



THE HEALTHY COMMUNITY: EDUCATION MATTERS

MARCH PORTFOLIO 2012

LEEDS METROPOLITAN UNIVERSITY

CREATED BY TOM STUBLEY

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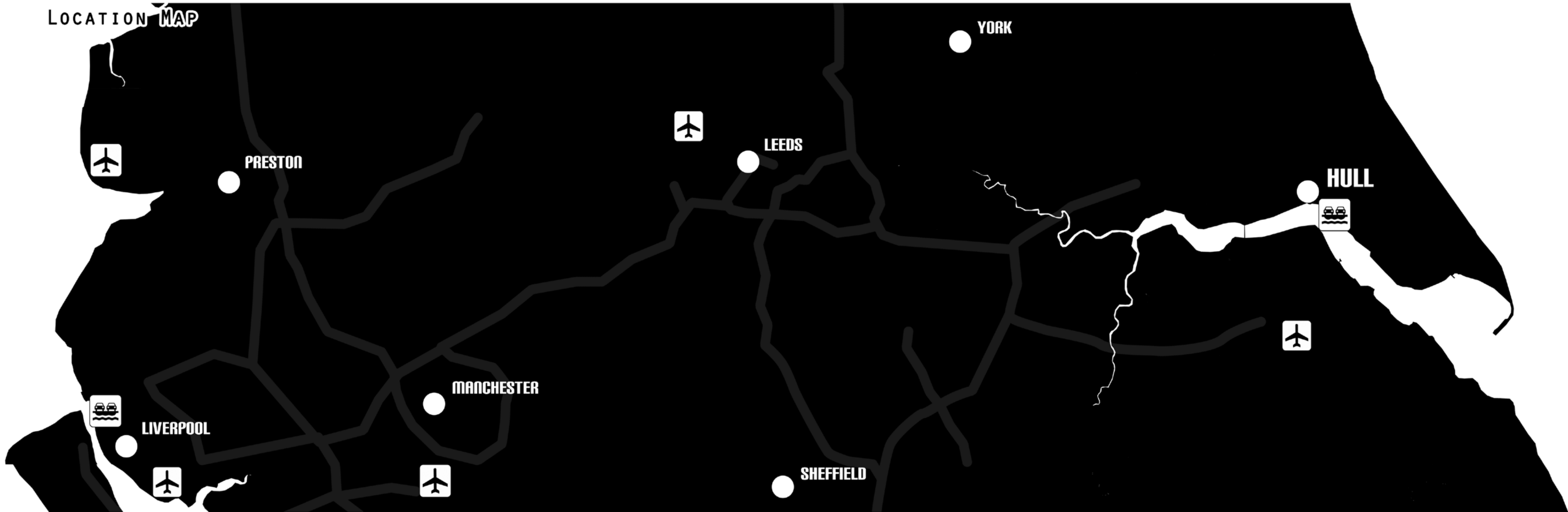
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SITE ANALYSIS

LOCATION MAP

TO SCOTLAND



DIRECT DISTANCE TO:

LONDON:	156	MILES
LEEDS:	50	MILES
MANCHESTER:	81	MILES



AIRPORT

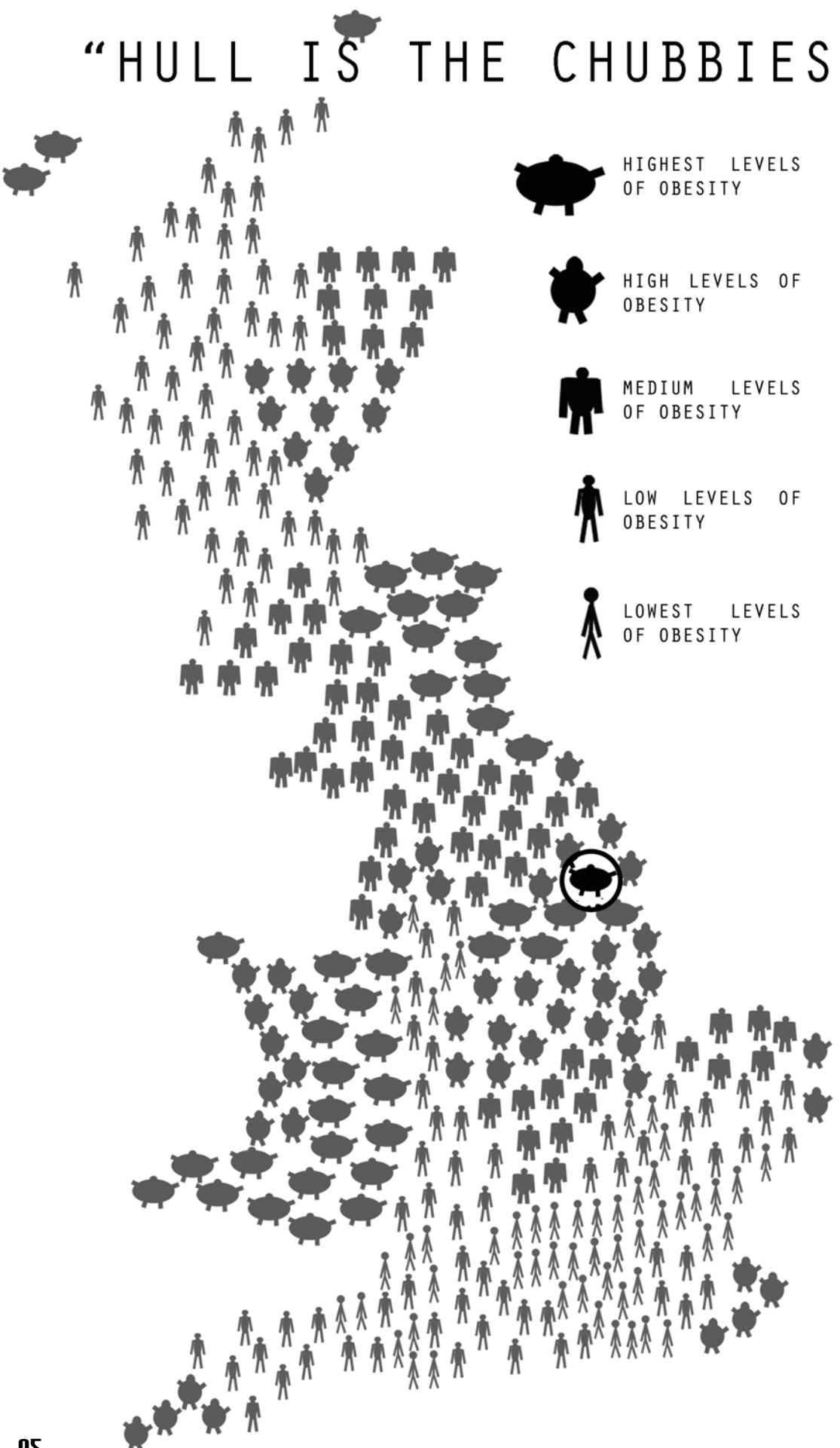


FERRY PORT

TO LONDON



SCALE BAR: 10 MILES



HEALTH IN HULL

BBC NEWS, MARCH 1ST 2004

HULL WAS ONCE A GREAT CITY, KNOWN FOR ITS FISHING FLEETS AND WHALING FLEETS. IN THE PRESENT DAY HULL IS NOW WELL KNOWN, NOT FOR ITS ACHIEVEMENTS, BUT FOR ITS DOWNFALLS.

IN 2004 A STUDY WAS CARRIED OUT AND HULL WAS DISCOVERED TO HAVE THE ‘CHUBBIEST TOWN IN BRITAIN’. 8 YEARS ON AND THIS GRIP OBESITY HAS ON THE POPULATION HAS NOT SHIFTED. HULL IS STILL ONE OF THE MOST OBESE CITIES AND HAS THE HIGHEST PERCENTAGE OF OBESE ADULT MALES IN ENGLAND WITH 25% OF ALL MALES IN HULL SUCCUMING TO THE PROBLEM.

FATTEST AREAS

- | | |
|-------------------------|--------------------------|
| 1 KINGSTON UPON HULL | 1 KINGSTON UPON THAMES |
| 2 KNOWSLEY, MERSEYSIDE | 2 KENSINGTON AND CHelsea |
| 3 BLACKBURN, LANCS | 3 WESTMINSTER |
| 4 SOUTH TYNESIDE | 4 RICHMOND UPON THAMES |
| 5 EASINGTON, CO. DURHAM | 5 WANDSWORTH |
| 6 MERTHYR TYDFIL, WALES | 6 ISLES OF SCILLY |
| 7 BLAENAU GWENT, WALES | 7 HAMMERSMITH & FULHAM |
| 8 STOKE-ON-TRENT | 8 ELMBRIDGE, SURREY |
| 9 PENDLE, LANCS | 9 CAMDEN |
| 10 MIDDLESBROUGH | 10 SOUTH BUCKS |
| 11 HYNDBURN, LANCS | 11 BARNET |
| 12 HARTLEPOOL | 12 CITY OF GLASGOW |
| 13 CORBY, NORTHANTS | 13 ST ALBANS, HERTS |
| 14 SANDWELL, W MIDLANDS | 14 CHILTERN, BUCKS |
| 15 BURNLEY, LANCS | 15 MOLE VALLEY, SURREY |
| 16 SUNDERLAND | 16 CITY OF EDINBURGH |
| 17 OLDHAM, LANCS | 17 EPSOM & EWELL, SURREY |
| 18 HALTON, CHESHIRE | 18 TANDRIDGE, SURREY |
| 19 ROCHDALE, LANCS | 19 WAVERLEY, SURREY |
| 20 BIRMINGHAM | 20 GUILDFORD |

HEALTH IN HULL

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WORLD OBESITY MAP

BBC NEWS, 2008



THE DIAGRAM BELLOW SHOWS HOW TERRIBLE BRITISH HEALTH IS IN COMPARISON TO THE REST OF THE WORLD. WHICH LONGHILL CONTRIBUTES HUGELY TO. LONGHILL HAS ONE OF THE WORST CASES OF ILL HEALTH IN THE UK WITH 69.2% OF THE RESIDENTS BEING OVERWEIGHT. IT AS COME TO A STAGE WHERE OBESE PEOPLES’ ISSUES ARE STARTING TO HEAVILY IMPOSE THEMSELVES ONTO OTHER PEOPLE’S LIVES AS £4.2 BILLION A YEAR IS SPENT TREATING PEOPLE WITH PROBLEMS CAUSED BY OBESITY. DOCTORS HAVE WARNED THAT IF THE EATING HABITS AND LACK OF EXERCISE DOESN’T CHANGE THIS WILL DOUBLE. (MAIL ONLINE FEBRUARY 2010)

OVER THE LAST DECADE THE UK HAS BECOME THE THIRD MOST OBESE PLACE IN THE WORLD

TOP OF THE OBESITY CHART

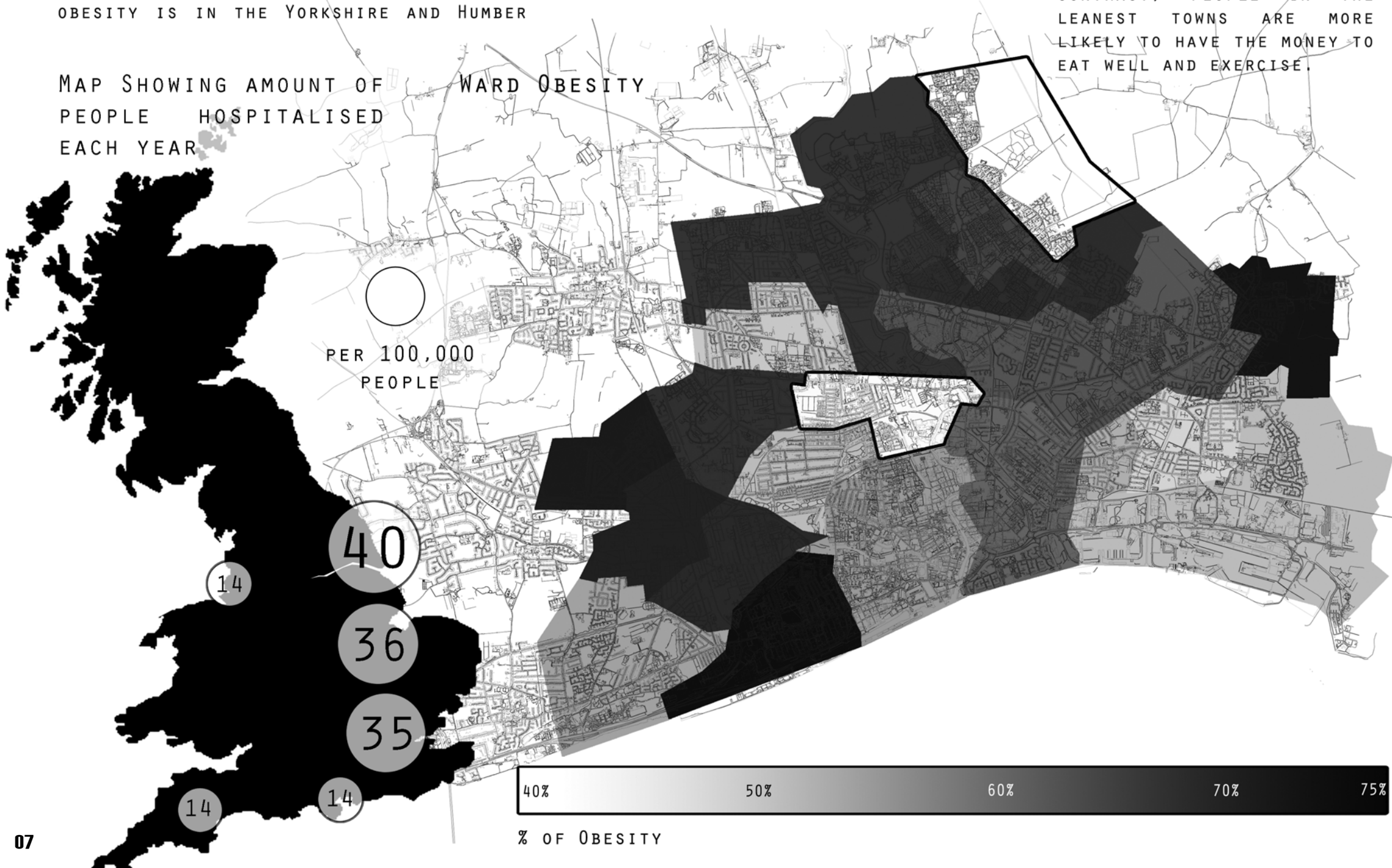
USA	30.6
MEXICO	24.2
UK	23.0

HOSPITALISED

THE AMOUNT OF FAT OPS HAS RISEN BY 12% IN THE LAST YEAR AS THE STRAIN OF OBESITY ON THE BRITISH PUBLIC INCREASE.

OVER THE LAST DECADE THERE HAS BEEN A HUGE RISE OF PEOPLE BEING HOSPITALISED WITH THE MAIN CAUSE BEING OBESITY, AS THE AMOUNT HAS RISEN FROM 1,054 PATIENTS IN 2000/01 TO 11,574 IN 2010/11. THE HIGHEST LEVEL OF PEOPLE HOSPITALISED DUE TO OBESITY IS IN THE YORKSHIRE AND HUMBER

MAP SHOWING AMOUNT OF PEOPLE HOSPITALISED EACH YEAR



R REGION WITH 40 IN EVERY 100,000 PEOPLE BEING IN HOSPITAL FOR OBESITY ISSUES.

AS HULL HAS THE HIGHEST RATE OF OBESITY IN YORKSHIRE AND HUMBER ONE CAN ONLY ASSUME THAT THE MAJORITY OF PATIENTS SUBMITTED TO HOSPITAL DUE TO OBESITY ARE FROM HULL.

