



**Mental Wellbeing & Space**  
Spaces for Mental Health & Wellbeing after Dislocation

**Case Study booklet**

Hibbe Amema 4455398  
Msc. Architecture  
Delft University of Technology

1st Mentor:  
2nd Mentor:  
3rd Mentor:

Leontine de Wit  
Hubert van der Meel  
Cor Wagenaar &  
Milee Herweijer

## Index

The case studies support the literature research and the design process. The literature research and the findings will be documented into spatial architectural design elements. Hereby architectural interventions, spaces and architec-  
tonic elements on prevention and treatment for mental health and wellbeing will gain understanding in practical  
design elaborations. This will be supported by case studies to provide examples on possible executions of these  
design elements and further understanding on the architectural execution on answering the research question.  
The case studies are picked carefully in relation to the research and will be complemented throughout the design  
process to inspire and gain knowledge.

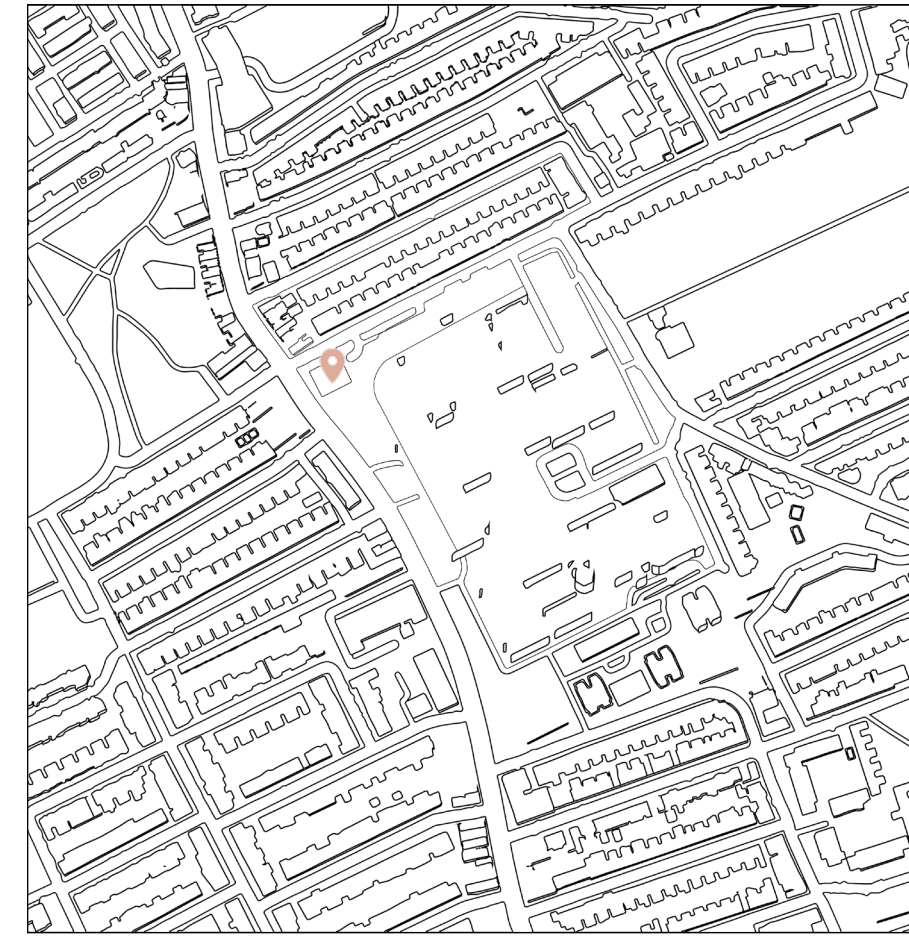
<b>Maggie's Center West London</b> Cancer Care Center	<b>3</b>
<b>Satori Harbor</b> Spiritual city library	<b>15</b>
<b>Blancafort</b> Day Center for Elderly	<b>27</b>

## MAGGIE'S WEST LONDON



## Maggie's Center West London

Rogers Stirk Harbour + Partners



Maggie's Centers are built upon the ideas of Maggie Keswick Jencks whom lived two years with terminal cancer. During this time she realised the importance of healing environments and their proper execution.

She developed a guideline for cancer care centers, pioneering the approach for today's Maggie's Centers.

Maggie's Centers provide emotional, social and practical care for people with cancer.

“ She was determined that people should not ‘lose the joy of living in the fear of dying’ and in order to live more positively with cancer believed people need information that will allow them to be an informed participant in their medical treatment, stress-reducing strategies, psychological support and the opportunity to meet other people in similar circumstances in a re-

laxed domestic atmosphere.”

The first Maggie's Center was built in 1996 and opened in Edinburgh. Now the Maggie's Centers are a well-known phenomenon counting 31 centres in the United-Kingdom and abroad.

“For Maggie's, architecture is a key part of the caring environment; each Centre is designed by a different architect but all start with the same brief: a small, welcoming building that places people first, increases human connectedness and makes visitors feel valued. Collectively, the Centres are an ongoing exponent of the beneficial effects of space and form and the positive relationship between architecture and wellbeing.”<sup>1</sup>

Maggie's West London is located on the grounds of a National Health Service hospital. Offering a specialized treatment for the cancer patients related to the hospital.

First Floor

Second Floor

Private room 1-3 people  
12m<sup>2</sup>

Garden 6 people  
20m<sup>2</sup>

Private group room 3-6 people  
16m<sup>2</sup>

Private group room 3-6 people  
16m<sup>2</sup>

Excercise room 9 people  
40m<sup>2</sup>

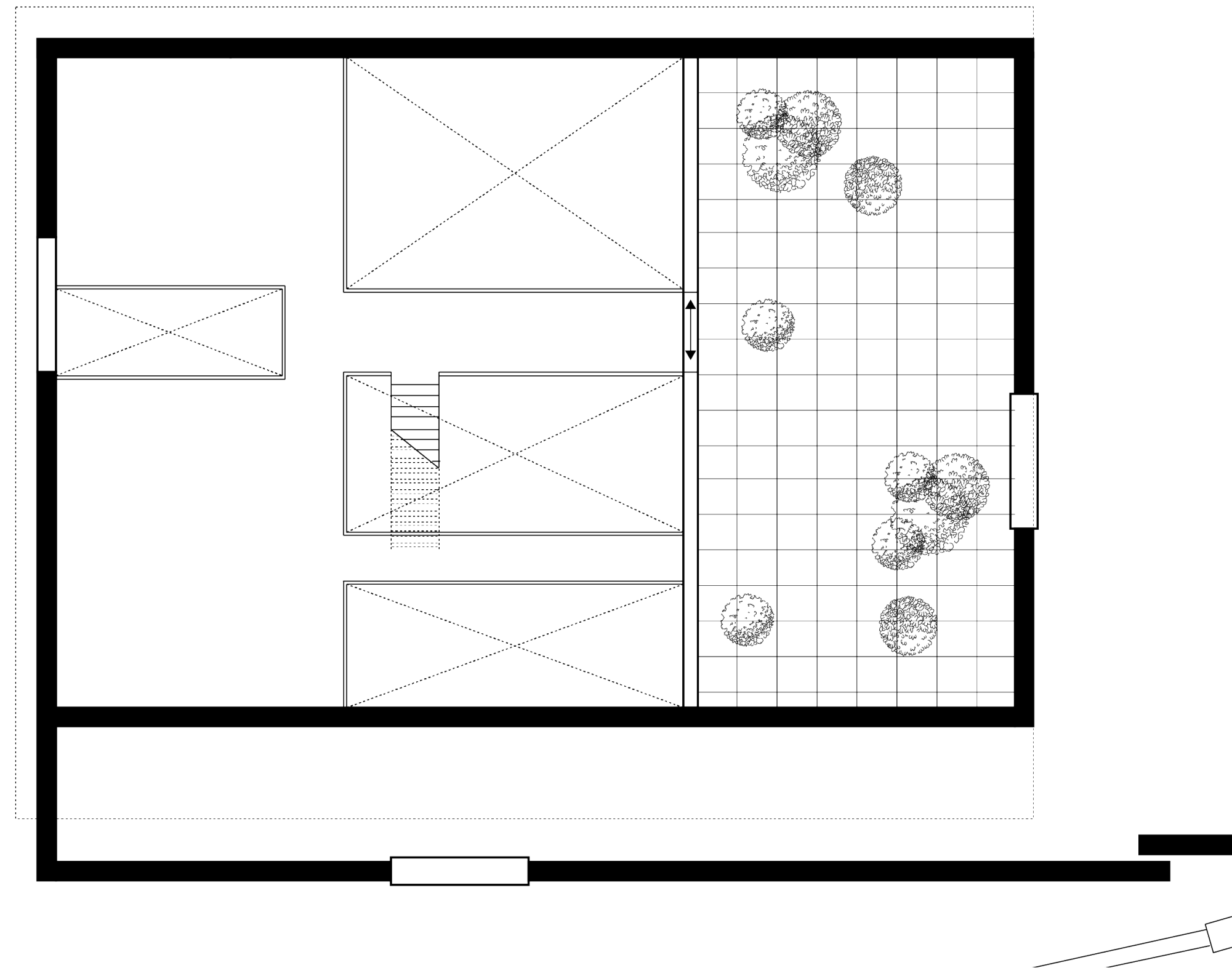
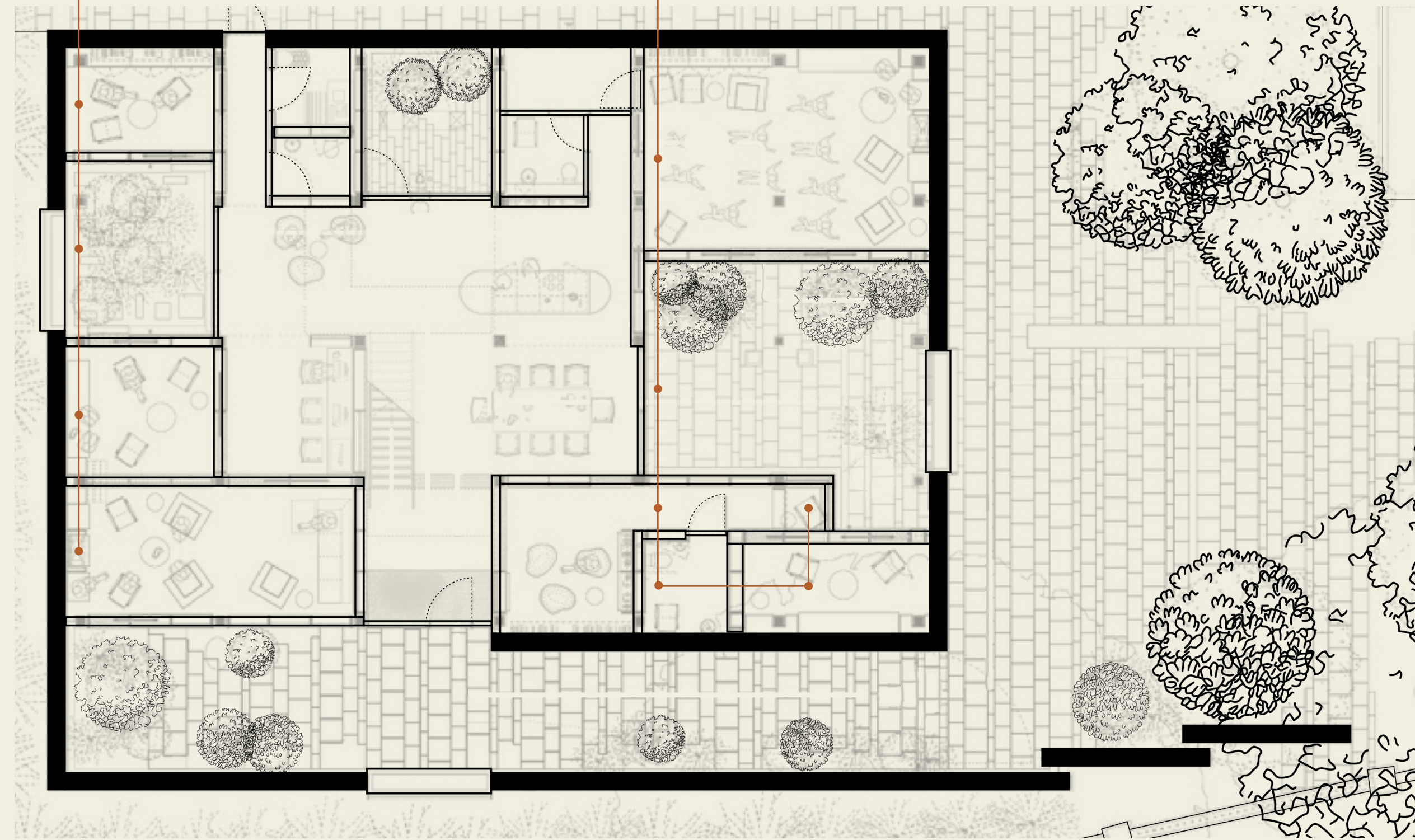
Garden 10 people  
50m<sup>2</sup>

