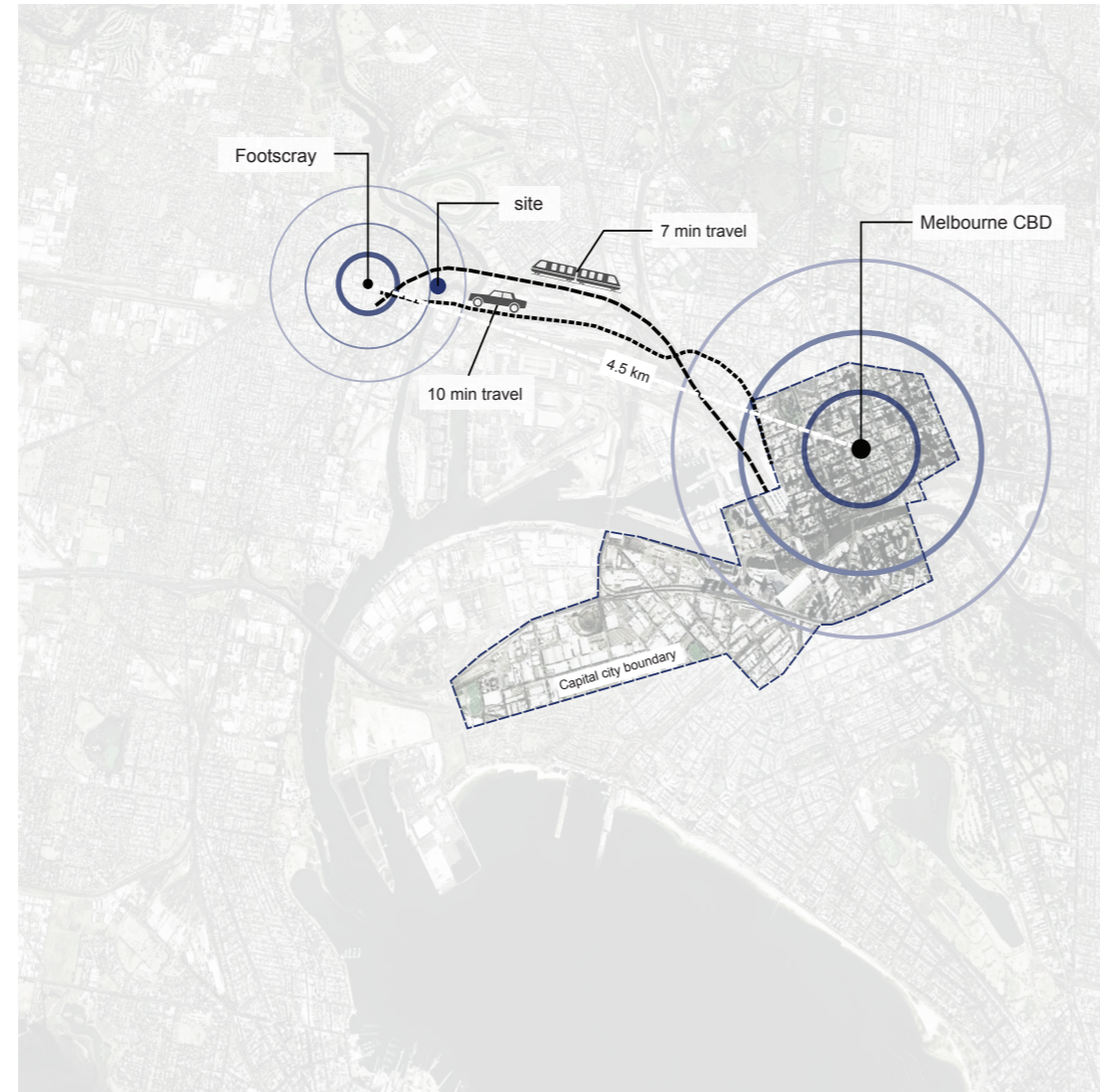


cecilie beatrice schei

tutors: ragnhild aslaksen & luca finochiaccio
NTNU 2014

headspace

 multicultural centre for health & emotional wellbeing

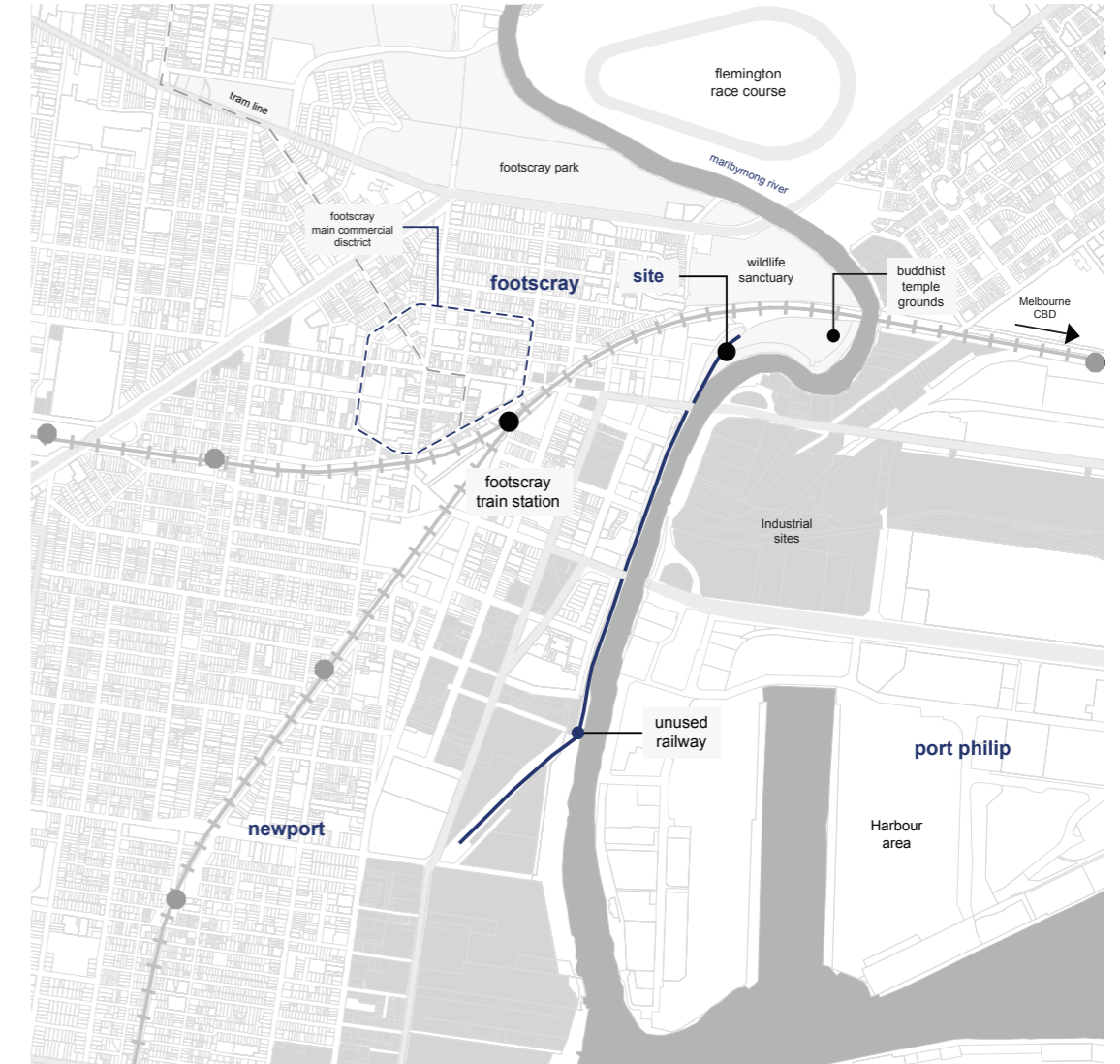


MELBOURNE, Australia

site context

Footscray: an activity centre in transition

Situated less than 5 km from the Melbourne CBD, the suburb of Footscray forms part of the larger city of Maribyrnong. Melbourne's early industrial history is prominent here; old wharves and warehouses are clearly visible, and there is a coalition of industrial uses mixing with commercial activity and medium-density housing. Successive waves of skilled migrants have settled in Footscray over the recent years and the area continues to increase in popularity among young and ethnically diverse adults due to the affordability of housing, vibrancy of culture and proximity to central locations in Melbourne.