CHUBBIEST TOWN IN BRITAIN

[HTTP://NEWS.BBC.CO.UK/1/HI/HEALTH/3521551.STM#TABLE](http://news.bbc.co.uk/1/hi/health/3521551.stm#table)

RESEARCHER FROM EXPERIAN DISCOVERED THAT THE MOST LIKELY PEOPLE TO BE OVERWEIGHT WERE WHITE, WORKING CLASS FAMILIES WHO HAVE POOR EDUCATION AND DO LITTLE EXERCISE. IN CONTRAST, PEOPLE IN THE LEANEST TOWNS ARE MORE LIKELY TO HAVE THE MONEY TO EAT WELL AND EXERCISE.

HULL IS THE CONSTITUENCY OF DEPUTY PRIME MINISTER JOHN PRESCOTT, WHO HIMSELF SUFFERS FROM TYPE 2 DIABETES.

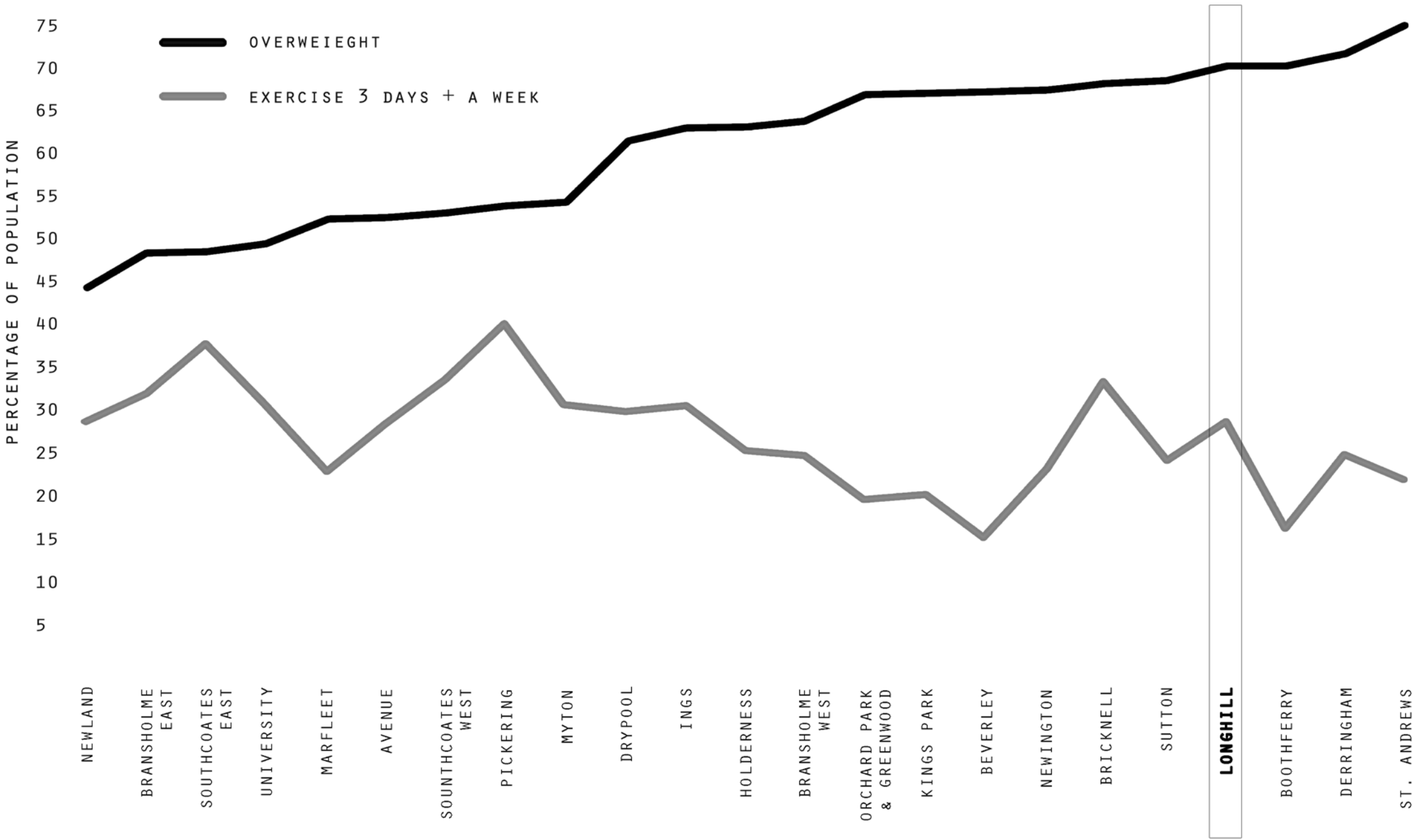
TWO YEARS AGO HULL WAS NAMED AS THE BRITISH TOWN WITH THE HIGHEST NUMBER OF SNORERS IN THE UK.

EXPERIAN FOUND HULL'S TYPE 2 DIABETES RATE WAS 46% WORSE THAN THE AVERAGE TOWN.

TYPE 2 DIABETES IS STRONGLY LINKED TO OBESITY, AND A FURTHER MILLION ARE THOUGHT TO HAVE IT WITHOUT REALISING.

THE RESIDENTS OF LONGHILL MAY BE IN SUCH A DYER STATE DUE TO THE LACK OF RECREATIONAL SPORTS FACILITIES THAT ARE WITHIN WALKING DISTANCE.

THE LEVEL OF OBESITY VS THE LEVEL OF REGULAR EXERCISE IN HULL



EXERCISE



EDUCATION



HEALTH



WEALTH



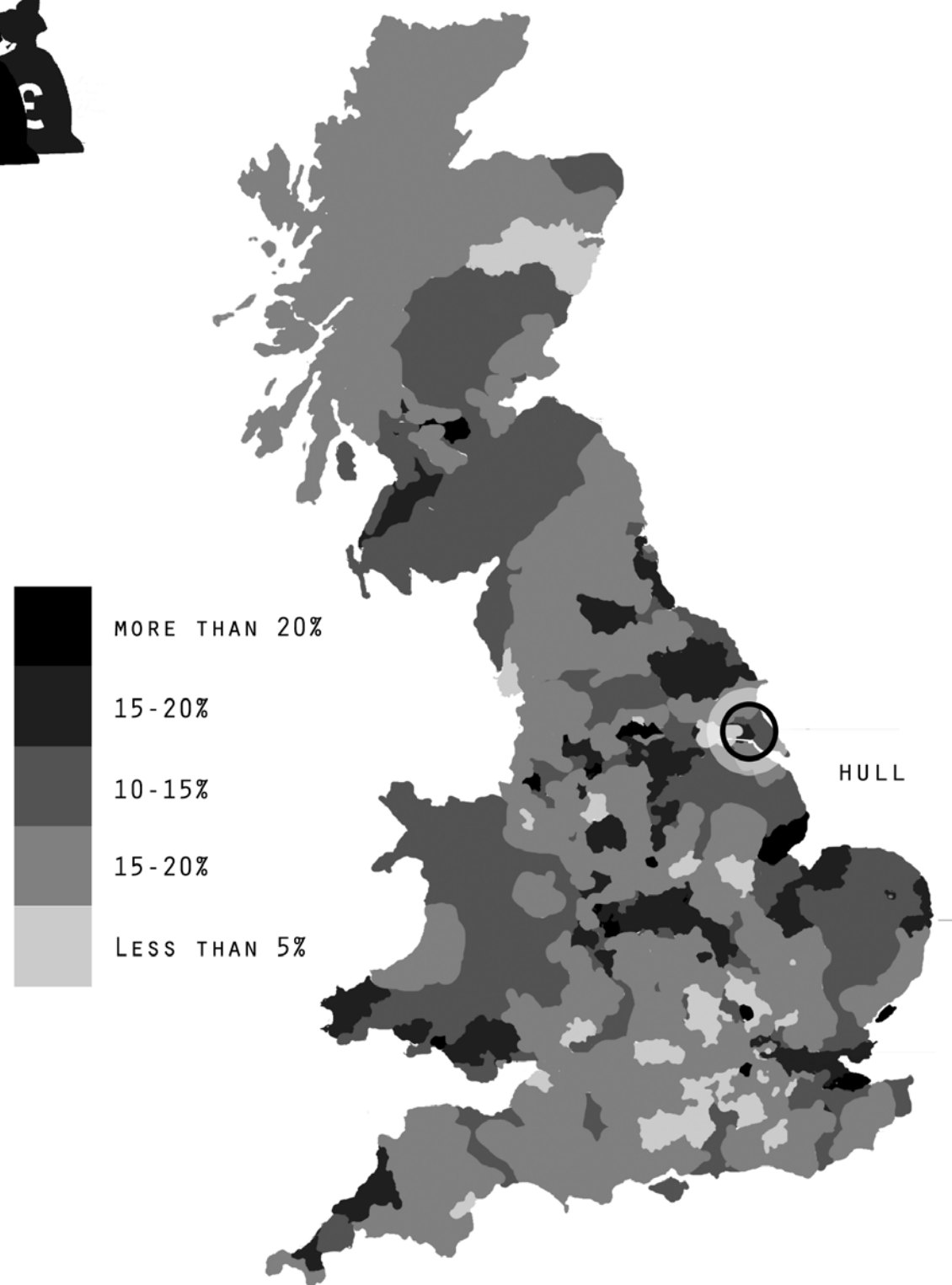
AS HEATH HAS BECOME A MASSIVE CONCERN RECENTLY RESEARCHERS HAVE DEVISED VARIOUS TESTS TO UNDERSTAND HOW PEOPLE BECOME UNHEALTHY. THERE SEEMS TO BE A BIG LINK BETWEEN EDUCATION, WEALTH AND EXERCISE. STUDIES HAVE SHOWN THAT COMMUNITIES THAT HAVE A HIGH PERCENTAGE OF ADULTS WITH QUALIFICATIONS AND WEALTH ARE MORE LIKELY TO EXERCISE MORE, EAT BETTER AND THEREFORE ARE LESS LIKELY TO FALL VICTIM TO OBESITY.

THESE THREE QUALITIES SEEM TO BE THE KEY FOR A HEALTHIER

ADULTS WITHOUT QUALIFICATIONS

[HTTP://THEGUARDIAN.CO.UK](http://theguardian.co.uk)

KINGSTON UPON HULL IS RANKED 44 OUT OF 632 CONSTITUENCIES WITH 18.9% OF ADULTS NOT HAVING ANY FORM OF QUALIFICATION

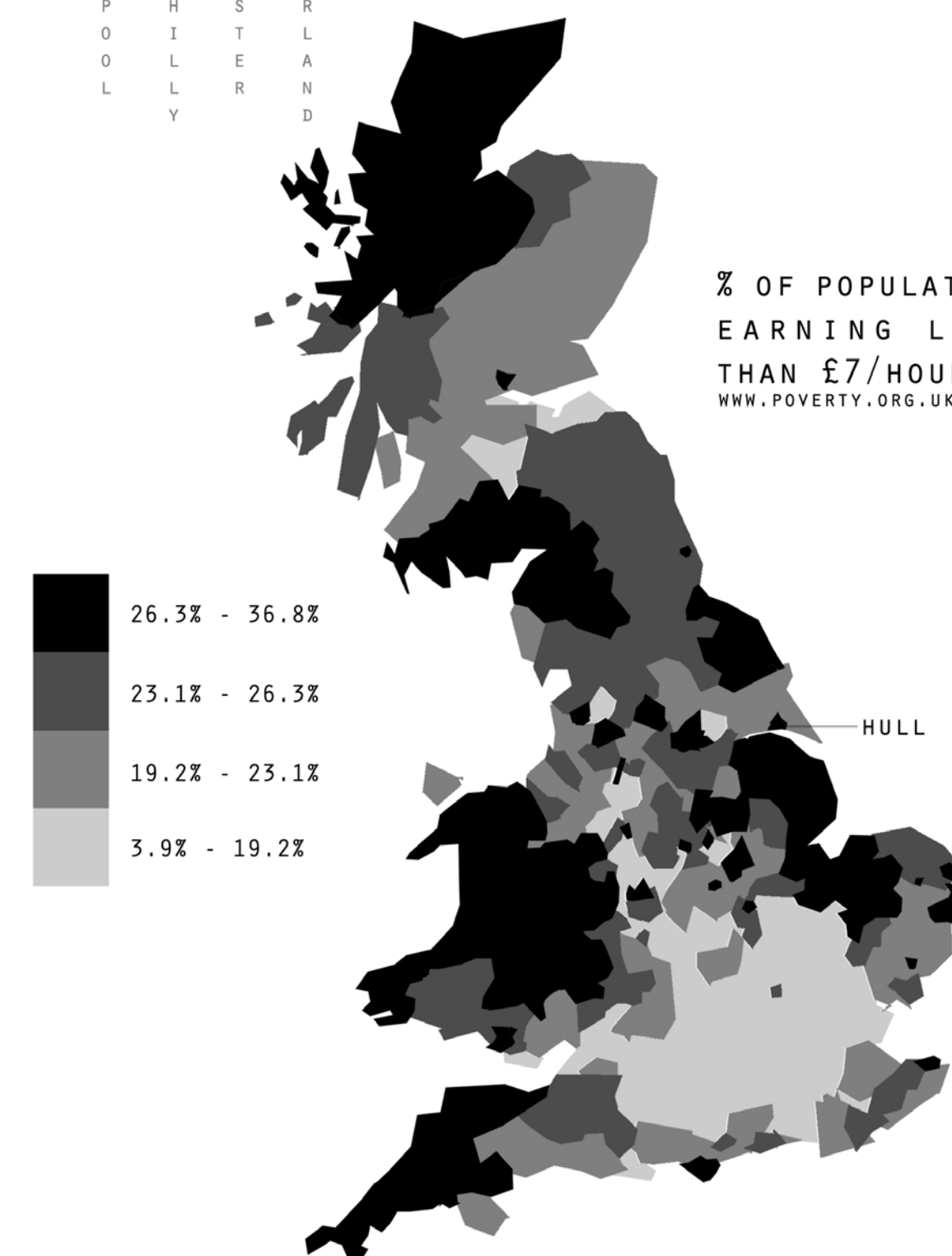


POOREST CITIES

THE TIMES, APRIL 2009

£ AVG. INCOME

1.	2.	3.	4.	5.
HULL	Belfast	Cardiff	Leeds	Sheffield
£17,300	£17,400	£18,500	£18,700	£18,800
POOR	POOR	POOR	POOR	POOR