Sitting area 6 people  
20m<sup>2</sup>

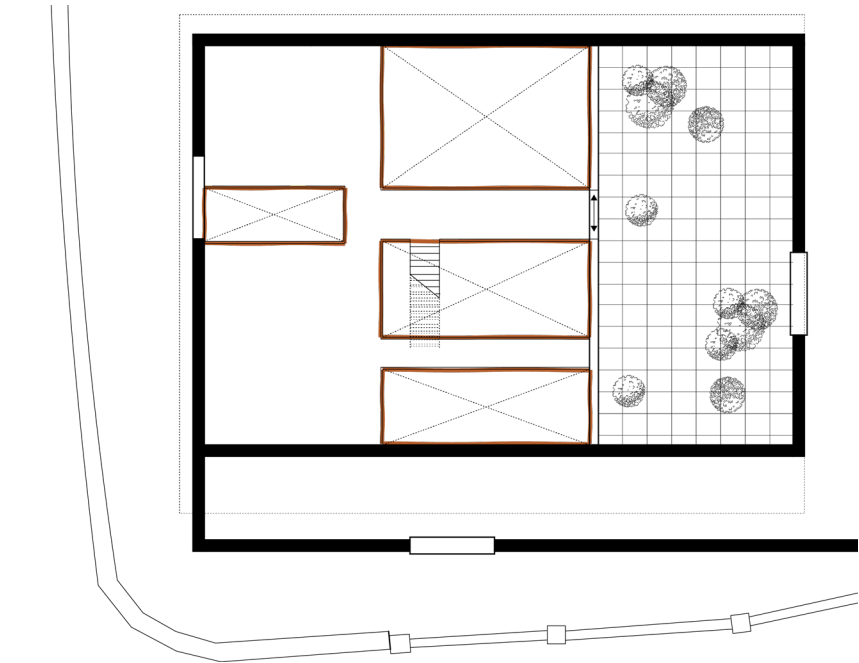
Bathroom

Private room 2-4 people  
14m<sup>2</sup>

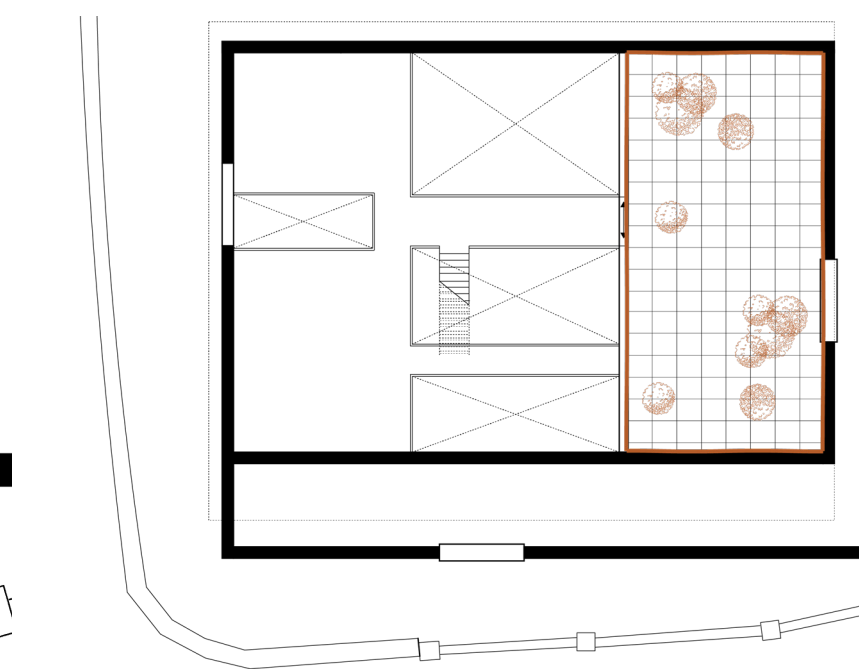
Private room 1 person  
3m<sup>2</sup>

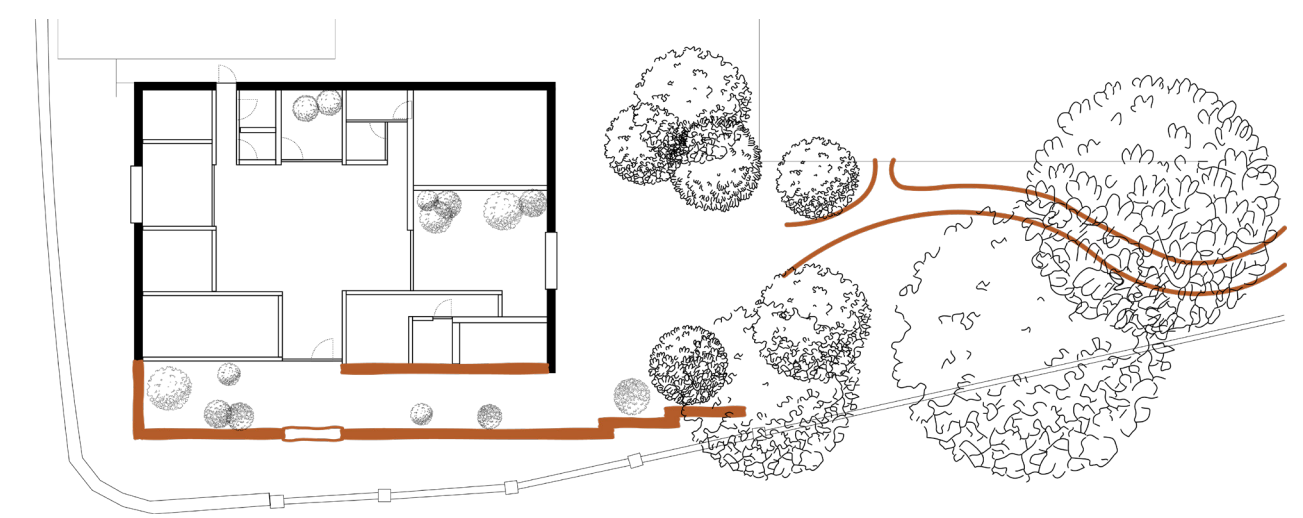


**The voids on the second floor allow daylight to reach the second floor in abundance**  
 There are three voids, from which one is also utilized for circulation, so the stairs can reach the second floor.

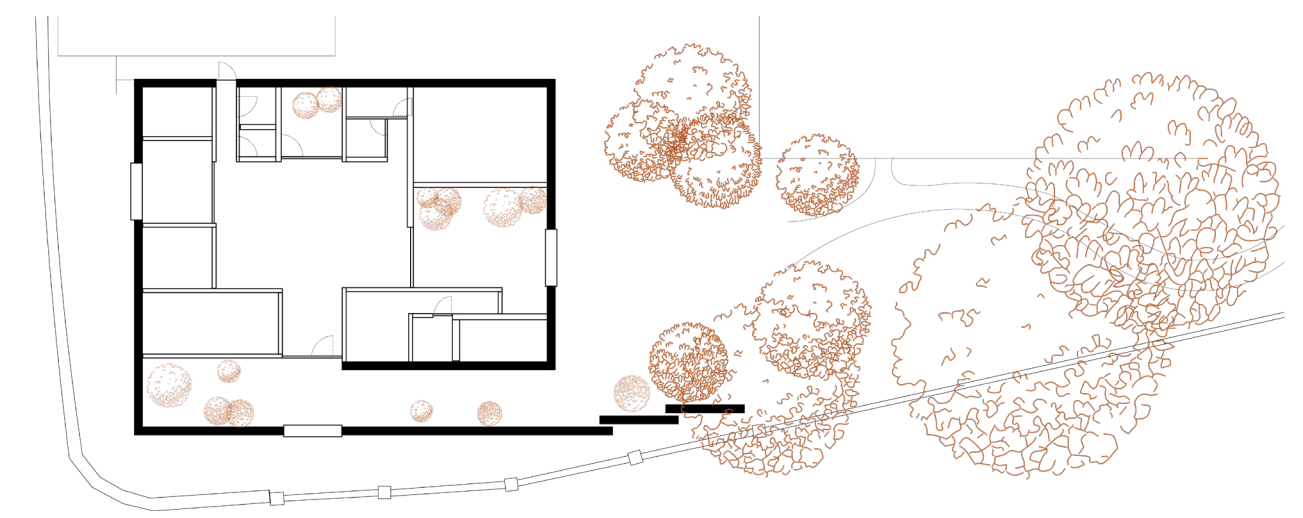


**A roof terrace for exterior space**  
 As the center is located in an urban area on the plot of a healthcare facility, there is not much space for calm exterior space at the first floor. Therefore the roof terrace provides a calm exterior space for daylight and nature in the busy context.

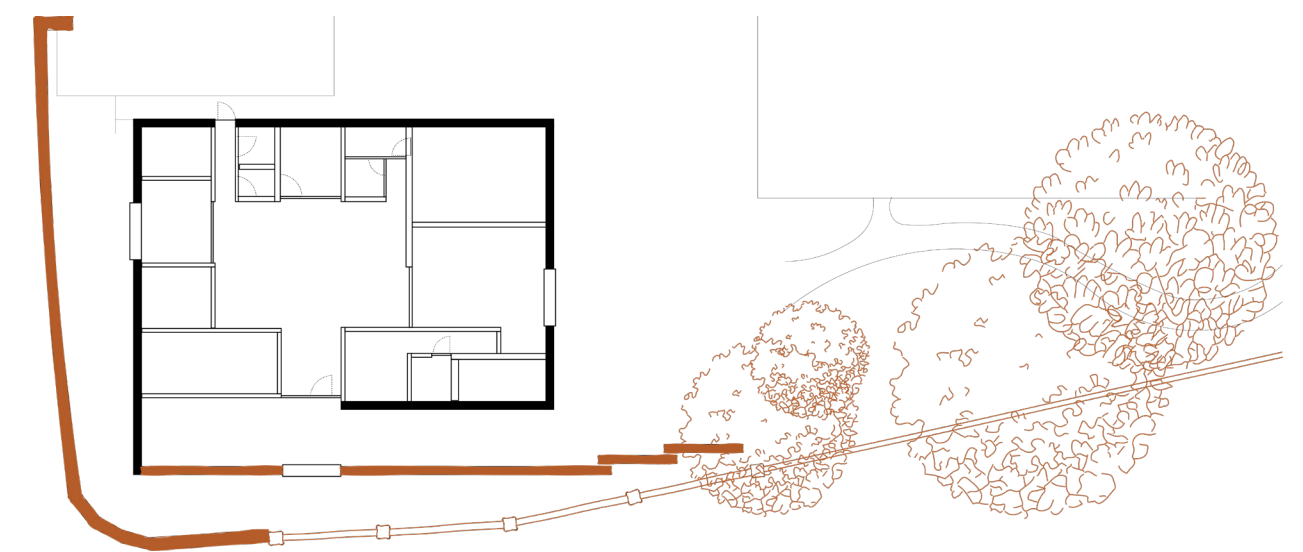




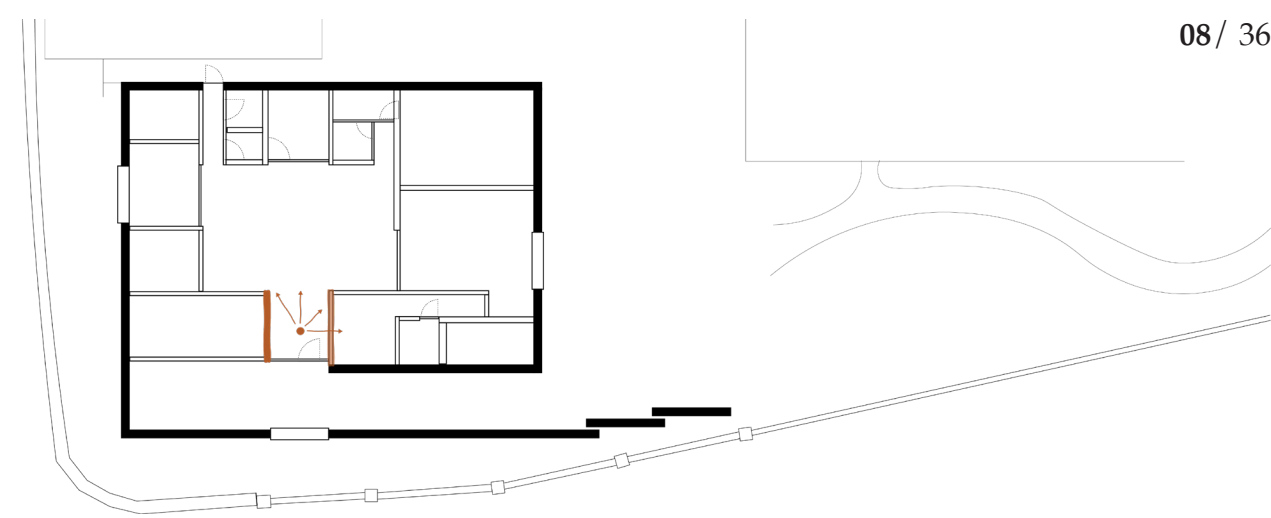
**Clear and dynamic wayfinding**  
*Paths and colourful planes indicate the entrance clearly in a calming and distracting manner*



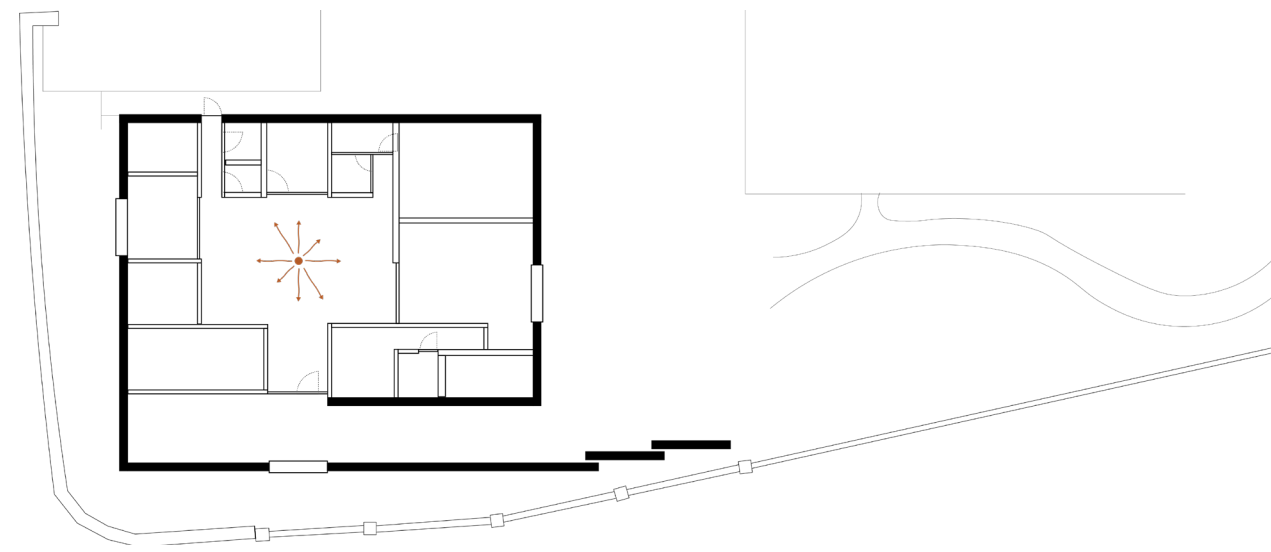
**Greenery around and inside**  
*A green path leading to the building, providing visuals from the interior through windows and proximity to greenery in the courtyards*



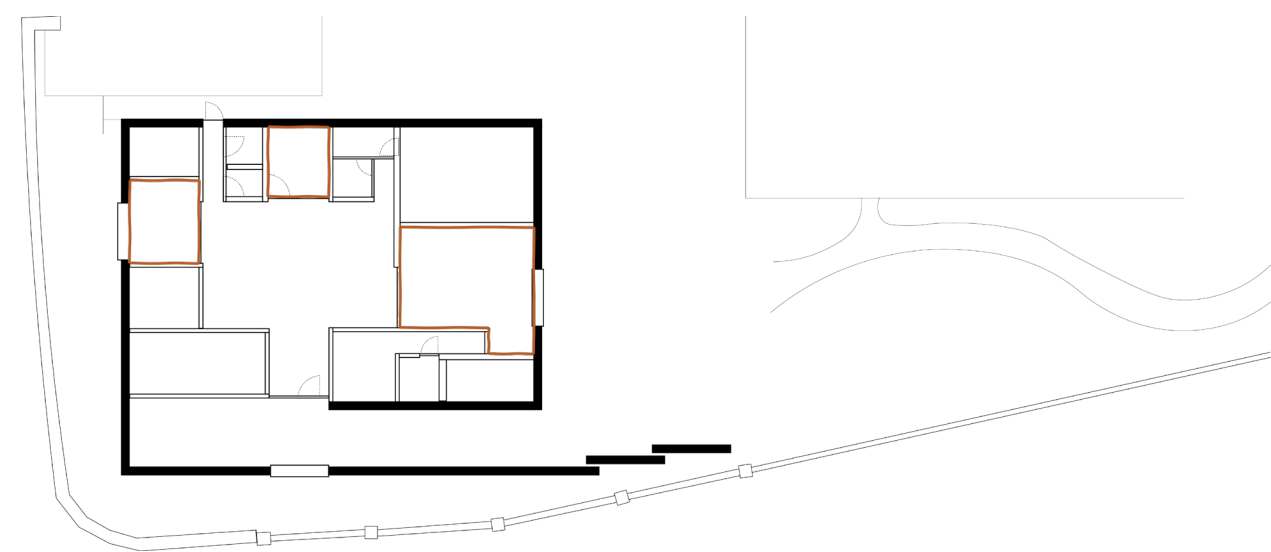
**Acoustic and visual privacy and rest**  
*The wall designed as a colourful element provides acoustic and visual comfort in the context of an urban area*