FOOTSCRAY, Melbourne

Today Footscray has become the last remaining inner city area within very close proximity of the Melbourne CBD that still has major potential for expansion of city related functions. Footscray's streetscape is currently transitioning, with significant apartment developments now defining the skyline and new commercial and retail developments under construction and in planning stages. The area is rapidly emerging as the key destination of the inner west and its population of 14100 residents is expected to double over the next 20 years.



▲ N
AREAL MAP



the site in footscray

- Pedestrian circulation around site
- Disused railway line implemented as walkway
- Existing railway network Melbourne - Footscray
- Pedestrian connectors proposed by the city of Footscray
- Existing pedestrian & cycle track
- Future development currently in planning stages
- 4-25 Intended floor heights of new development
- Active frontages proposed by city of Footscray

Significant features:

- 1 Proposed future chinese gardens
- 2 Existing parking
- 3 Buddhist temple complex
- 4 Future high activity pedestrian street
- 5 Future medium activity pedestrian street

(A)

The Joseph Road precinct:

The area directly west of the site comprises approximately 10 hectares of private landholdings that are currently used for a combination of light industry and commercial uses. The precinct's current objective is to develop a vibrant, mixed use area here consisting of a diverse range of higher-density housing development accommodating approximately 4,000 dwellings, a viable mix of commercial, retail, community, entertainment and recreation land uses. The project bases itself freely upon the most recent visions presented by the city of Maribymong.

(B)

The riverside precinct:

Leisure and housing district linked to Footscray centre to be developed as commercial marina.

(C)

West Melbourne:

Area currently dominated by industrial activity awaiting potential future habilitation.

(D)

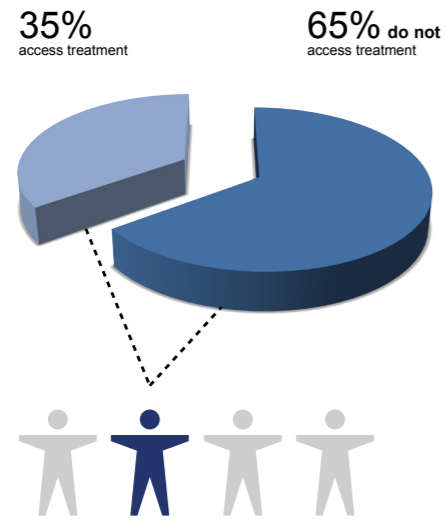
Newells Paddock:

Natural wildlife sanctuary.

(E)

North Footscray:

project focus



A scope on depression

1 in 4 Australians experience a mental illness every year. Out of these 65% do not access any treatment. This is worsened by delayed treatment due to serious problems in detection and accurate diagnosis.

Developing a relevant treatment option for depression

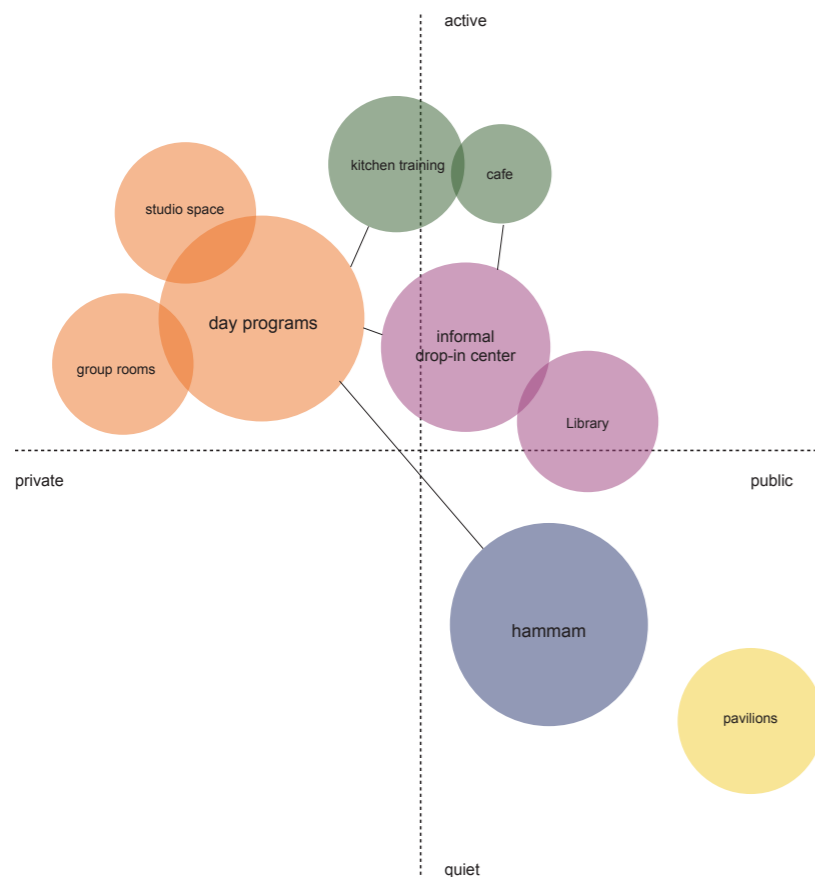
The future of mental health care and the question of how to effectively deal with the increasing prevalence of depression among citizens is of extreme relevance in Melbourne, in Australia, as well as on an international level. Young adulthood is the peak period of onset of most mental disorders and according to the Australian Institute of Health and Welfare, youth suicide due to high levels of psychological stress is the leading cause of death within this age group.

The most common type of depression experienced among young adolescents is environmentally based and may in fact be resolved over time as a result of positive change within one's environment. A need has been established within Melbourne's culturally and linguistically diverse society to provide more flexible ways of accessing treatment at an early stage and thus the primary focus of this project has been to develop an approachable and socially relevant treatment option for low to moderate depression in young adults ages 15-30.

Depression among young migrants

In Melbourne, young refugees and migrants more broadly are at increased risk of developing depressive symptoms. Recent immigrants are younger than the general population and for these the common stresses implied by young adulthood can be added to by the stresses associated with migration and settlement as well as commonly experienced trauma backgrounds, social isolation and unemployment.

The project proposes a centre for wellness and outpatient care that in addition to its core in rehabilitative day programs includes facilities for public and communal use. The ambition has been to combine the physical requirements of clinical rehabilitation with a consideration of the spiritual and emotional sides connected to mental health, while achieving a realistic balance between the provision of low-threshold and private spaces.