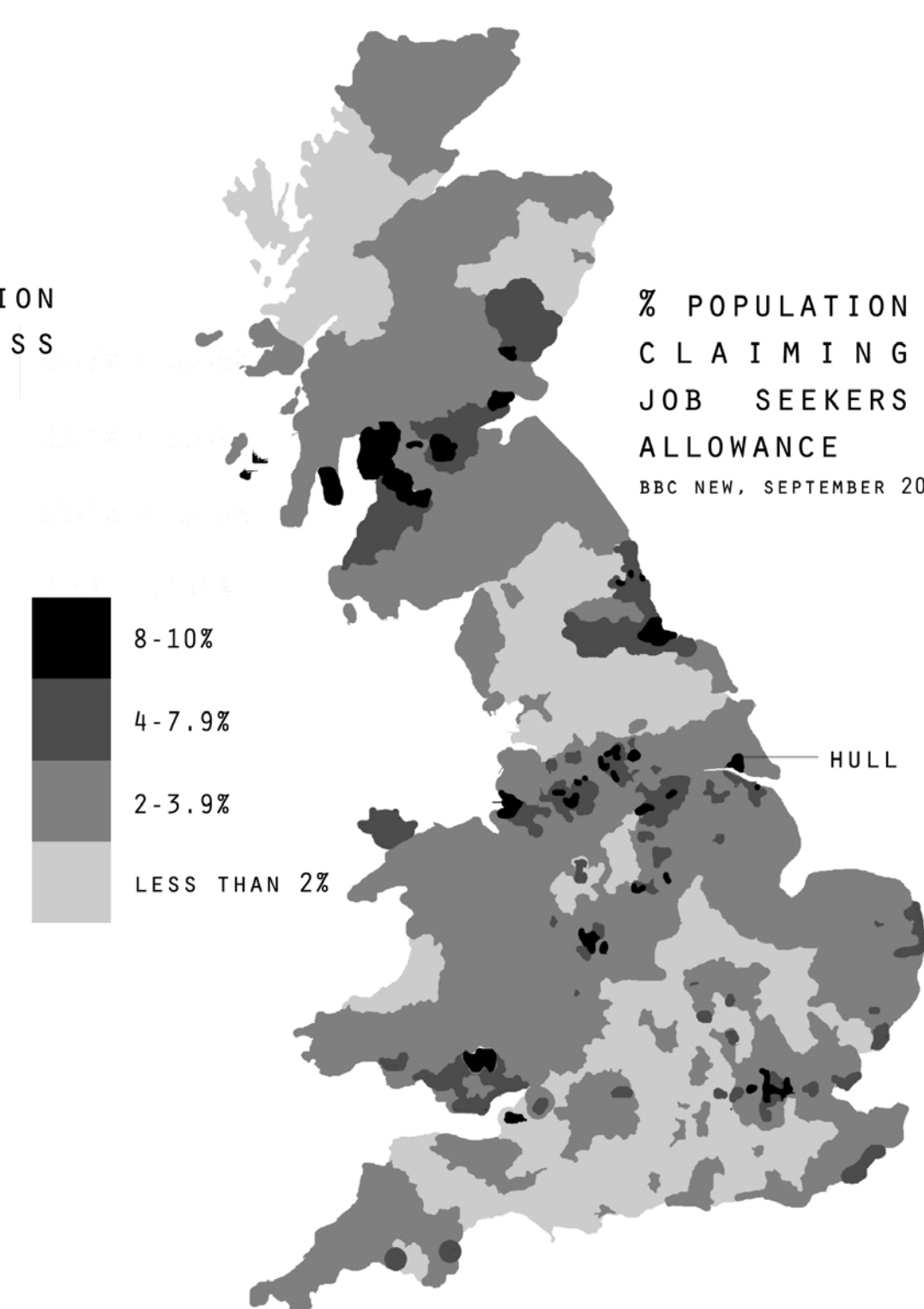


LOW-SKILLED 'MORE LIKELY TO BE JOBLESS'

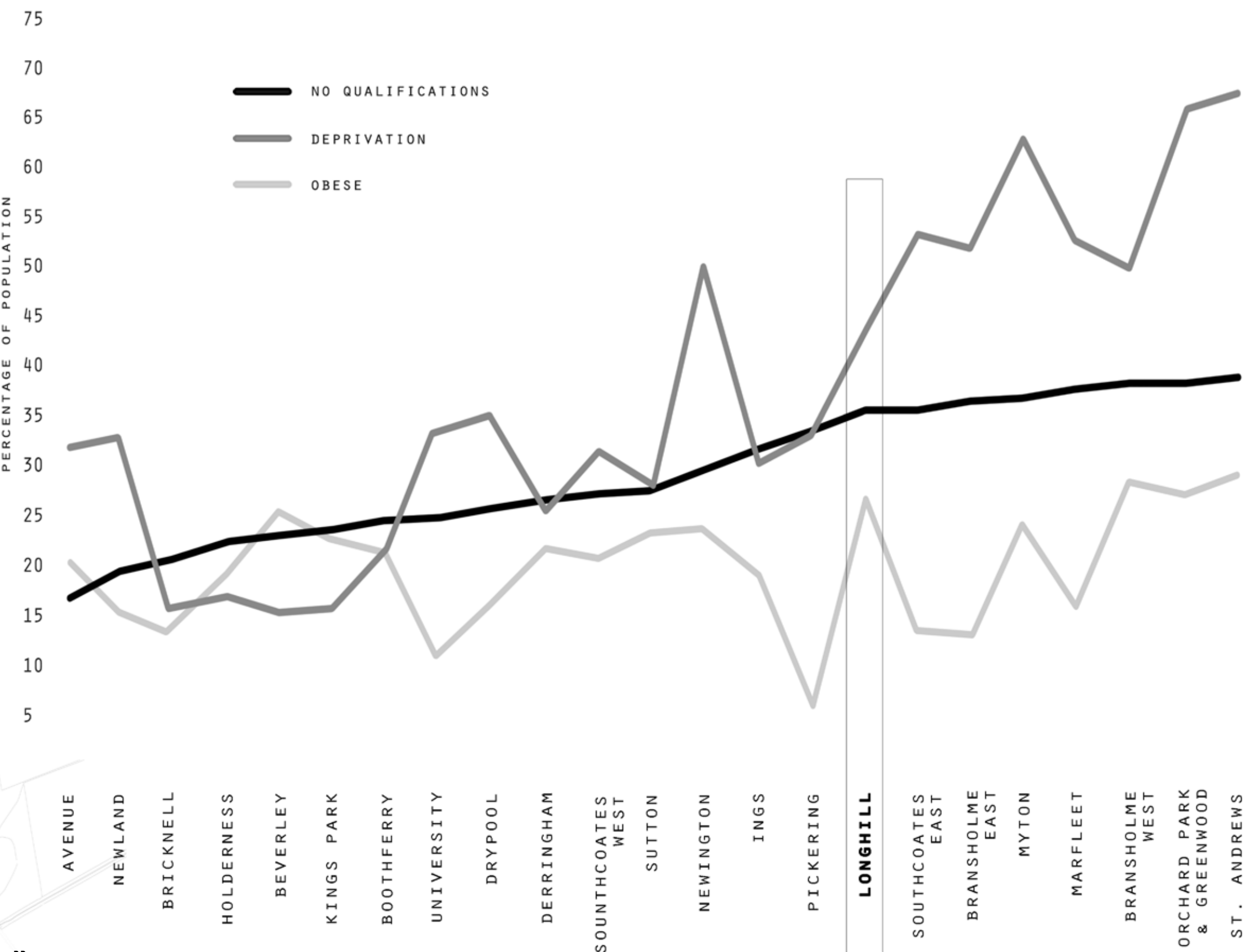
AS THE RECESSION CONTINUES IT IS HARDER AND HARDER TO FIND WORK.

HULL HAS THE HIGHEST PERCENTAGE IN THE WHOLE OF THE UK AND IT IS ALSO THE HIGHEST IT HAS BEEN IN 5 YEARS.

A WIDE RANGE OF ANALYSIS HAS SHOWN THAT IT PAYS TO HAVE GONE THROUGH HIGHER EDUCATION AS THE PEOPLE THAT ARE MOST LIKELY TO FIND JOBS IN THE RECESSION ARE PEOPLE WHO ARE SKILLED AND QUALIFIED AS OPPOSED TO PEOPLE THAT WORK IN PLACES SUCH AS SHOPS OR HAVE SECRETARIAL ROLES.



PERCENTAGE OF POPULATION WITH NO QUALIFICATION VS DEPRIVATION VS OBESITY
IN HULL



SCHOOLS IN LONGHILL
MAP OF LONGHILL
1:10000

HEALTH AN EDUCATION

THE ARTICLE EXTRACT BELOW GIVES AN INDICATION ON WHY A GOOD EDUCATION IS VITAL TO SUSTAIN A GOOD LIFE.

BBC NEWS:

DR MARC FARR, A CONSULTANT FOR EXPERIAN, TOLD BBC NEWS ONLINE: "YOU MIGHT THINK WEALTHY PEOPLE WOULD OVERINDULGE OR EAT RICHER FOODS. . . BUT THEY HAVE BETTER EDUCATION ABOUT HEALTH ISSUES. THEY WILL ALSO HAVE THE MONEY TO BUY LOWER-FAT OR ORGANIC FOODS."

HE SAID CHEAPER HEALTHY FOODS NEEDED TO BE MADE MORE WIDELY AVAILABLE TO THE LESS WELL-OFF.

"IF THEY ARE GOING TO BUY A LOAF OF BREAD, THEY MAY WELL HAVE TO CHOOSE THE CHEAPEST - AND THAT IS LIKELY TO BE A LARGE WHITE LOAF, RATHER THAN A BROWN ORGANIC ONE."

HE ADDED: "THESE ARE WHITE WORKING CLASS PEOPLE LIVING IN AREAS OF COUNCIL FLATS WHERE DIET IS POOR AND EXERCISE ISN'T TAKEN REGULARLY.

"FINDINGS APPLY ACROSS THE AGE SCALE. YOU ARE TALKING ABOUT WHOLE FAMILIES WHO ARE OVERWEIGHT. THERE ARE LOW LEVELS OF EDUCATION ABOUT DIET.

35% OF THE POPULATION BETWEEN 16 - 75 HAVE GOT NO QUALIFICATIONS

NATIONALSTATISTICS.ORG

ONLY 10.3% OF THE RESIDENTS OF LONGHILL HAVE ACHIEVED A DEGREE OR HIGHER QUALIFICATION

ANDREW MARVELL HIGH SCHOOL

CURRENTLY THIS IS ONE OF THE MOST UNDER PERFORMING SCHOOLS IN HULL.

IN 2011 IT ONLY MANAGED TO REACH A SATISFACTORY STANDARD BY OFSTED.

THE PREVIOUS YEARS IT WAS GIVEN AN UNSATISFACTORY MARK BY OFSTED.

- SECONDARY
- PRIMARY
- NURSERY

HOLDERNESS ROAD
MAP OF HULL
1:10000

LINED WITH SHOPS



LINED WITH HOUSES



WALKNG DISTANCES

2304.49M = 29 MINUTES WALKING DISTANCE

4477.16M = 56 MINUTES WALKING DISTANCE

800M TAKES 10 MINUTES TO WALK

LONGHILL

BARRON

EAST PARK

2304.49M

4477.16M

HOLDERNESS ROAD IS A
MAIN ROAD THAT RUNS THROUGH
THE SUBURBS OF HULL. MOST OF IT
IS LITTERED WITH SHOPS, PUBS AND OTHER
AMENITIES WHICH HELP TO UNITE THE AREA AND
CREATE A COMMUNY SPIRIT. BETWEEN THE GAPS THERE
IS HOUSING TO CREATE A BUZZ AND A CONNECTION BETWEEN THE
PLACES.

AS ONE APPROACHES LONGHILL VIA HOLDERNESS ROAD FROM THE CITY CENTRE THE
HIGH STREET IDEA STOPS, DISCONNECTING LONGHILL THROUGH THE MIDDLE, LEAVING
LONGHILL LOOKING DESOLATE AND VOID OF LIFE.

CITY
CENTRE

- SHOPS
- RETAIL WAREHOUSE
- DERELICT BUILDINGS
- CHURCHES
- PUBS
- SPORT FACILITIES
- RESIDENTIAL

EAST PARK



LONGHILL - DESOLATE



LONGHILL WAS CREATED TO COPE WITH THE EXPONENTIAL AMOUNT OF PEOPLE LIVING IN HULL IN THE 1950'S, HOWEVER, IT WAS ONLY CREATED FOR PEOPLE TO MERELY EXIST, NOT LIVE.



THERE IS NO TOWN CENTRE FOR THE LOCALS TO ACCESS WITH EASE. THERE ARE NO EXERCISE FACILITIES, AND THE EDUCATION IS NOT AT AN ACCEPTABLE STANDARD.

PUBLIC SPACE

WHEN LONGHILL WAS FIRST DESIGNED PUBLIC GREEN SPACES WERE IMPLIMENTED, HOWEVER, NOT ENOUGH MONEY WAS PUT INTO THE CREATING OF THEM EAVING THEM DULL, REPRESSIVE SPACES.

CARS

LONGHILL HAS CARS CONSTANTLY BEN DRIVEN THROUGH IT DUE TO HOLDERNESS ROAD, CURRENTLY THE MAIN ROAD INTO HULL FROM THE EAST COAST TOWNS, RUNNING THROUGH THE CENTRE OF IT.

EDUCATION

THE ANDREW MARVEL HIGH SCHOOL IN LONGHILL IS ONE O THE MOST UNDER PERFORMING EDUCATIONAL FACILITIES IN HULL. THE OFSTED SCORED IT INADEQUATE. THERE IS ALSO NO PUBLIC LIBRARY, OR ADULT LEARNING FACILITIES IN LONGHILL

BETTING

THERE ARE THREE PLACES TO BET WITHIN LONGHILL. THIS IS A DEPRIVED AREA, HOWEVER ONE OF THE MOST POPULAR ACTIVITIES POTENTIALLY LOSING MONEY, QUICKLY.

PUB

LONGHILL HAS 4 PUBS AT THE MOMENT WHICH SEEMS TO BE ONE OF THE ONLY PLACES TO RELAX

COUNCIL HOUSING

LONGHILL IS MOSTLY COUNCIL ESTATE WITH A THREE HIGH RISE COUNCIL FLATS.

SHOPPING FACILITIES

LONGHILL HAS A LOT OF CONVENIENCE SHOPS AND G R E A S Y TAKEAWAYS.

PROXIMITY OF EXERCISE AND LEARNING FACILITIES TO LONGHILL AND CYCLE ROUTES
MAP OF HULL
1:50000

LONGHILL IS A PLACE THAT SEEMS TO HAVE BEEN FORGOTTEN ABOUT. THERE IS NO WHERE TO EXERCISE WITHIN WALKING DISTANCE. LIKE WISE THERE ARE NO ADULT EDUCATION FACILITIES CLOSE TO LONGHILL, THAT SO DESPERATELY NEEDS THEM, TO EDUCATED THE COMMUNITY. AS HAS BEEN STATED PREVIOUSLY, A GOOD EDUCATION NOT ONLY IMPROVES THE CHANCES OF GETTING A JOB BUT ALSO BENEFITS THE HEALTH AND WELL-BEING OF THE PERSON.

OVER THE LAST DECADE HULL CITY COUNCIL HAVE BEEN STRIVING TO MAKE HULL A MORE SUSTAINABLE AND HEALTHIER CITY. THIS IS THE 2011 REVISED CYCLE MAP

LONGHILL

SIEIMENS TURBINE FACTORY

CURRENTLY LONGHILL IS ONE OF THE MOST UNEDUCATED, UNQUALIFIED, UNSKILLED AREAS WITHIN HULL. IF THERE WAS AN ADULT LEARNING FACILITY WITHIN WALKING DISTANCE, THE PEOPLE OUT OF WORK COULD BECOME TRAINED AND EDUCATED IN JOBS SPECIFIC TO HULL SUCH AS THE NEW TURBINE FACTORY.

THE CYCLE ROUTES IN PLACE WILL ALLOW THE SKILLED PEOPLE THAT CAN GET A JOB AT THE NEW FACTORY TO RIDE INTO WORK AND BACK EVERYDAY IN A SAFE MANNER.

- OFF ROAD CYCLE TRACK/SHARED USE FOOT PATH/CYCLE TRACK
- ON ROAD CYCLE LANES AND BUS/CYCLE LANES
- RECOMMENDED CYCLE ROUTES (QUIET, 20MPH ROADS)
- CYCLE PARKING FACILITIES
- PUBLIC LBRARIES
- ADULT LEARNING FACILITIES
- SPORTS FACILITIES

THE PROBLEM:

DUE TO THE INCREASE IN POLULATION CITIES HAVE HAD TO KEP BUILDING NEW SUBURBS TO DEAL WITH THE ISSUE. HOWEVER, AS THIS HAS HAPPENED, NEW CENTRE HAVE NOT BEEN DESIGNED INTO THESE AREA WITH THE AMENITIES NEEDED TO LIVE A HEALTHY LIFE. THESE NEW COMMUNITIES ARE SATURATED IN HOUSING, WITH LITTLE OR NO APPROPRIATE PLACES DESIGNED IN TO EXERCISE, EDUCATE OR BUY HEALTHY FOOD.