**Privacy at the entrance**  
*The hidden entrance from the inside prevents the visitor from being overwhelmed as entering the building*



**Clarity and control in wayfinding**  
*An overview at the entrance offers the user control and freedom of choice in what space to emerge*



**Exterior spaces within**  
*The courtyards provide easy access to fresh air, daylight and greenery within the boundaries of the building*

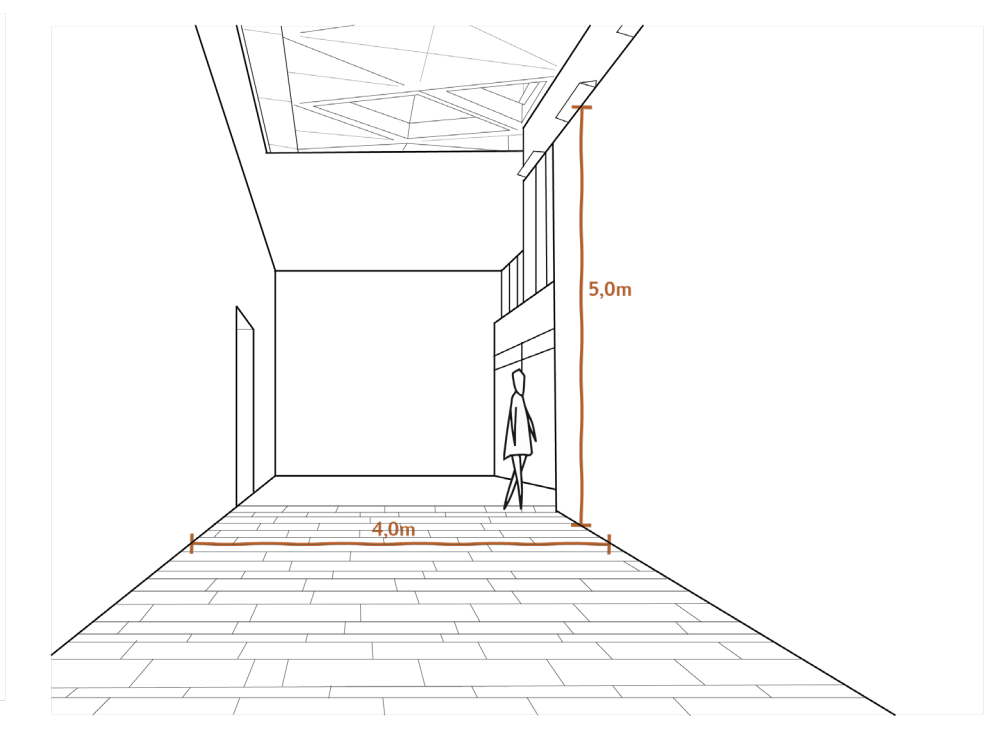




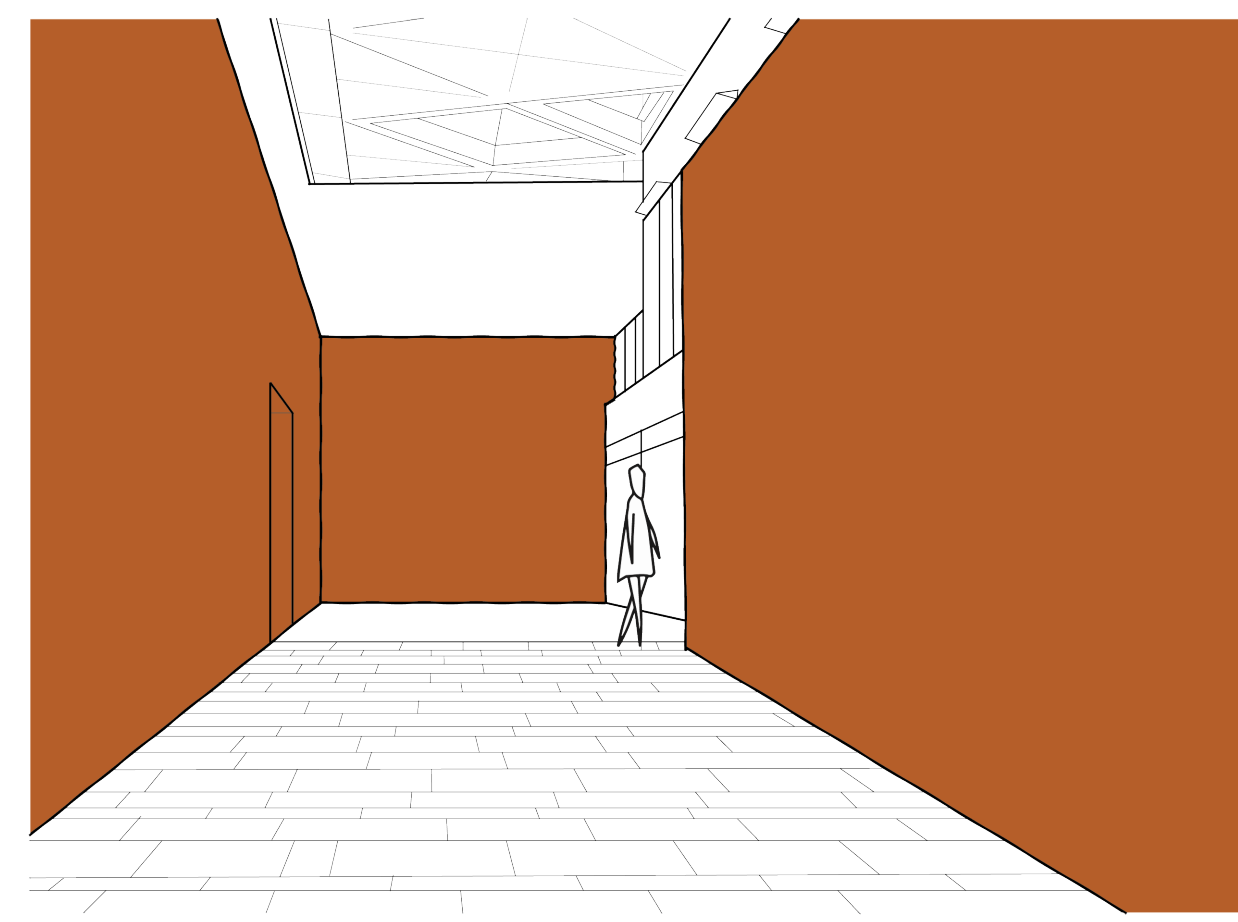
**Greenery is incorporated at the entrance of the building**  
*The plants and bushes at the entrance passage provide the relaxing effect of natural elements*



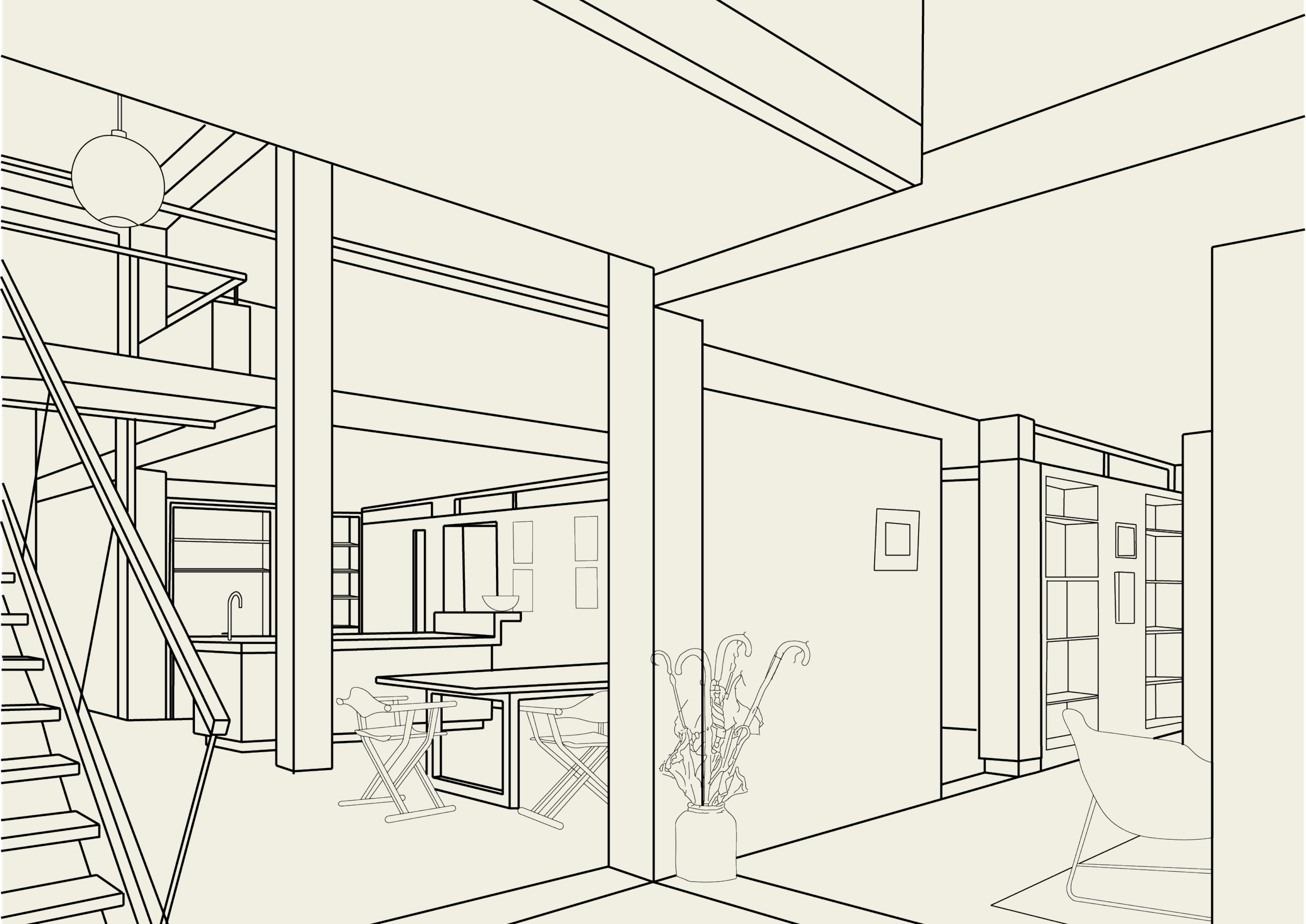
**Curiosity is provoked from outside to the inside**  
*A window in front of the entrance offers a look outside the building*



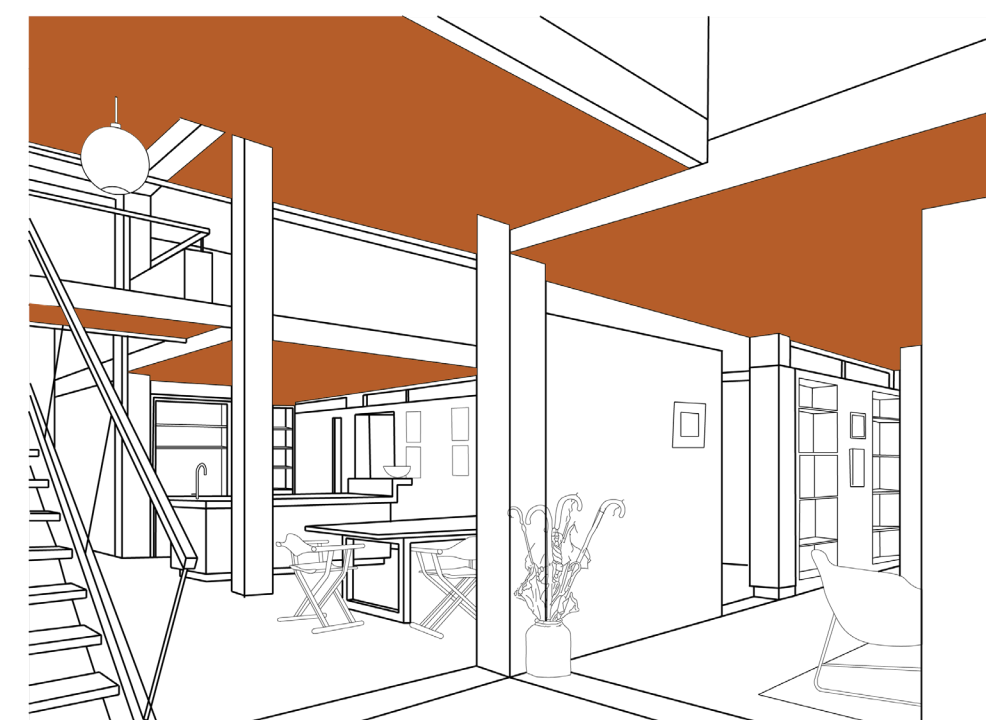
**The large dimensions allow the user to experience the building**  
*The dimensions take the focus away from the individual and function as a distraction by the user experiencing the quite larger planes of the building*



**A calm focus directs to the entrance of the building**  
*The bright-colored plain walls at the entrance offer a calming and cheerful atmosphere the user is surrounded by when approaching*



**User control starts at the threshold of the building**  
*The visitor is invited to choose the preferred facilities in different directions*



**Different heights define the intimacy of the spaces**  
*In favor of the visual interaction between the spaces, height offers boundaries between the spaces*



**The space is surrounded by natural daylight**  
*Natural daylight can enter the spaces inside This is achieved by little separation walls, open bookshelves, different heights of the ceiling to define places instead of solid separation walls that block out natural daylight.*



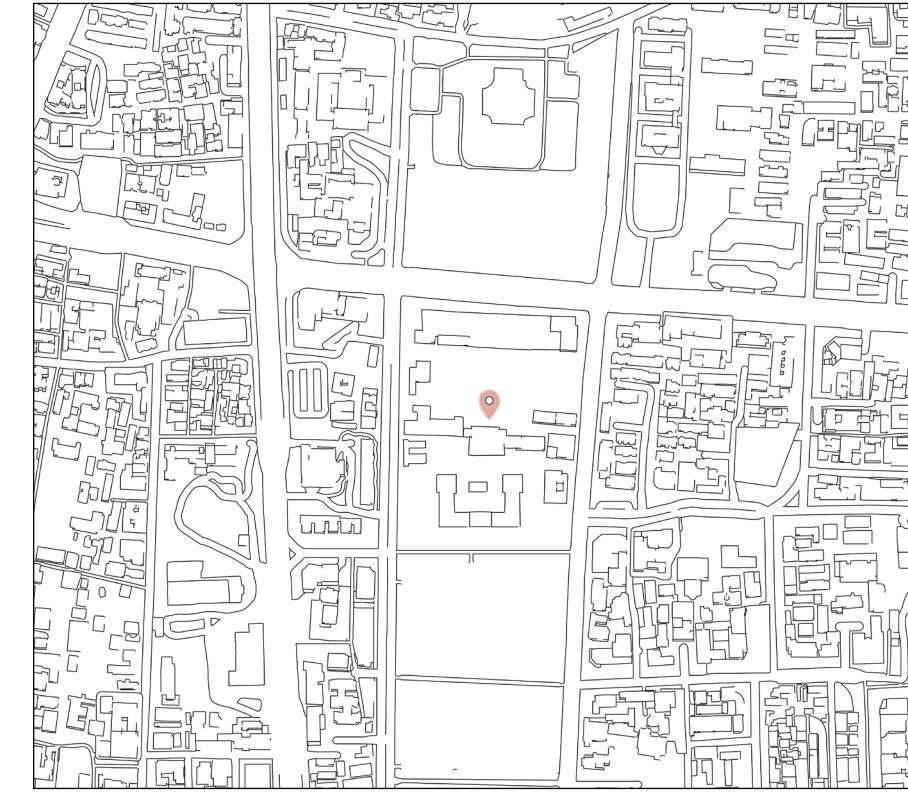
**Home-like attributes provide comfort and familiarity for the user**  
*Home-like elements such as the attributes in the kitchen, carpets and picture frames*