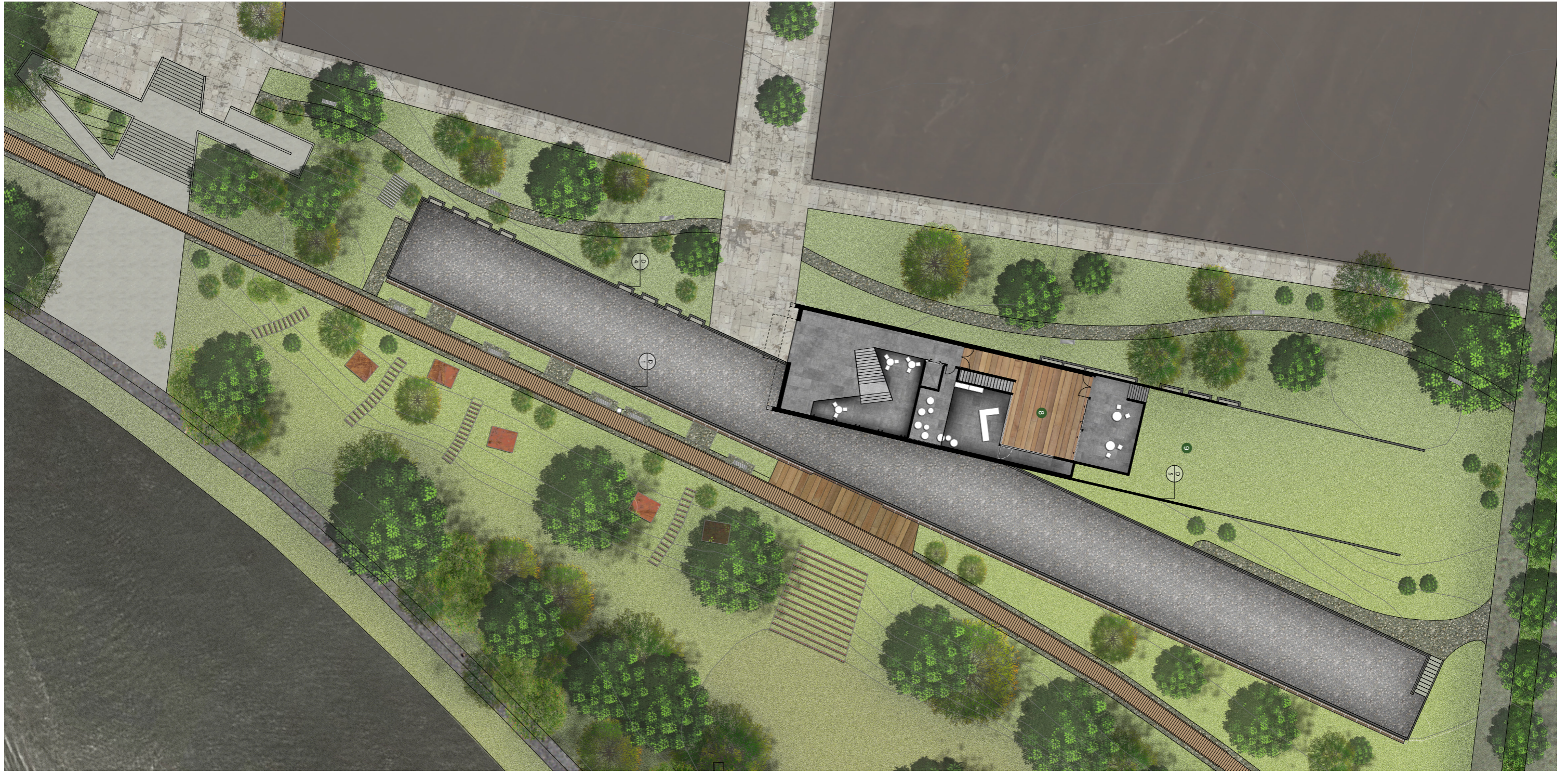


Concept & programming

The provision of places where healthy and diagnosed people can meet is valuable for patients seeking reintegration in to society after completed inpatient treatment for depression as well as for lowering the threshold for newcomers. Simultaneously, it is important that certain safe and secure private spaces are maintained for those suffering from depression. Depressed people often need time to open up in front of a big audience and so the variety in social and physical settings aims to foster feelings of a safe environment where personal needs for intimacy or openness are met as they occur. As a response to what are essentially basic human needs, the project proposes a program that considers the needs for privacy and personal interest, for interaction & community, for creativity & challenge, as well as a place to take heed of the mind-body connection. The diagram to the left explains the consideration of public and private, quite and active spaces within the project.



N ► ground floor plan



N ► first floor plan

functions within the centre

- 1 Artist's studio:**

The artist's studio provides the centre's day program participants with a flexible space to engage in creative activities and arts therapy. 8 permanent workspaces are rentable by artists who suffer from mental illness within the Footscray community and small public exhibitions may also be held within the studio space.
- 2 Informal drop-in centre:**

The drop-in centre is open for anyone to visit for a free consultation or advice within an informal setting. It is likely to be a visitor's first meeting with the centre when seeking help for depression but also functions as a meeting spot for returning members of the community. Social activities and outings are organised here, and a variety of facilities are accessible, such as a library, computers and a music room.
- 3 Public atrium:**

The atrium space plays the role of a public connector between the different components of the centre and encourages contact between public passersby and participants of the day programs.
- 4 Training kitchen & café facilities:**

Depression can often lead to the negligence of nutrition and thus education about a healthy diet can play an integral part in the recovery process. The training kitchen allows day program participants to engage in fun cooking exercises while offering general members of the community a chance to obtain kitchen-training certificates. The café facilities may offer inexpensive food to the public prepared by participants.
- 5 Psychotherapy group rooms:**

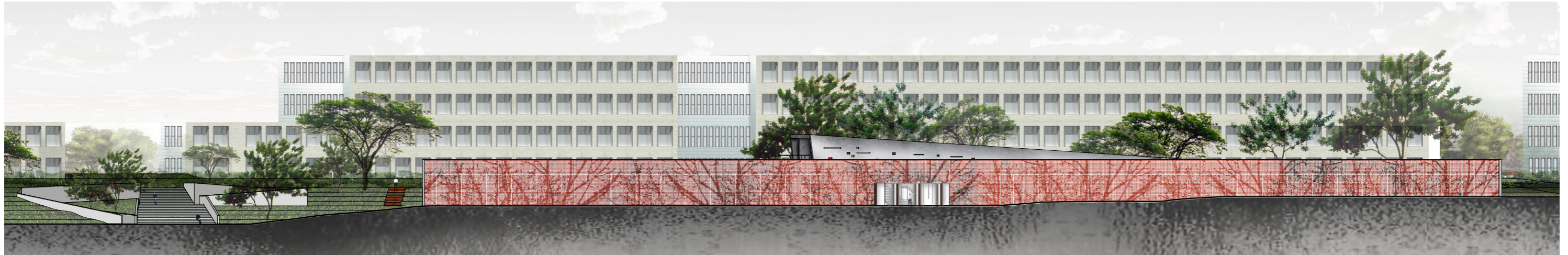
The group rooms are in primary use by the day program participants for psychotherapy purposes, which may include various types of talk therapies such as cognitive behavior therapy, narrative therapy, bibliotherapy or mindfulness meditation. 3-4 groups of 8-10 members occupy the spaces at any one time, and facilities, which form the most secluded part of the centre, are accessible through an own private entrance. The rooms are rented out for use by low-threshold community based support groups during evening hours.
- 6 Hammam:**

The hammam is open to day program participants as well as the general public and offers the possibility to take advantage of a sauna, a steam room, wash rooms as well as a plunge pool for the indulgence of physical wellbeing.
- 7 Massage rooms:**

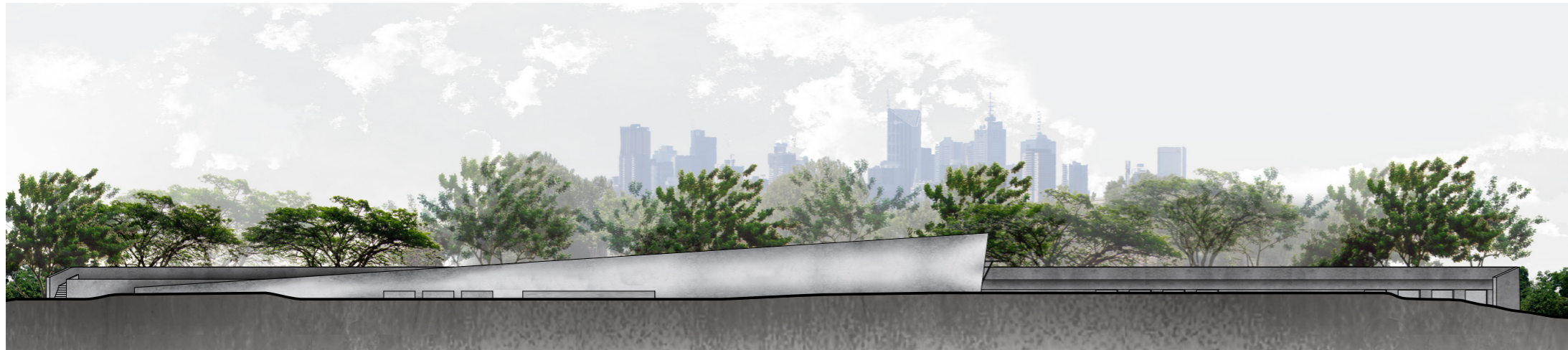
Various massage treatments and acupuncture are proven effective as catalysts to the recovery from depression. Within the same facilities as the hammam, visitors can enjoy treatment individually as well as in groups.
- 8 Yoga studios:**