HULL WAS NAMED THE CHUBBIEST TOWN IN BRITAIN OVER RECENT YEARS WHICH NEEDS TO BE ADDRESSED. CURENTLY £4.2 BILLION/ANNUM IS SPENT ON THE NHS FOR OBESITY AND PROBLEMS LINKED TO OBESITY EACH YEAR. THE LIVELIHOODS OF THE PEOPLE THAT ARE PLAGUED WITH THIS UNHEALTHY LIFESTYLE NEEDS TO BE SEVERELY, NOT ONLY FOR PHYSICAL REASONS, BUT TO ADRESS THE NEAGTIVE INPLICAIONS IT CAN HAVE ON ONE'S MENTAL HEALTH TOO.



THIS WILL PLACE HULL AT THE CENTRE OF A GREEN INDUSTRY REVOLUTION
[HTTP://WWW.MARITIMEJOURNAL.COM](http://www.maritimejournal.com)

WIND TURBINES

IN JANUARY 2011, SEIMENS, THE WIND FARM GIANT, CHOSE HULL TO BE THE HQ FOR WHAT WILL BE THE BIGGEST WIND TURBINE FARM IN THE UK. TURBINES WILL BE PRODUCED HERE AND THEN PLACED IN A WIND FARM OFF THE COAST OF HULL.

THIS WILL BENEFIT CITY MASSIVELY AS THERE WILL BE 10,000 NEW JOBS MADE FROM THIS VENTURE.

SITE:

LONGHILL WILL BE THE AREA TO REDESIGN AS IT IS THE OVERALL MOST UNHEALTHY UNEDUCATED AREAS WITHIN LONGHILL.

AIM:

TO CREATE A HEALTHY COMMUNITY THROUGH THE MEANS OF:

A TOWN CENTRE WITHIN WALKING DISTANCE OF THE RESIDENTS.
A COMMUNITY EDUCATION CENTRE
COMMUNITY HEALTH FACILITIES

TO COPE WITH THE OBESITY CRISIS IN LONGHILL

REQUIREMENTS:

ADULT EDUCATION CENTRE:

F.E. COLLEGE (1500 STUDENT ATTENDANCE), COMMUNITY LIBRARY, HEALTHY DINER

COMMUNITY HEALTH FACILITIES:

CRECHE, HEALTH COACHING, SWIMMING POOL

PROPOSITION

NATURE, A COMMODITY THAT NOBODY CAN LIVE WITHOUT, HOWEVER, OVER THE LAST 200 YEARS MAN HAS DONE A FANTASTIC JOB OF ELIMINATING THIS AFFINITY MAN HAS WITH THE NATURAL WORLD.

REPLICAS OF THE REAL THING HAVE BEEN INTRODUCED INTO THE WORK ENVIRONMENT SUCH AS MECHANICAL VENTILATION AS OPPOSED TO AN OPEN WINDOW, VAST USE OF LIGHTING SYSTEMS AS OPPOSED TO GETTING THE MOST OUT OF NATURAL LIGHT, AND ALL TOGETHER BANISHING PLANTS FROM THE WORKING ENVIRONMENT.

IN DOING SO PROBLEMS SUCH AS SICK BUILDING SYNDROME, DEPRESSION AND EVEN HEALTH ISSUES LIKE DIABETES AND CANCERS HAVE BEEN ABLE TO RISE. WITHOUT THIS CONNECTION TO NATURE, IT IS VERY HARD FOR A PERSON TO FUNCTION PROPERLY.

I BELIEVE THAT TO CREATE A HEALTHY COMMUNITY, NOT ONLY DO THE RIGHT FACILITIES NEED TO BE WITHIN WALKING DISTANCE, BUT THE WAY IN HOW THE BUILDINGS ARE DESIGNED AND WORK CAN HAVE A HUGE IMPACT ON HOW A PERSON FEELS AND CHOOSES TO LIVE THEIR LIFE.

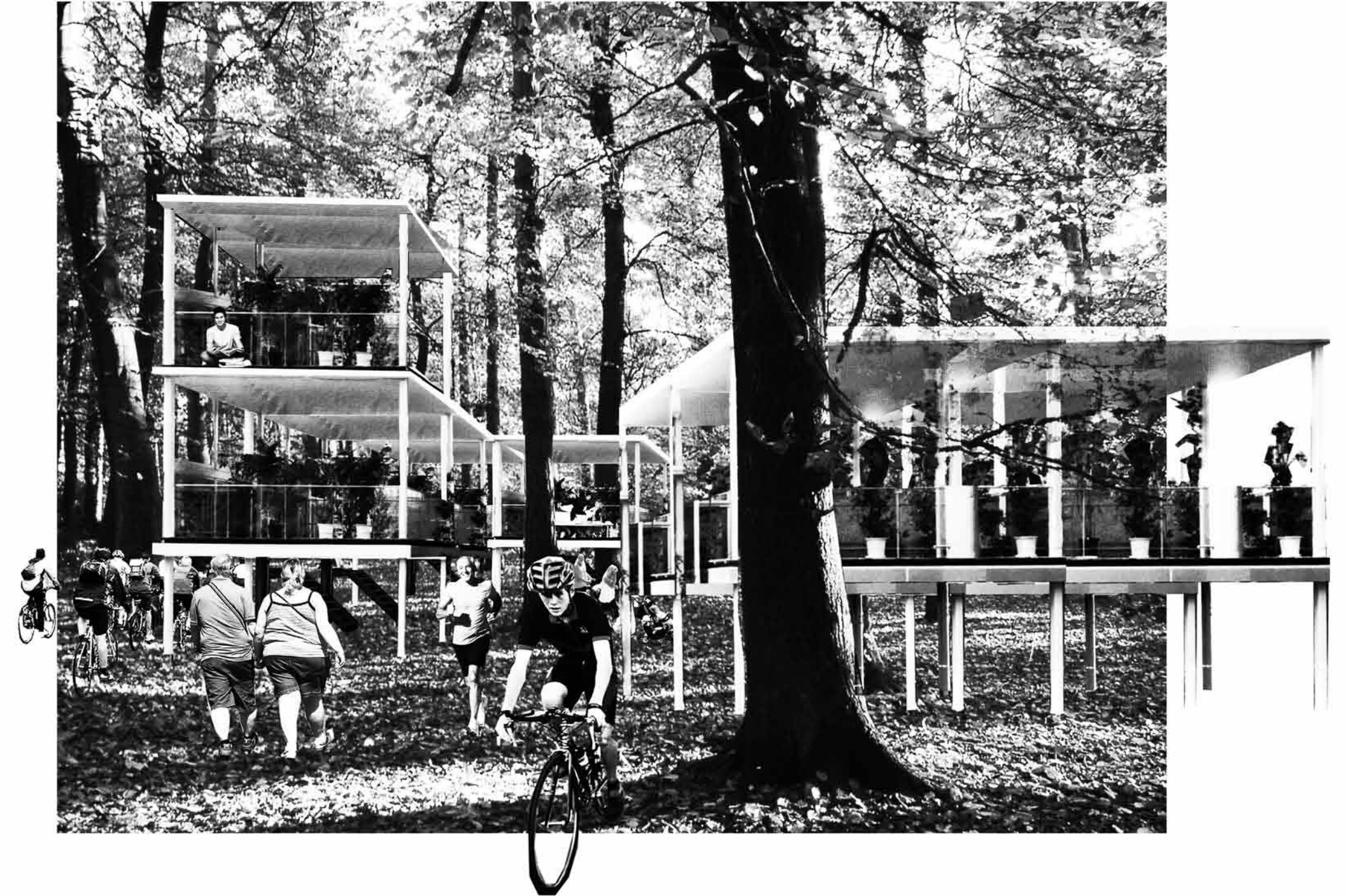
SUNLIGHT, NATURE AND NATURAL VENTILATION HAVE SHOW THAT WITH THESE KEY ELEMENTS IN PLACE THE PEOPLE WITHIN THE BUILDINGS; WORK HARDER, CONCENTRATE BETTER, REDUCES STRESS AND SICK BUILDING SYNDROME AND MOTIVATE A PERSON, INCREASING THEIR SENSE OF WELL-BEING.

THEREFORE THE BUILDINGS WILL BE DESIGNED AROUND NATURE, SUNLIGHT AND NATURAL VENTILATION.

THE MASTER PLAN WILL IMPLEMENT THIS FLOW OF NATURE THROUGHOUT THE SCHEME. THIS WILL FLOW THROUGHOUT THE BUILDINGS REESTABLISHING GREENERY WITHIN THE WORK ENVIRONMENT, CONNECTING PEOPLE BACK TO NATURE. SUNLIGHT WILL BE CONTROLLED AND USED TO AS MUCH AS POSSIBLE, TO CREATE THE OPTIMAL WORKING ENVIRONMENT.








I WILL BE DESIGNING THE ADULT EDUCATION CENTRE IN DETAIL DUE TO THE VAST IMPLICATIONS EDUCATION HAS ON A PERSON'S HEALTH.

CONCEPT IMAGE





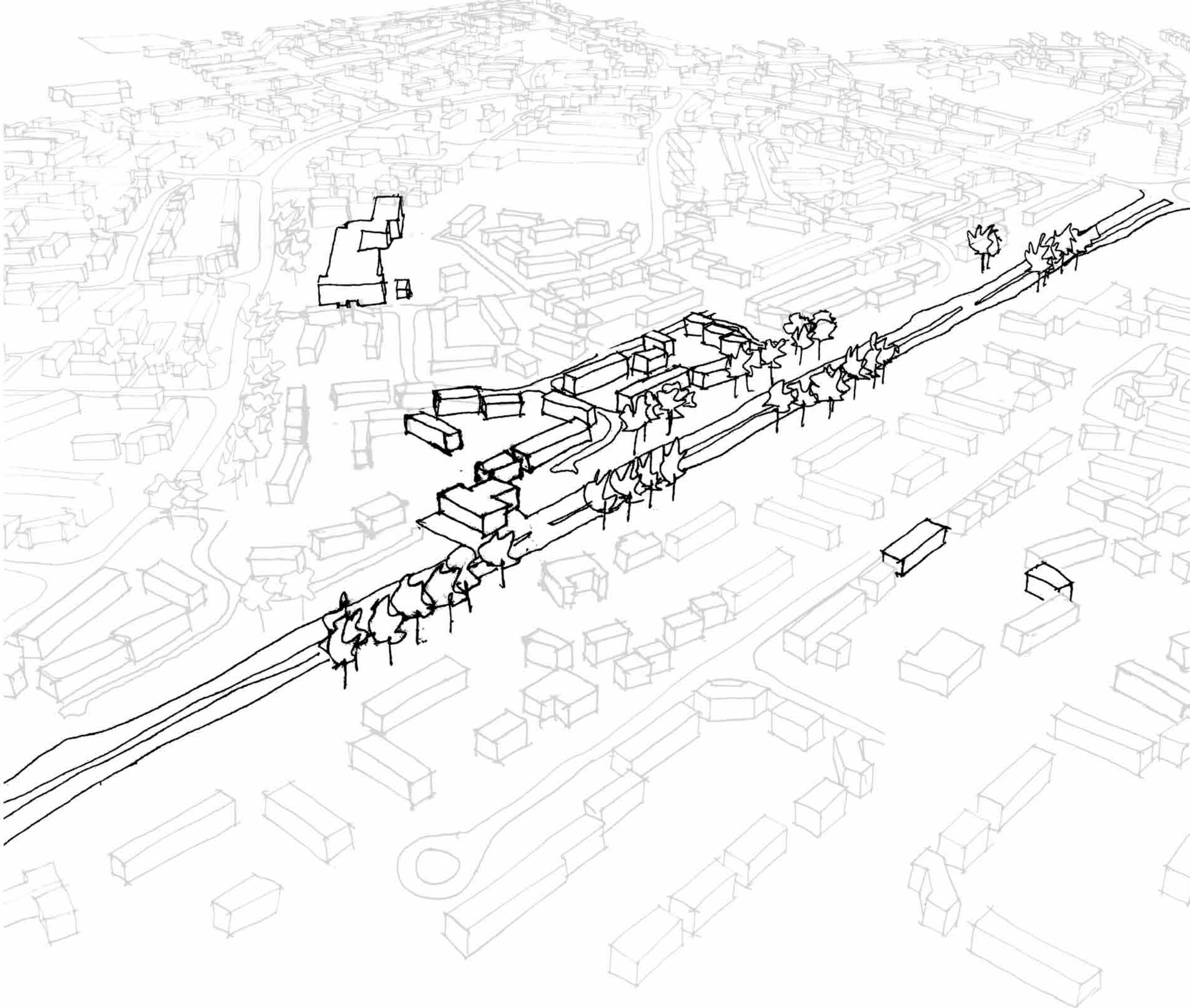
EXISTING MASTERPLAN

- | | | | | | | | |
|---|----------------|---|-----------------|---|------------------|---|--------|
|  | EDUCATION |  | PUBLIC HOUSES |  | COMMUNITY CENTRE |  | RETAIL |
|  | PETROL STATION |  | OTHER BUILDINGS |  | RESIDENTIAL | | |

1000M SCALE BAR



DEMOLITION



TRAFFIC

MAP OF HULL
1:40,000

HOLDERNESS ROAD HAS BEEN RESTABLISHED AS A ROAD FOR LOCAL TRAFFIC. A NEW DUAL CARRIAGE WAY HAS BEEN CREATED DOWN THE EAST OF HULL TO REDUCE THE TRAFFIC ALONG HOLDERNESS ROAD.

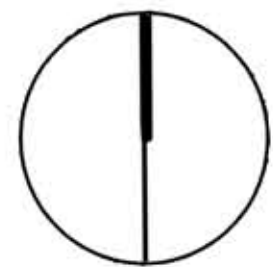
THIS WILL CREATE A MORE PLEASANT SPACE FOR THE RESIDENTS ALONG HOLDERNESS ROAD TO USE.

