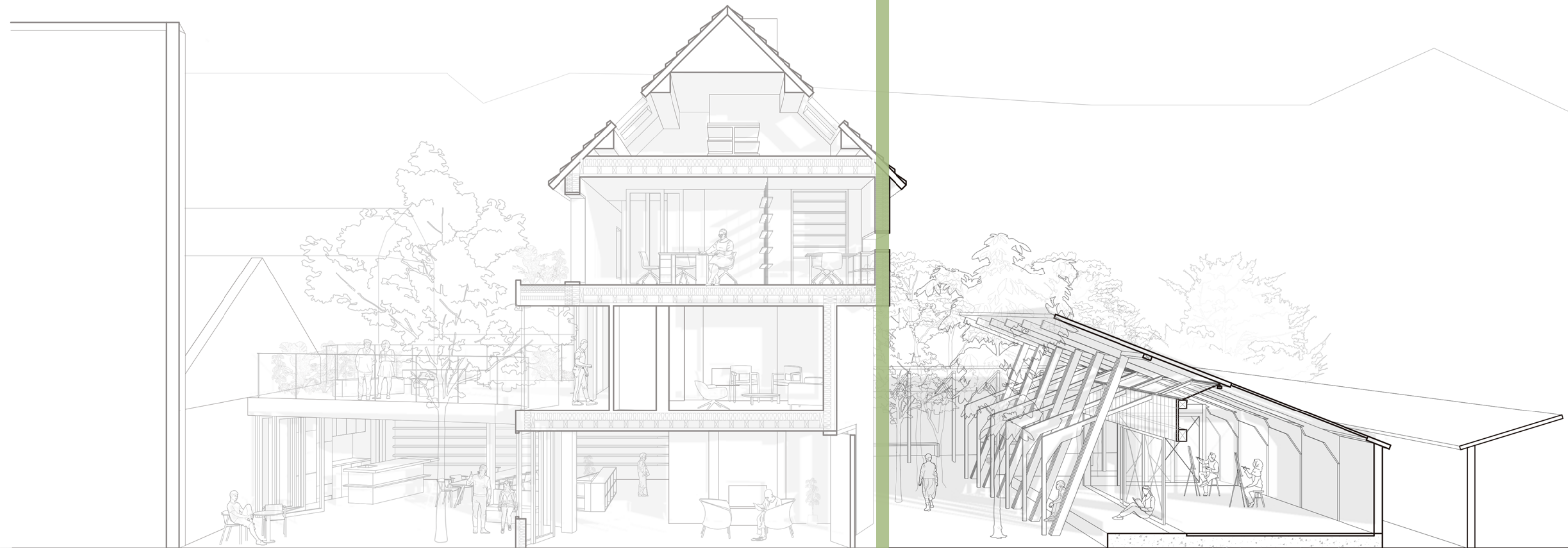


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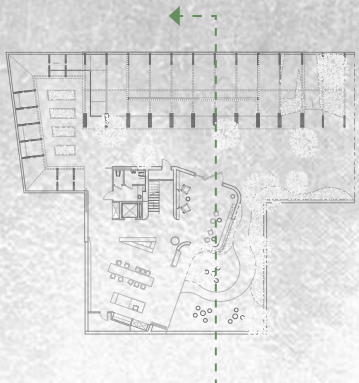
0 2 4 8 12 M



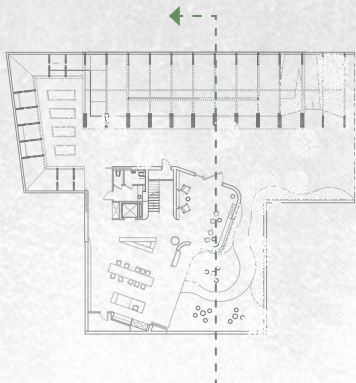
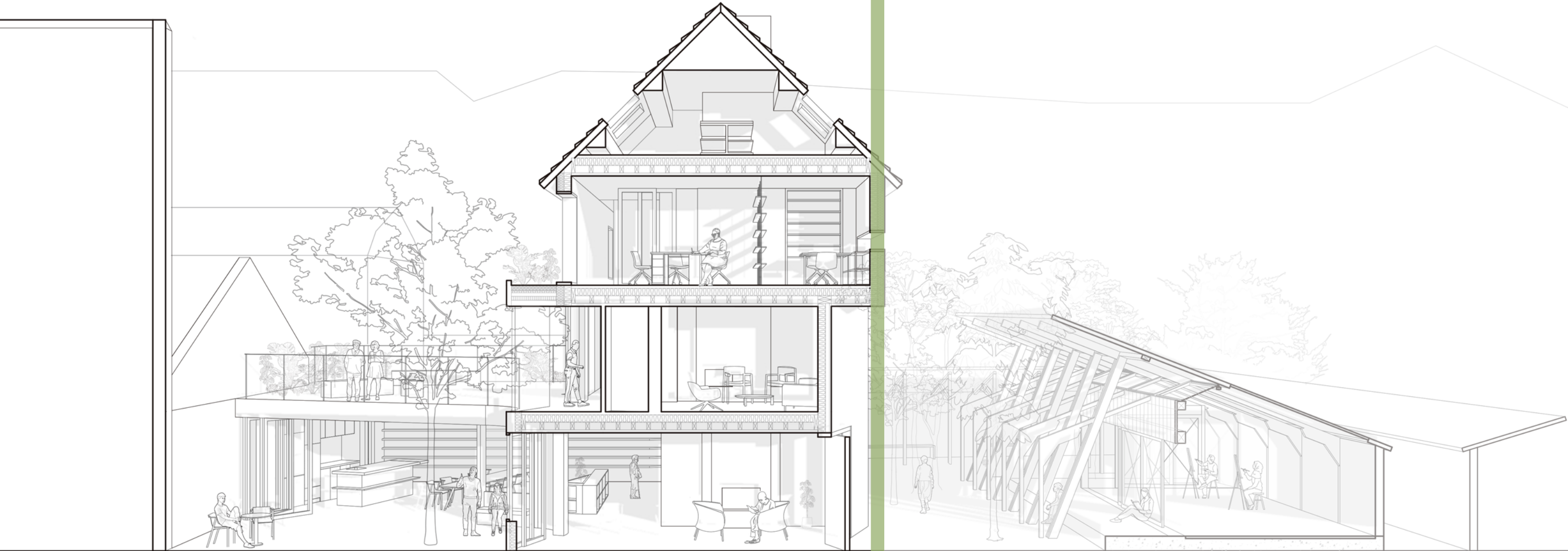
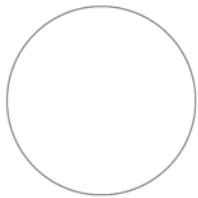
Public Access



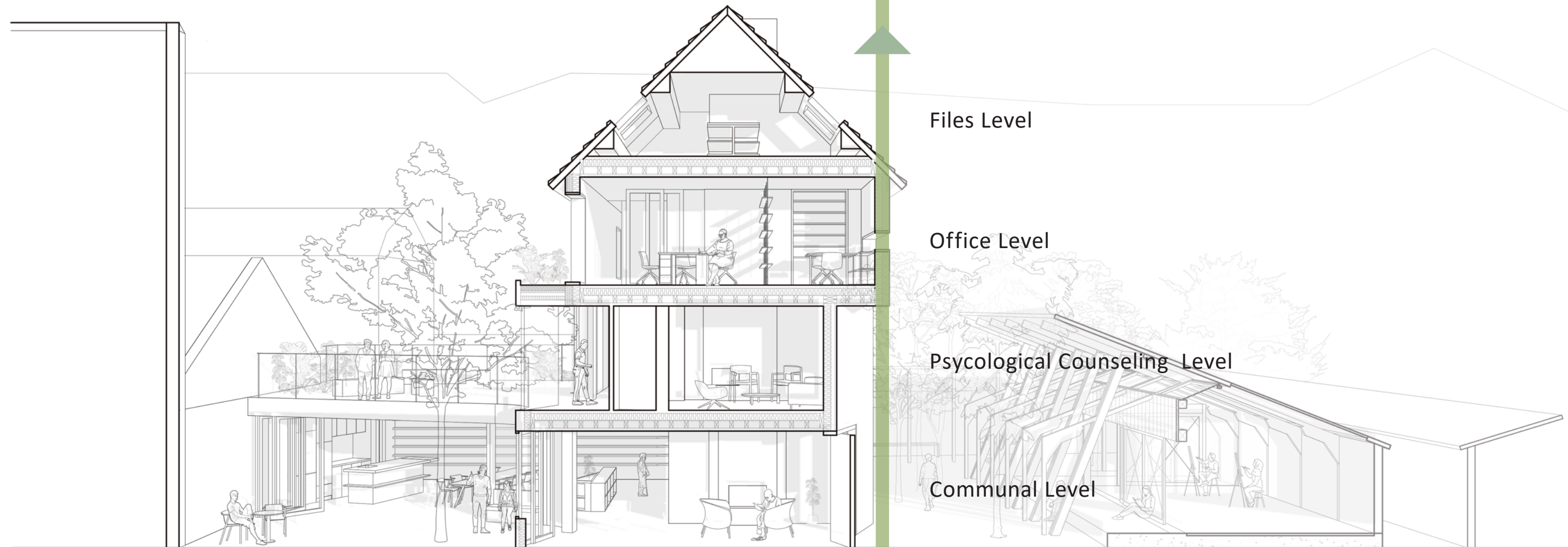
1:100



Private Access

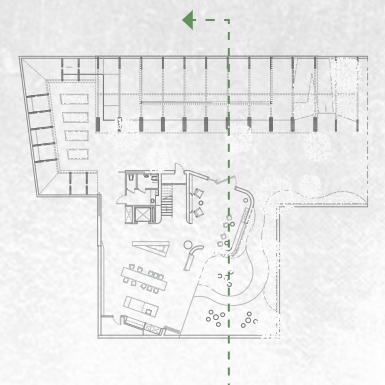


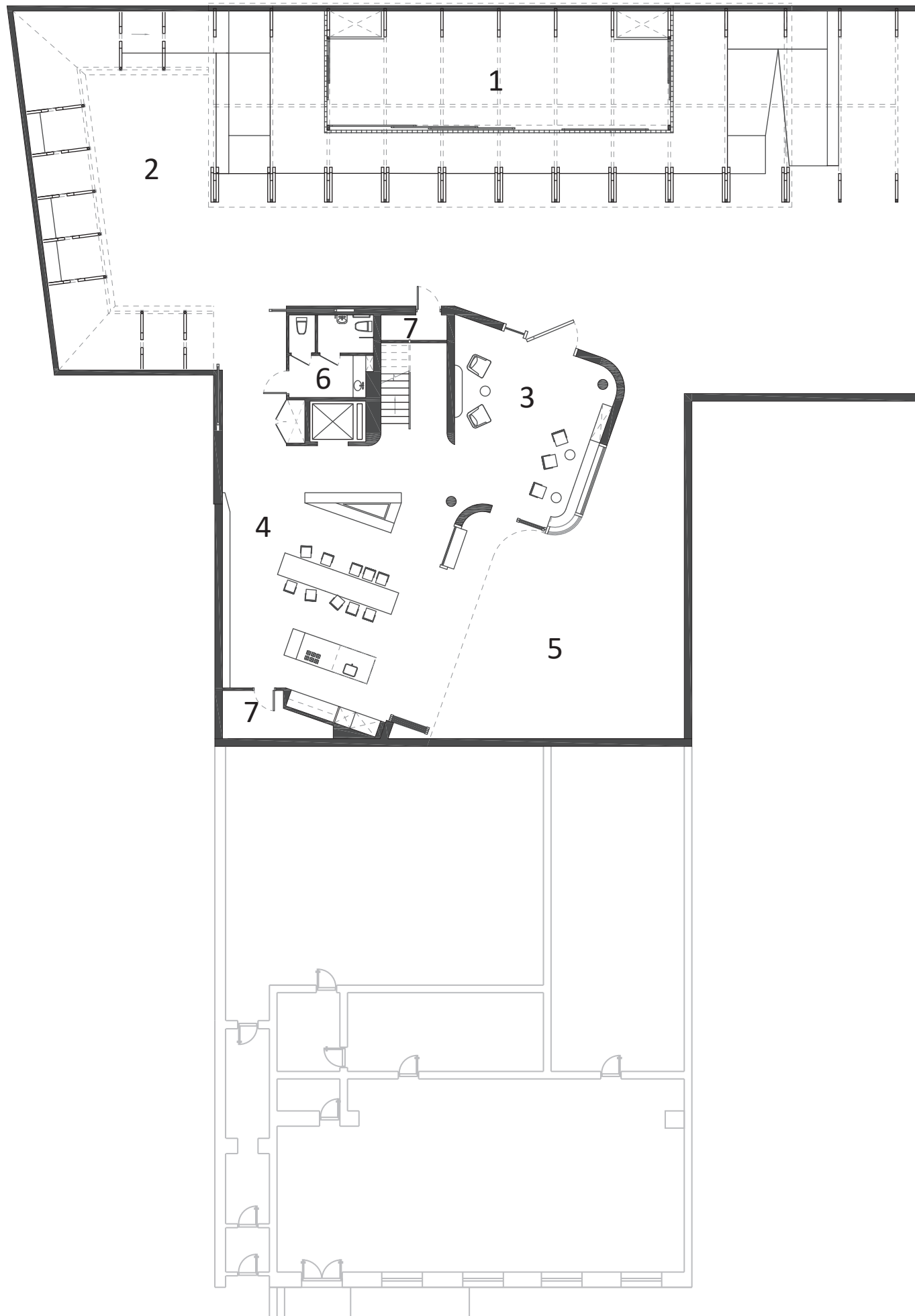
Private Access



1:100

0 2 4 8 12 M





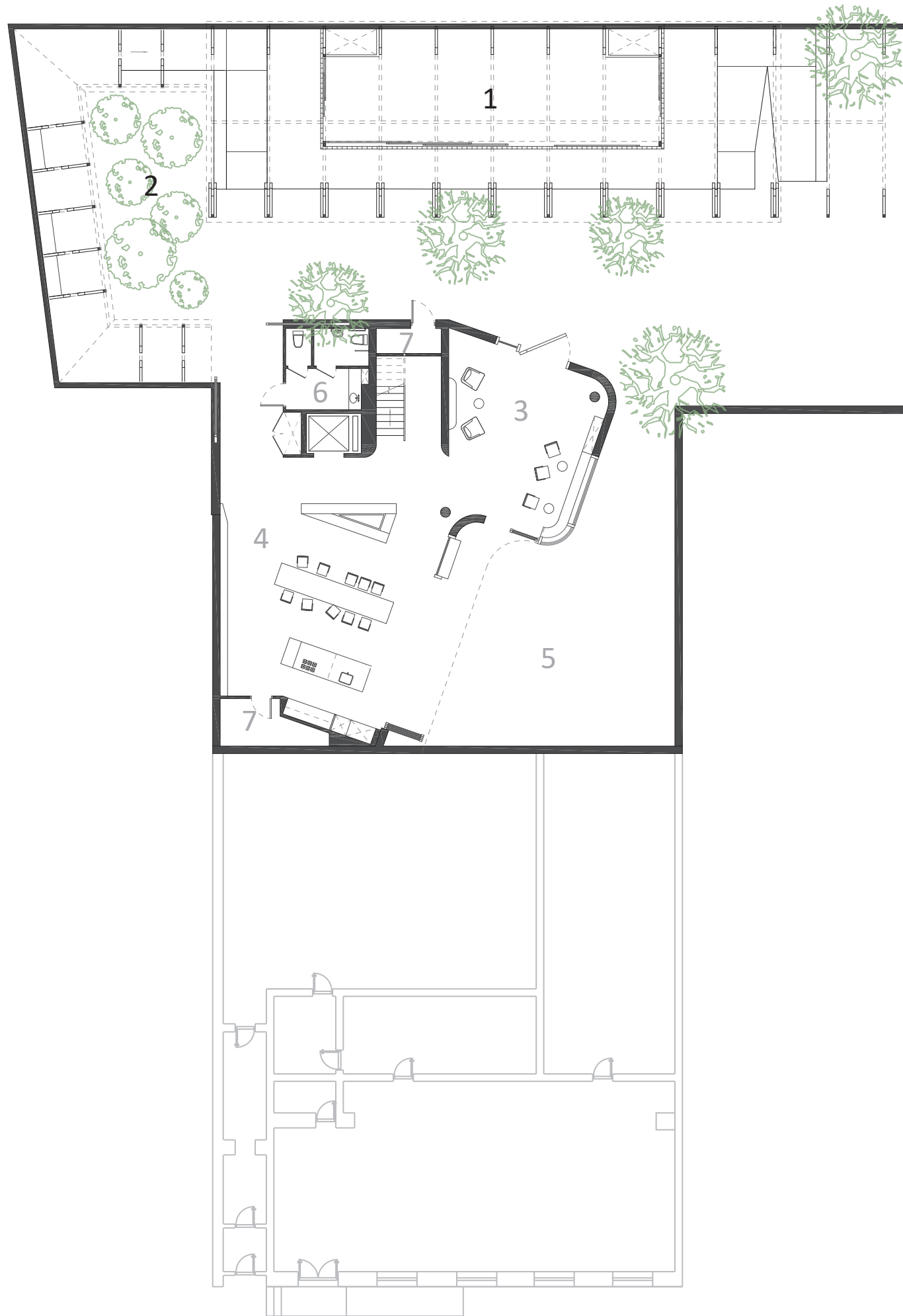
Communal Level - Ground Level



1:200



1. Multi-function Pavilion
2. Roofed Passageway
3. Main entrance
4. Kitchen / Library
5. Private Courtyard
6. Restroom
7. Storage