The yoga studios are utilised by participants of the day programs for meditation training. Mindfulness meditation based on buddhist principles is commonly practiced for the treatment of depression.
- 9 Roof garden:**

The roof garden gives the public a recreational space from which the strong northern sun and view over the Melbourne skyline can be enjoyed. It also gives potential of offering the day program participants a opportunity to engage in growing their own food while learning about nutrition.



FACADE EAST



FACADE WEST



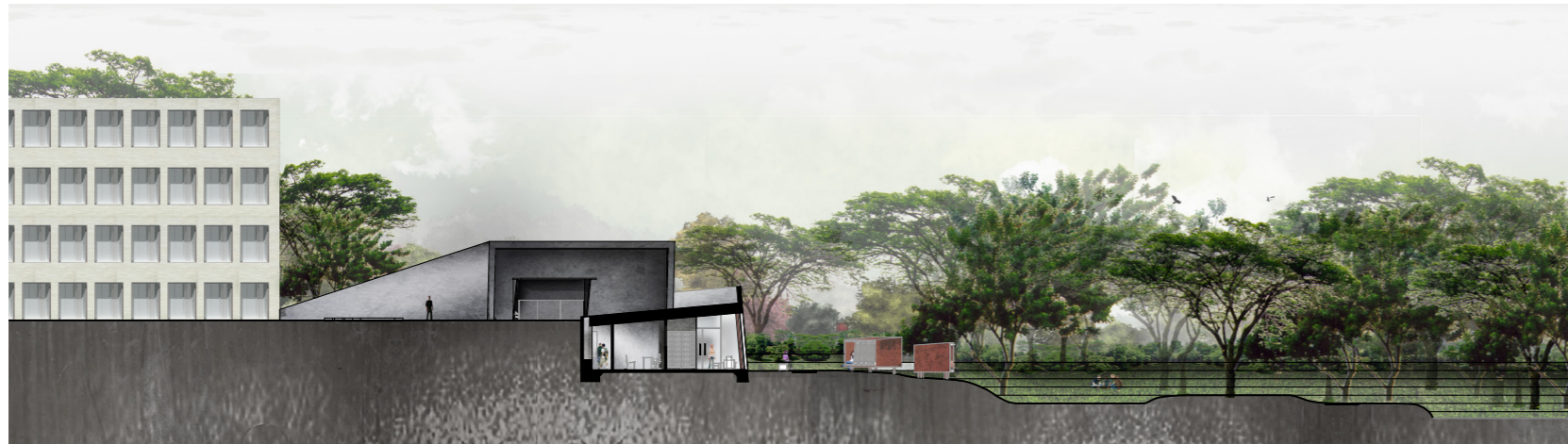
SECTION 1



SECTION 2



SECTION 3



SECTION 4 scale 1:200



SECTION 5 scale 1:200

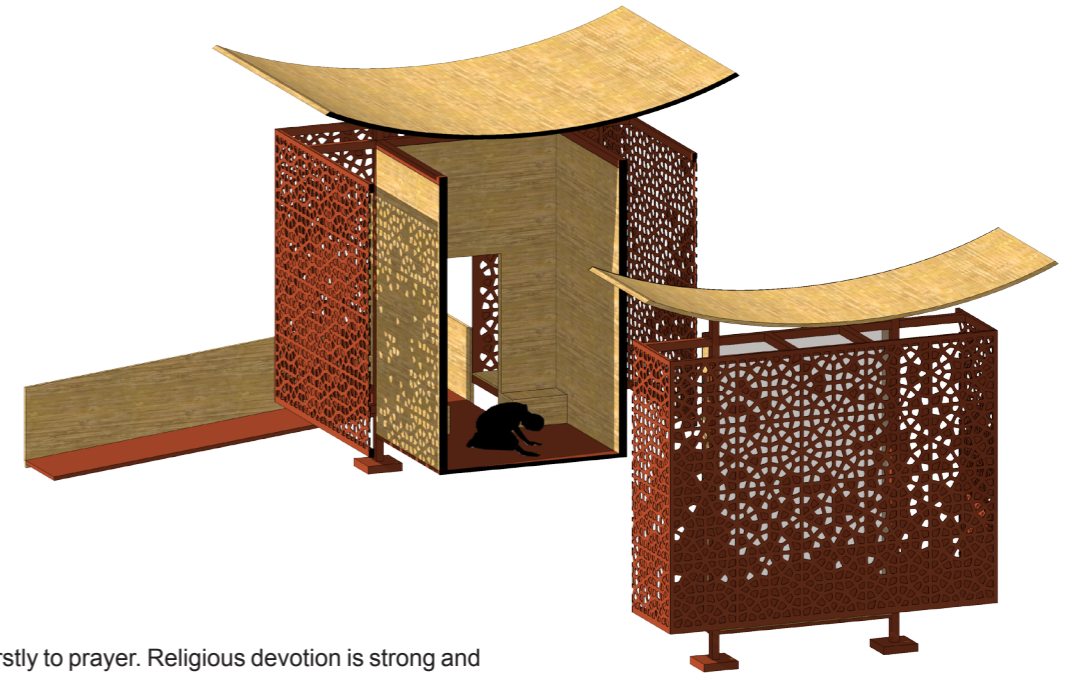
the hammam experience

Focus on the body and its physiological needs are often neglected by sufferers from depression. The positive effects of physical stimulation and activity on mental wellbeing are many and the hammam provides a place to take heed of the mind-body connection within a comfortably calm setting. The hammam has a long tradition as a place for social interaction and involves the process of exposing the body to different levels of heat and coolth, which stimulates the blood levels to promote relaxation. While massage therapies and acupuncture is offered here, the pleasures of the hammam facilities can be enjoyed without particular treatment from personnel, and thus patients may come and go as they please. The architecture and sequence of the spaces in the hammam have their own rhythm, a precise series of rooms and steps; the visitors go from cold and dry to hot and wet rooms before retracing their steps back to cold and dry. The traditional scenario follows a symmetrical form with continuous entering from the grand open space at the entrance through to the heart of the hammam where you find the hot rooms.