HOLDERNESS
ROAD FOR
LOCAL TRAFIC
ONLY

LONGHILL

N E W
M A I N
R O A D

CITY CENTRE



NEW TOWN CENTRE

MAP OF LONGHILL
1:10000

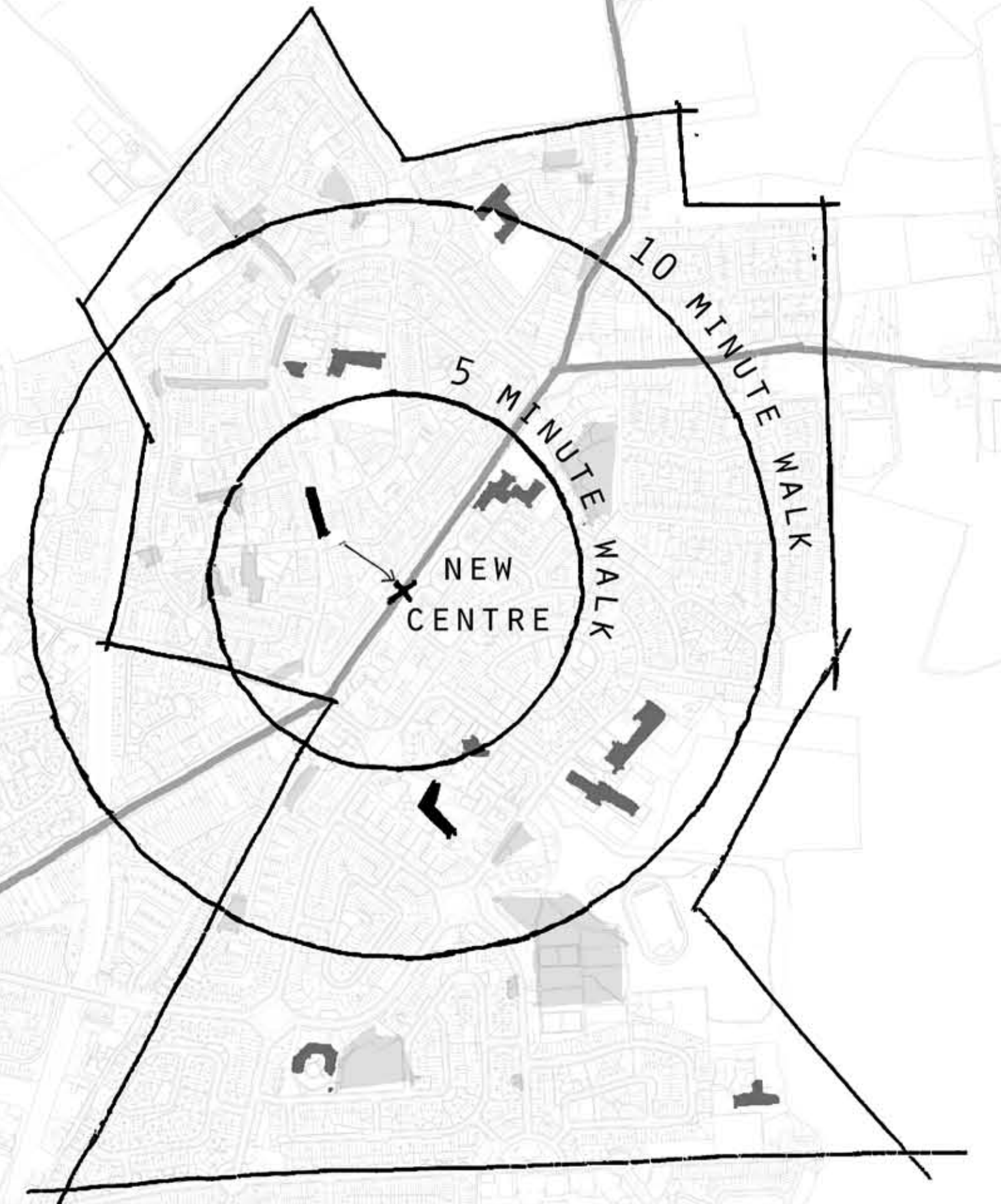
■ RETAIL UNITS
■ EDUCATION FACILITIES
■ GREEN SPACE

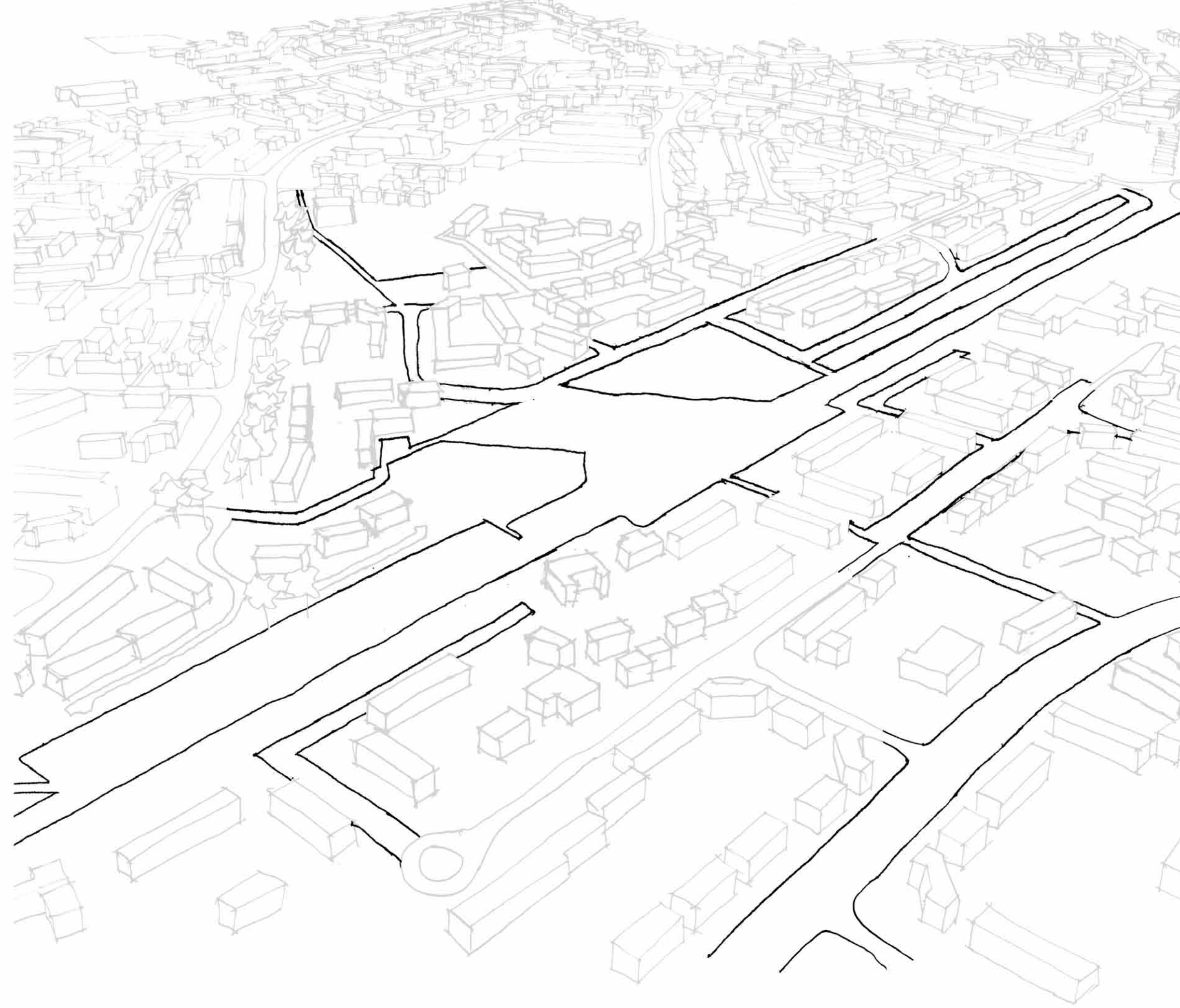
A COMFORTABLE WALKING DISTANCE THAT THE AVERAGE PERSON IS WILLING TO WALK TO THE TOWN CENTRE IS A 10 MINUTE WALK.

THE ELDERLY ON AVERAGE ARE WILLING TO WALK 5 MINUTES TO THE TOWN CENTRE.

[HTTP://WWW.ENG.MCMASTER.CA](http://www.eng.mcmaster.ca)
[HTTP://AGEING.OXFORDJOURNALS.ORG/CONTENT/26/1/15.FULL.PDF](http://ageing.oxfordjournals.org/content/26/1/15.full.pdf)

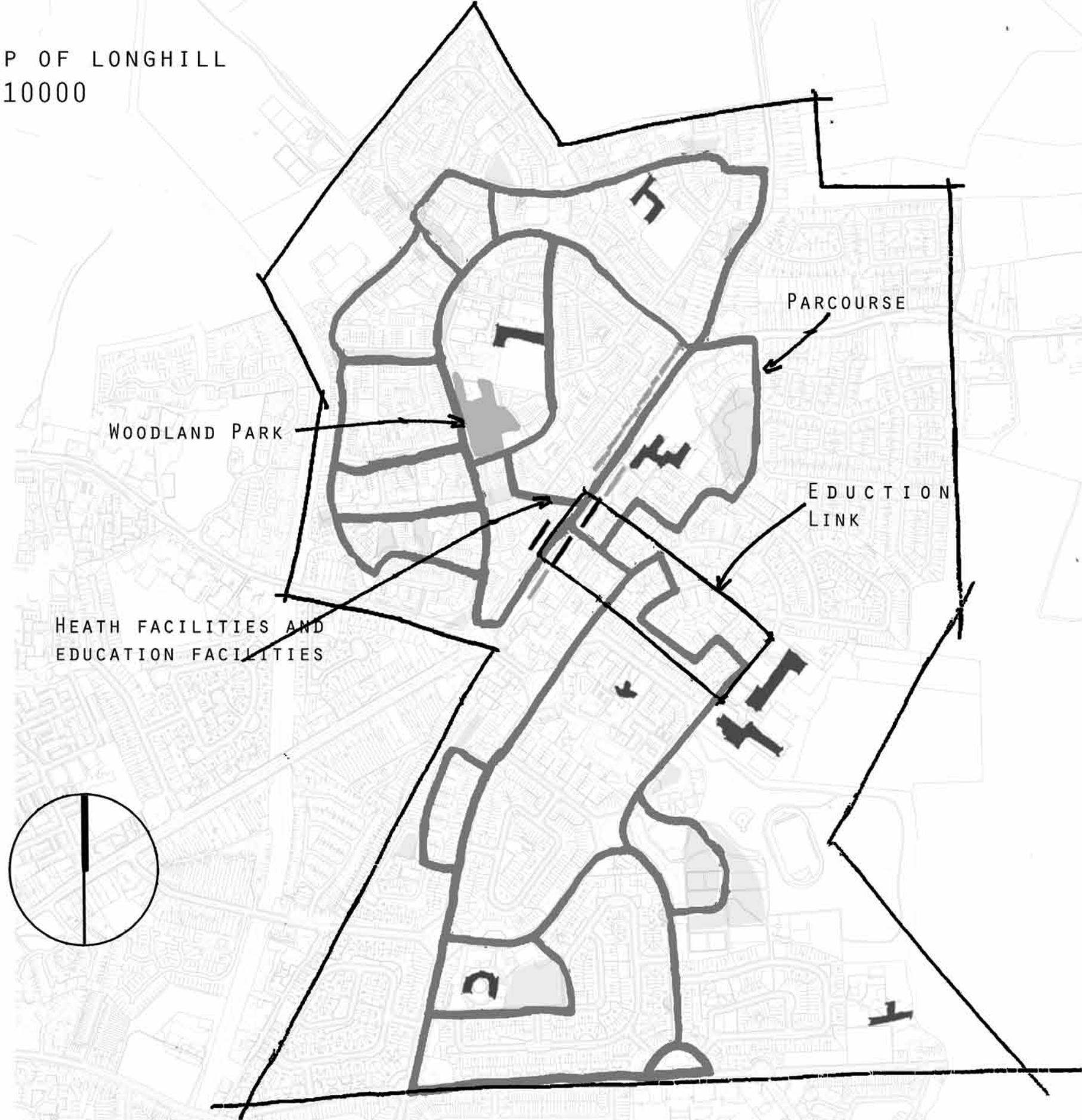
PLACE THE MAIN RETAIL ALONG THE NEW HIGH STREET THAT MAKES UP THE NEWLY ESTABLISHED COMMUNITY CENTRE.





CONNECTING THE COMMUNITY

MAP OF LONGHILL
1:10000



PARCOURSE

THE PARCOURSE IS ESSENTIAL FOR THE DEVELOPMENT OF LONGHILL. THIS WILL LINK UP THE WHOLE OF LONGHILL. THE PARCOURSE WILL LINK UP THE GREEN SPACES AS WELL AS LINKING UP THE WHOLE COMMUNITY. IT WILL GUIDE THE RESIDENTS TOWARDS THE TOWN CENTRE.

SHARED SPACE THEORY WILL BE USED TO MAKE THE SPACE MORE ENTICING FOR THE PUBLIC TO WANT TO WALK DOWN AND IT WILL BE LINED WITH BIRCH TREES.

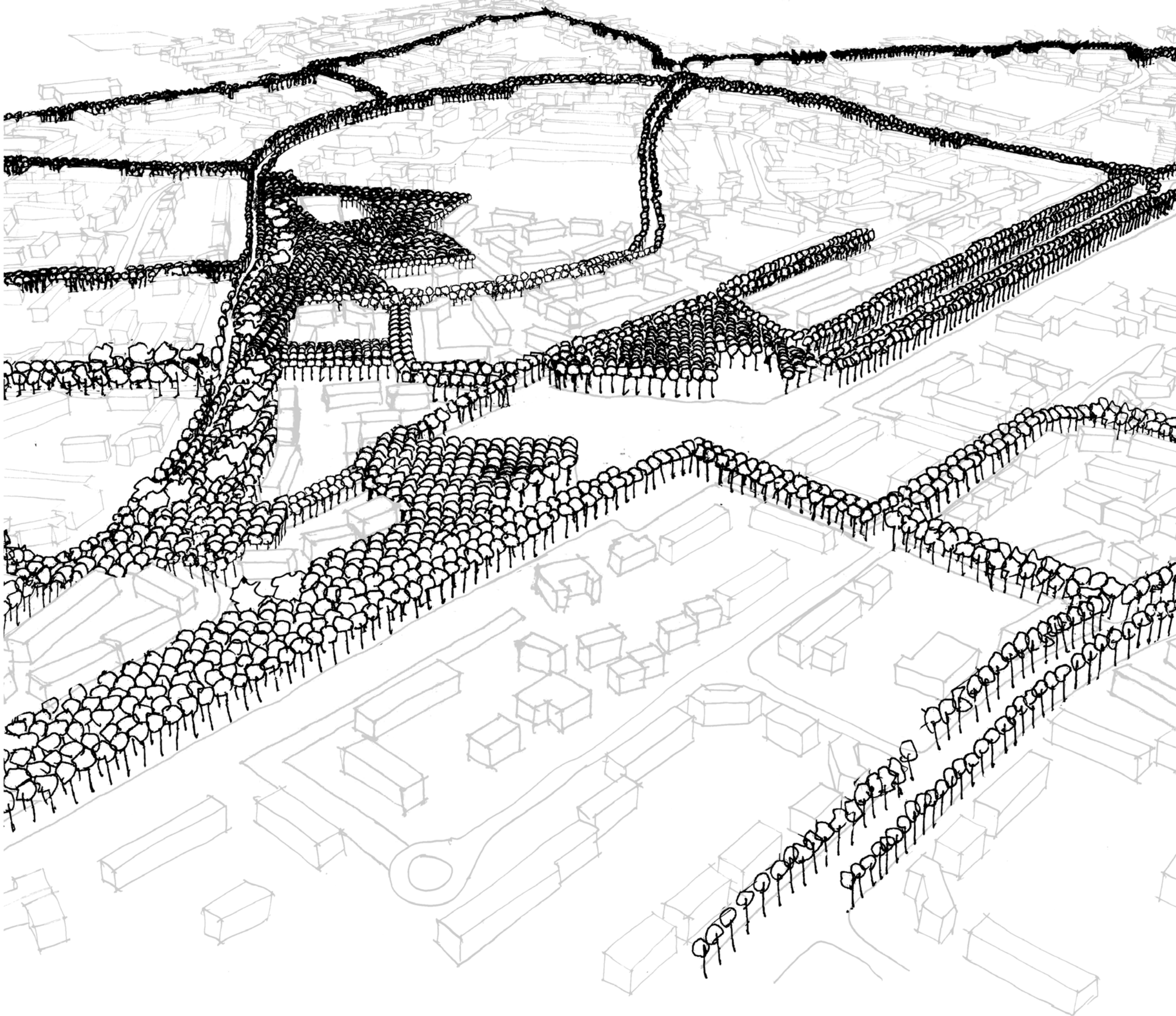
THIS WILL CREATE AN ENVITING SPACE TO WALK, RUN AND CYCLE ALONG. IT WILL HELP REDUCE THE SPEED OF VEHICLES, AS THERE IS NO DIFFERENTIATION BETWEEN WHAT IS PEDESTRIAN AND WHAT IS VEHICULAR USAGE.

EDUCATION LINK

A PATHWAY HAS BEEN DESIGNED INTO THE MASTERPLAN TO LINK UP THE EXISTING HIGH SCHOOL TO THE NEW TOWN CENTRE THAT WILL HOUSE NEW EDUCATION AND EXERCISE FACILITIES.

- NEW RETAIL UNITS
- EXISTING SCHOOLS
- NEW RESIDENTIAL
- GREEN SPACE

URBAN WOODLAND



WOODLAND PARKSPACE

THE GREEN SPACE AND THE NEW PARK WILL BE POPLUATED WITH VARIOUS TYPES OF TREES TO HELP CREATE A MORE USABLE PARK. THE TREES WILL HELP REDUCE THE WIND SPEED AS THE WIND WILL FLOW OVER THE CANOPIES. THE RAIN FAL WILL REDUCE ON THE GROUND BELOW AGAIN DUE TO THE TRE CANOPIES. THUS GENERATING AN INTERSTING, DRY, EXPLORATORY PLACE FOR THE COMMUNITY TO ENJOY. THE TREES PLANTE WILL ABSORB RUN OFF WATER FROM THE SURROUNDINGS REDUCING THE RISK OF FLOODING THAT HULL ON A WHOLE IS AT RISK FROM.