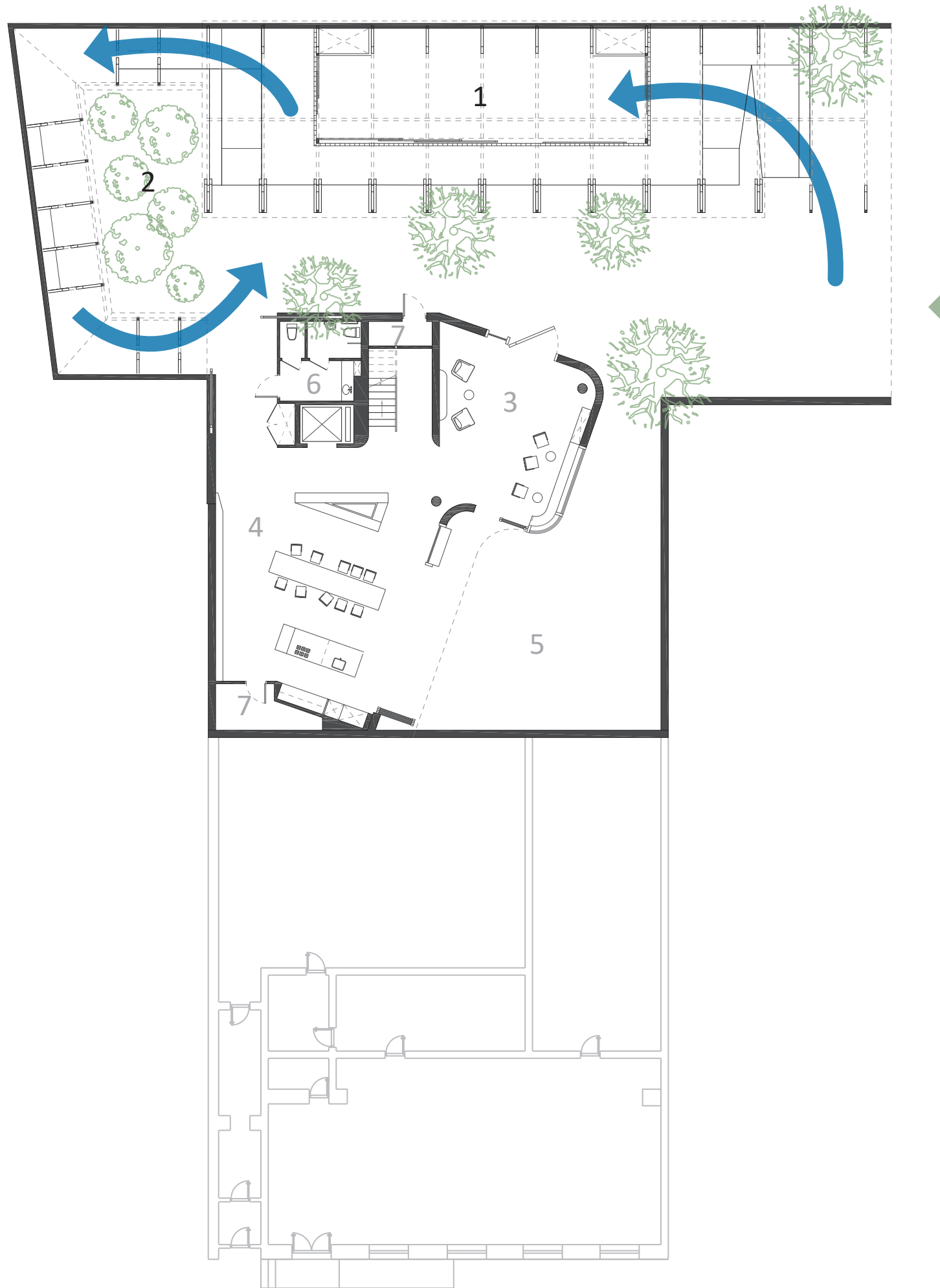
Communal Level - Ground Level



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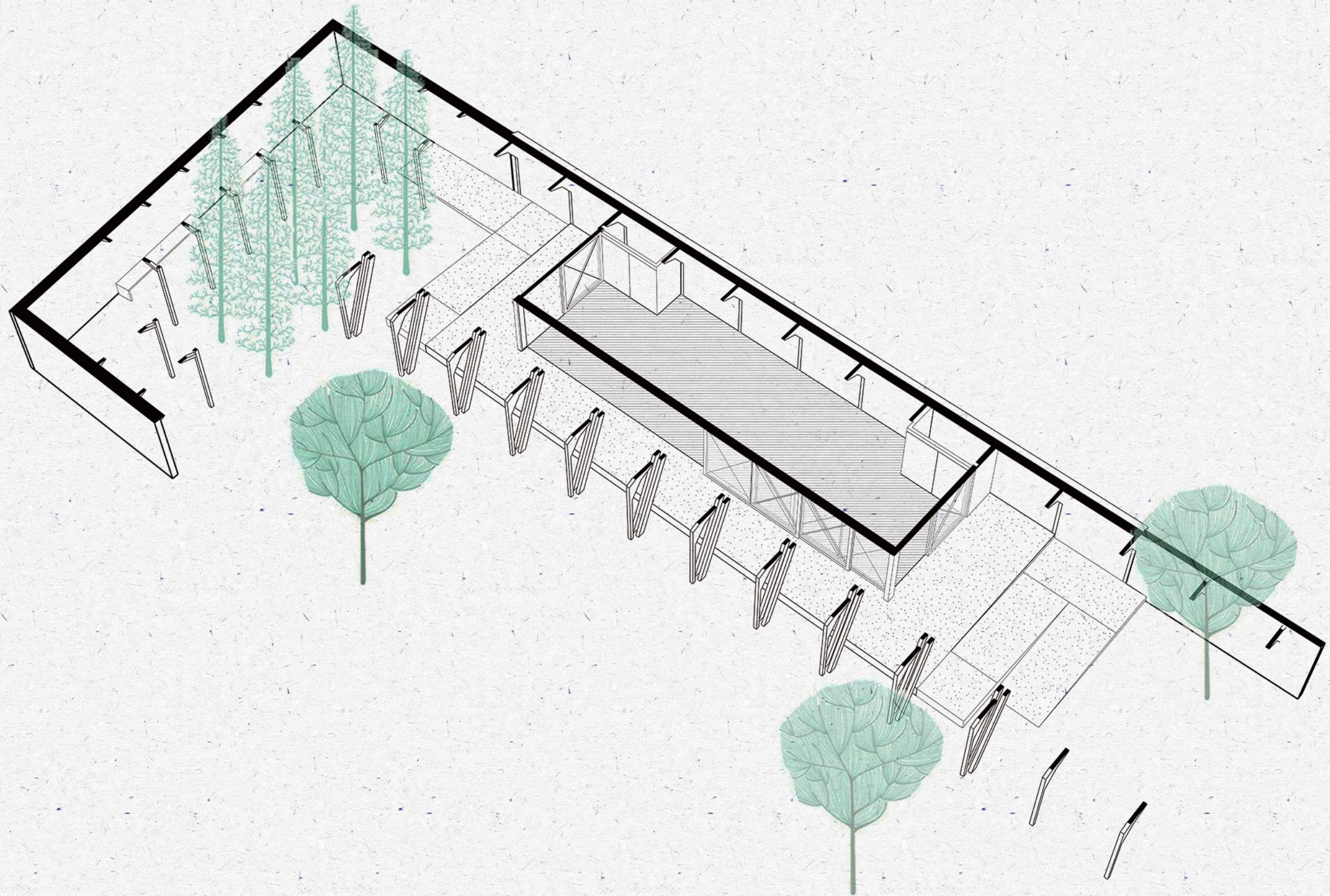


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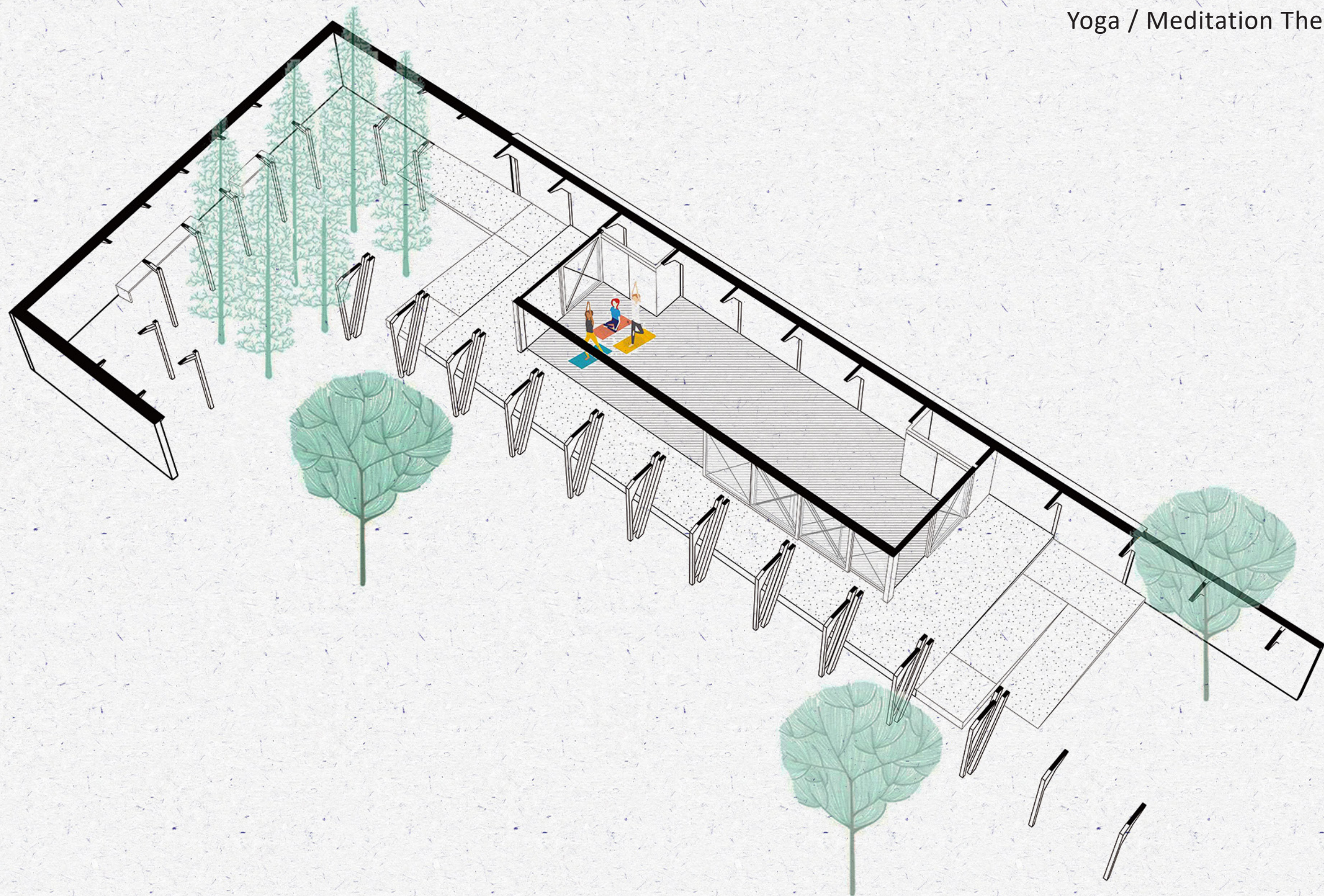
Pavilion



Pavilion

Will Be Use For:

Yoga / Meditation Therapy

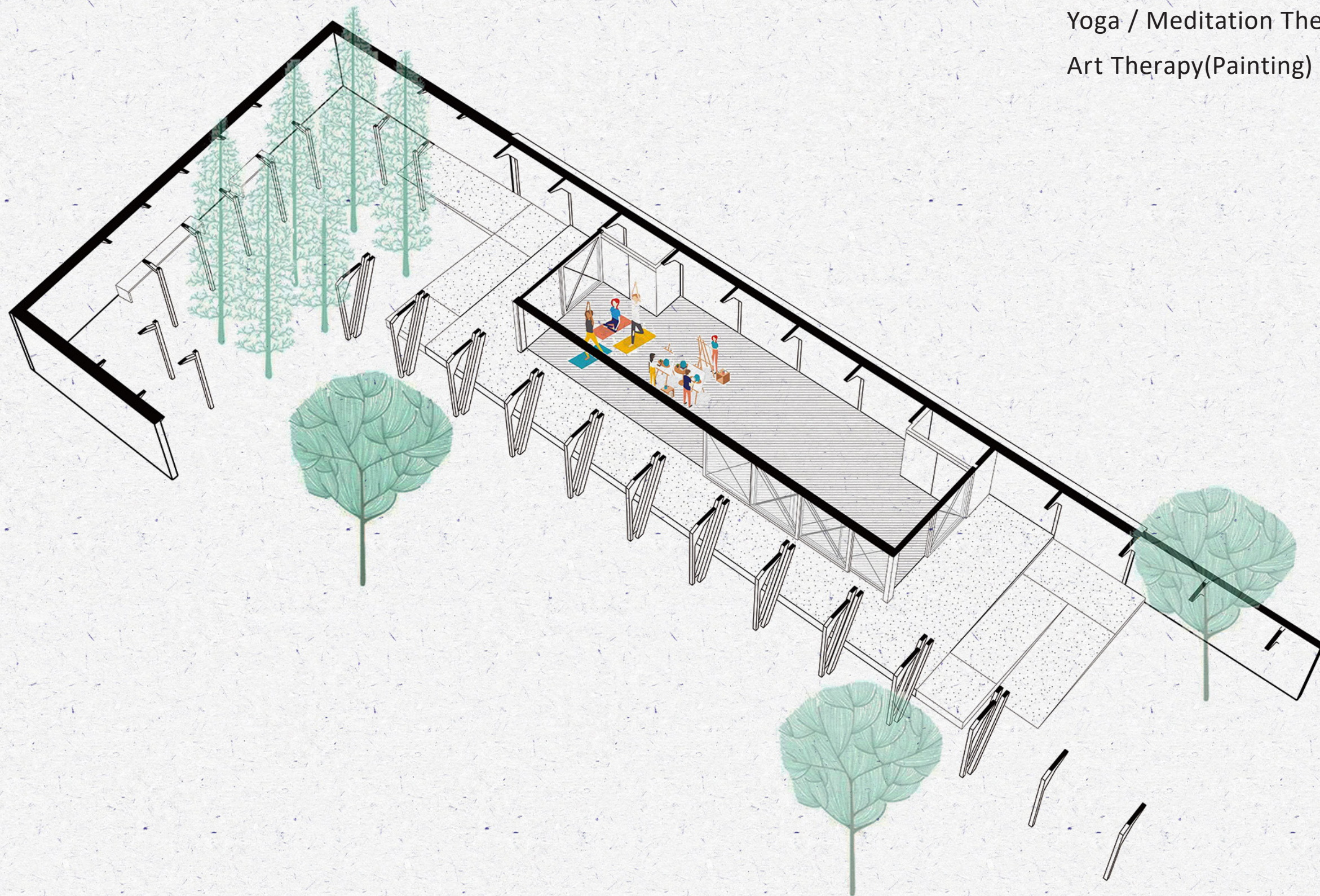


Pavilion

Will Be Use For:

Yoga / Meditation Therapy

Art Therapy(Painting)



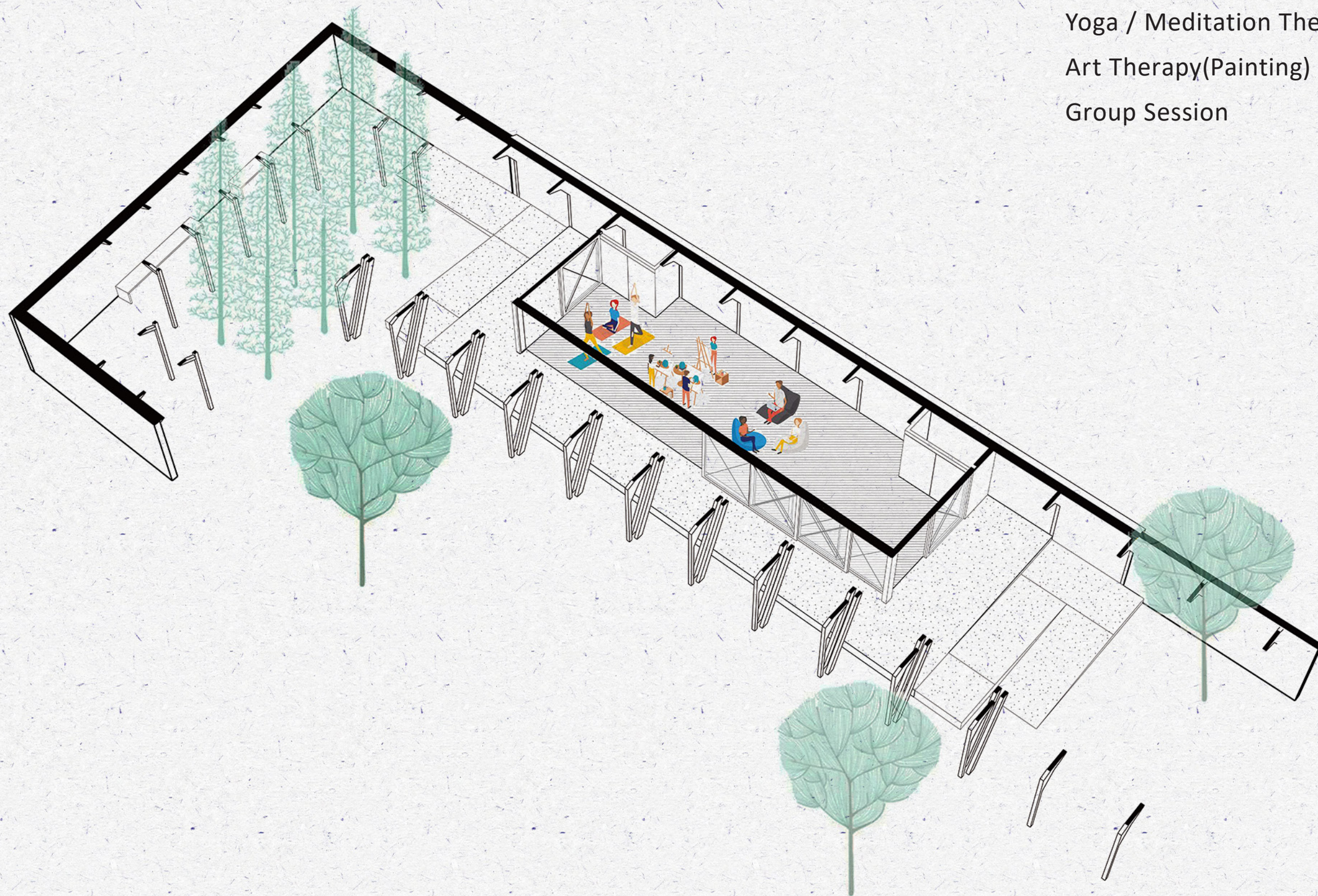
Pavilion

Will Be Use For:

Yoga / Meditation Therapy

Art Therapy(Painting)

Group Session



Pavilion

Will Be Use For:

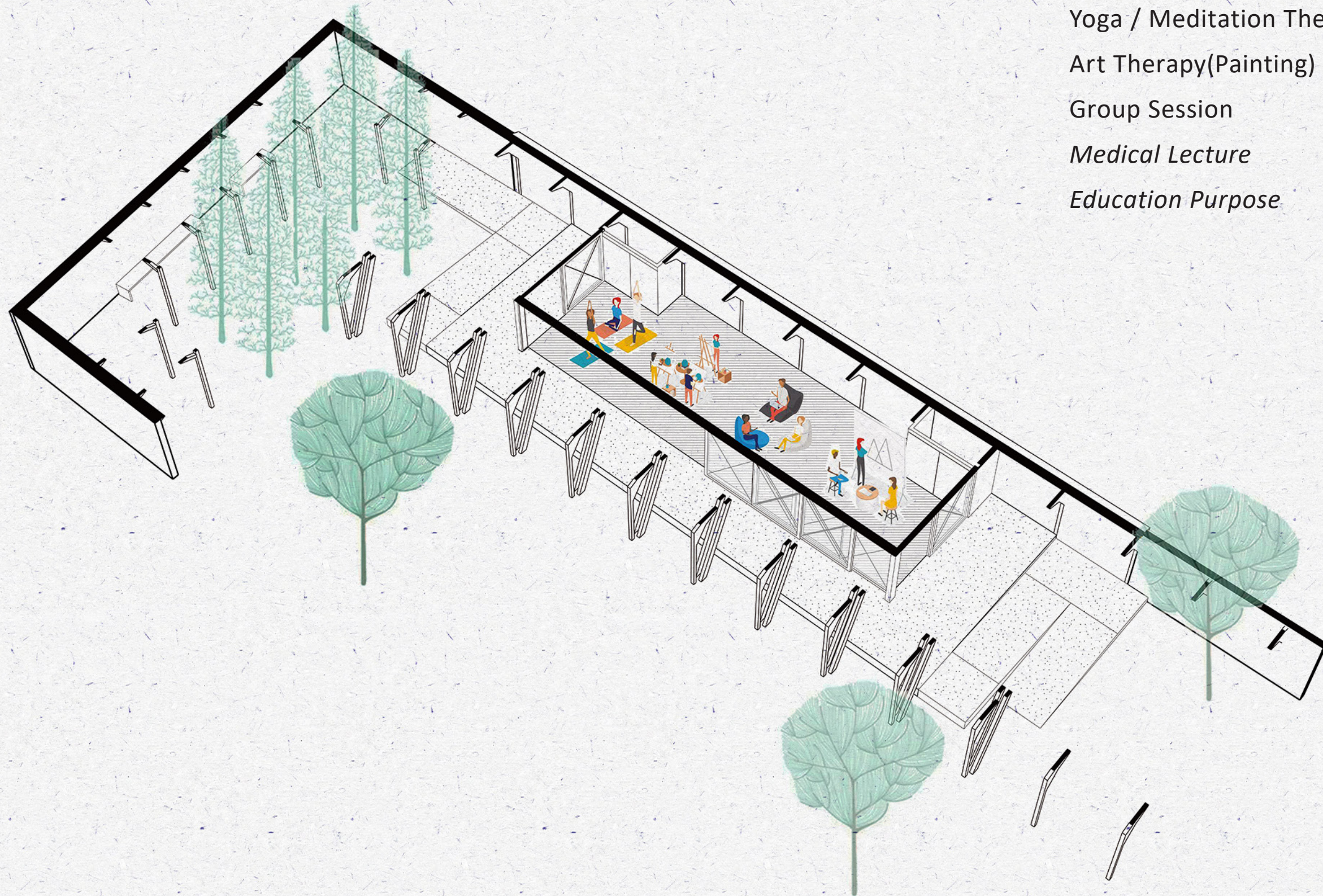
Yoga / Meditation Therapy

Art Therapy(Painting)