## The Satori Harbor Guangzhou

Wutopia Lab



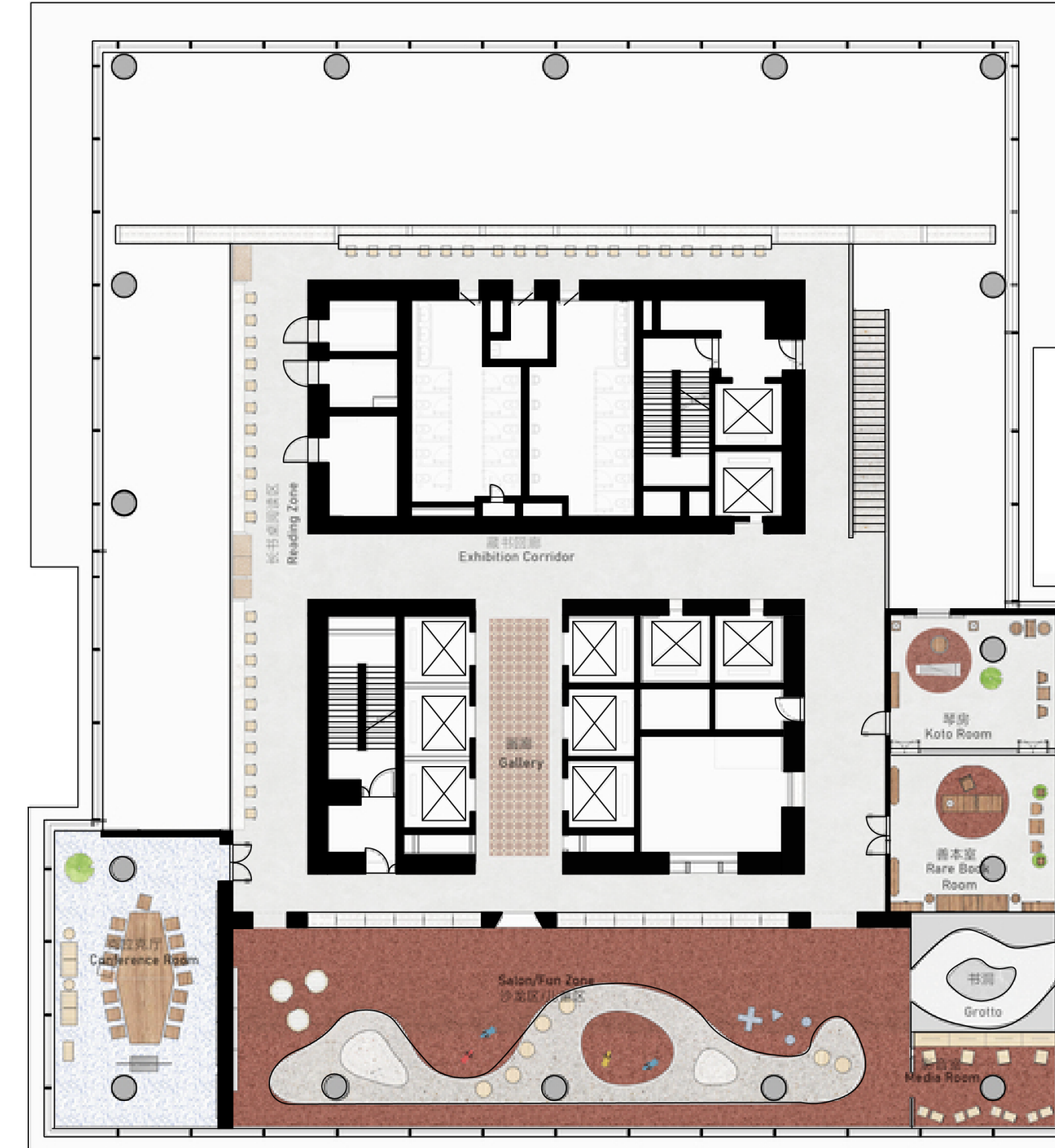
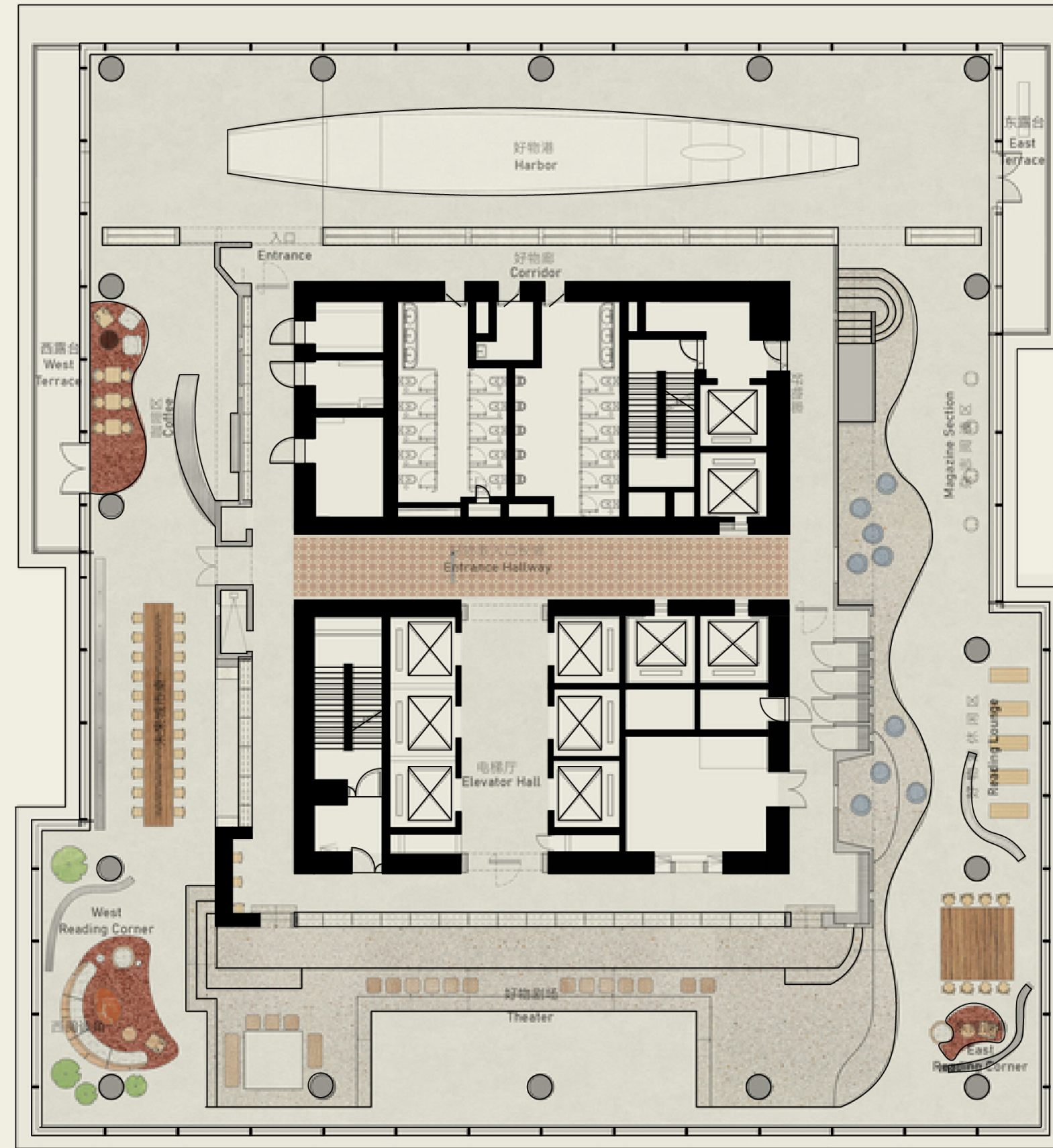
The design of Wutopia Lab for the Satori Harbor library, is a symbolic design for the culture of the location of the design. The design is executed with the spiritual theme of Taoism, 'as the morning light shining across the entire earth.'

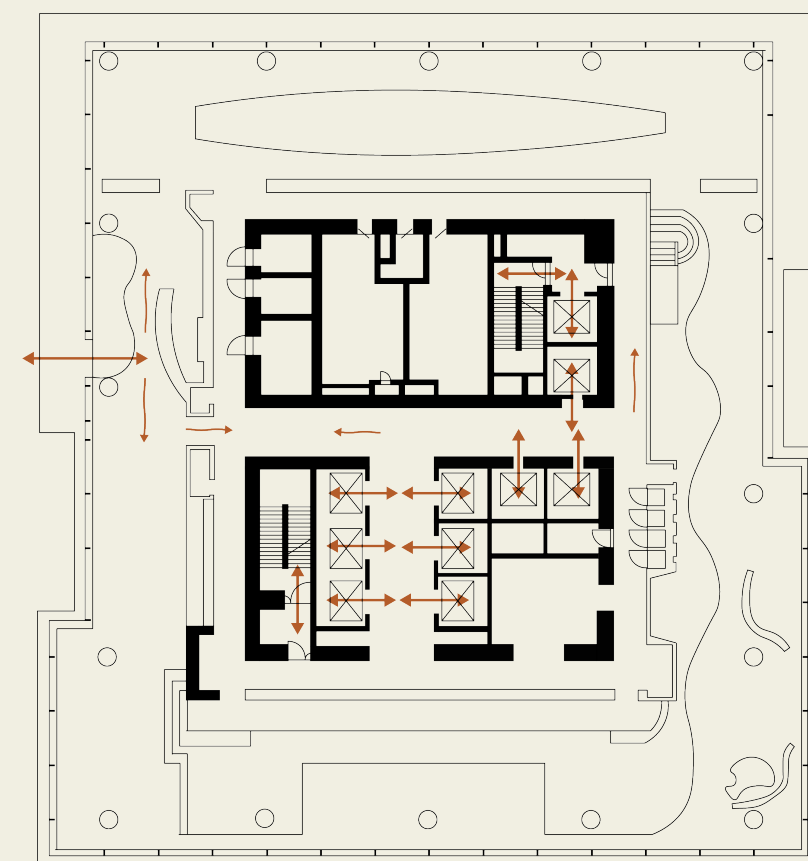
The library is a materialization of the complex world where one can experience the theme of a harbor city, with a literal boat placed in the spaces. It is intended that the user wanders through the space and experiences moments of enlightenment.

The two floor in a larger building, encompass hallways as tunnels and a 'city' of books. The rhythm of the design offers different spaces for the functions that are housed.

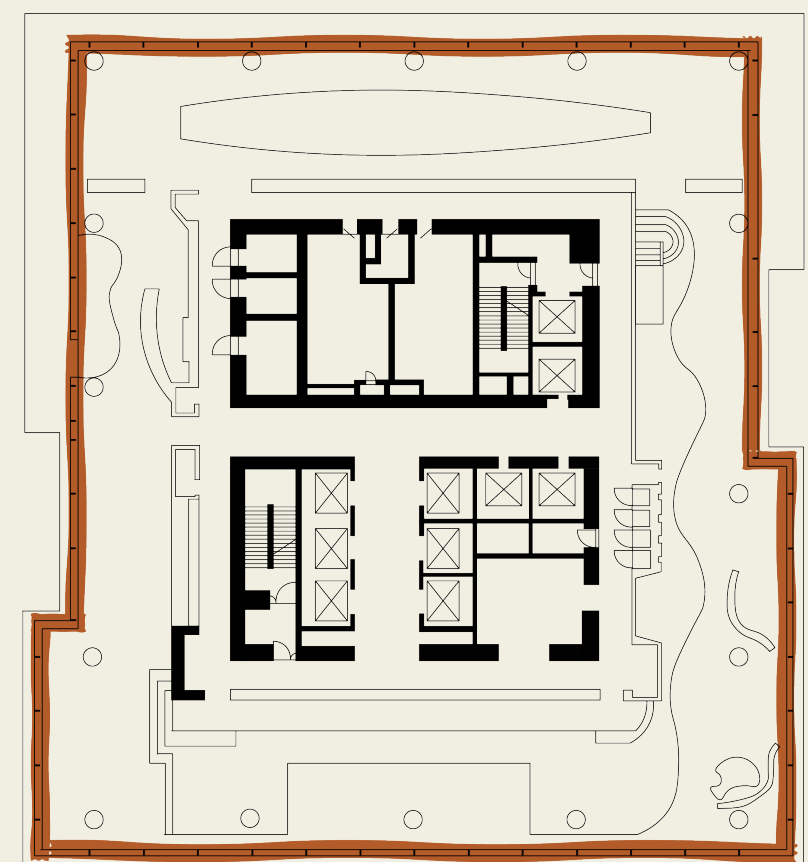
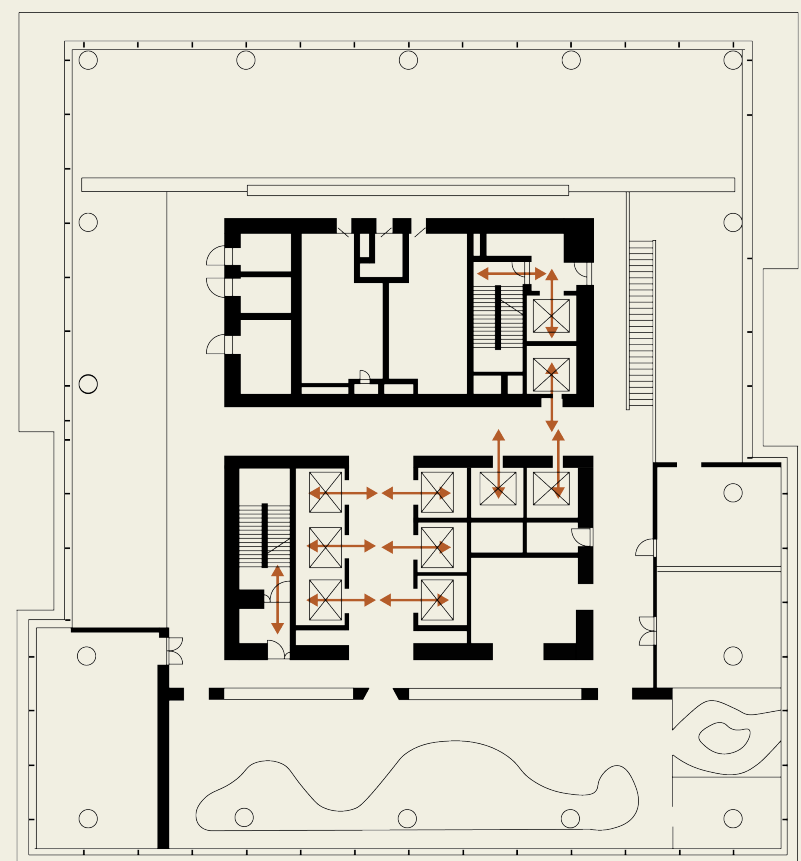
The poetic design describes the story of a harbor city with places to interact and meet people, but also to step back and be alone.