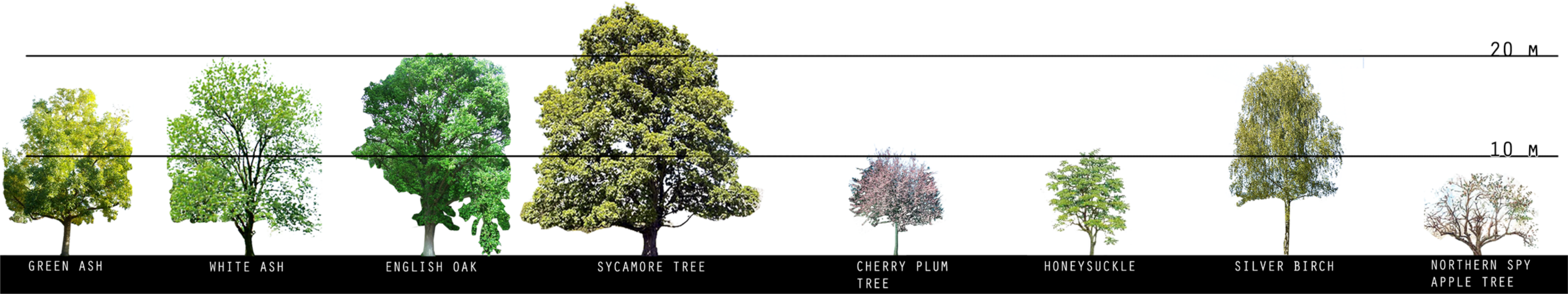
CLIMBING TREES

THESE TREES HAVE BEEN SPECIFICALLY CHOSEN AS THEY ARE GOOD TO CLIMB. THE PARK IS NOT JUST A PLACE TO RELAX, BUT ALSO A PLACE OF WONDERMENT, TO EXPLORE FOR CHILDREN. CLIMBING TREES IS A RELFRESHING, EXCTING ACTIVITY THAT CHILDREN LOVE TO TAKE PART IN. THIS WILL HOPEFULLY GET CHILDREN OUTSIDE AND EXERCISING FOR FUN AGAIN

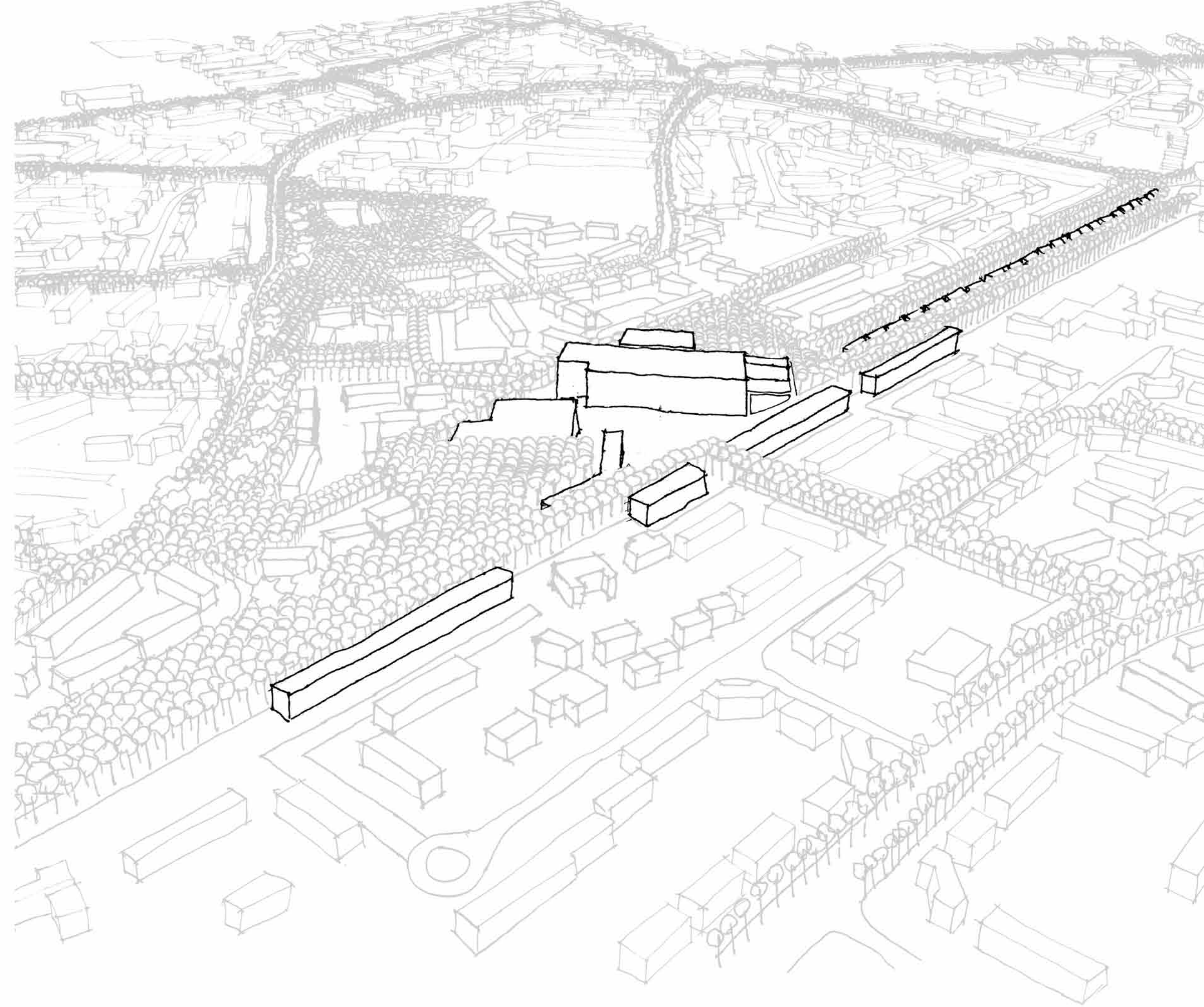
AROMATIC COLOURFUL TREES

DUE TO THE COLOURS AND SMELLS RELEASED FROM THESE TREES THE WOODLAND WILL BECOME A TANTALISING, MO-TIVATIONAL ,INSPIRING PLACE TO BE. THE FRUITS GROWN WILL GENERATE MORE ACTIVITY, GIVING PARENTS AND CHILDREN A REASON TO FORAGE AND ENJOY THE NATURE AROUND THEM

TYPES OF TREES



THE HEALTHY CENTRE





THE HEALTHY COMMUNITY MASTERPLAN

1. EDUCATION LINK

A PATHWAY HAS BEEN CREATED, LINKING THE CURRENT HIGH SCHOOL TO THE NEW TOWN THAT HOUSES A NEW PARK, EDUCATION FACILITIES AND HEALTH FACILITIES.

2. PARCOURSE

THE PARCOURSE CONNECTS THE WHOLE OF LONGHILL AND CREATES A FUN ENJOYABLE AND SAFE PEDESTRIAN FRIENDLY ROUTE TO THE VARIOUS SCHOOLS WITHIN LONGHILL. THIS WILL HOPEFULLY MAKE MORE CHILDREN AND PARENTS WALK TO SCHOOL ON A DAY TO DAY BASIS.

THE PARCOURSE JOINS UP THE GREEN SPACES THAT ARLEADY EXIST IN LONGHILL. PLYAMETRIC EXERCISES WILL BE PLACED WITHIN THESE SPACE.

THE PARCOURSE WILL BE MADE FROM YELLOW TEAK SANDSTONE. YELLOW HAS BEEN PROVEN TO HELP WITH MEMORY RETENTION AND CREATES A FEELING OF JOY AND ASPIRATION.

SILVER BIRCH TREES WILL BE PLACED ALONG THE PARCOURSE. THEY WILL REFLECT LIGHT AND RELEASE AN AROMA THAT WILL MAKE PASSERS BY FEEL GOOD AND IN TURN MOTIVATE THEM.

THE SHARED SPACE THEORY HAS BEEN APPLIED TO THEPARCOURSE TO MAKE IT MORE PEDESTRIAN FRIENDLY AND PLEASUANT TO WALK DOWN.

3. WOODLAND PARK

THE PARKS THAT WERE IN LONGHILL HAVE BEEN REDESIGNED WITH TREES TO CREATE A MORE USEABLE SPACE. THE TREES PLACED IN THE PARKS WILL BE A MIXTURE OF WHITE ASH, BLACK ASH, GREEN ASH, SYCAMORE AND ENGLISH OAK AS THESE ARE GOOD TO CLIMB. THEY WILL HOPEFULLY BRING CHILDREN OUTSIDE TO EXPLORE AND PLAY, REDUCING THE RISK OF RICKETS THAT CHILDREN HAVE BEEN RECENTLY PRONE TO DUE TO MORE CHILDREN WANTING TO STAY INSIDE PLAYING COMPUTER GAMES.

THE WOODLANDS WILL HAVE OTHER TREES SUCH AS WILLOW TO SUPPLY THE SCHEME WILL ENOUGH WOODCHIP TO POWER THE SCHEME ANUALLY.

CHERRY PLUM TREES WILL BE DOTTED SPARADICALLY ABOUT THE OPEN LANDSCAPE TO BREAK UP THE MONOTONY. THEY WILL CREATE AN AROMATIC AND VISUALLY PLEASING EFFECT.

NORTHERN SPY APPLE TREES WILL BE PLACED THROUGHOUT THE WOODLAND PARKS TO GIVE COLOUR AND AROMA THAT WILL STIMULATE THE USERS. THE APPLES FROM THIS TREE ARE COMMONLY USED FOR BAKING PIES. THIS WILL MAKE THE PARK MORE INTERACTIVE AS WHEN IT IS FRUITING THE RESIDENTS CAN GO OUT AND TAKE FRUIT FROM THESES TREES. LIKE WISE, THE COLLEGE CAN USE THIS FRUIT FOR THE HEALTHY DINER.

4. CHILDRENS' ADVENTURE PARK

THIS WILL HAS VARIOUS EQUIPMENT MADE FROM TIMBER THAT WILL ALLOW THE CHILDREN TO EXPOLRE, PLAY AND EXERCISE.

5. HIGH STREET

THE NEW HIGH STREET IS PALCED ON HOLDERNESS ROAD AS THIS IS THE BEST PLACE FOR THE RESIDENTS TO REACH. 10 MINUTES OR LESS FOR THE RESIDNETS OF LONGHILL TO WALK TO.

THE SQUARE WILL HAVE A MARKET EVERY WEEKEND FROM THE LOCAL FARMS AD WILL BE A PLACE FFOR EVENTS TO BE HELD.

6. PARKING

LEADING UPTO THE TOWN CENTRE THERE IS A STRIP OF HARD LANDSCAPING THAT WILL BE USED FOR PARKING. THERE IS A GRID OF BLOSSOM TREES CENTRED 5M APART.

7. HEALTH AND EDUCATION

THE HELATH AND EDUCATION FACILITIES ARE PLACED WITHIN THE PARK. THIS IS DUE TO THE EFFECT PLANTS HAVE ON PEOPLE'S ABILITIES TO ABSORB INFORMATION QUICKER, WORK HARDER, AND BE MORE MOTIVATED.

FE COLLEGE, PUBLIC LIBRARY, HEALTHY DINER

SWIMMING BATHS, HEALTH COACHING

CRECHE

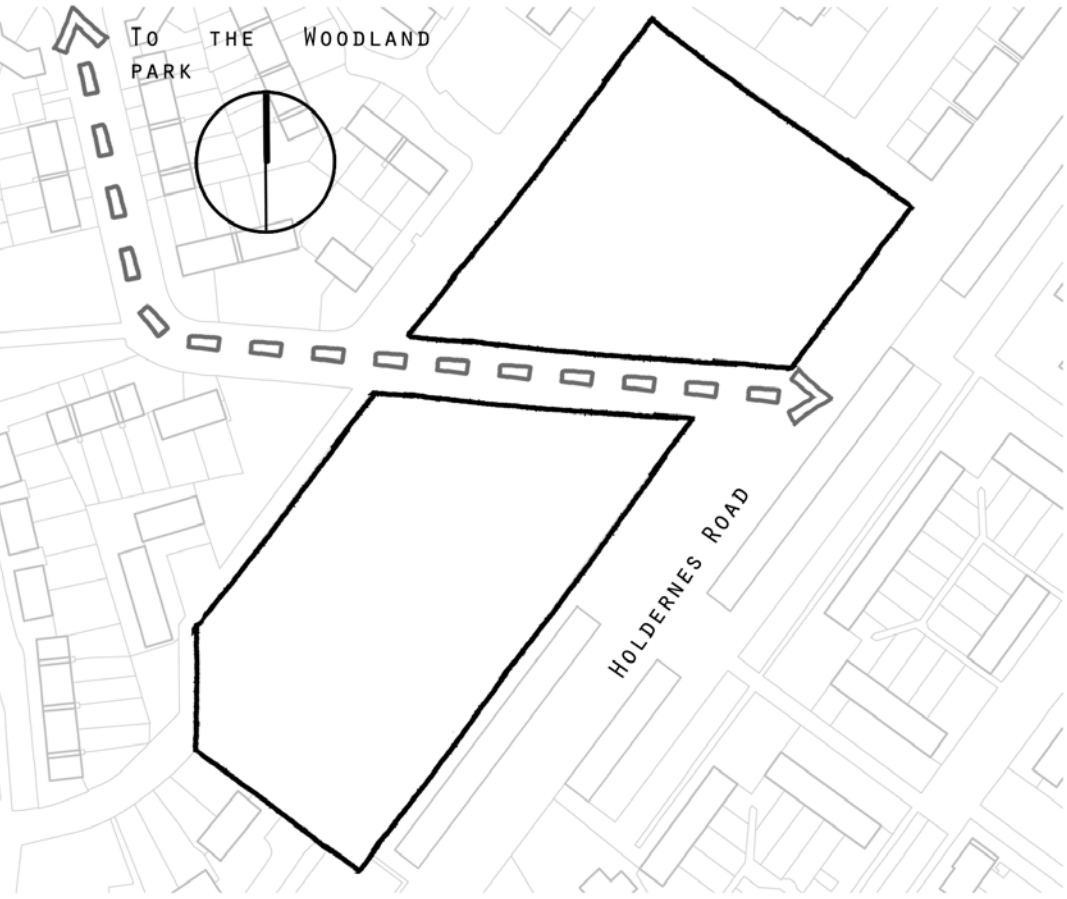
METAL WORKSHOP

RETAIL

EDUCAION

1000M SCALE BAR

THE TOWN CENTRE



THE TOWN CENTRE IS DESIGNED ALONG THE PATH OF THE EXISTING ROAD THAT WILL JOIN HOLDERNESS ROAD TO THE WOODLAND PARK. THE CENTRE WILL BE SURROUNDED BY TREES, CONNECTING THE COMMUNITY WITH NATURE.