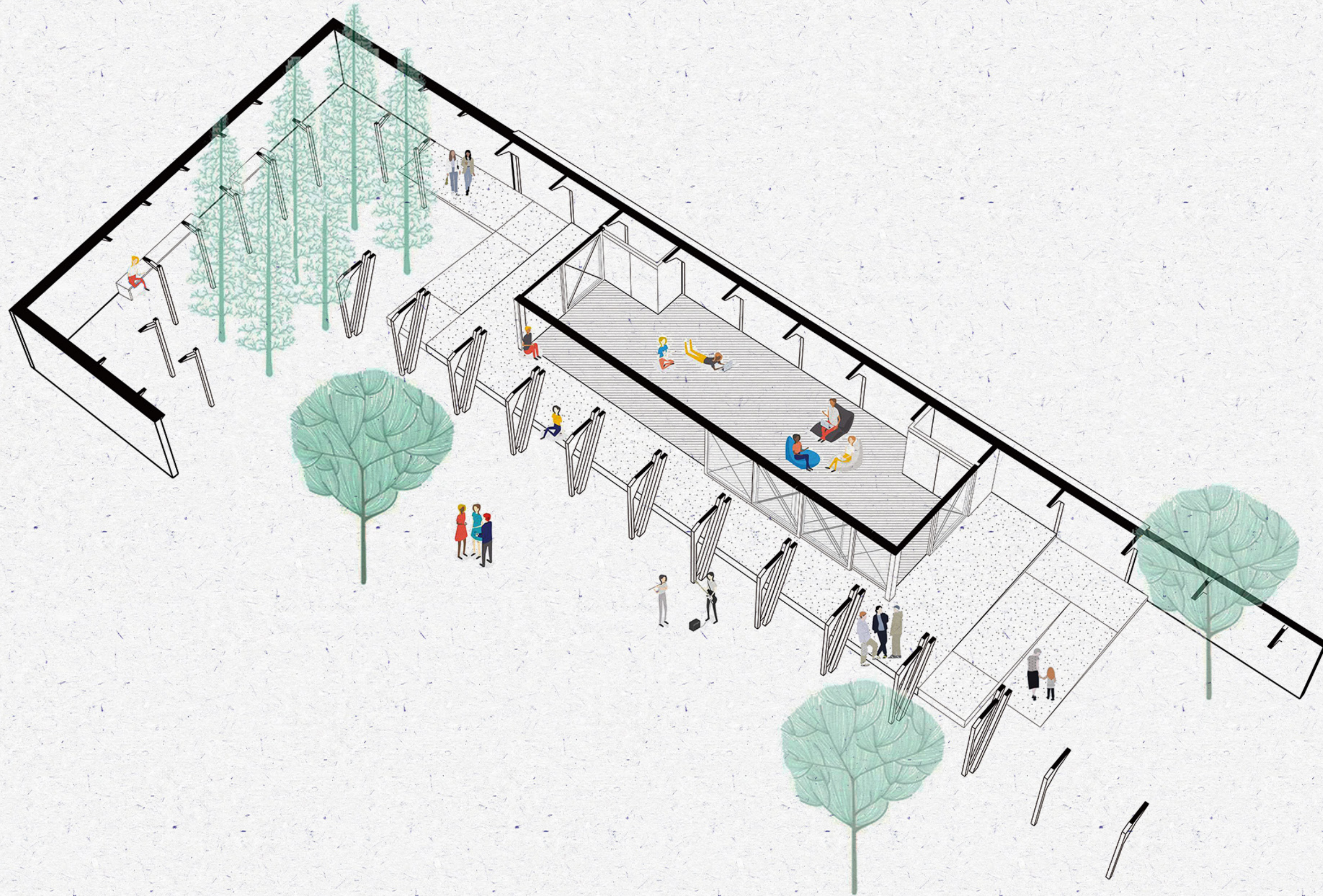
Group Session

Medical Lecture

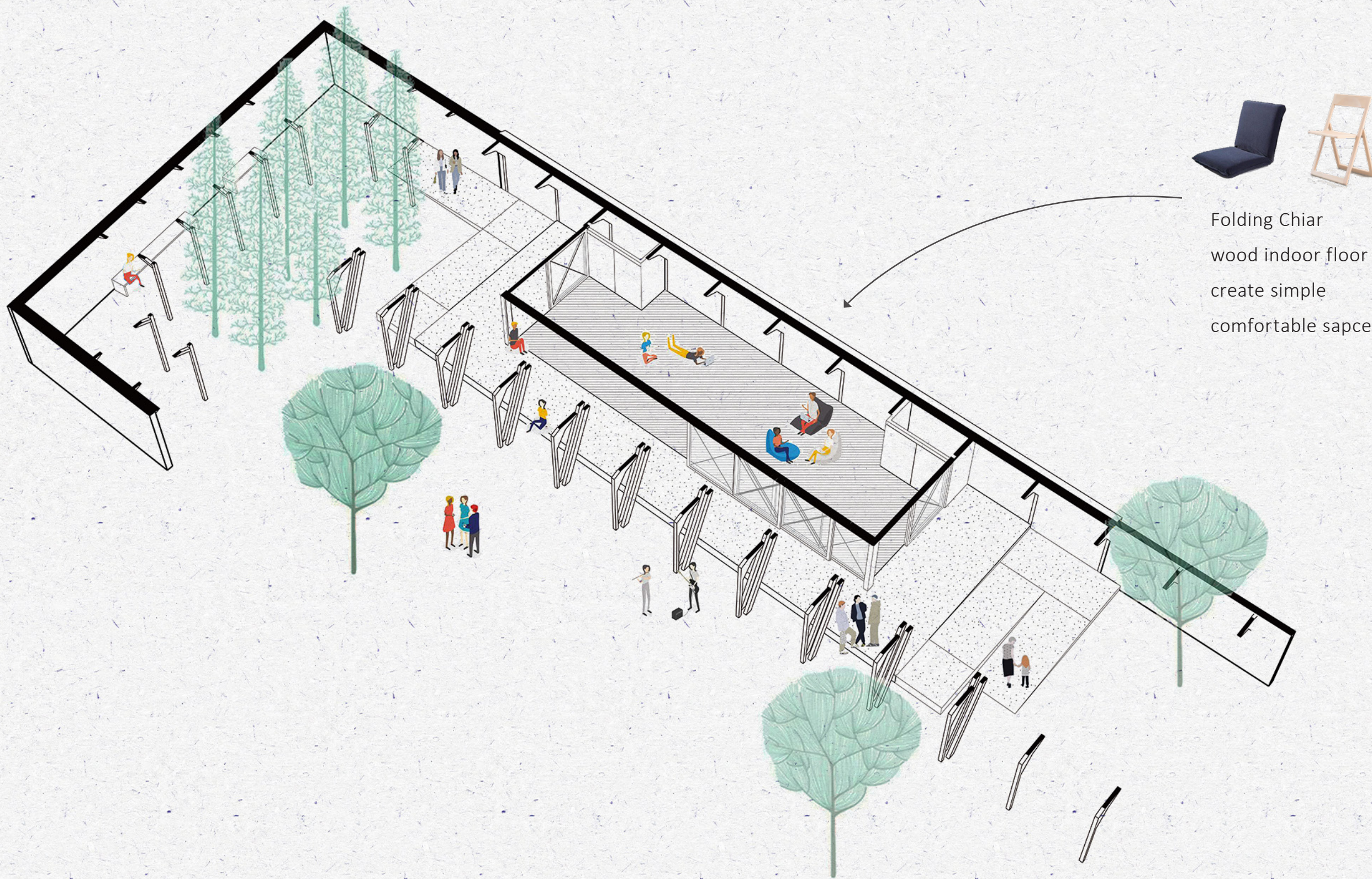
Education Purpose



Pavilion - Daily Use

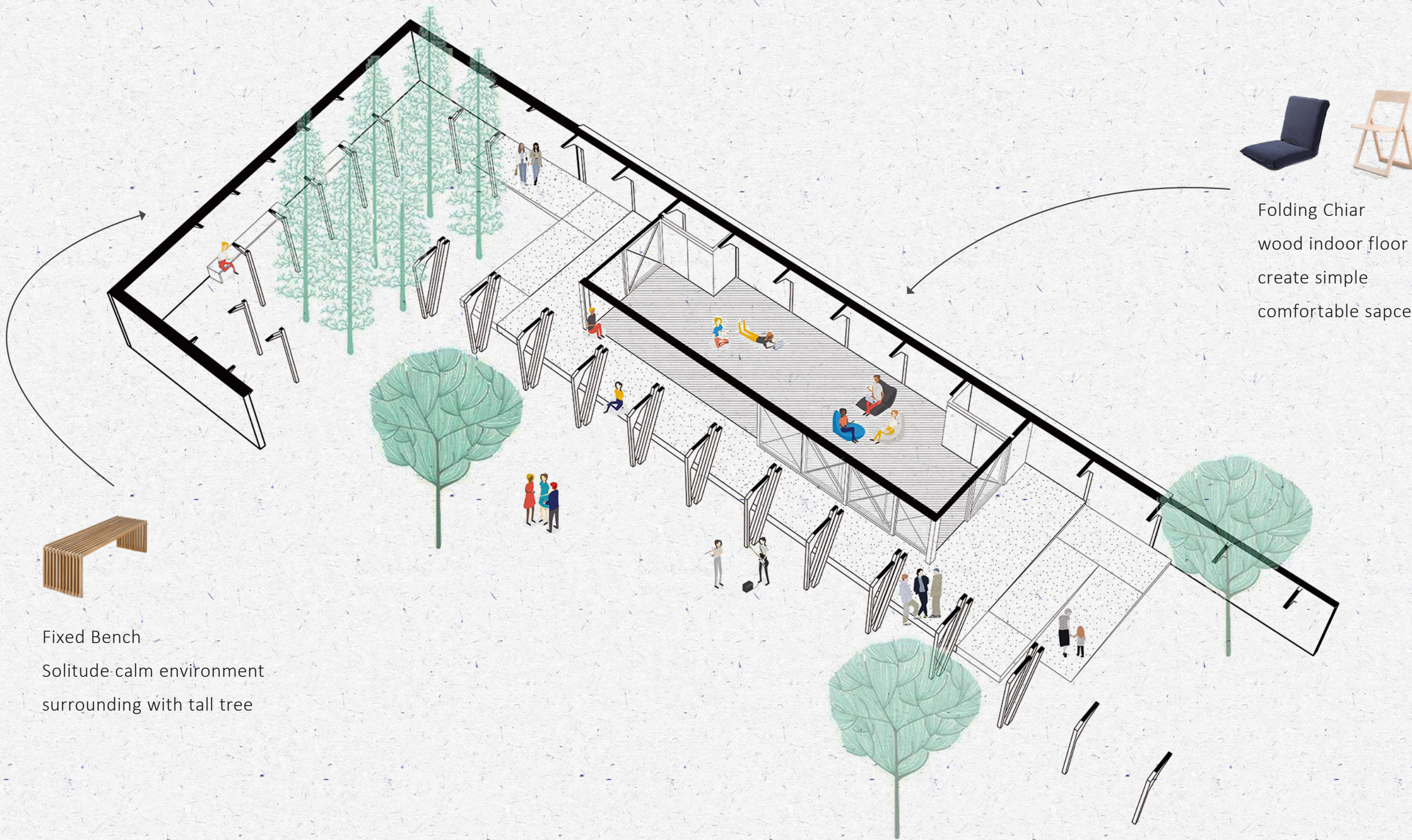


Pavilion - Daily Use



Folding Chair
wood indoor floor
create simple
comfortable sapce

Pavilion - Daily Use

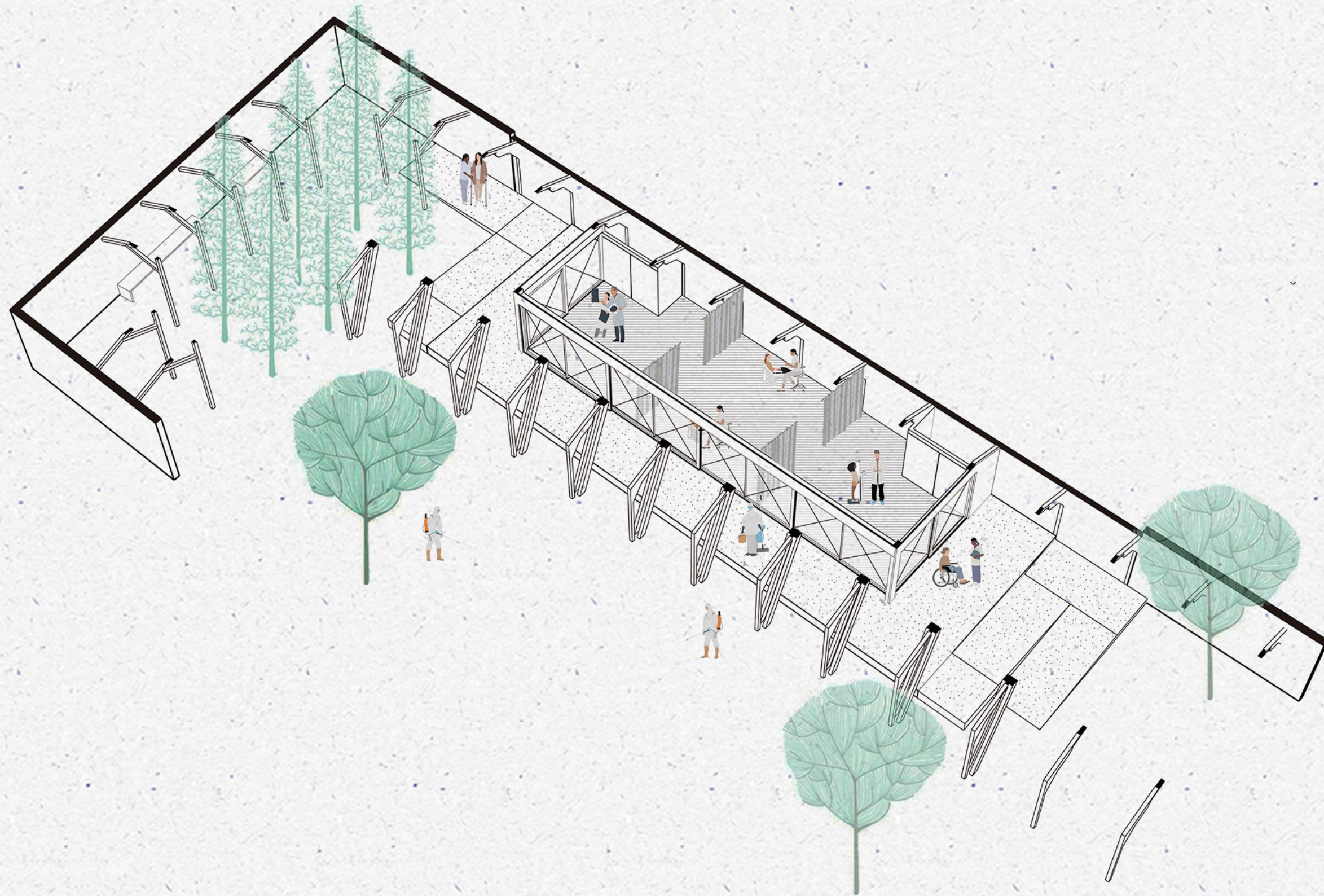


Folding Chair
wood indoor floor
create simple
comfortable sapce

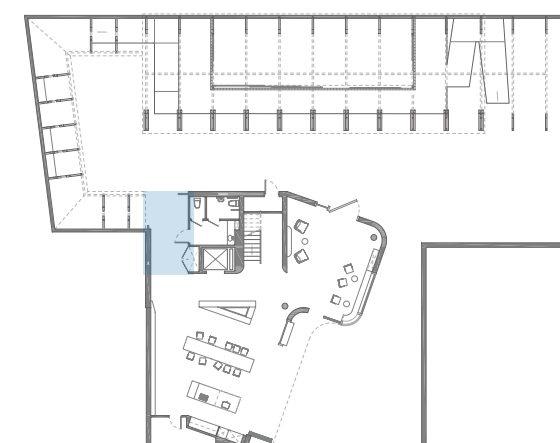


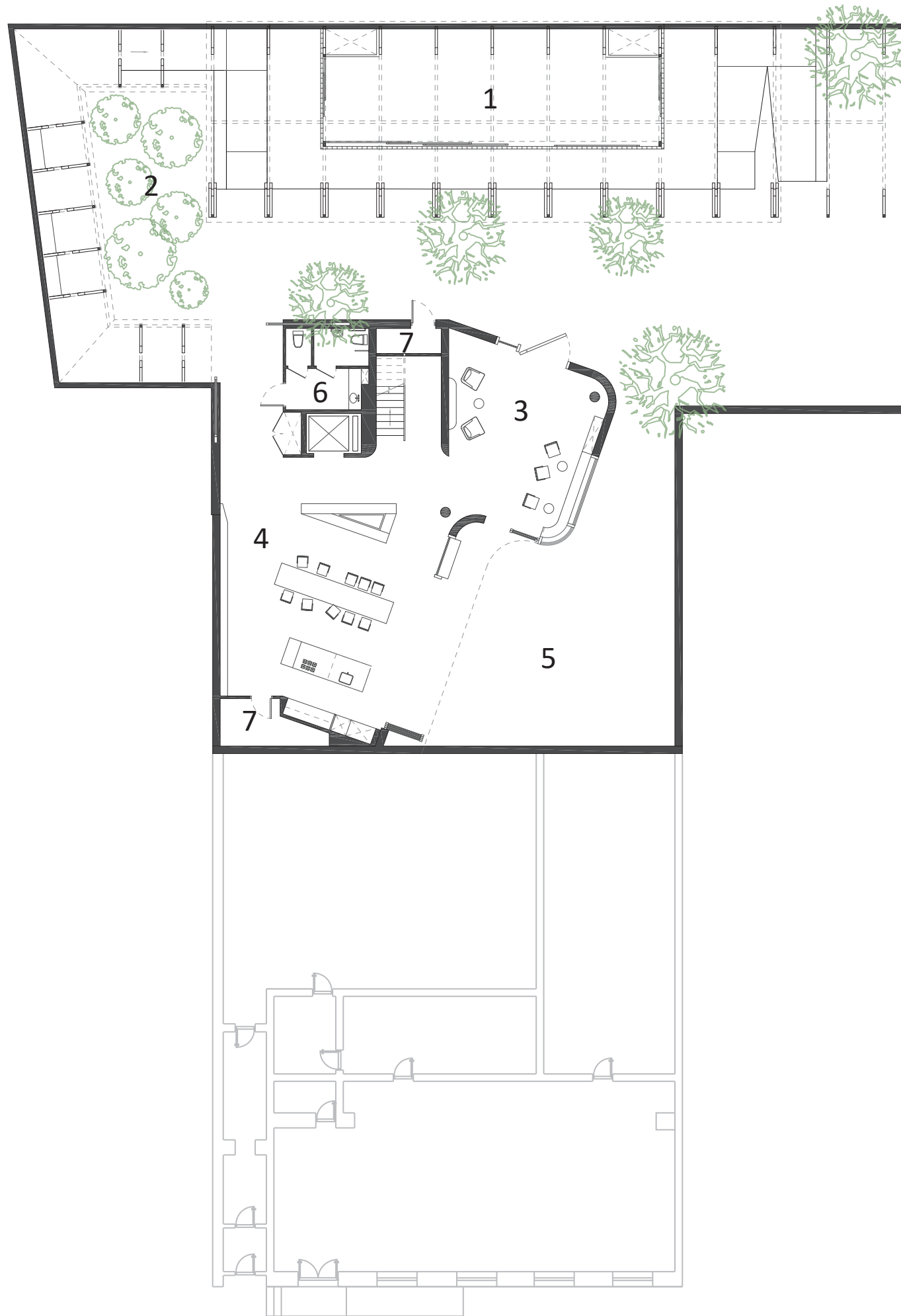
Fixed Bench
Solitude calm environment
surrounding with tall tree