THE SATORI HARBOR

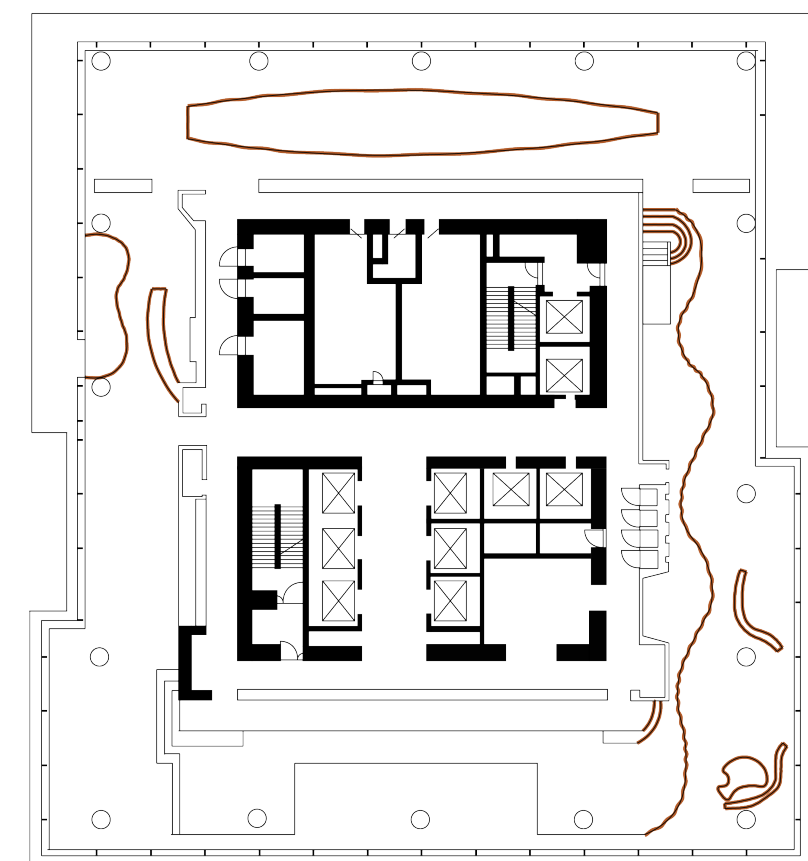
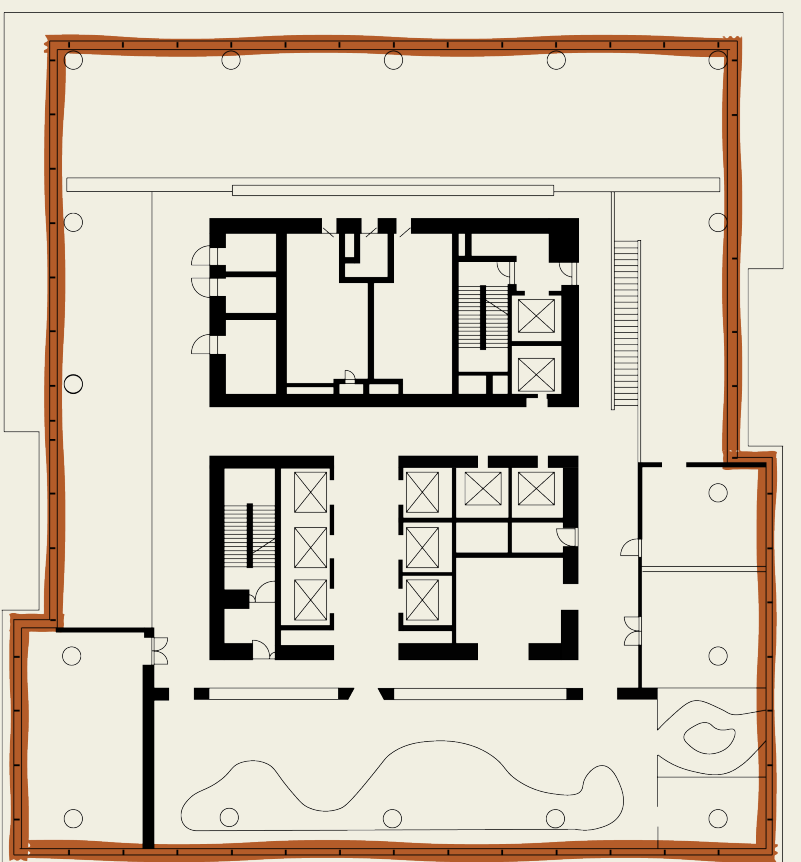




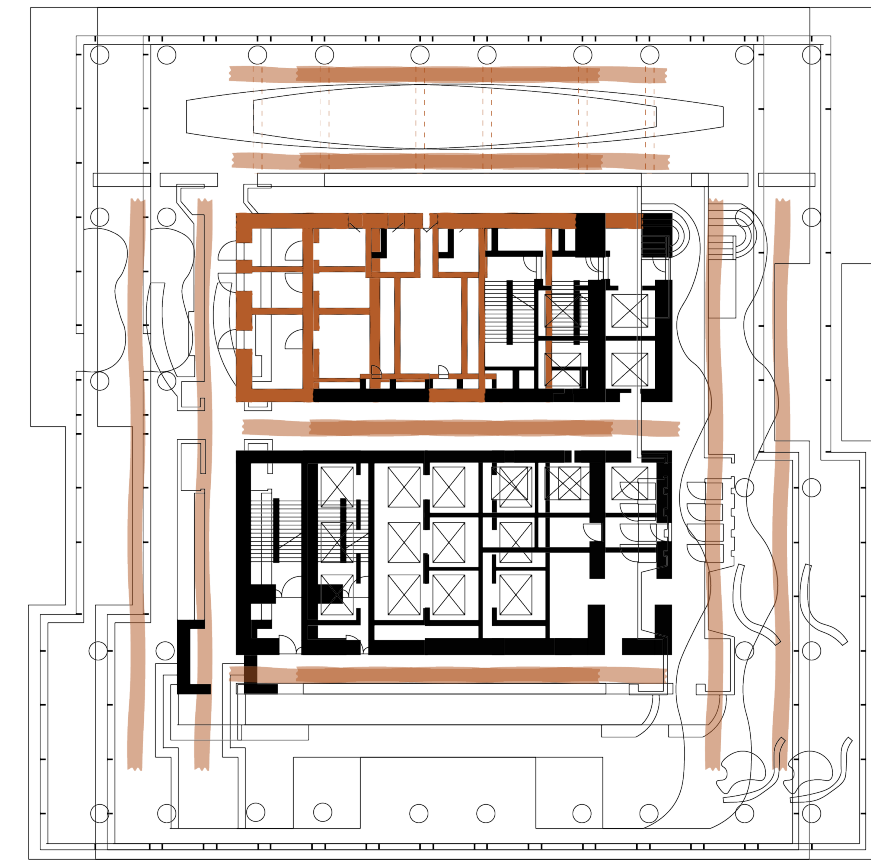
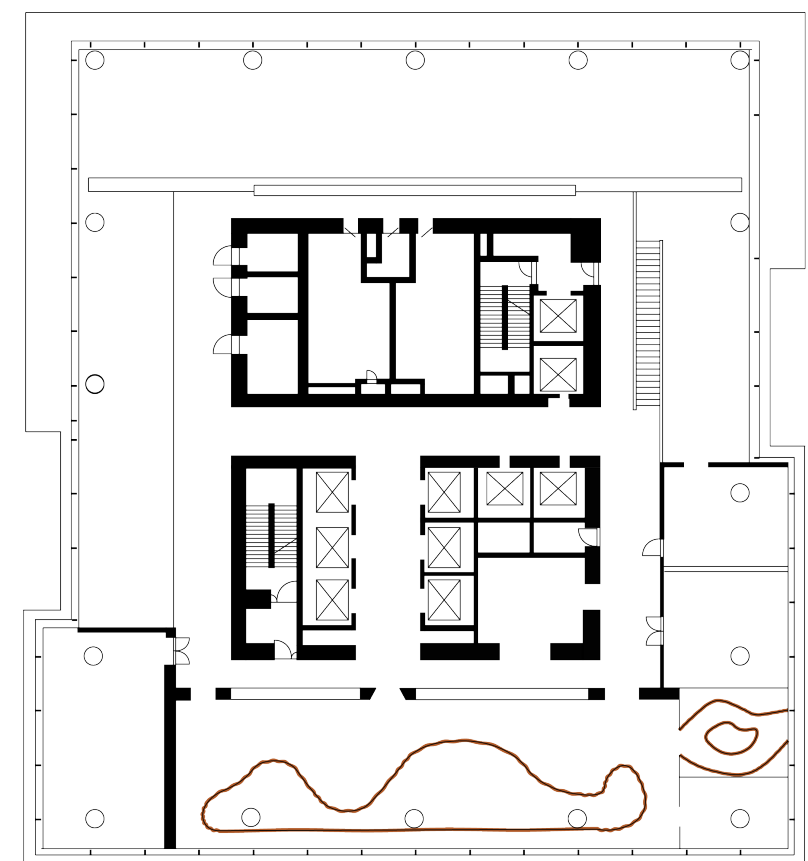
**Freedom and control in navigation**  
*The visitor can navigate in many directions ,providing freedom and control in one's experience*



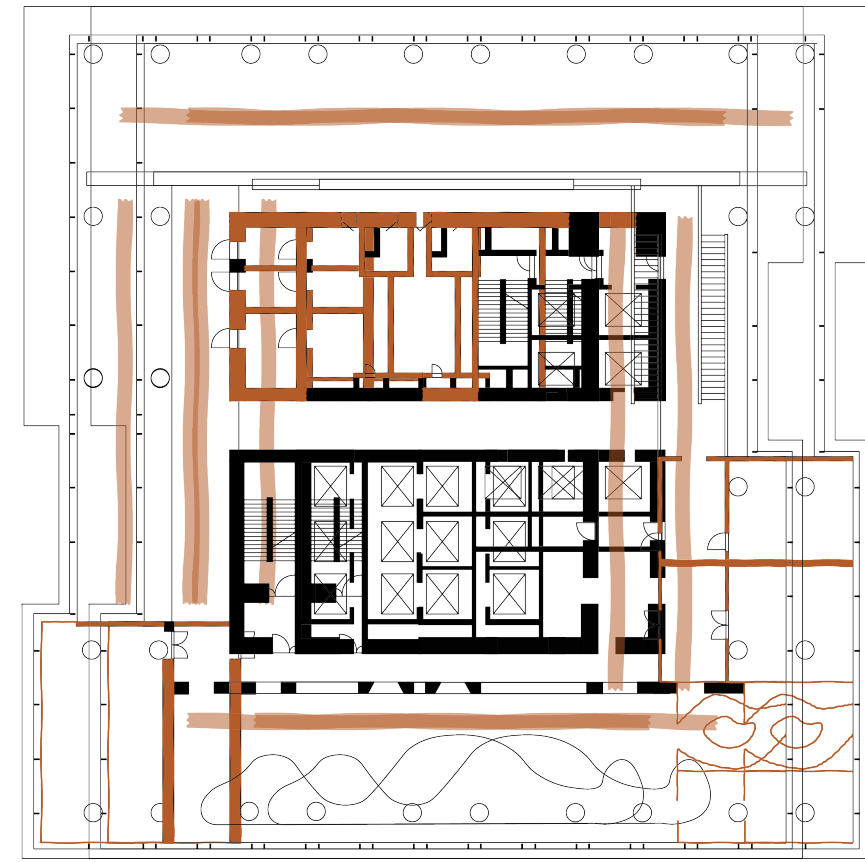
**Circulation guided by daylight**  
*Daylight is embraced by the open facades by guiding the circulation in and around the spaces*

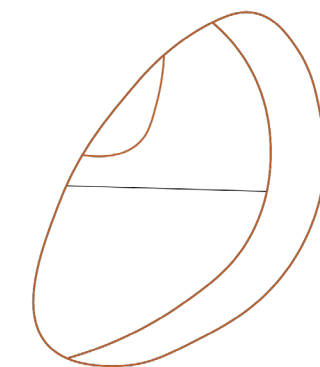
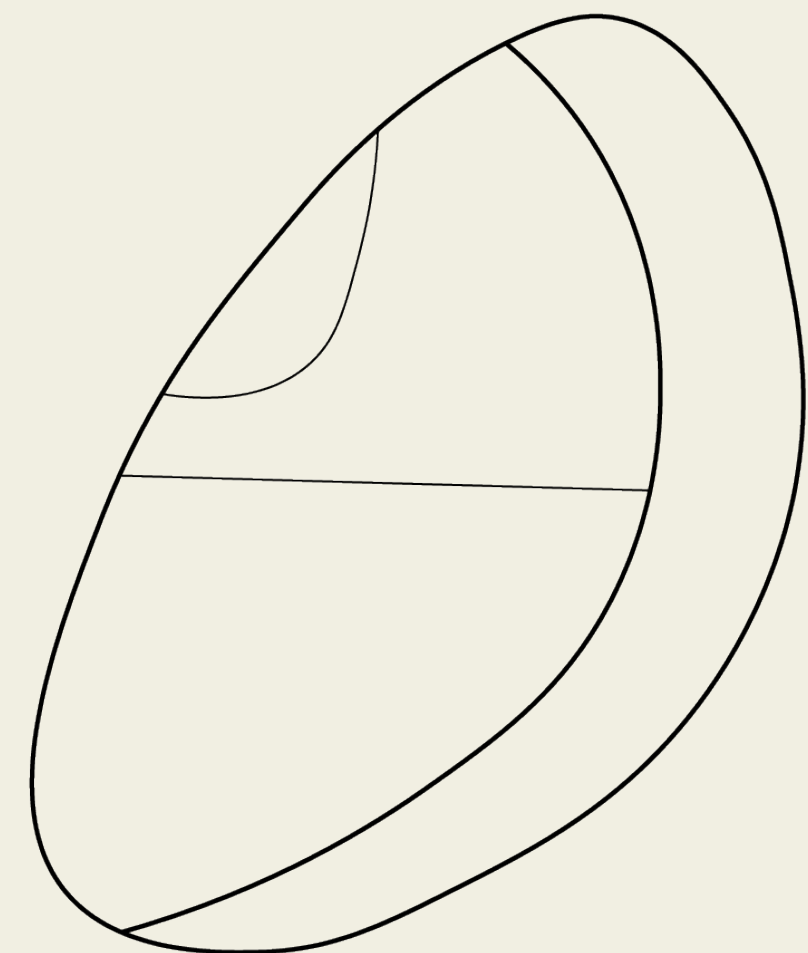