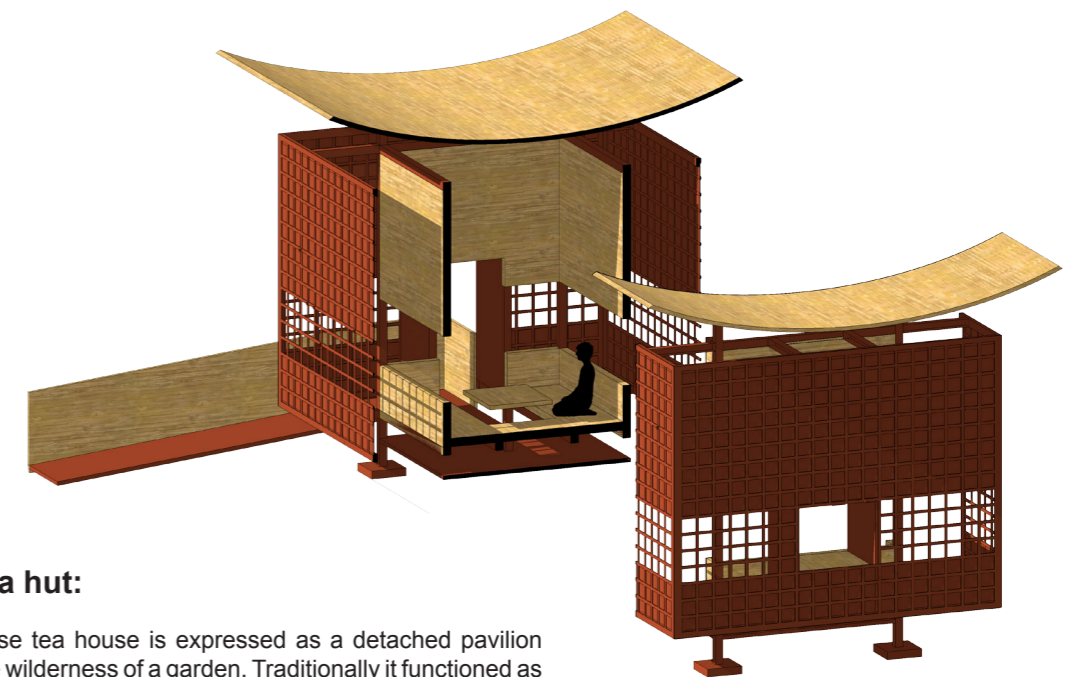
the sanctuaries

The freestanding pavilions found within the gardens provide small 'breathing spaces' that will allow individuals to escape the high pressure or public environments of the treatment centre. They account for the wishes of individuals to be alone, to contemplate, to pray, to grieve, to meditate, or simply enjoy a conversation with another human being in privacy. As a strong sense of detachment from the surroundings is essential and thus the structures follow the simple concept of double layered orientation less cube. The inner cube provides intimacy while the suspended outer layer acts as a light screen that filters daylight in to the sanctuary in a variety of ways in order to create different atmospheric impressions within each hut. The lowered floors make it possible to observe from the outside whether a pavilion is occupied or not without compromising the privacy inside. Each hut is constructed in pre-oxidised steel with a timber clad inner core and roof.



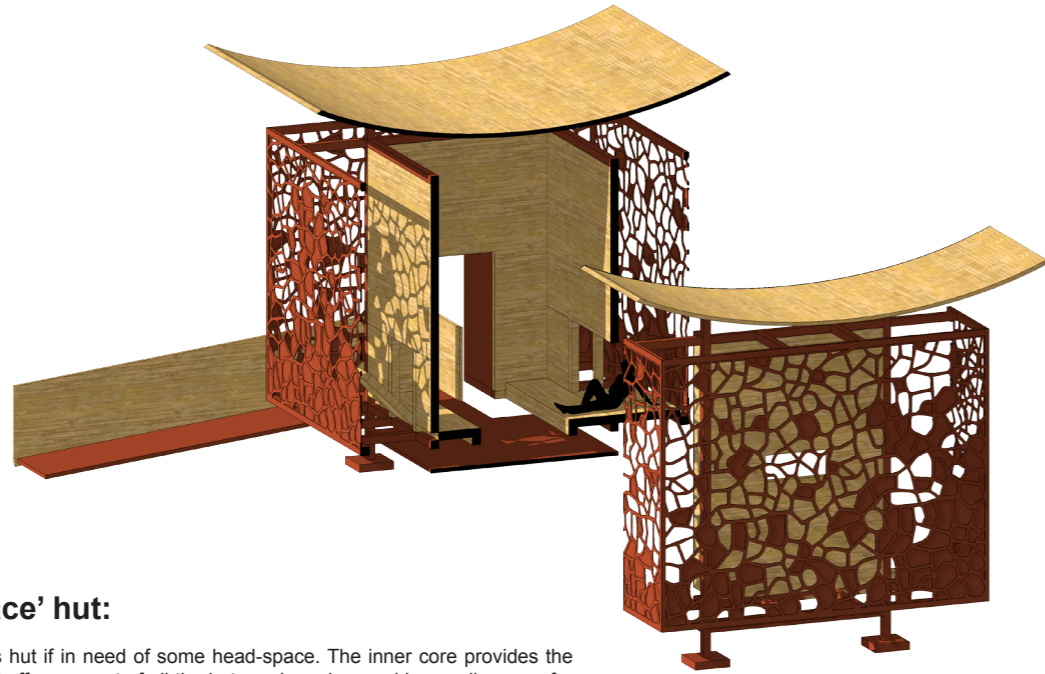
B The prayer hut:

This hut is dedicated firstly to prayer. Religious devotion is strong and varied within the multicultural city of Footscray and many individuals will require a space for the practice of religious rites on a daily basis. Especially strong may the need be for a depressed person to approach religion for consolation and thus it is important to provide a private escape for religious practices that is easily accessible yet slightly secluded. The prayer hut provides a simple place of tranquility within the forest to where individuals of all religions are welcome. A place to store shoes as well as an altar is available. The hut itself has been faced towards Mecca as direction for ritual prayer is especially important for Muslims.



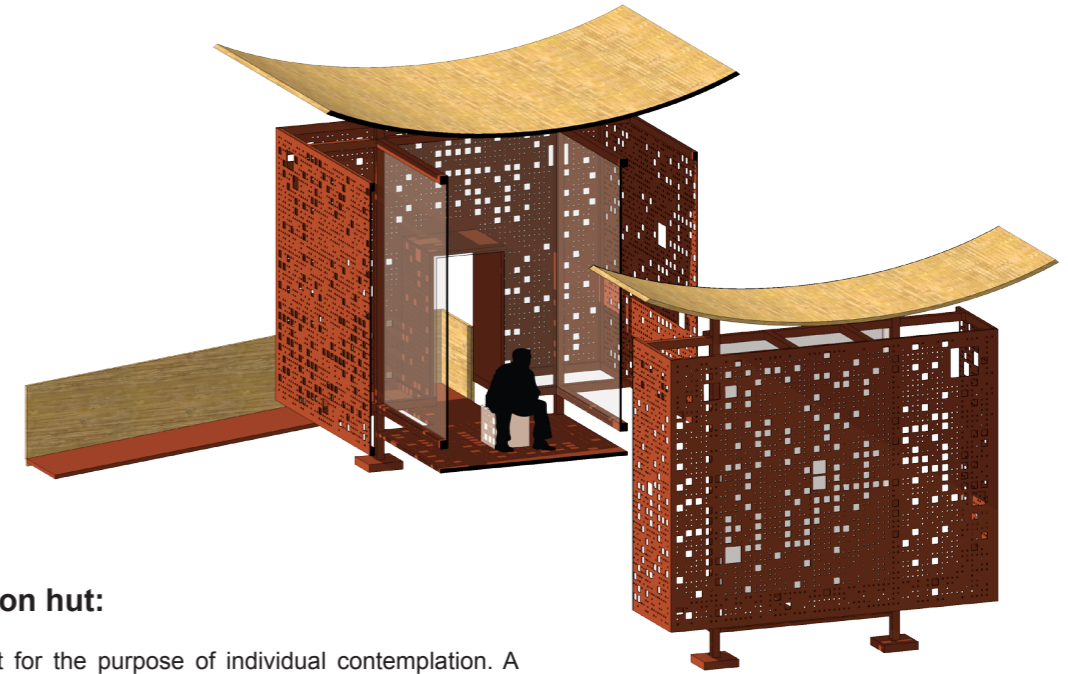
A The Japanese tea hut:

The authentic Japanese tea house is expressed as a detached pavilion located deep within the wilderness of a garden. Traditionally it functioned as a place where like minded individuals could escape the ordinary world and enjoy a few moments of tranquility, precious art objects and a refreshing tea. The architecture of the tea house has been appreciated for its linear forms and aesthetic sensitivity also within its modern interpretations. It is seen as a simplistic and modest structure where all unnecessary embellishment is eliminated in an attempt to create a state of calm. The connection between architecture and landscape is integral within Japanese architecture and especially the tea house. Thus a 360 degree view of the the surrounding park environment can be enjoy from this garden tea hut.