Future Temporary Medical Use









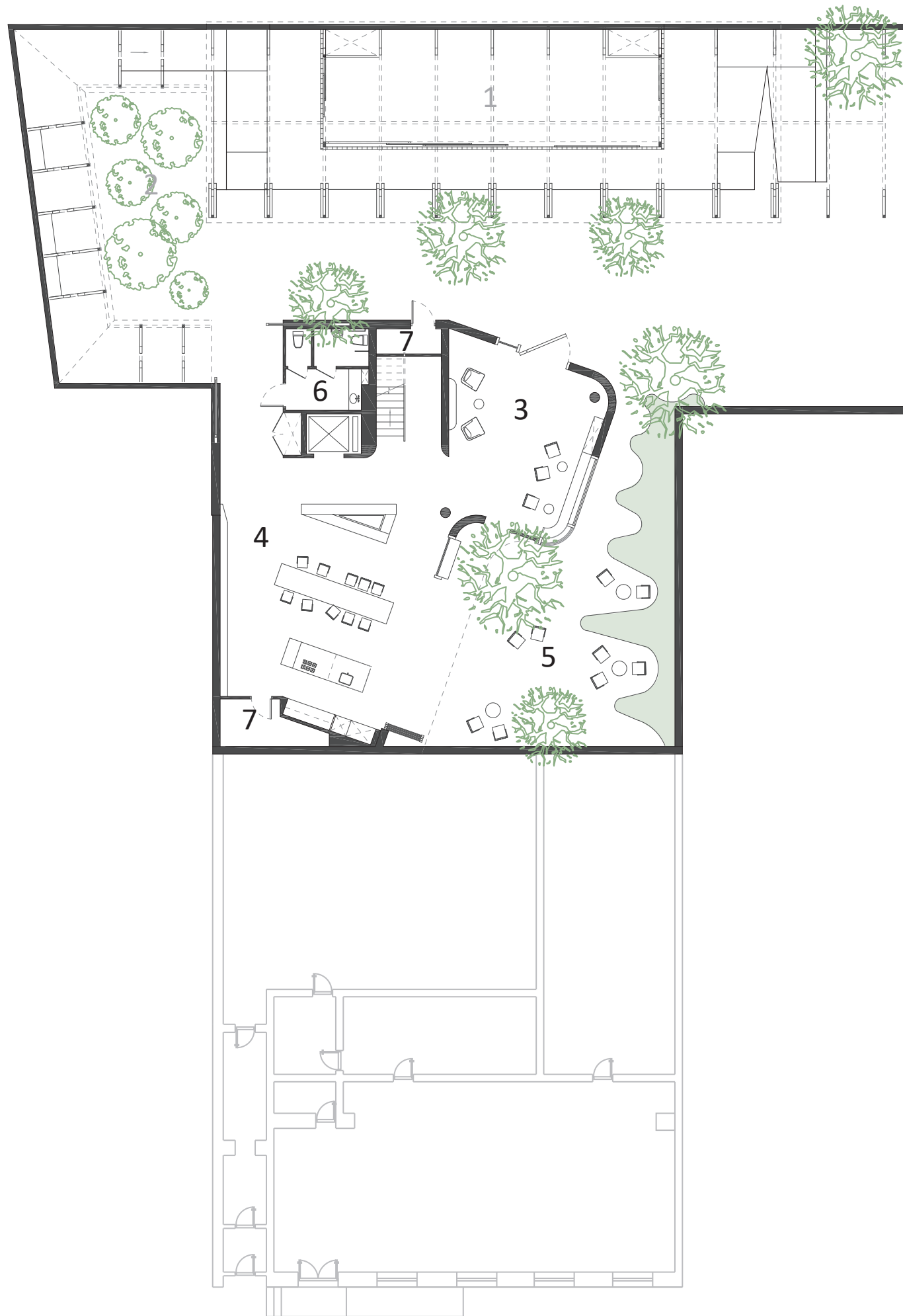
Communal Level - Ground Level



1:200



1. Multi-function Pavilion
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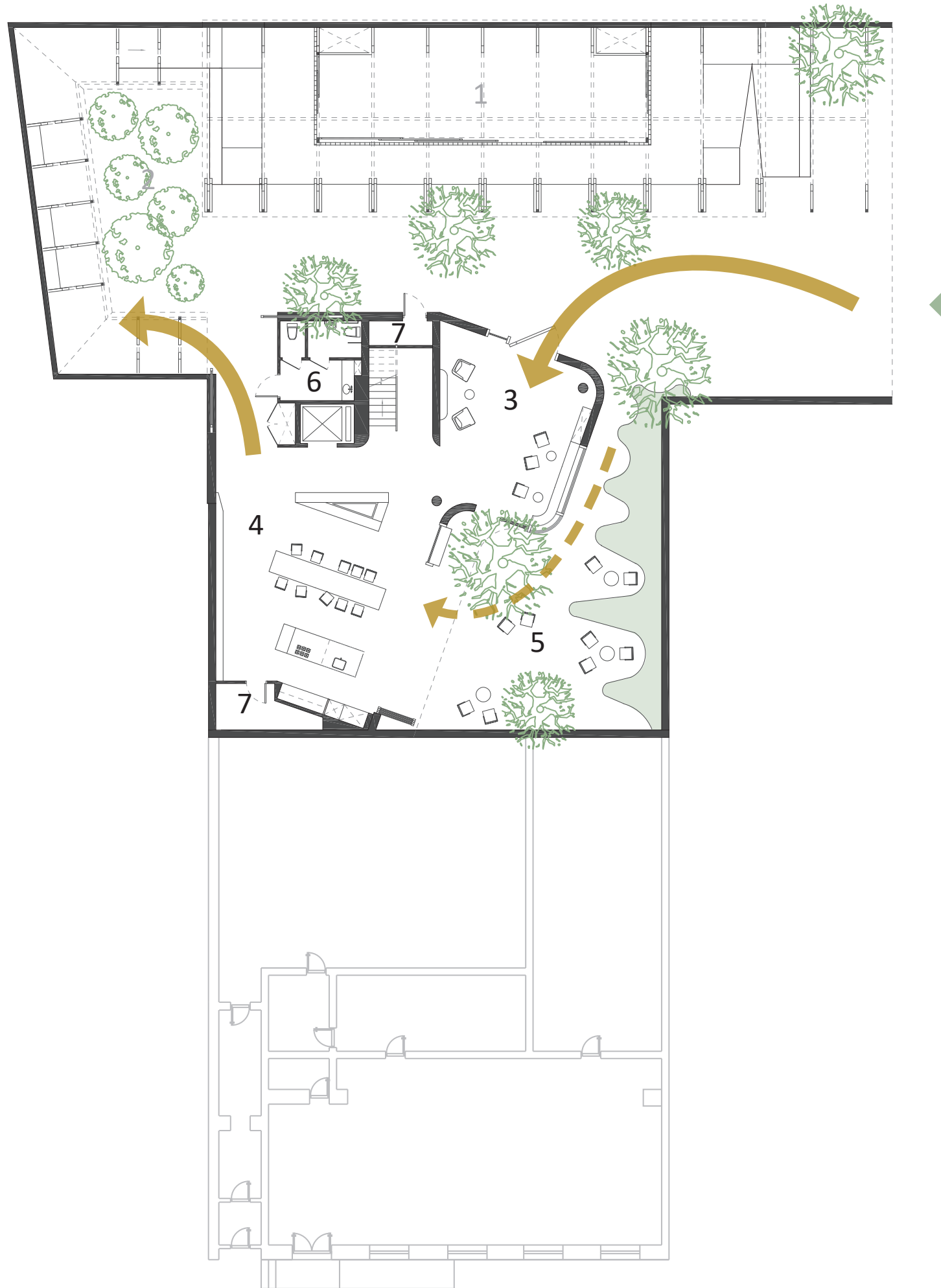
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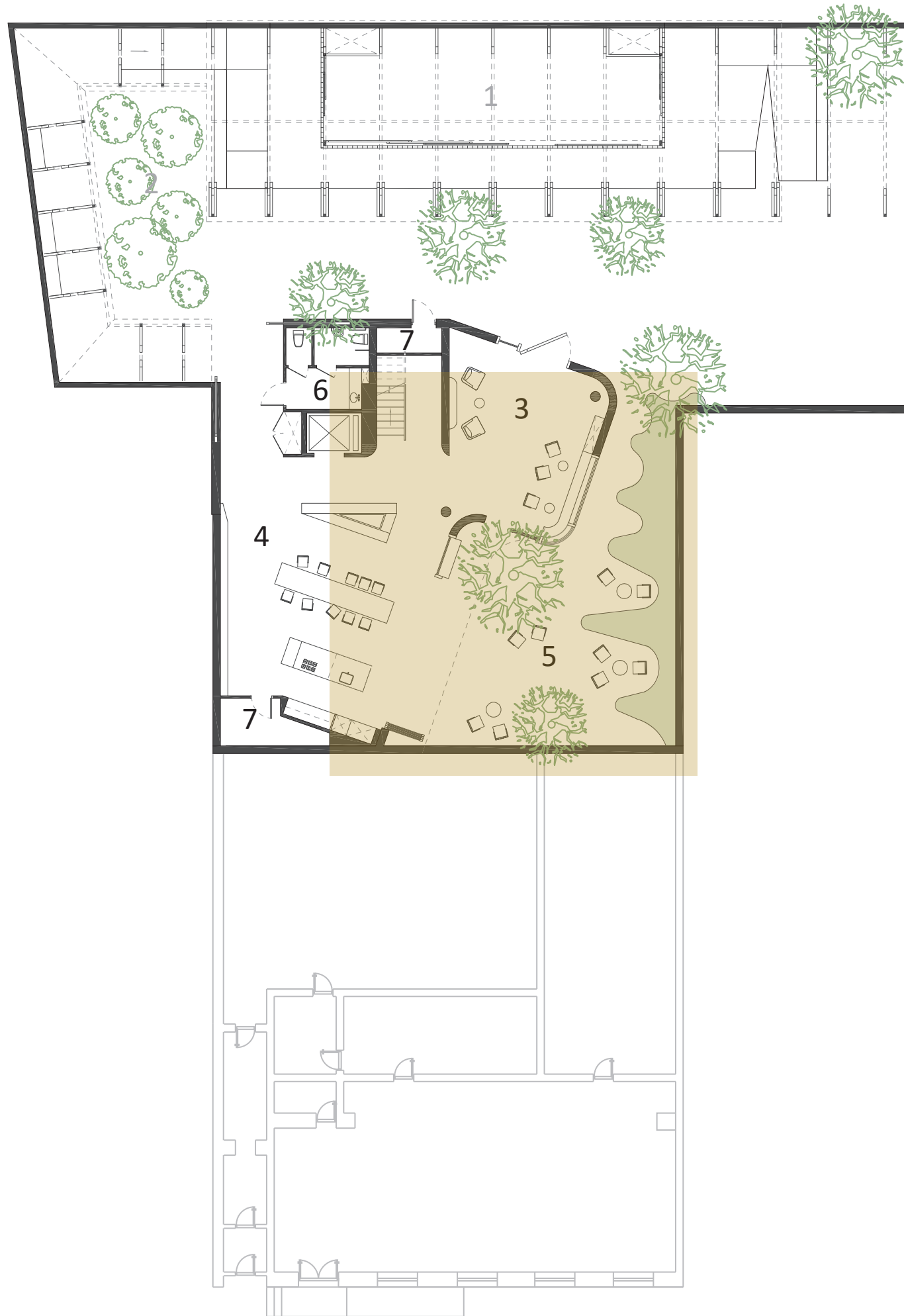
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Communal Level - Ground Level

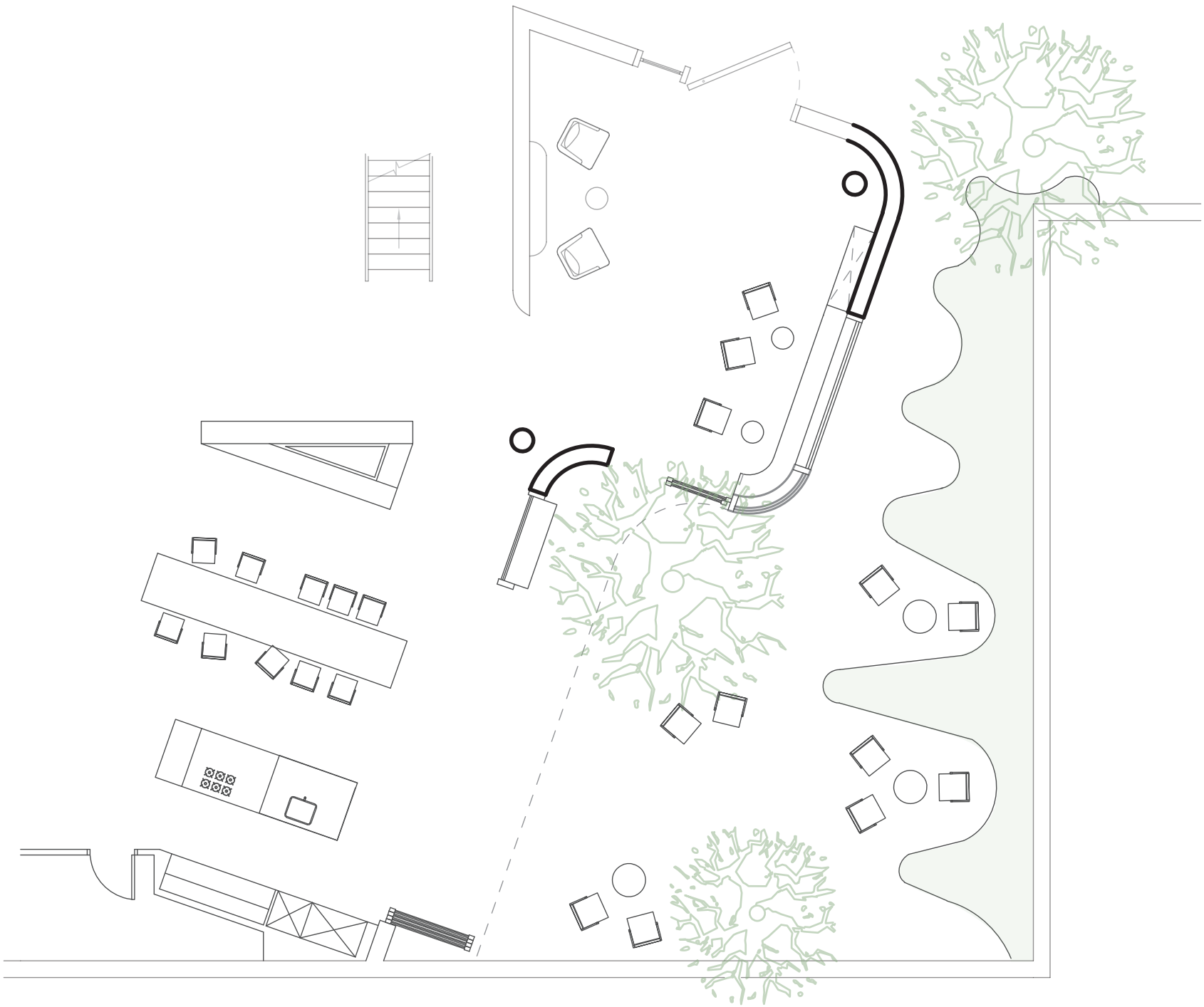


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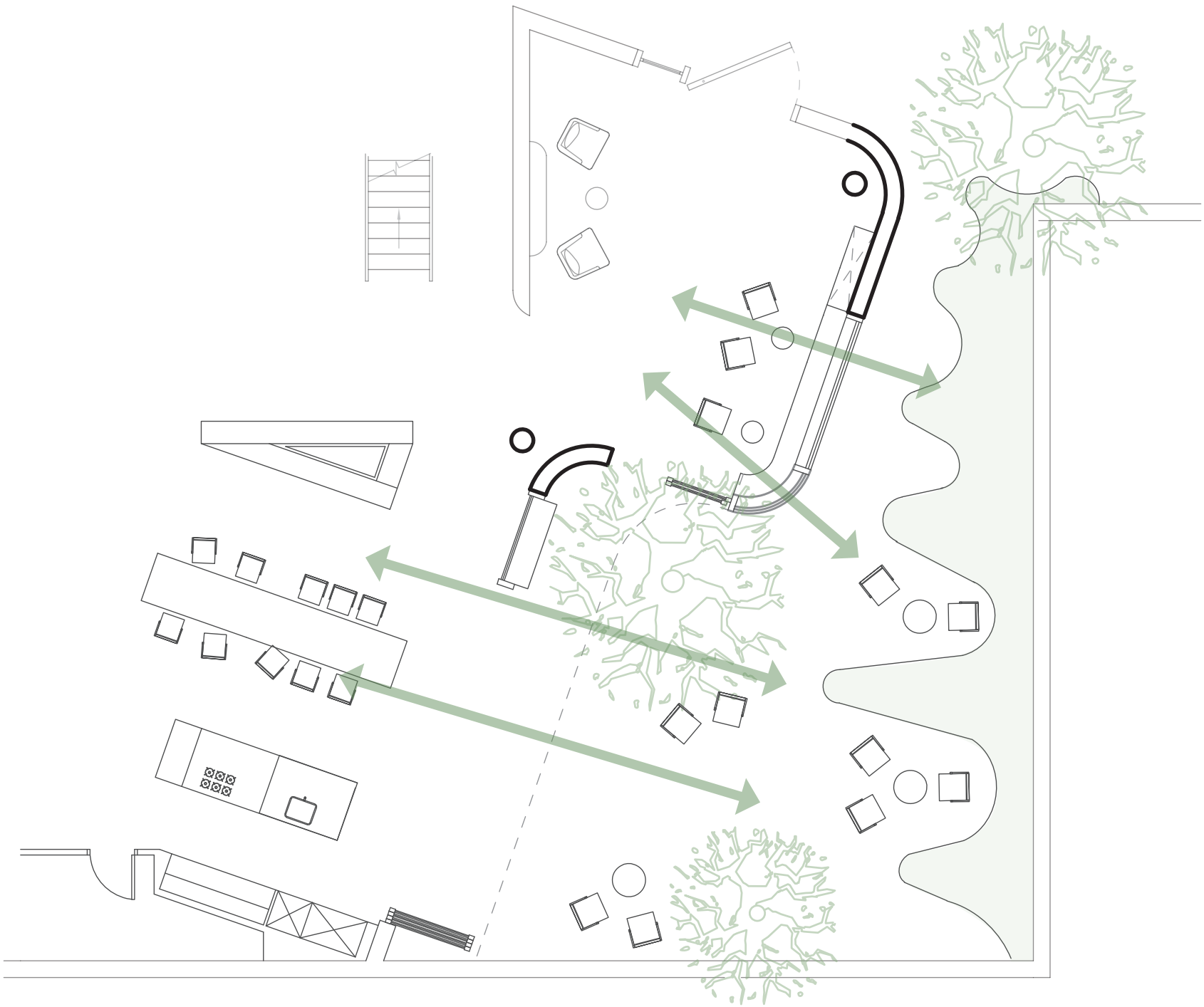