**Organic shapes promote spirituality**  
*The organic shapes promote rest through the spiritual interpretation of taosim of the designers*

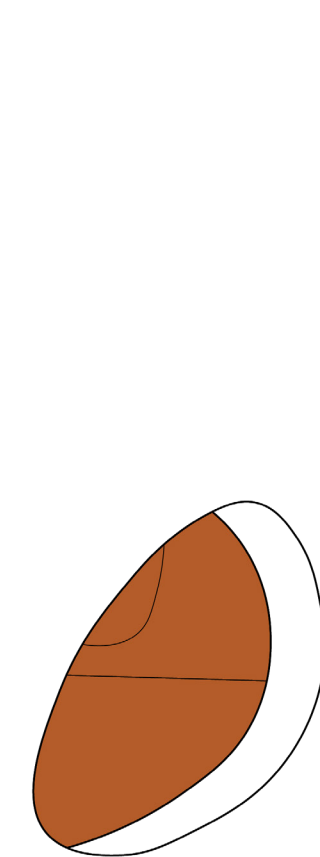


**Rest and calmness is promoted**  
*Rest and calmness is promoted through secluded places and long hallways surrounded by the facade and its views*

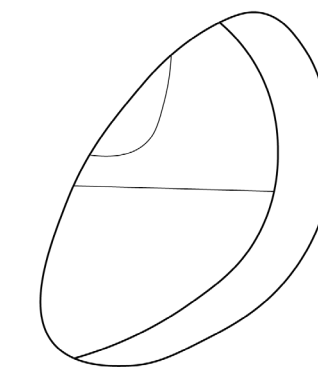




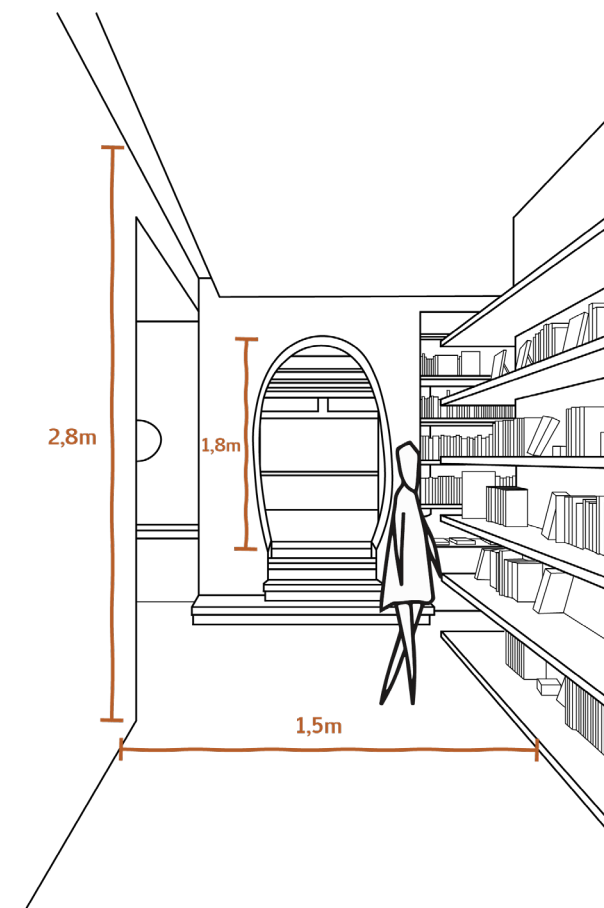
**Organic shapes**  
*The organic shapes provide a distracting and calming atmosphere by their execution*



**A dynamic and interesting visual view**  
*Elements provoking further exploration into the spaces*

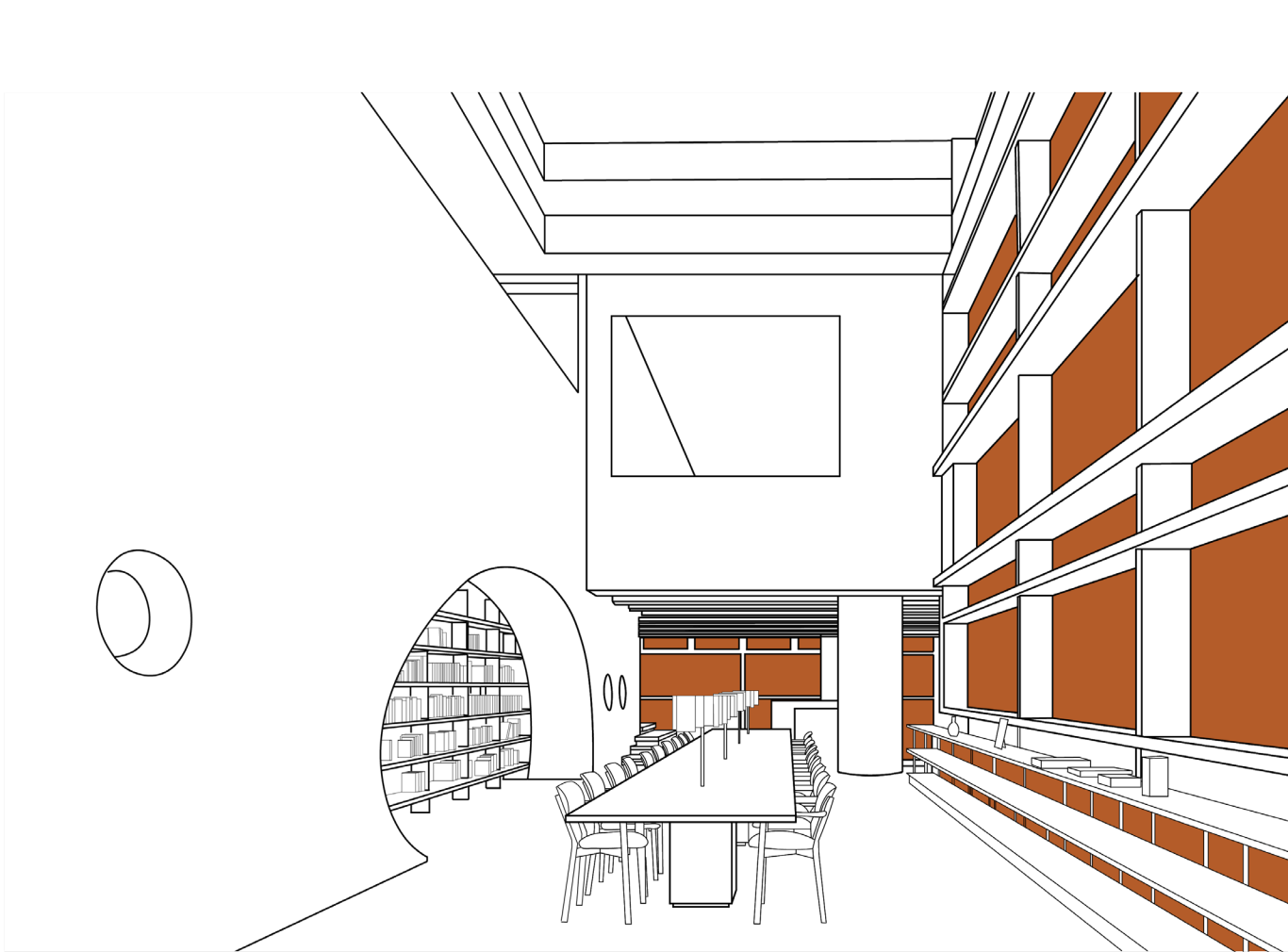
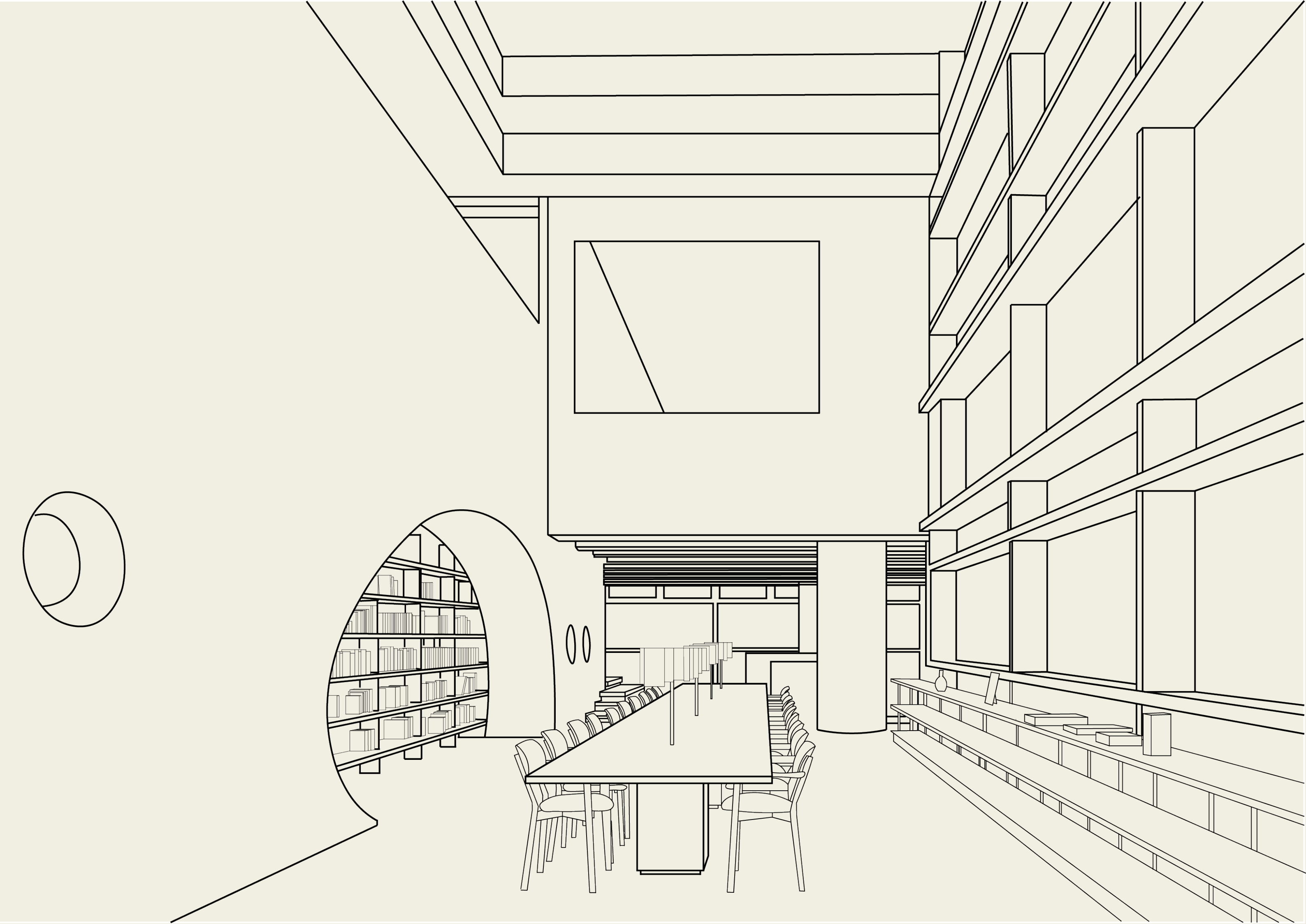


**Embracing dimensions**  
*With the organic shapes, the dimensions create a comfortable embrace of the space*



**Educative elements**  
*Books are stored in a way that curiosity is provoked and the bookshelves are emerged within the architectural elements*