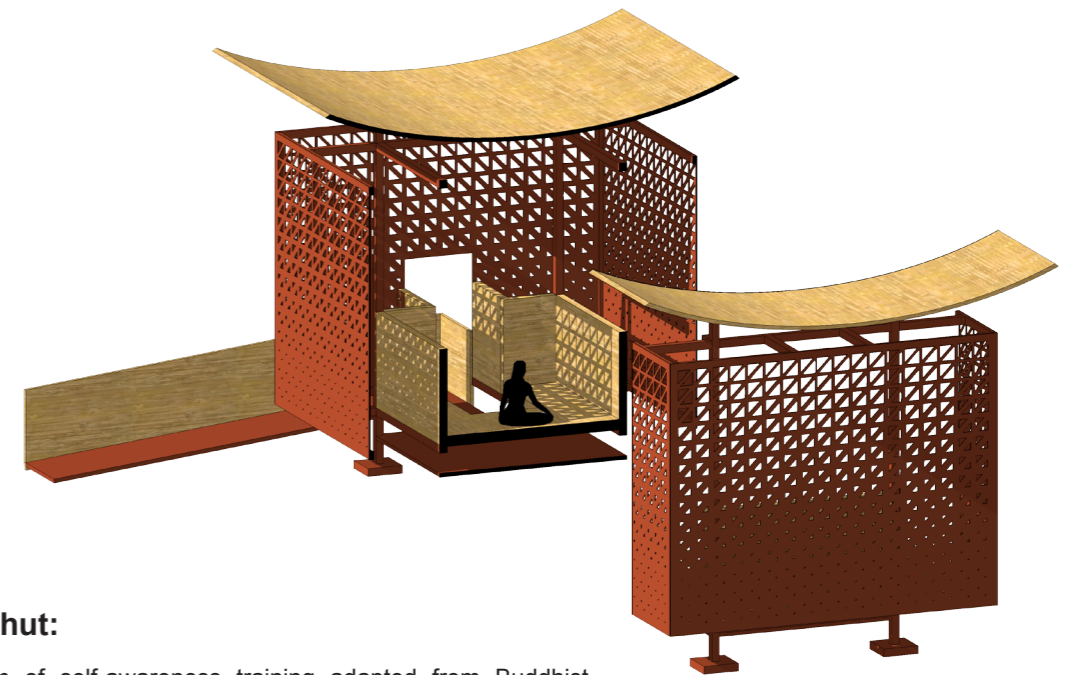
C The 'head space' hut:

Visitors may turn to this hut if in need of some head-space. The inner core provides the most private and closed off space out of all the huts and can be used by small groups for private conversations or simply for some alone time. As a supplementary space for peace of mind or otherwise pure enjoyment the timber walls surrounding the bench structures fold back, allowing individuals to experience the hidden space between the double facade from a laying position. The exterior facade pattern generates an intricate play of light within this space during the day. The potential exists to make further use of this head space created for the display of art crafted at the center, light installations or even for light therapy as proven effective towards depression.



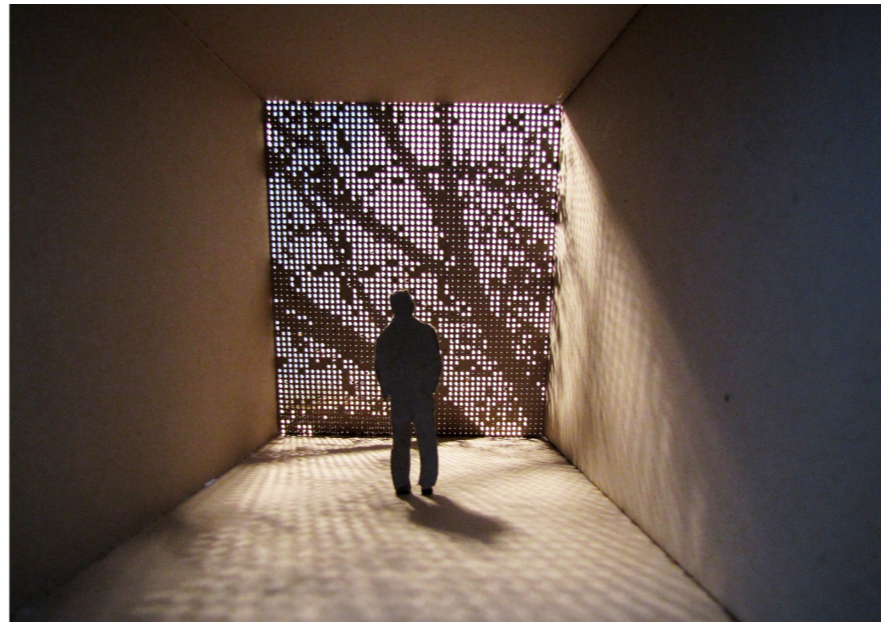
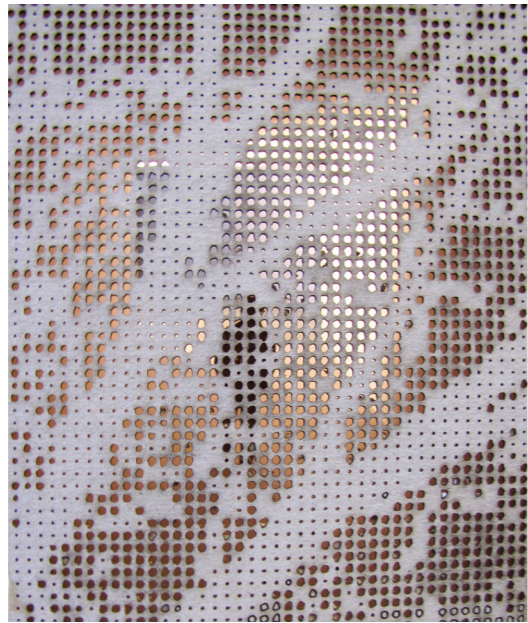
E The contemplation hut:

One hut has been left for the purpose of individual contemplation. A simple seat takes the center stage within the inner core of this hut which has been detailed entirely with glass in order to enhance the experience of light piercing through the surrounding perforated facade. People suffering from different types of depression are often sensitive and can experience a wide range of emotions throughout one day. The need to escape a high pressure environment should be accounted for and so the ambition of this hut is to provide a soothing and comfortable atmosphere that allows individuals to feel relaxed within their own company and let their thoughts wonder freely.