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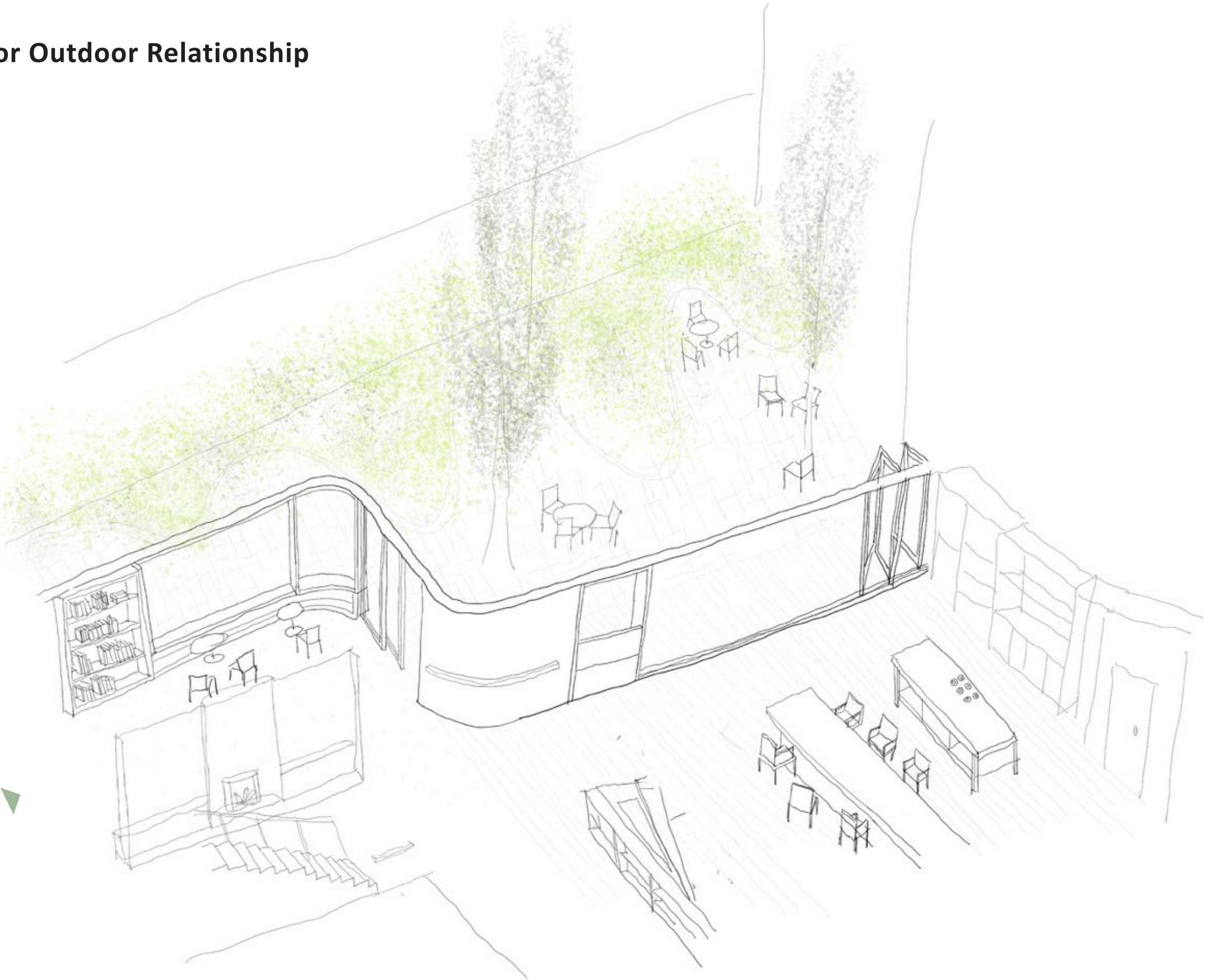
Indoor Outdoor Relationship



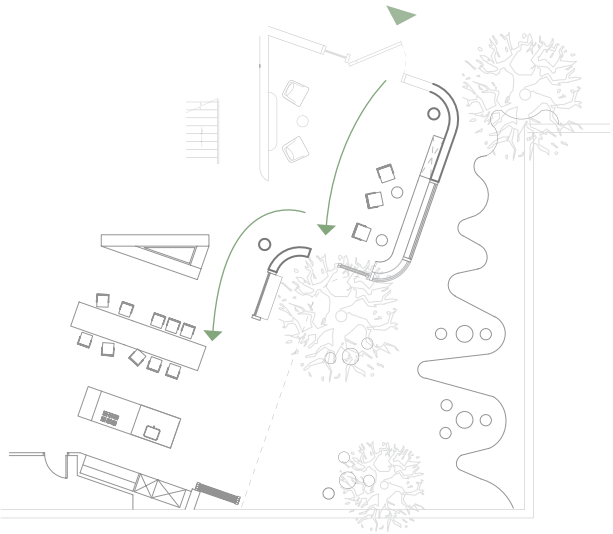
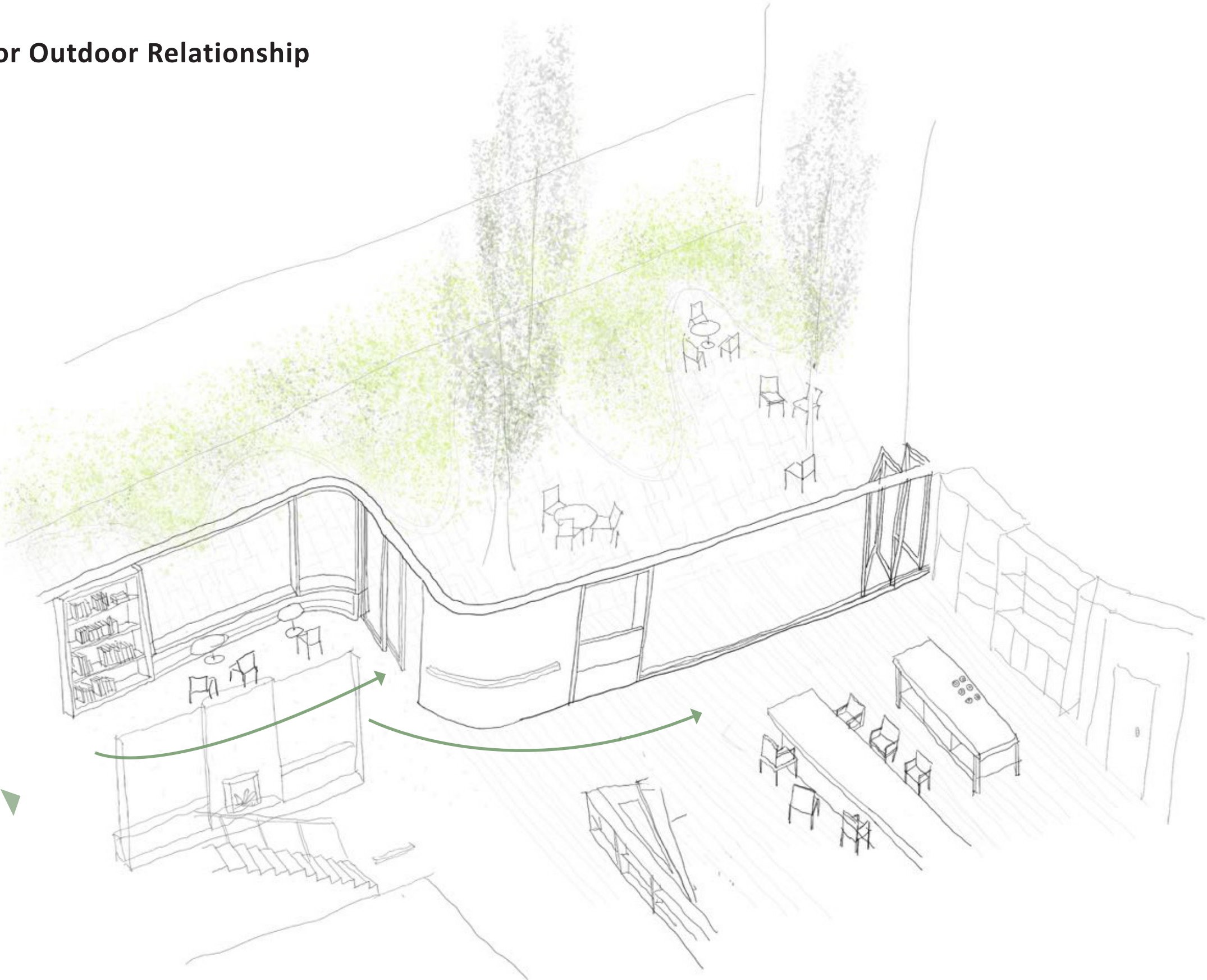
Indoor Outdoor Relationship



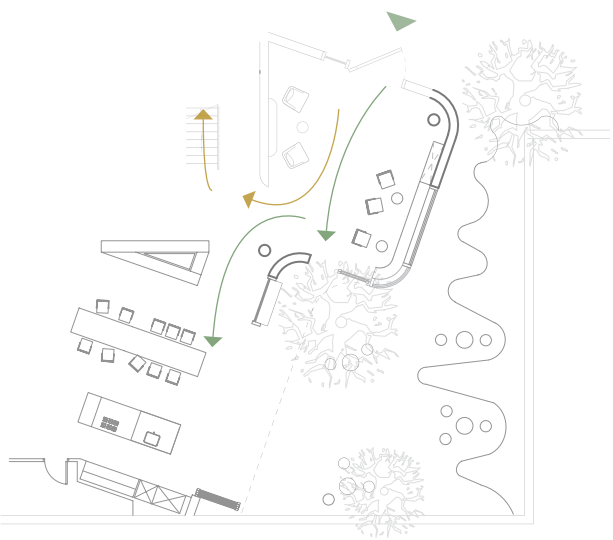
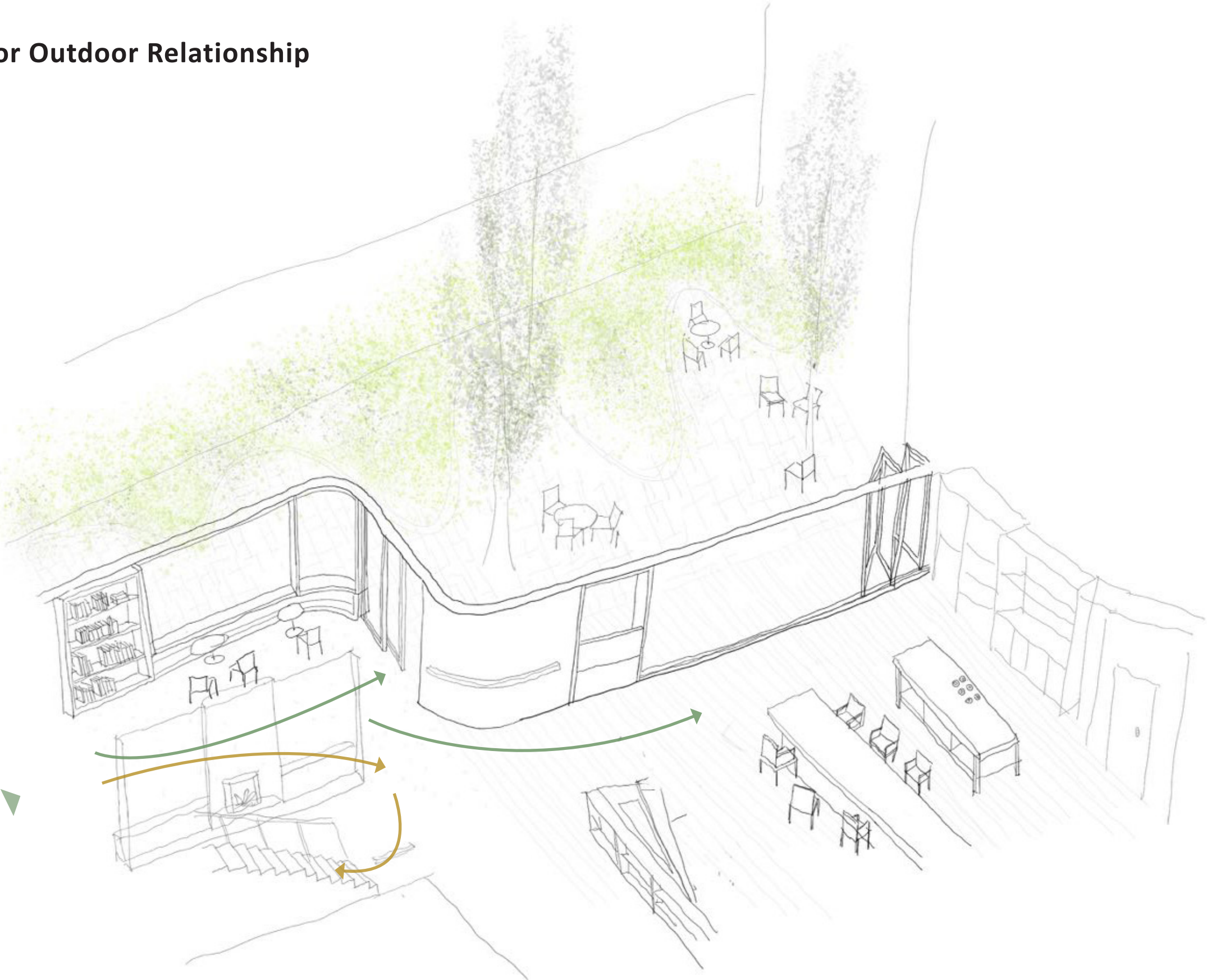
Indoor Outdoor Relationship