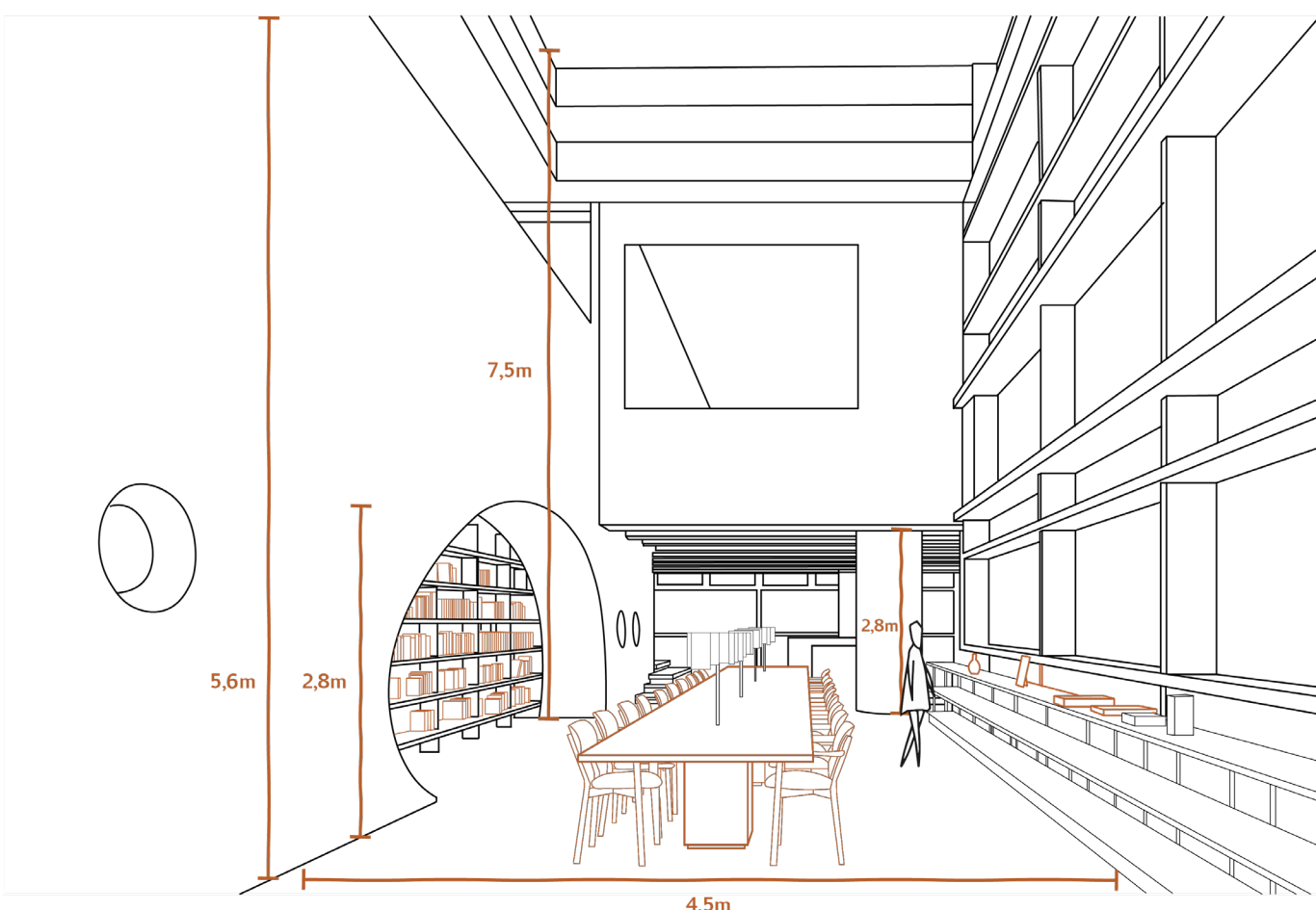




**Daylight throughout the spaces**  
*Large façades emitting daylight and views through the spaces*



**Educative elements**  
*Books, a study and reading table and a cabinet to exhibit educative elements*



**Dynamic dimensions**  
*The dimensions providing spatial experiences within the same space*



**Overviews over the spaces**  
*Windows and openings allow visual interaction between the spaces*

Materials, aesthetics & atmosphere



## Blancafort

Daycenter for the Elderly  
Guillem Carrera

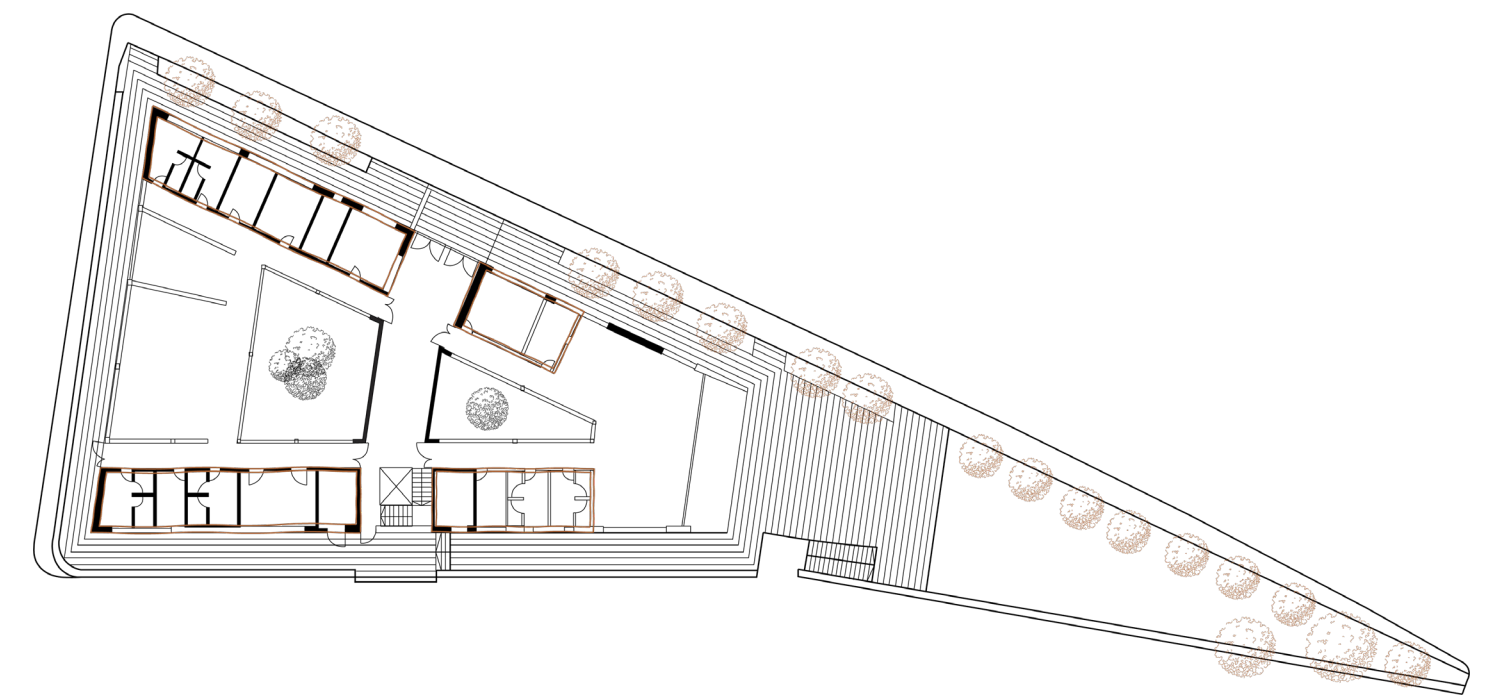
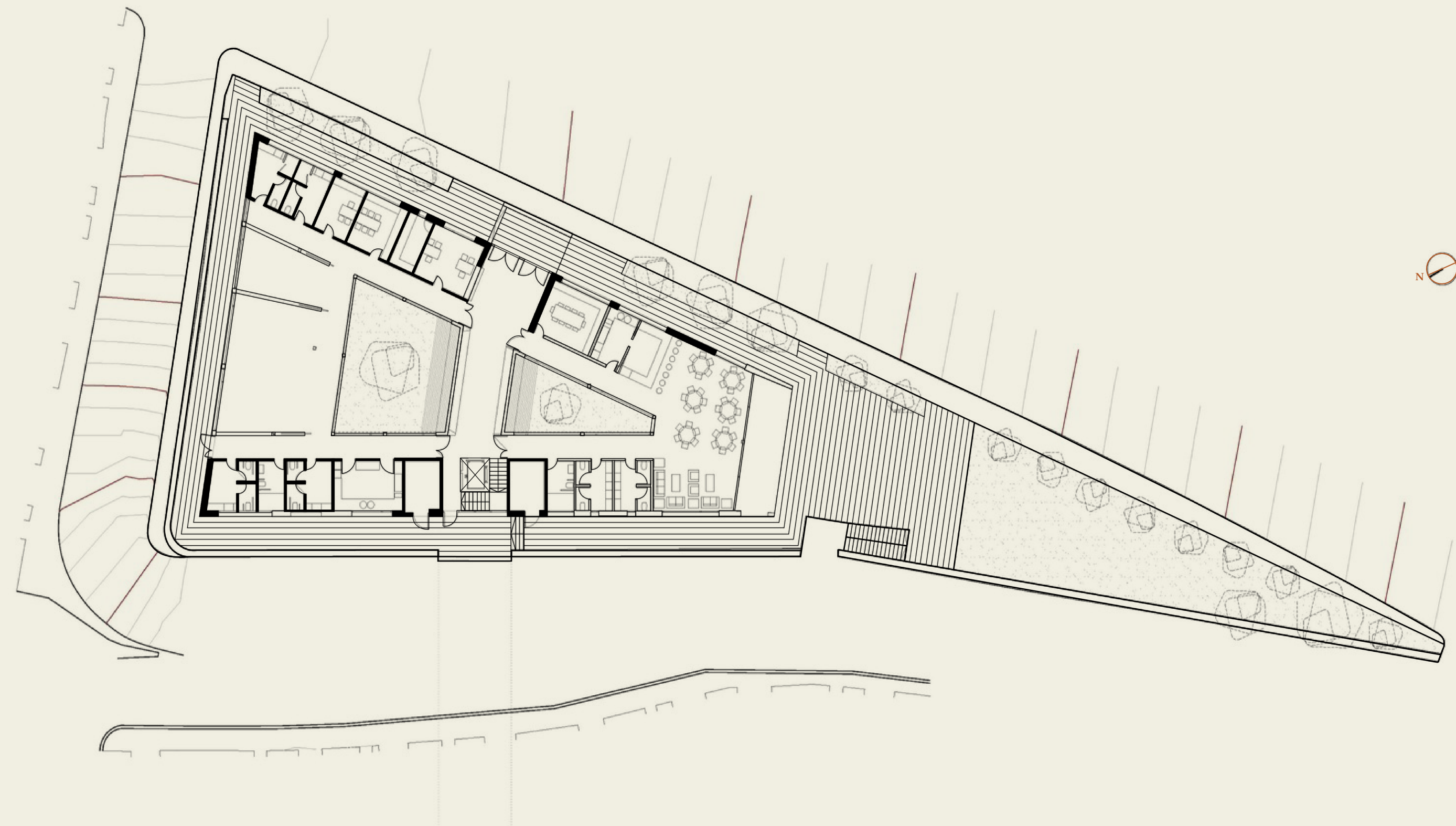


This design provides a daycenter for the elderly in the city of Blancafort and surrounding municipalities. The urban fabric of the context of the building is embraced in the design. The design provides a balance between public and private communal spaces. The location and the shape of the building express the openness and attraction to the community.

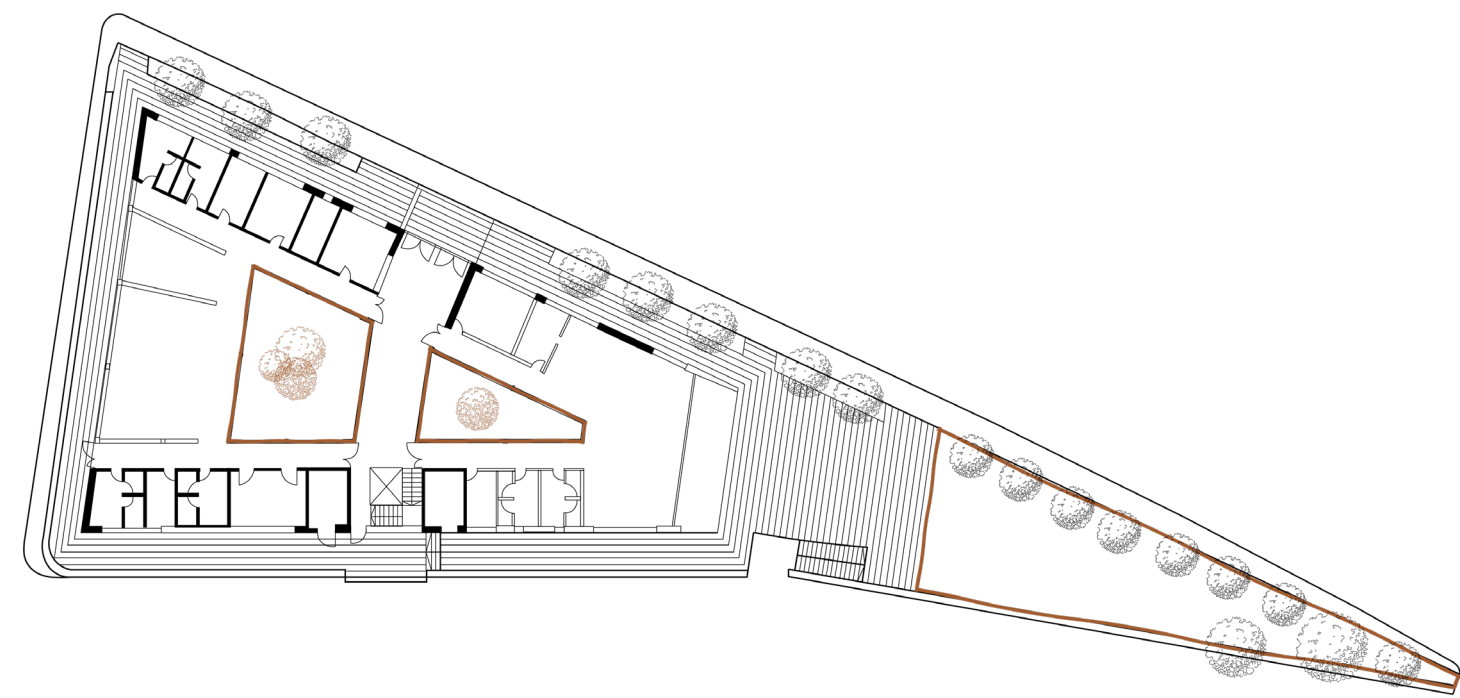
The courtyards in the building promote leisure and coming together for the users. Nature is integrated in the design to support these factors.

Warmth is expressed and emphasized through the materials of the building. A home-like and warm environment is designed for the users, especially taking into consideration the respectful approach towards elderly in their last stages of their lives.