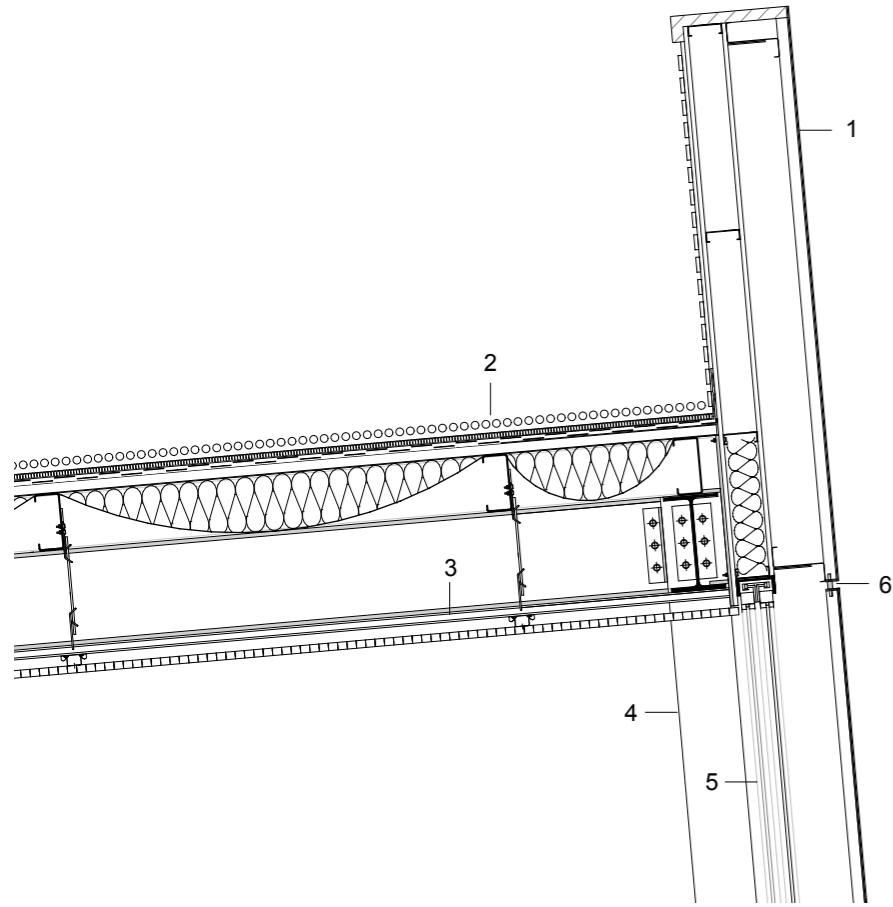
D The meditation hut:

Meditation as a form of self-awareness training adapted from Buddhist principles is practiced by many sufferers of depression as it can help increase motivation and determination while generating a sense of inner calm. This meditation hut provides as serene and tranquil space for visitors to perform meditation either individually or in small groups. A feeling of openness and overview simultaneous to the perception of security within ones environment are defining features for the creation of a good space to meditate. The inner walls of the meditation hut have been lowered in order to provide maximal view spaciousness



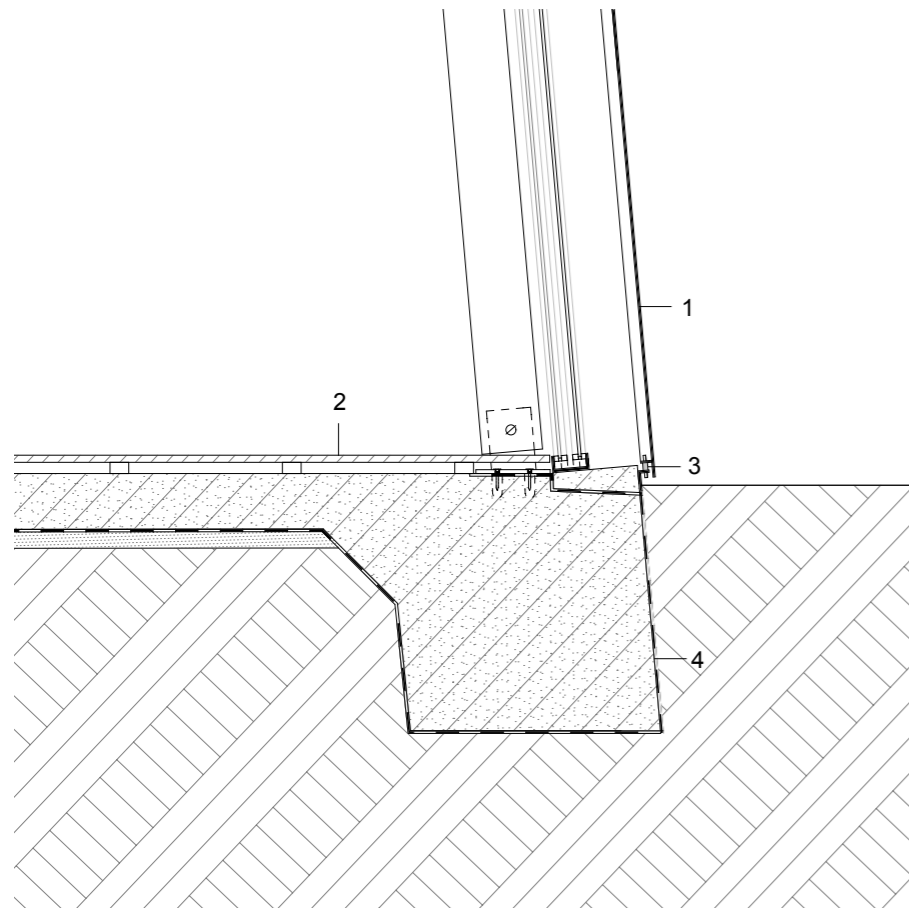
facades

The exploration of light filtration through facades played a significant role in the development of the project and has been utilised for the main structure as well as the sanctuaries as a means of modulating privacy while creating atmospheric interior spaces. All facades are made from computer generated patterns and are proposed constructed in lasercut pre-oxidised steel.



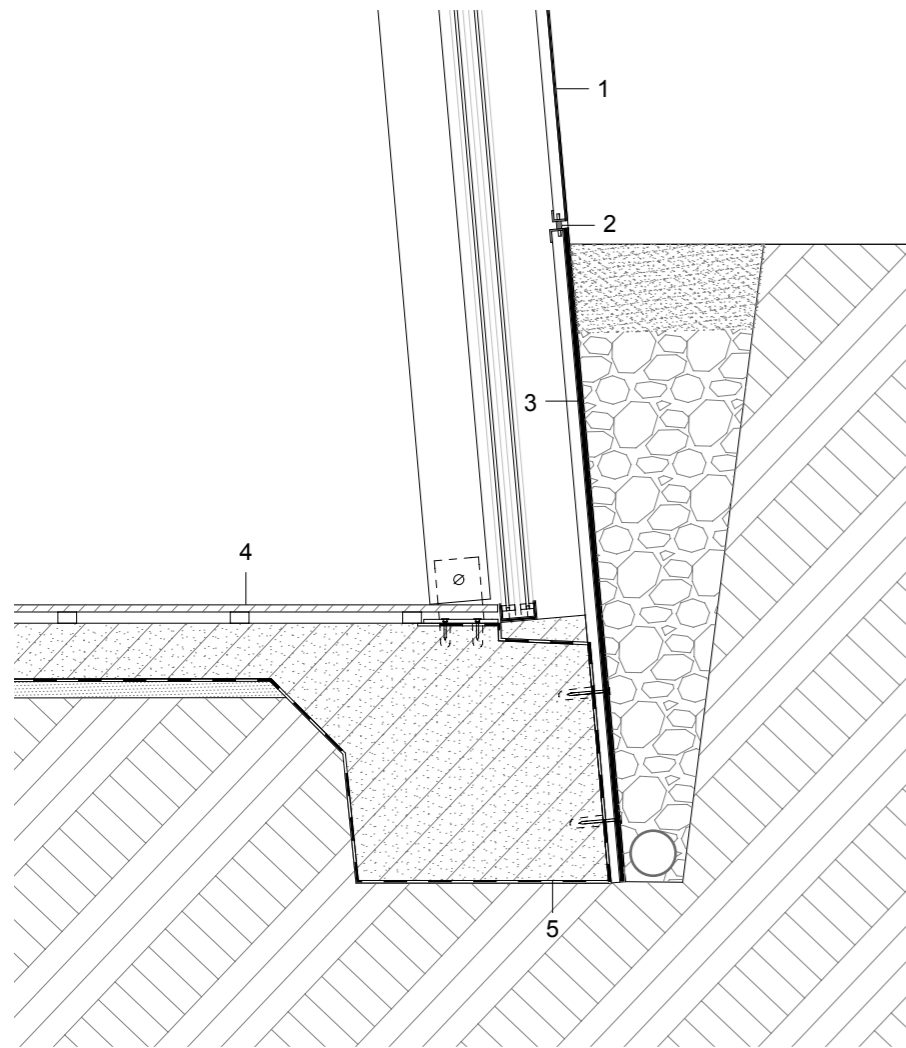
Detail 1

- 1 wall construction:
4 mm oxidised steel panels
double glazed aluminium framed sliding windows
150 x150 pre-oxidised steel RHS
- 2 floor construction:
19 mm floorboards
50/30 mm timber battens
150 mm reinforced concrete slab on grade
tanking membrane
- 3 hinge system for operable facade panels
- 4 reinforced concrete footing to engineer's specification