Indoor Outdoor Relationship

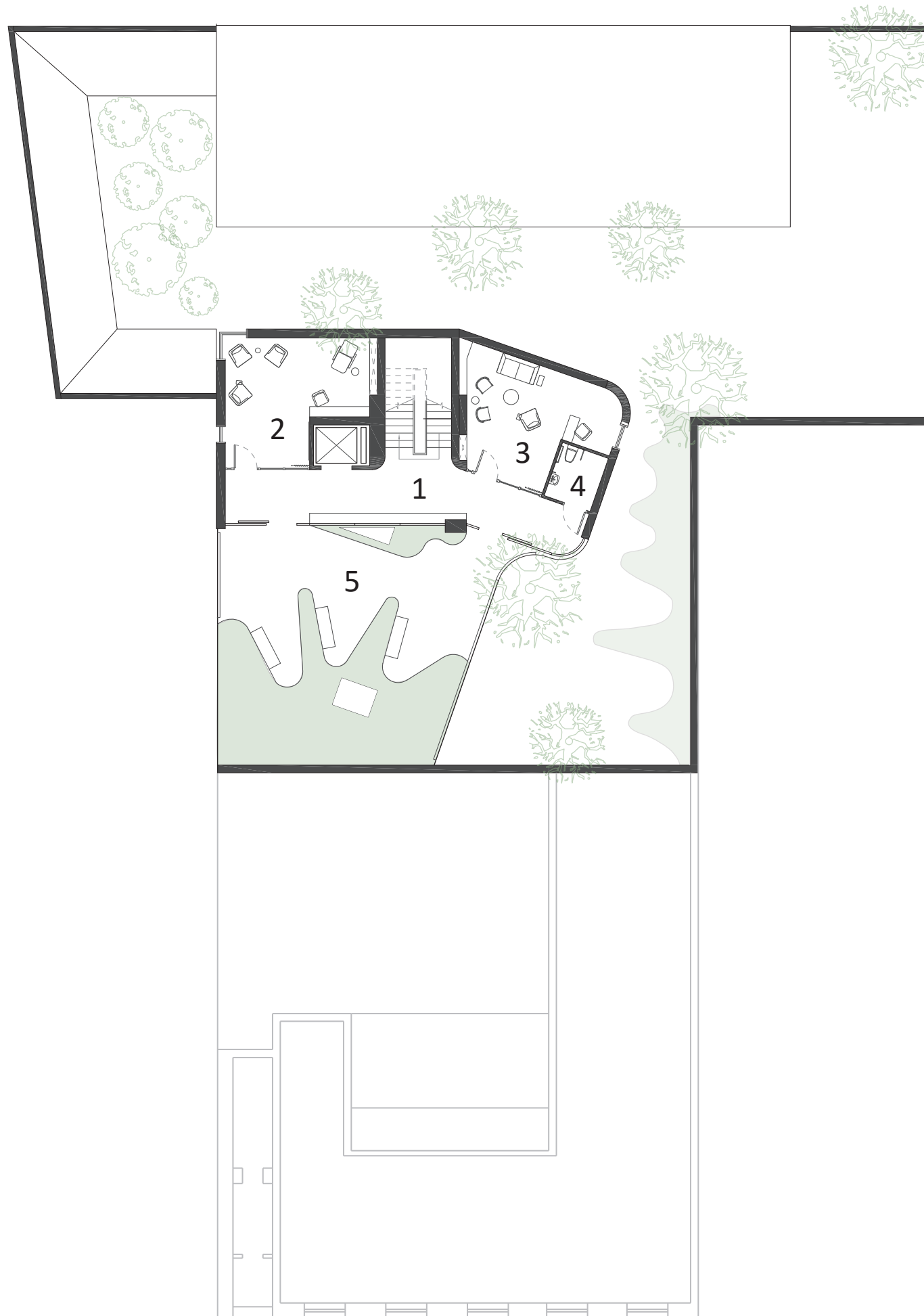


Indoor Outdoor Relationship









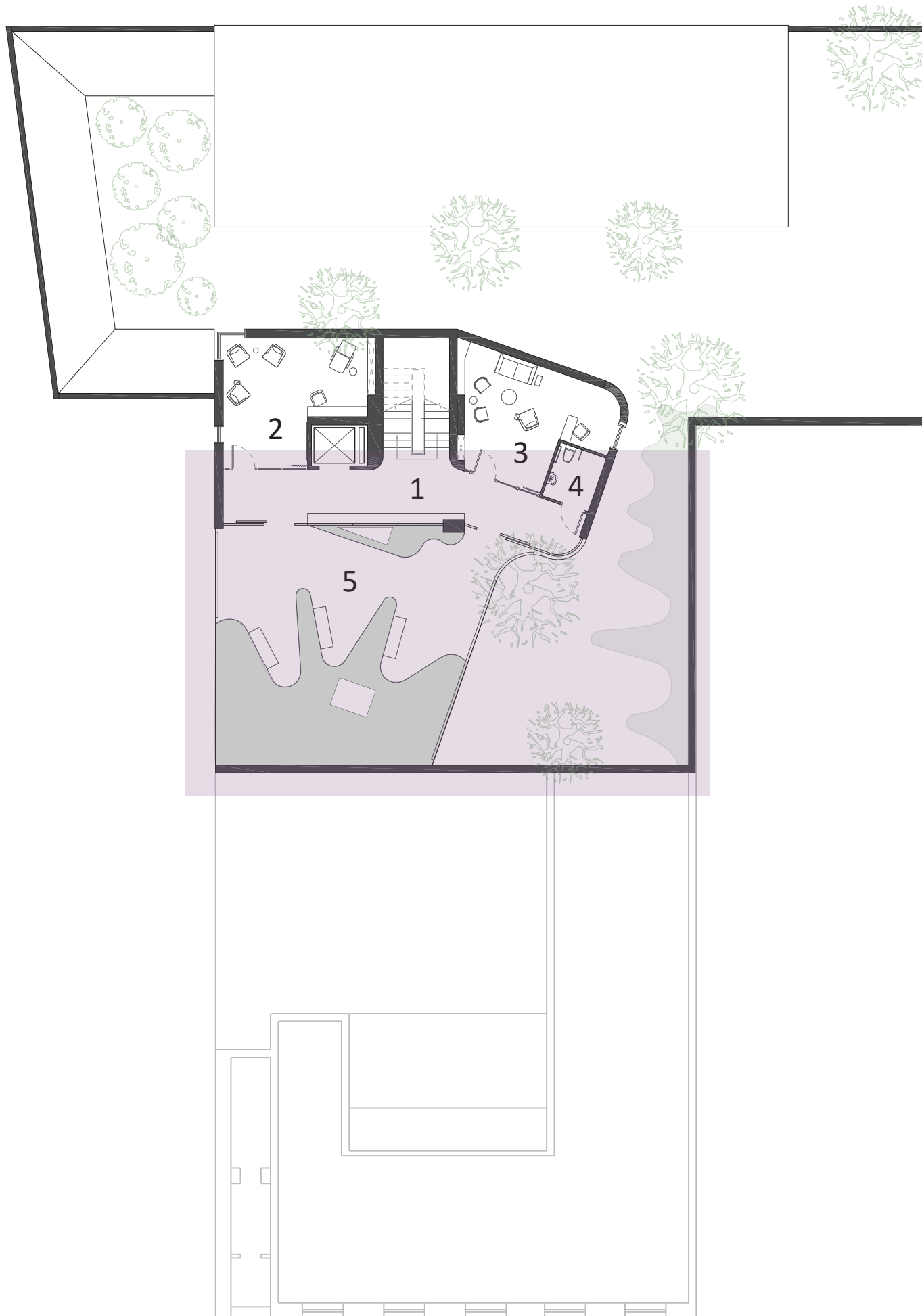
Therapist Level - Level 1



1:200



1. Waiting Area
2. Small Psychological Consultation Room(3-4)
3. Big Psychological Consultation Room(5-7)
4. Restroom
5. Private Roof Garden



Therapist Level - Level 1

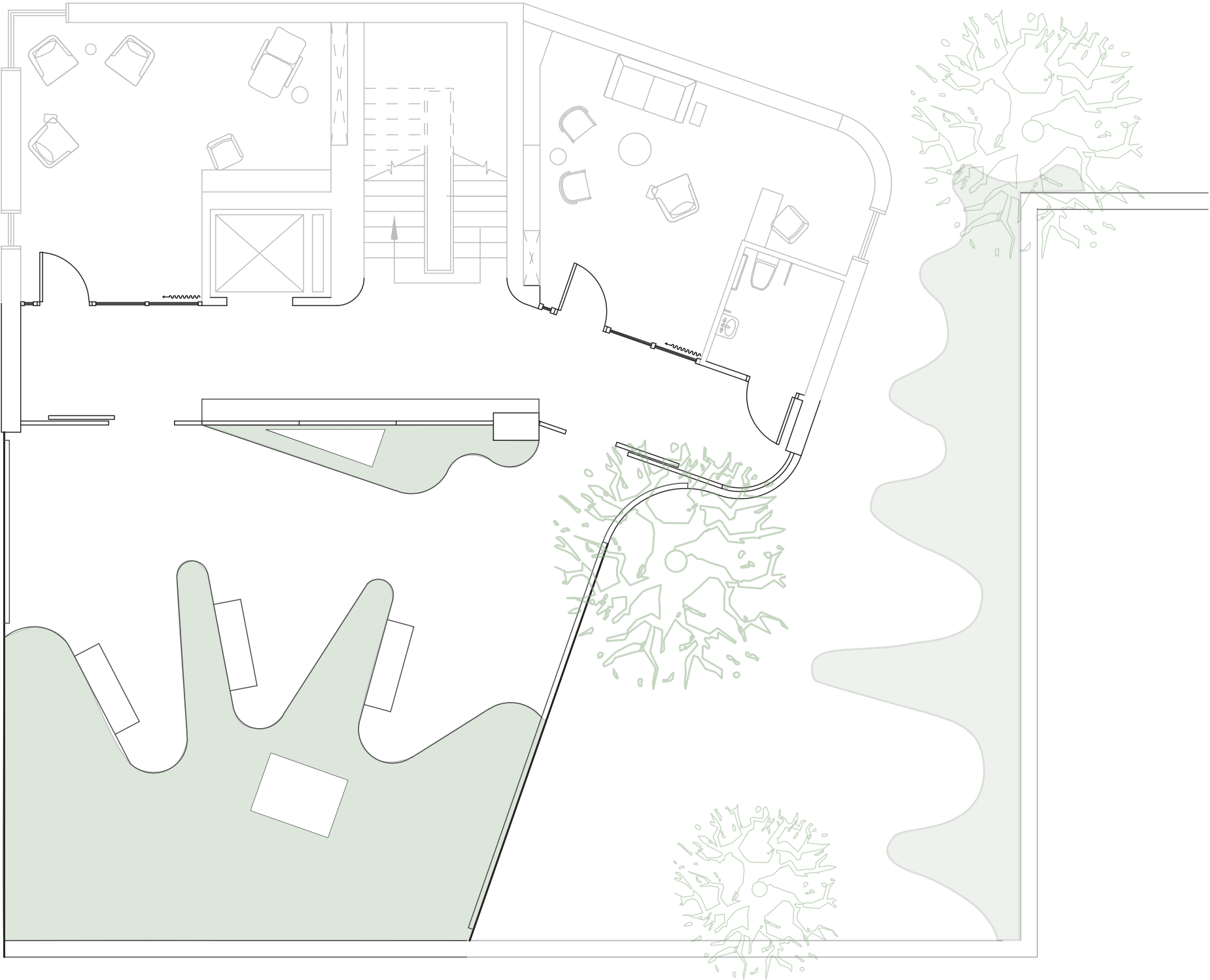


1:200

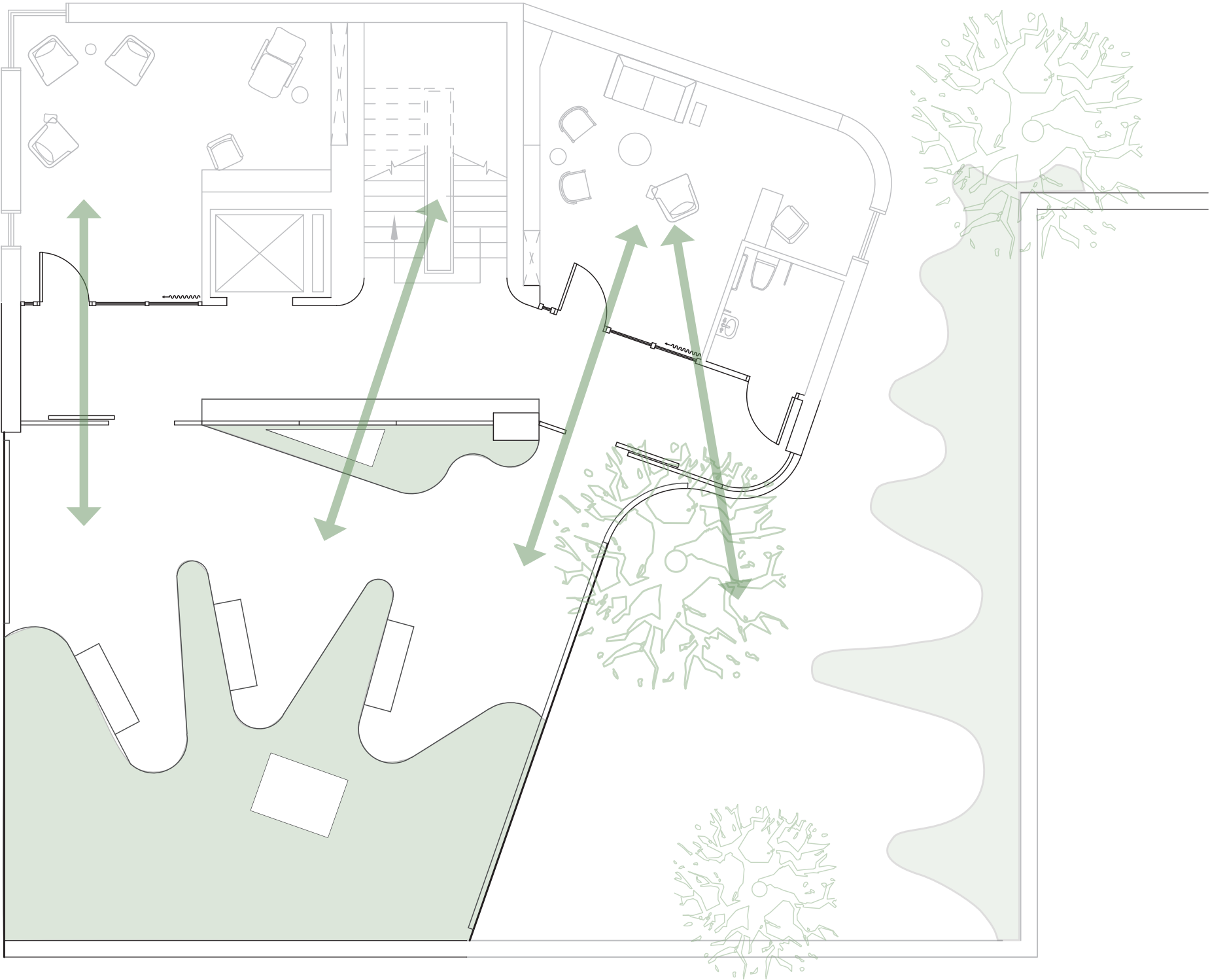


- 1. Waiting Area
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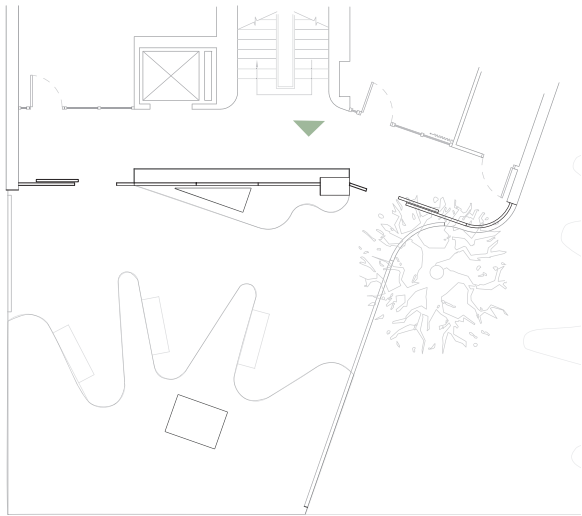
Indoor Outdoor Relationship