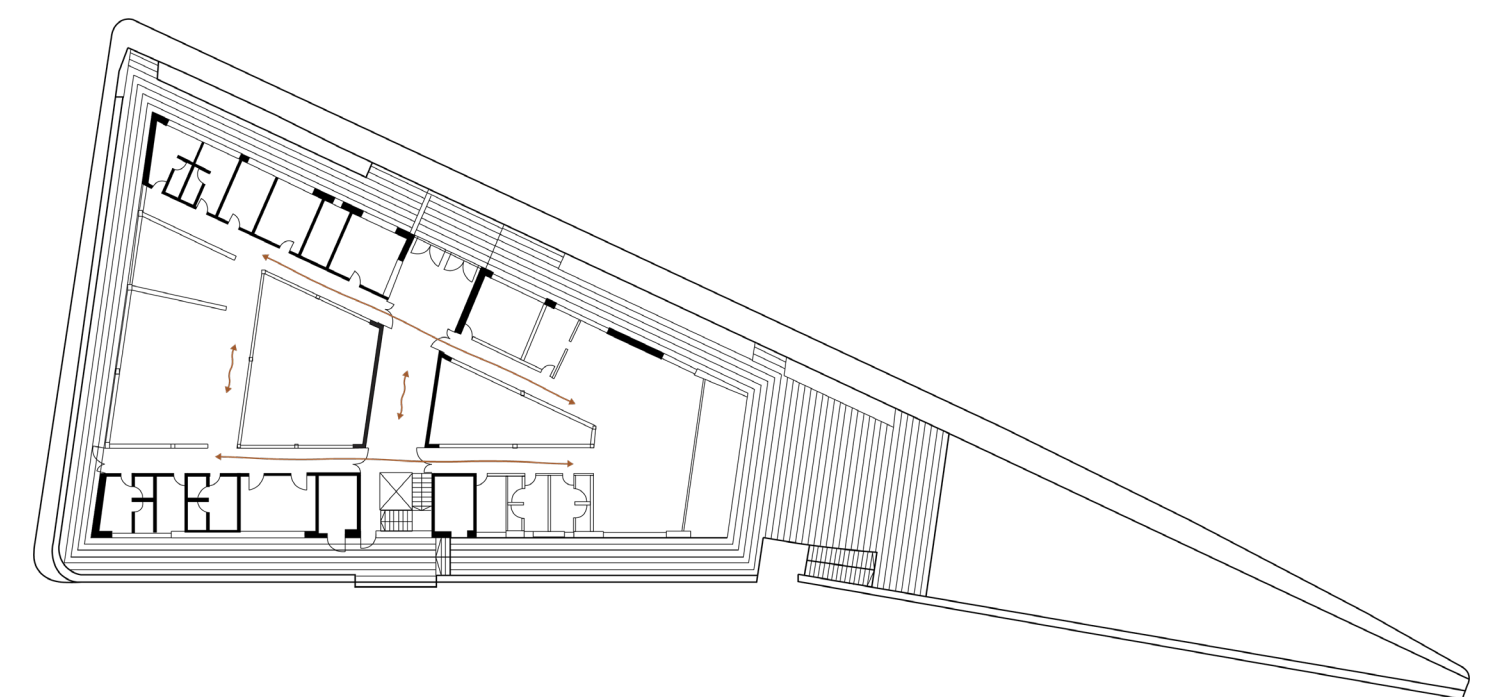
**BLANCAFORT**



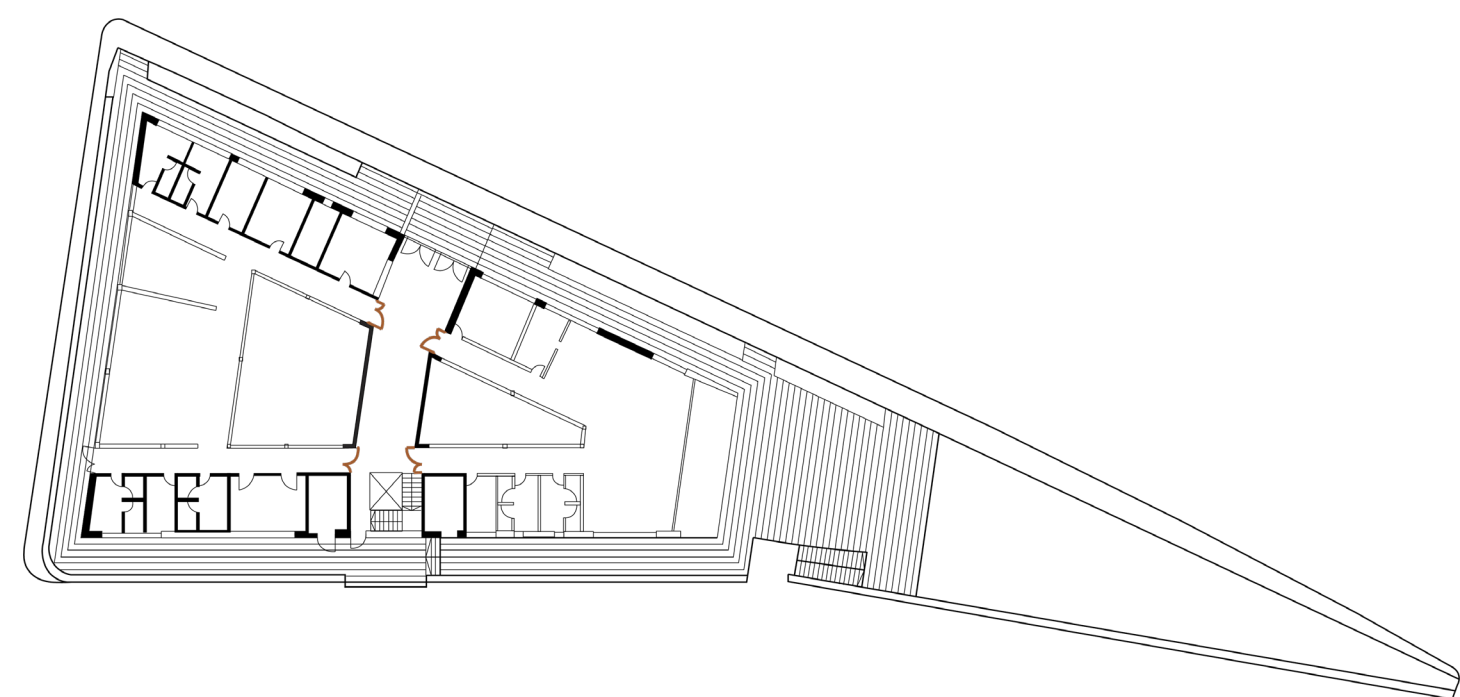
**Balance between open and closed facades**  
 Following the functions of the spaces, the open and closed part of the facade determine privacy, this is supported by trees



**Courtyards bringing nature inside**  
 The courtyards offer nature a dominant presence within the design, supported by a garden completely outside

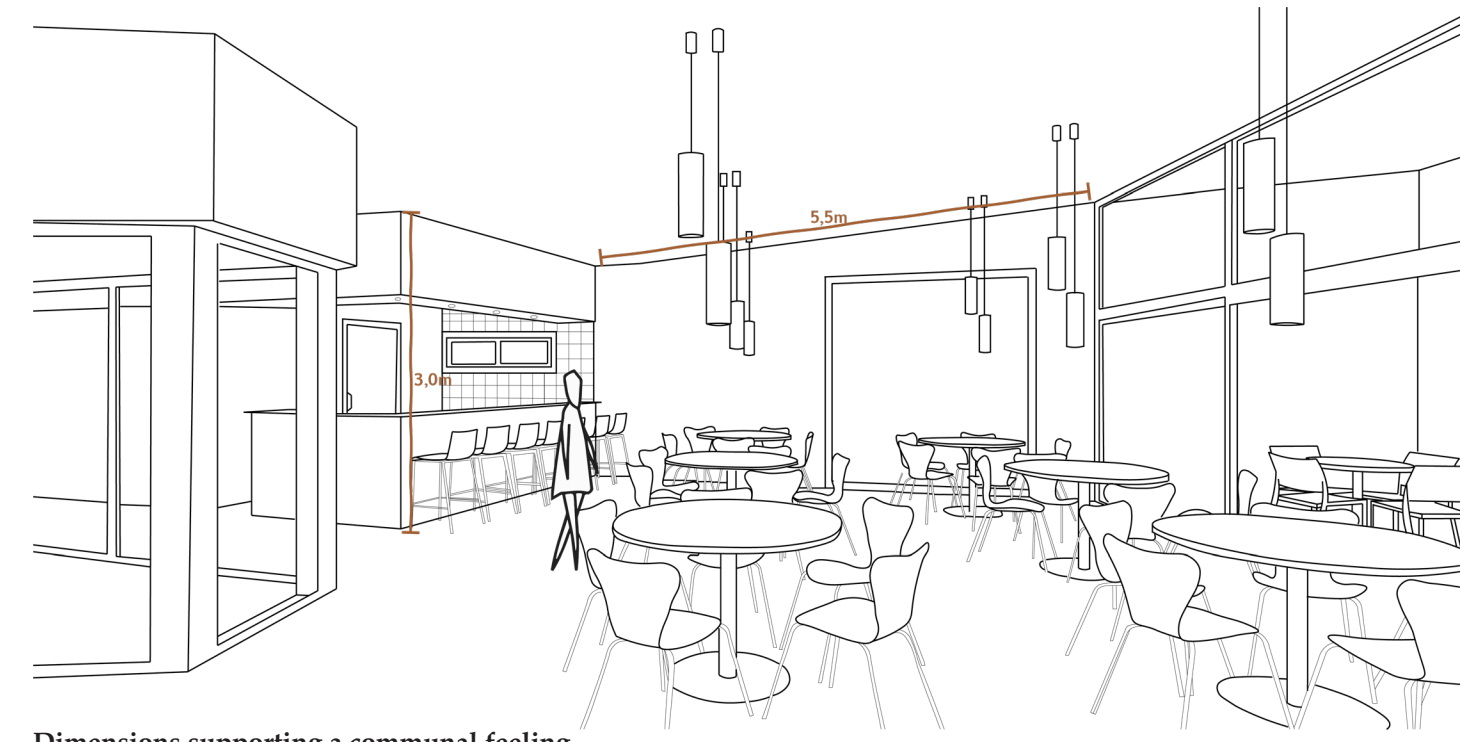
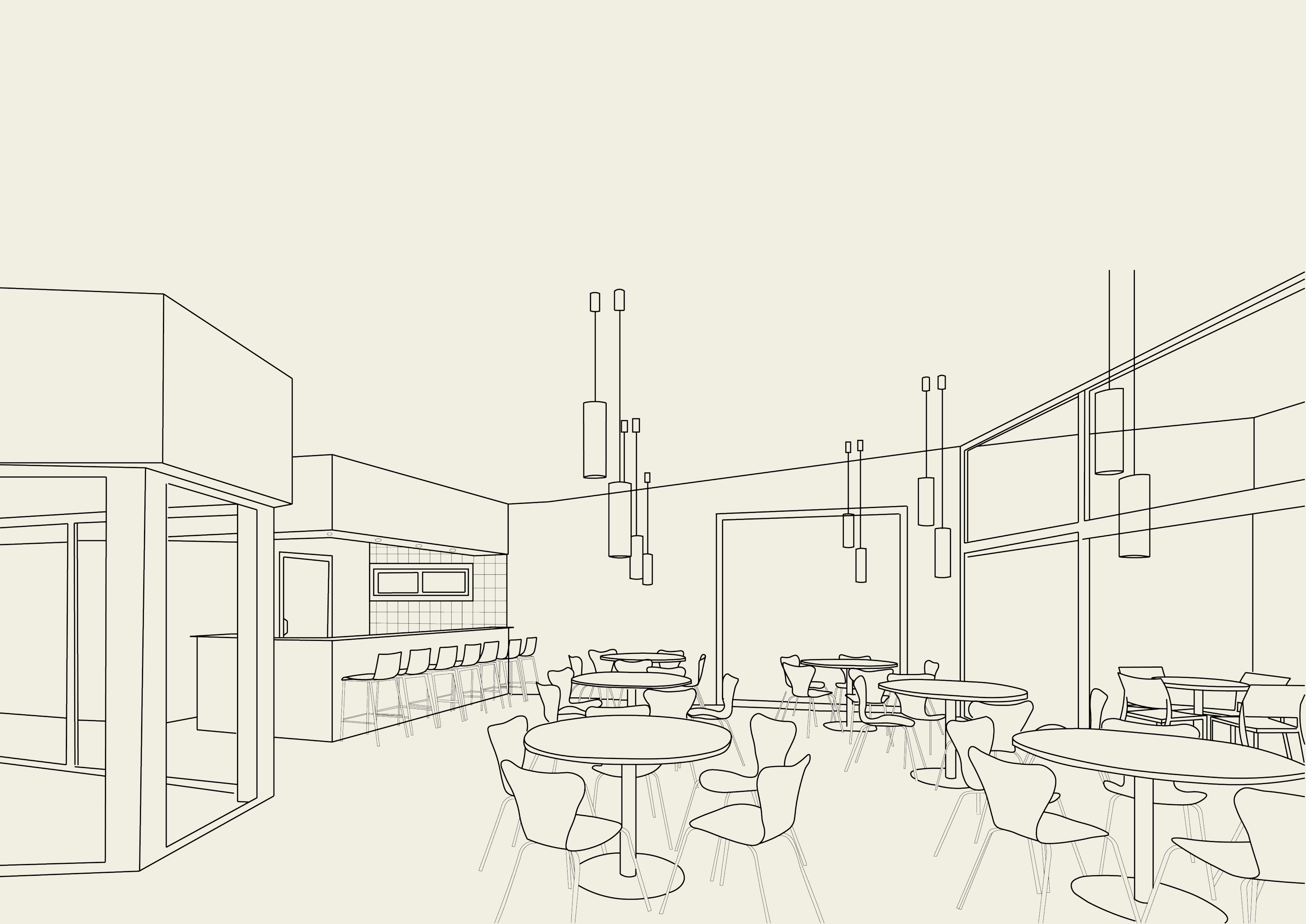


**Visual interaction**  
 Visual interaction is stimulated in the hallways



**Acoustic privacy**  
 The doors in the hallways allow acoustic privacy between the areas of the building

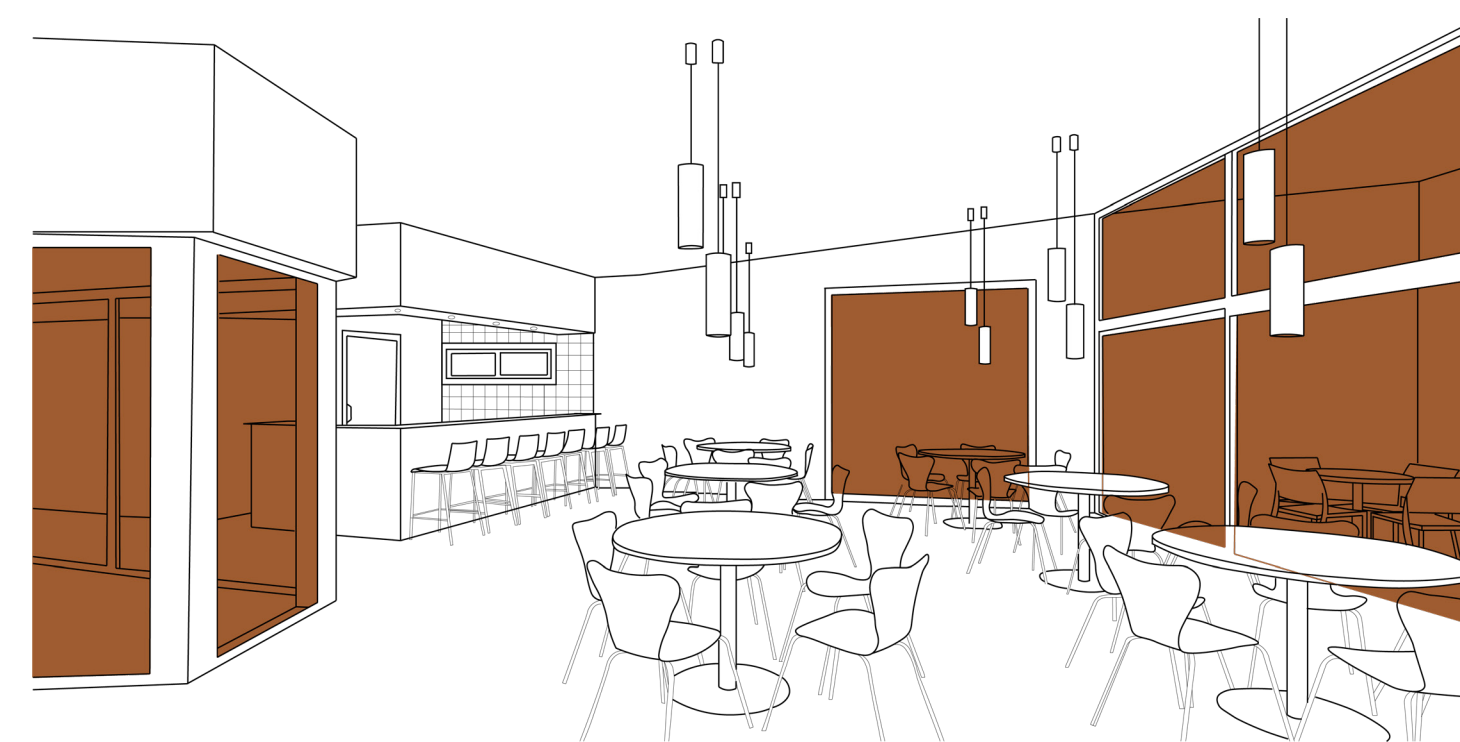




**Dimensions supporting a communal feeling**  
*The restaurant can house up to 30 people inside, with the correct dimensions it does not feel overwhelming*



**Interior promoted interaction**  
*The restaurant is designed to promote engagement between the users*



**Daylight surrounds the design**  
*Daylight provided by the open facades and the courtyard*



**Elements create a comfortable atmosphere**  
*The lightning and textures in the spaces create a comfortable and suitable atmosphere in the communal space*



# Sources

1. Rogers Stirk Harbour + Partners. (2014). Maggie's West London Charing Cross Hospital Design Guide: an architectural walkthrough by Rogers Stirk Harbour + Partners. [https://www.maggies.org/media/filer\\_public/02/14/0214d235-f7d6-40c0-8b8a-72f88915cf0c/maggieswestlondon\\_designguide.pdf](https://www.maggies.org/media/filer_public/02/14/0214d235-f7d6-40c0-8b8a-72f88915cf0c/maggieswestlondon_designguide.pdf)
2. Luo, □.-J. (2020, 24 december). The Satori Harbor / Wutopia Lab. ArchDaily. Geraadpleegd op 21 december 2021, van <https://www.archdaily.com/953765/the-satori-harbor-wutopia-lab>
3. Cardenas, D. (2019, 24 oktober). Day Center and Home for the Elderly of Blancafort / Guillem Carrera. ArchDaily. Geraadpleegd op 21 december 2021, van <https://www.archdaily.com/783918/centre-de-dia-i-casal-de-gent-gran-de-blancafort-guillem-carrera>