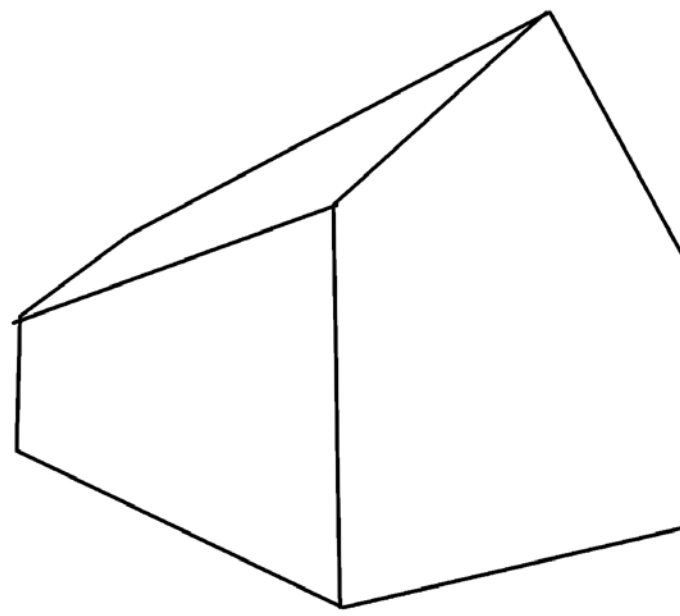
THE EDUCATION AND EXERCISE FACILITIES WILL FORM THE PUBLIC SQUARE SPACE. THE EDUCATIONAL LINK THAT CONNECTS ANDREW MARVELL HIGH SCHOOL TO THE NEW FACILITIES WILL PENETRATE THROUGH THE MIDDLE OF THE SQUARE

BUILDING DEVELOPMENT

BUILDING FORM

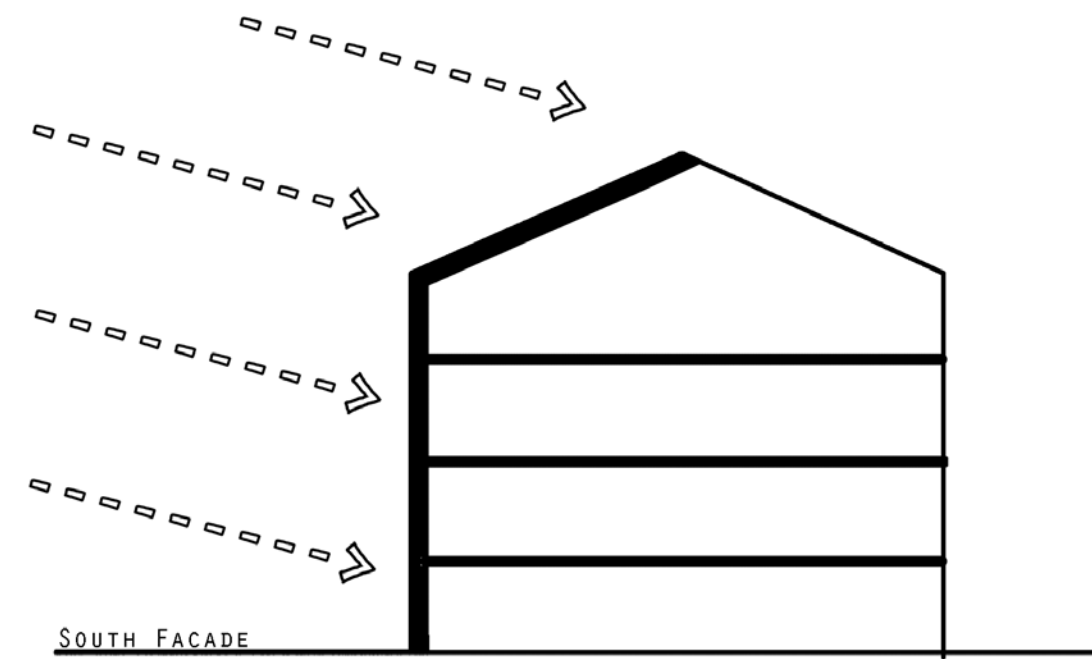


STANDARD BUILDING FORM WITHIN LONGHILL IS A TYPICAL 2 STOREY PITCH ROOF



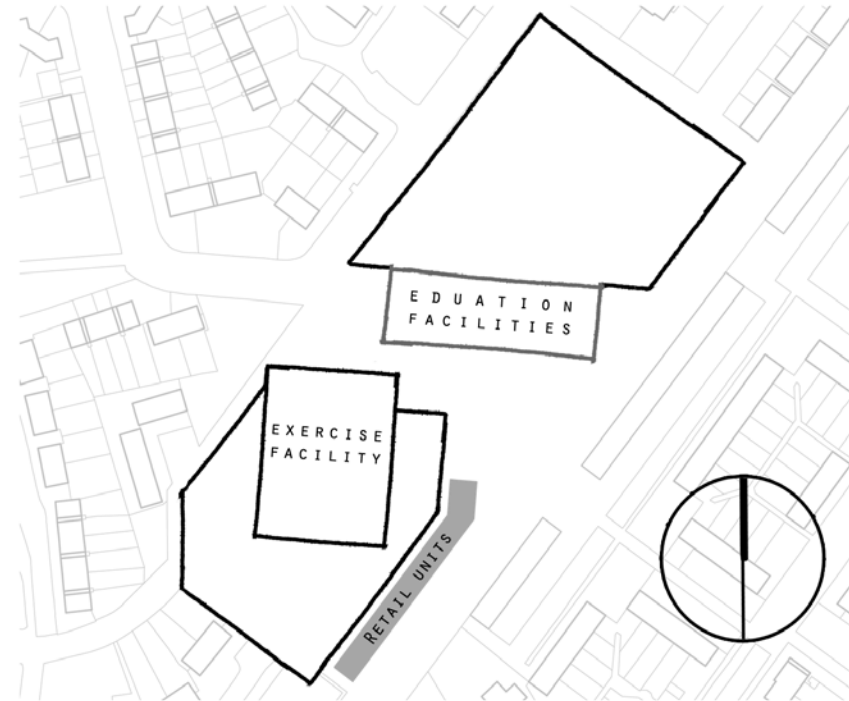
THE FORM OF THE ADULT EDUCATION CENTRE WILL BE TAKEN FROM THE FORM OF THE LOCAL BUILDINGS, CREATING A LINK BETWEEN THE OLD AND THE NEW.

SUNLIGHT



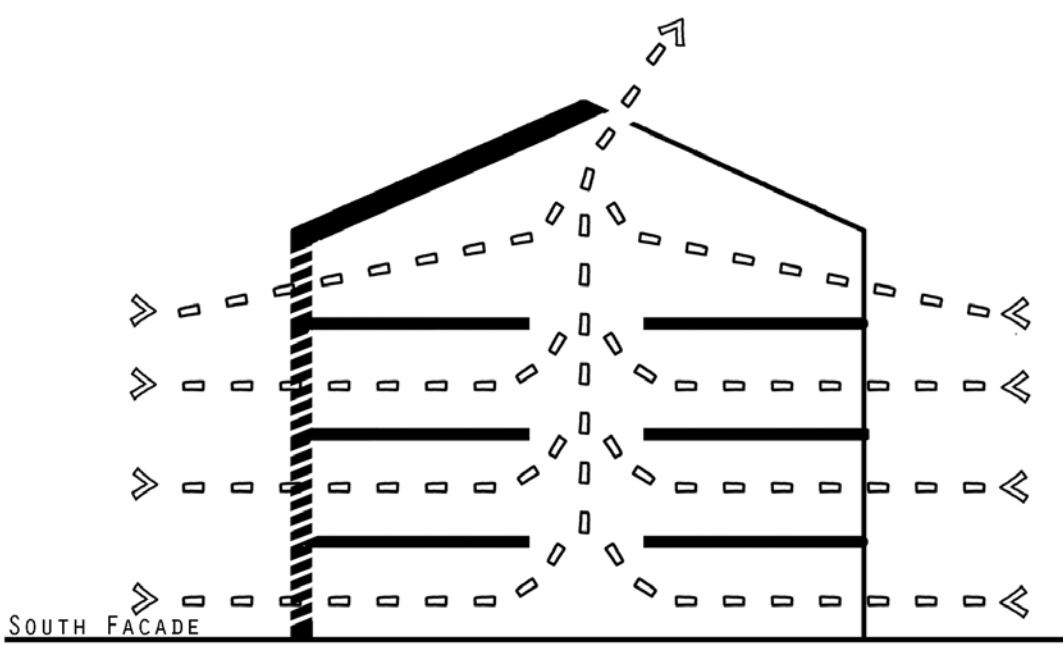
SUNLIGHT IS VITAL TO A PERSON'S WELLBEING. WHEN THE SUN RAYS HIT THE SKIN THE PINEAL GLAND IN THE BRAIN IS STIMULATED. THIS ACTION CAUSES MORE SEROTONIN TO BE RELEASED. THE MORE SEROTONIN RELEASED, THE BETTER ONE WILL FEEL.

SUNLIGHT IS A GREAT SOURCE OF VITAMIN D. WHEN A PERSON IS IN DIRECT CONTACT OF THE SUN'S RAYS, MORE VITAMIN D IS PRODUCED WHICH WILL HELPS TO STRENGTHEN ONE'S BONES, MUSCLES AND INTERNAL SYSTEM.



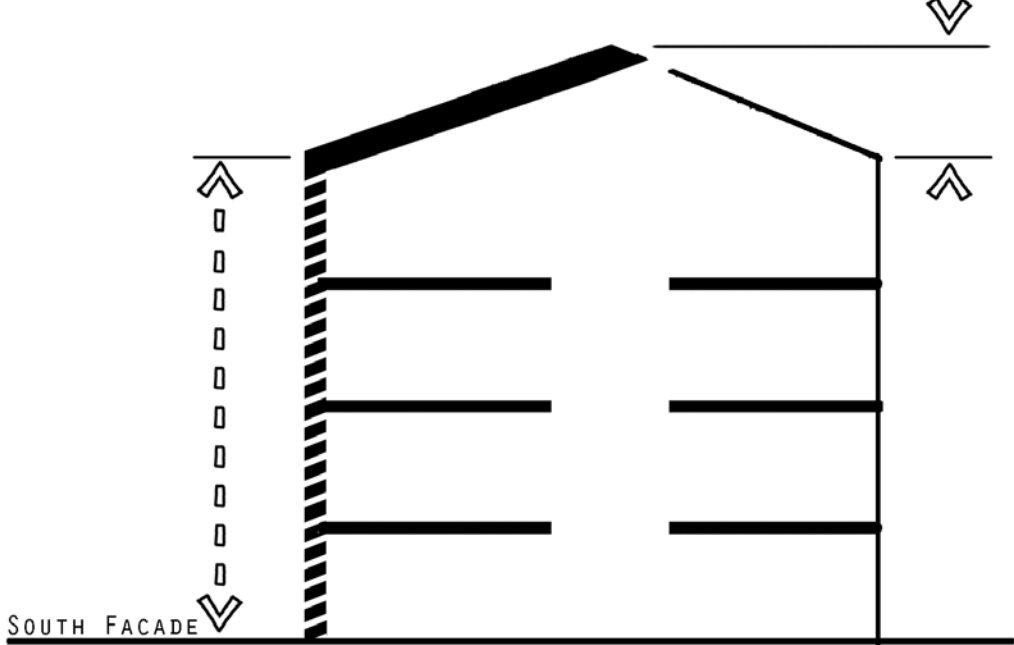
THE NORTH AND WEST FACADE WILL BE MADE UP OF GLAZING AS THE SUN WILL NOT BE DIRECTLY ON IT, HOWEVER, THE SOUTH AND EAST FACADE WILL GET A LOT OF SUN HITTING IT, SO THOSE FACADES WILL HAVE MCHANCAL LOUVERS COVERING THEM. THESE WILL ADAPT TO LET SUNLIGHT IN OR BLOCK IT, TO CREATE THE MOST OPTIMAL WORKING CONDITIONS WITHIN THE WORK SPACE.

NATURAL VENTILATION



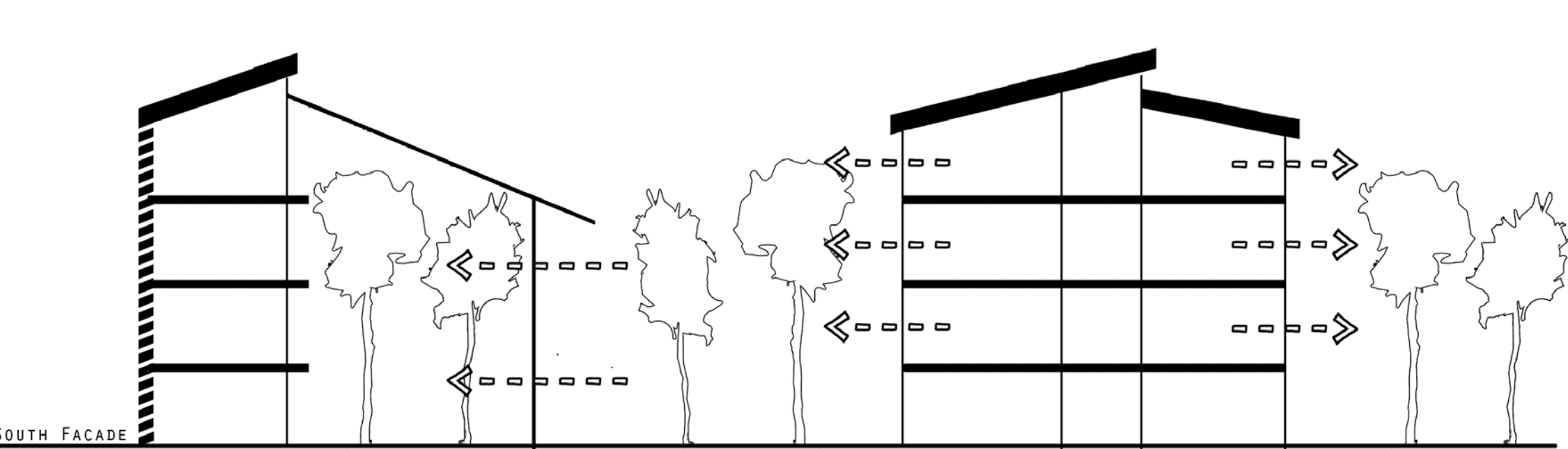
A GOOD AIR FLOW IS VITAL FOR A HEALTHY PRODUCTIVE WORK ENVIRONMENT. AN AIR VENT IS PLACED IN THE ROOF TO DRAW STALE HOT AIR OUT AND DRAG COOL FRESH AIR IN TO THE BUILDING. A HEAT EXTRACTION UNIT IS PLACED AT THIS POINT TO ENABLE THE BUILDING TO REUSE THE HEAT THAT IS IN THE STALE AIR.

CEILING HEIGHT



THE HEIGHTS F THE CEILINGS ARE RAISED AS A MORE OPEN SPACE HAS BEEN PROVEN TO HELP PEOPLE PERFORM AT A HIGHER RATE, ALLOWING THEM TO CONCENTRATE ON THEIR WORK AND LESS ON HOW THE SPACE MAKES THEM FEEL.

GREENERY



LASTLY, THE WOODLAND OUTSIDE PENETRATES THE MANMADE SPACE INSIDE THE PUBLIC LIBRARY/HEALTHY DINER.

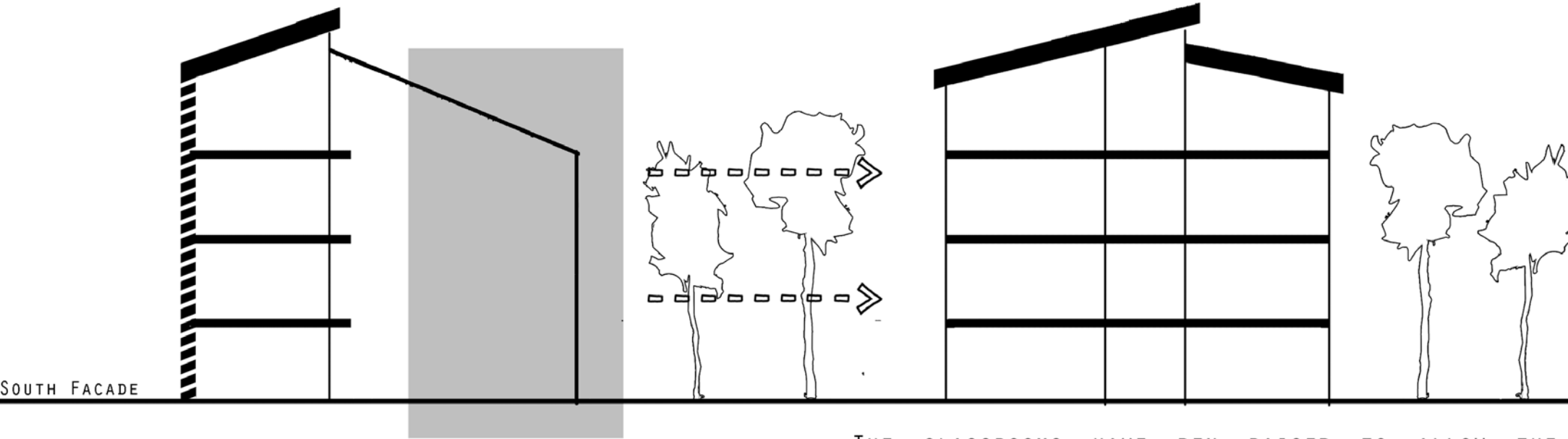
PEOPLE WHO HAVE HOUSE PLANTS IN THEIR LINE OF VISION WILL COMPLETE TASKS 12% FASTER,

PLANTS HELP REDUCE BLOOD PRESSURE SIGNIFICANTLY, MAKING ONE FEEL A LOT LESS STRESSED AND HAPPIER.