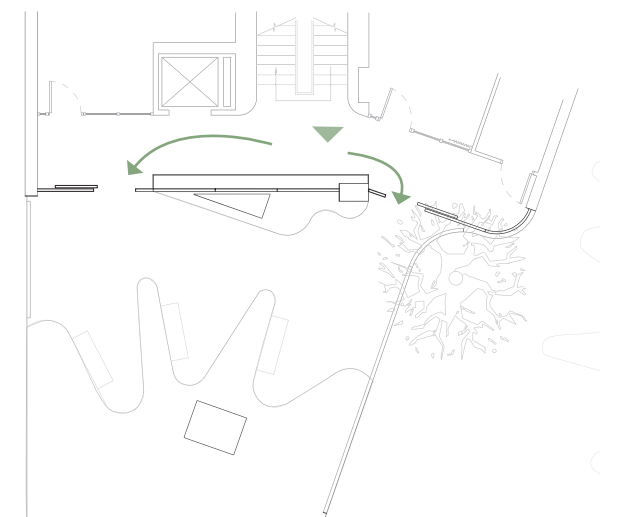
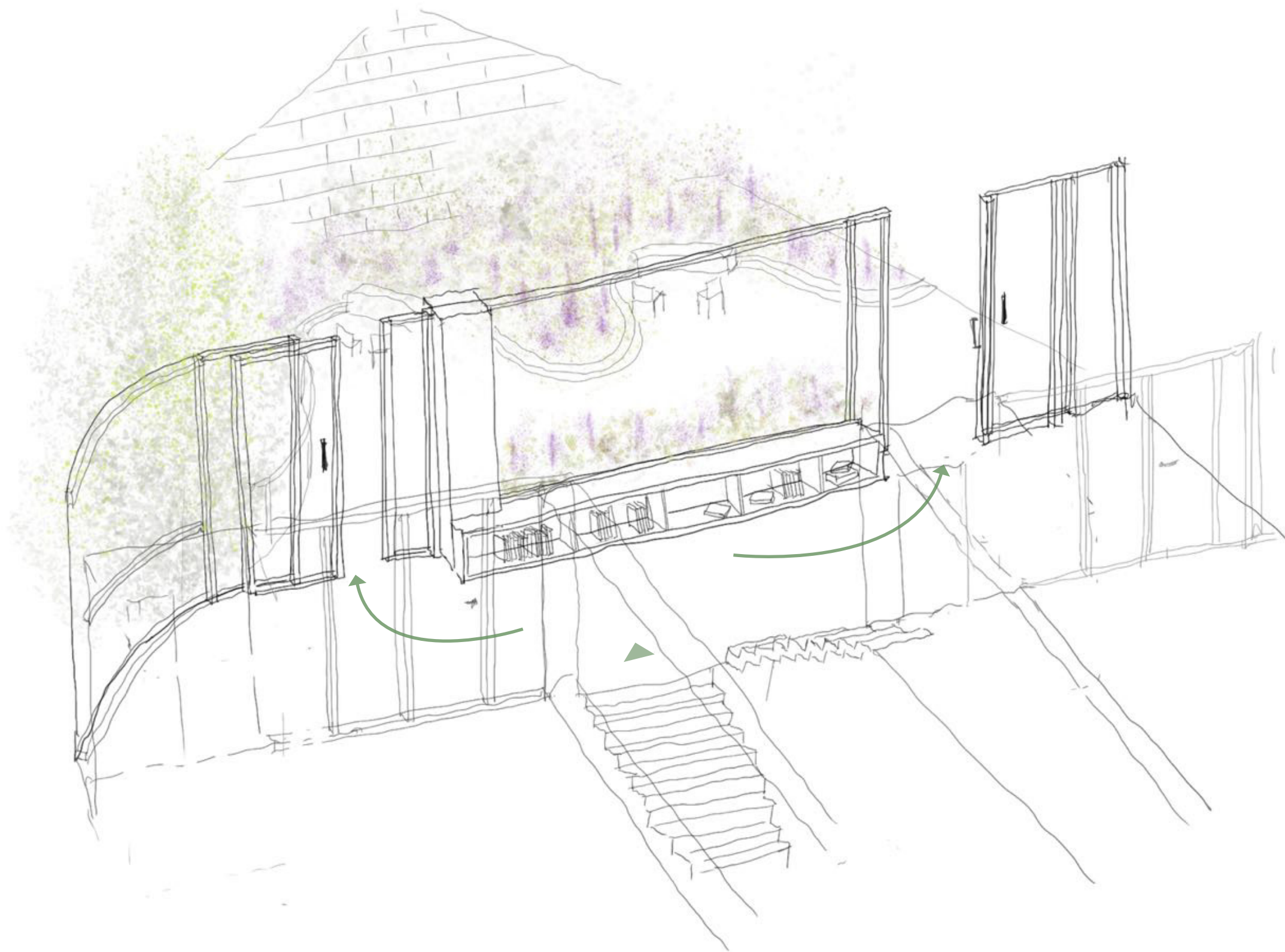
Indoor Outdoor Relationship



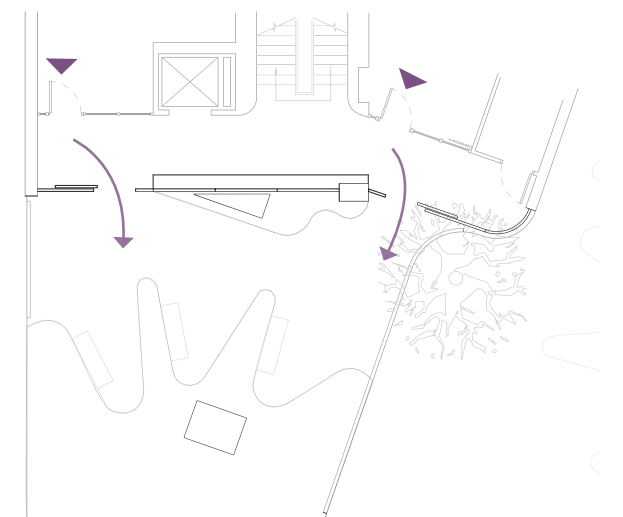
Indoor Outdoor Relationship - Level 1



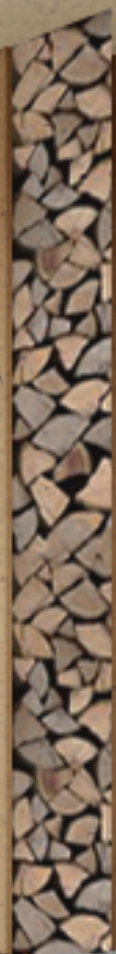
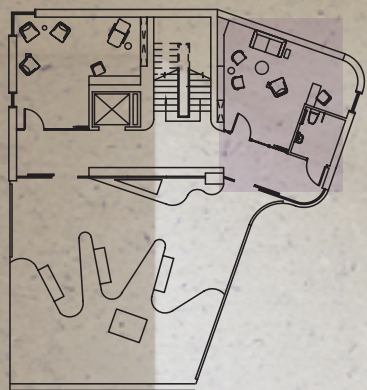
Indoor Outdoor Relationship - Level 1

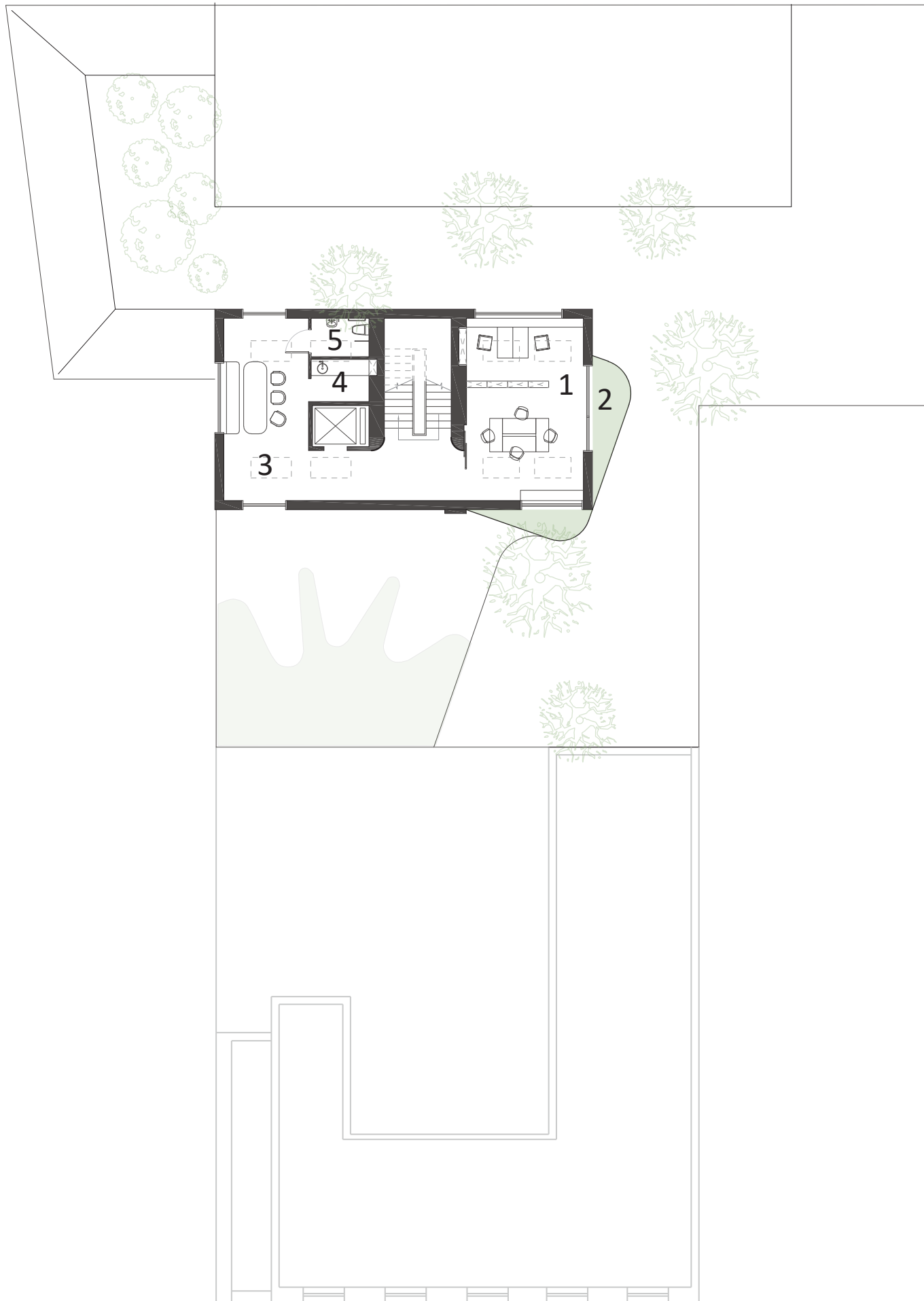


Indoor Outdoor Relationship - Level 1









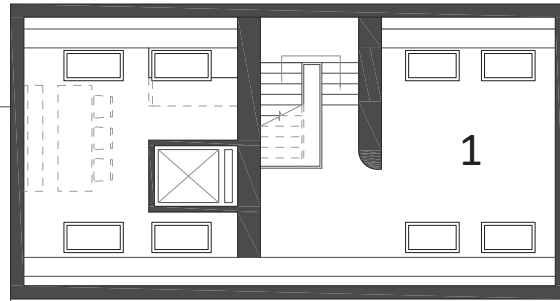
Office Level - Level 2

1:200



- 1. Office
- 2. Green Roof
- 3. Dining / Meeting
- 4. Small Kitchen
- 5. Restroom





File Level - Level 3

1:200



1. File Room

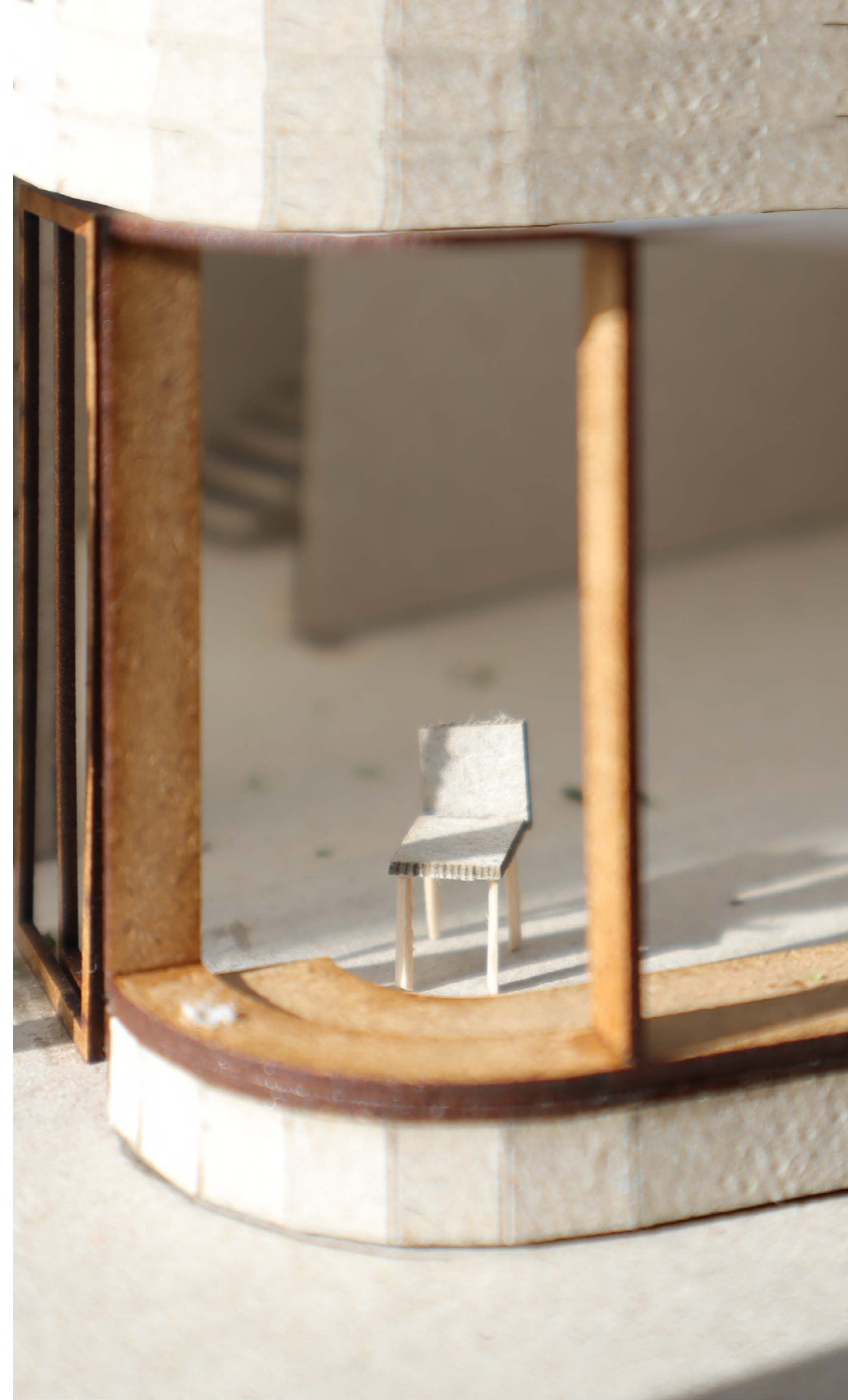
Moments of Model

















"The idea that nature reminds us of life, and if we (are) exposed to the natural elements, then our sort of negative feelings get almost immediately replaced with positive emotions "

Environmental Psychologist
Birgitta Gatersleben