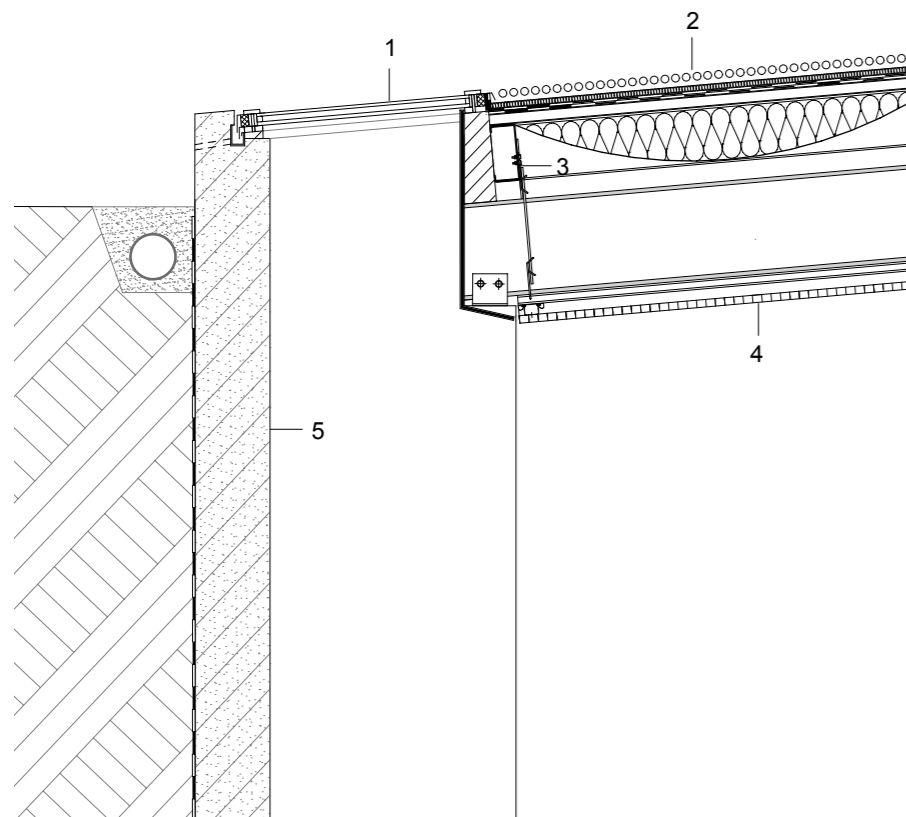
Detail 2

- 1 4 mm oxidised steel panels; 100x100 Z sections; 50/30/5 steel angle frame clad with timber
- 2 roof construction:
40 mm gravel fill; 15 mm rubber granulate mat; welded bitumious sheeting, two layers; cold applied self adhesive sealing membrane; klip-lock steel roofing; 152x65 cee purlins @ 600 c/s; batting; reflective foil laminate; 250x150 universal beams @ 2500 c/s
- 3 suspended ceiling:
5 mm soft galvanised rods fixed to purlins at 1200 c/s with top cross rail thread adjusted
28x50 channel flange
12 mm oxidised metal grating
- 4 150x150 pre oxidised steel RHS
- 5 double glazed aluminium framed sliding windows
- 6 hinge system for operable facade panels



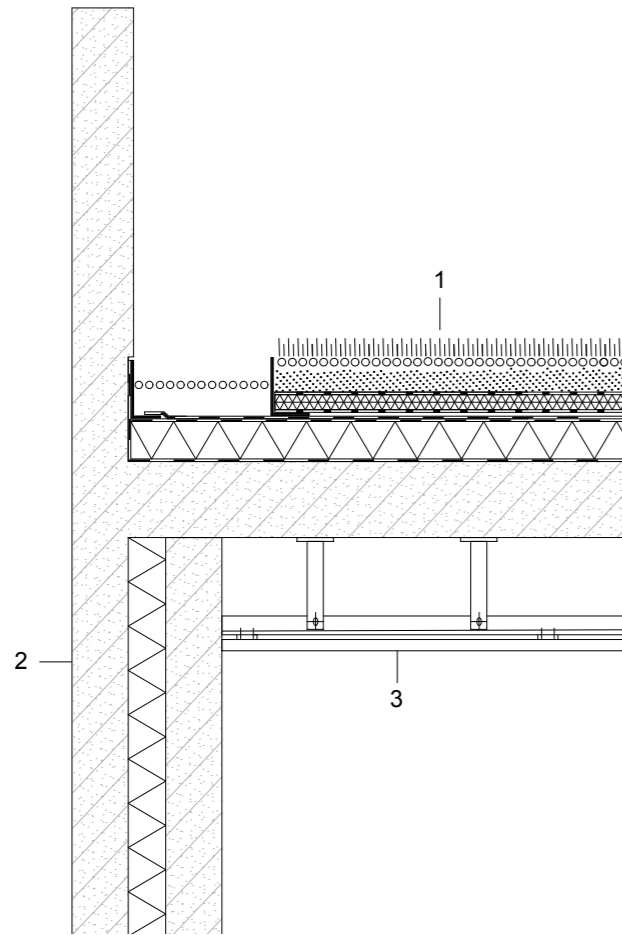
Detail 3

- 1 wall construction:
4 mm oxidised steel panels
double glazed aluminium framed sliding windows
150 x150 pre-oxidised steel RHS
- 2 hinge system for operable facade panels between plates and retaining wall
- 3 15 mm corten steel retaining wall to engineer's specification;
gravel; sand; agricultural drain
- 4 floor construction:
19 mm floorboards
50/30 mm timber battens
150 mm reinforced concrete slab on grade
tanking membrane
- 5 reinforced concrete footing to engineer's specification



Detail 4

- 1 skylight:
double glazing: 8 mm toughened glass + 15 mm cavity +8 mm lam.
safety glass;
aluminium section frame
- 2 roof construction:
40 mm gravel fill; 15 mm rubber granulate mat; welded bituminous
sheeting, two layers; cold applied self adhesive sealing membrane;
klip-lock steel roofing; 152x65 cee purlins @ 600 c/s;
batting; reflective foil laminate;
250x150 universal beams @ 2500 c/s
- 3 5 mm steel rods fixed to purlins at 600c/s to create sideward fall
(0-50 mm) for drainage
- 4 suspended ceiling:
5 mm soft galvanised rods fixed to purlins at 1200 c/s with top cross
rail thread adjusted
28x50 channel flange
12 mm oxidised metal grating
- 5 wall construction:
200-300 mm reinforced waterproofed concrete, self-compacting,
sand blasted externally
tanking membrane



Detail 5

- 1 roof construction:
 extensive planting; infilled gravel
 60 mm substrate; filter fleece
 40 mm drainage layer, expanded shale; protection and storage fleece protection mat; elastomer bitumen sealant with fleece lining
 130 PUR rigid foam insulation
 bitumen vapour barrier with aluminium layer
 200 mm reinforced concrete slab
 suspended ceiling

- 2 wall construction:
 150 mm reinforced waterproofed concrete, self-compacting, sand blasted externally
 100 mm PUR rigid foam insulation
 150 mm reinforced waterproofed concrete with exposed boarded surface

- 3 suspended ceiling