STUDENTS ARE 70% MORE ATTENTIVE IN A SPACE FILLED WITH GREENERY.

SICK BUILDING SYNDROME REDUCES BY A QUARTER WHEN PLANTS ARE BROUGHT INTO THE VICINITY.

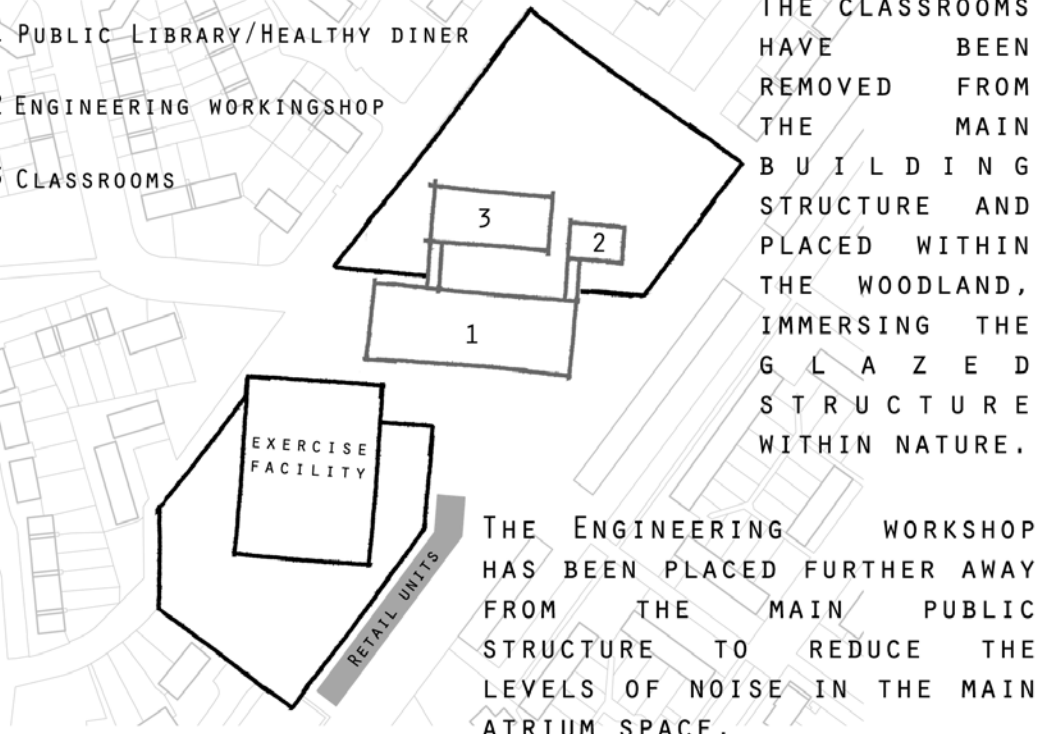
CREATING A GLASS ATRIUM



THE CLASSROOMS HAVE BEN RAISED TO ALLOW THE STUDENTS TO VIEW THROUGH THE TREE TOPS, THUS CREATING SPACE FOR WOODCHIP STORAGE THAT WILL POWER THE SCHEME.

BUILDING LAYOUT

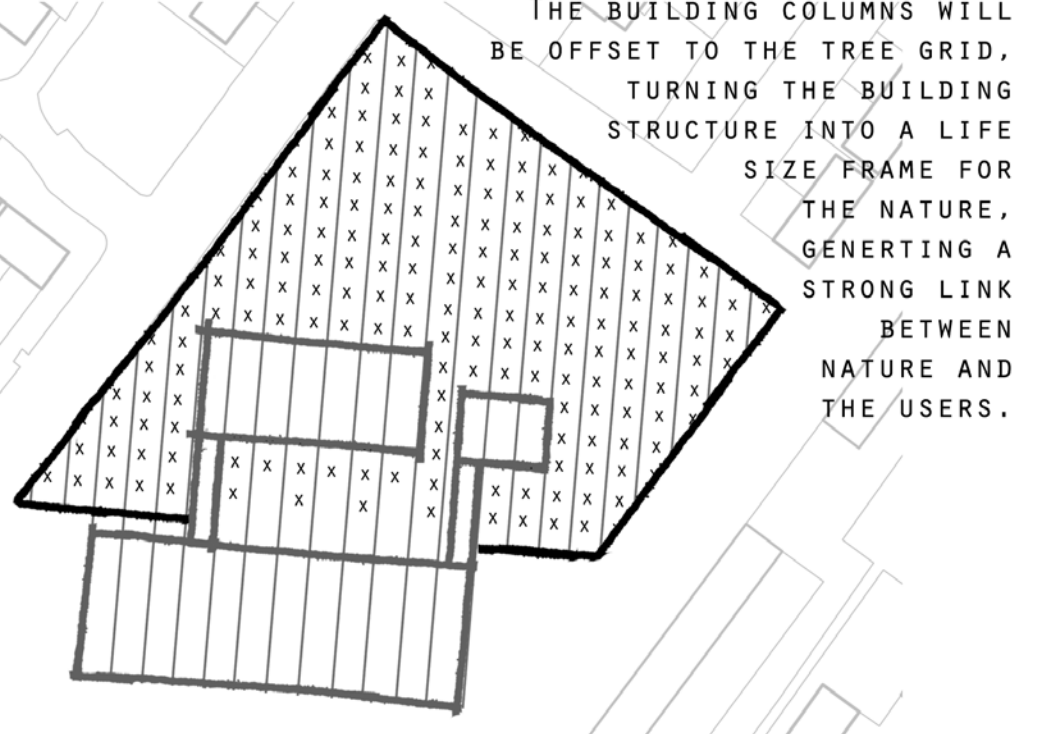
- 1 PUBLIC LIBRARY/HEALTHY DINER
- 2 ENGINEERING WORKSHOP
- 3 CLASSROOMS



THE CLASSROOMS HAVE BEEN REMOVED FROM THE MAIN BUILDING STRUCTURE AND PLACED WITHIN THE WOODLAND, IMMERSING THE GLAZED STRUCTURE WITHIN NATURE.

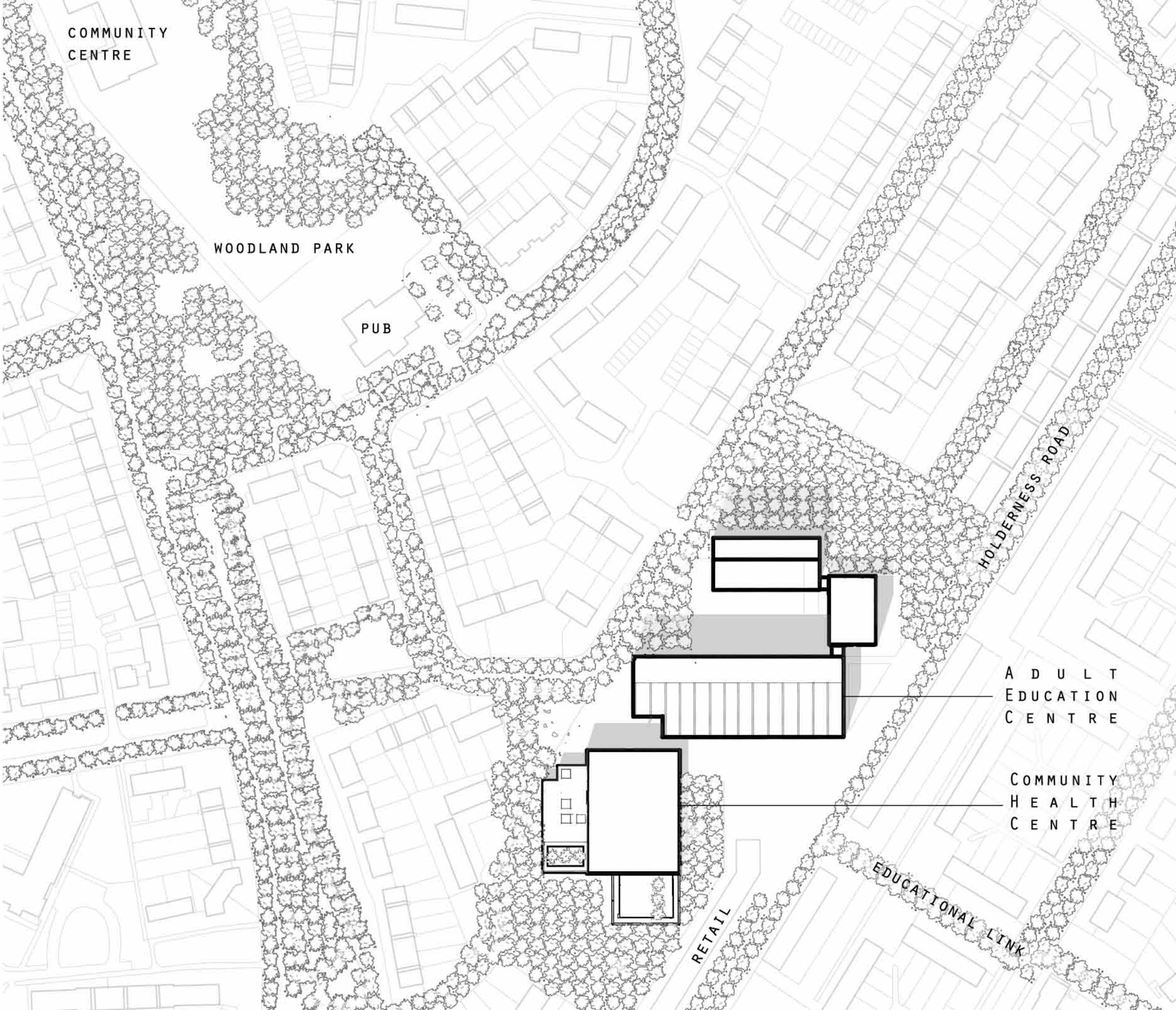
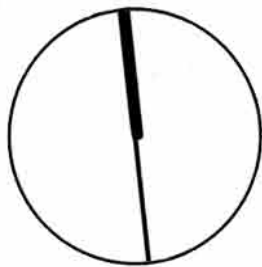
THE ENGINEERING WORKSHOP HAS BEEN PLACED FURTHER AWAY FROM THE MAIN PUBLIC STRUCTURE TO REDUCE THE LEVELS OF NOISE IN THE MAIN ATRIUM SPACE.

GRID SYSTEM

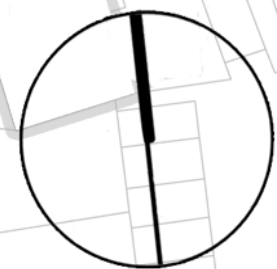


THE BUILDING COLUMNS WILL BE OFFSET TO THE TREE GRID, TURNING THE BUILDING STRUCTURE INTO A LIFE SIZE FRAME FOR THE NATURE, GENERTING A STRONG LINK BETWEEN NATURE AND THE USERS.

LOCATION PLAN
1:1250

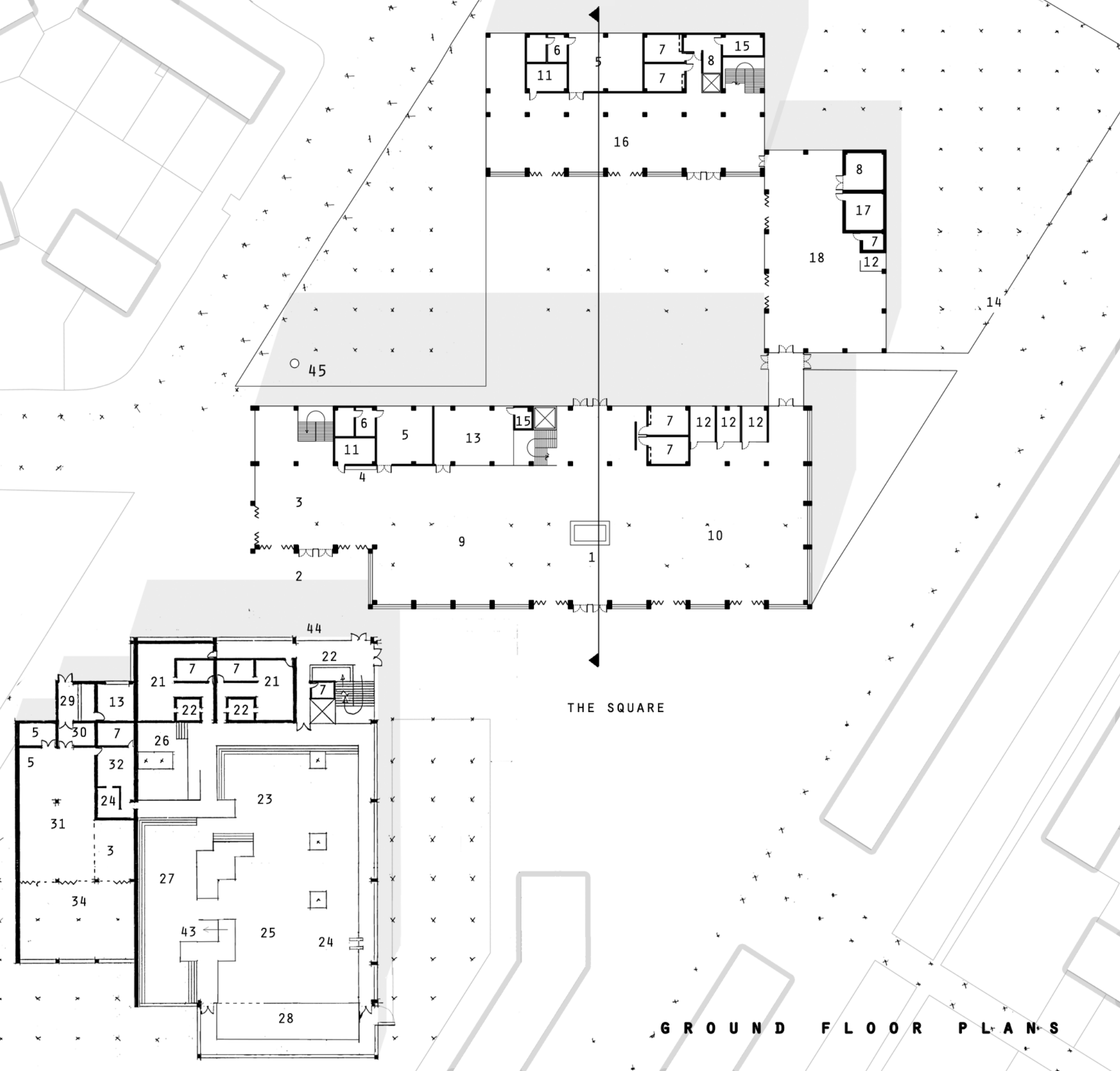


PLANS
1:500



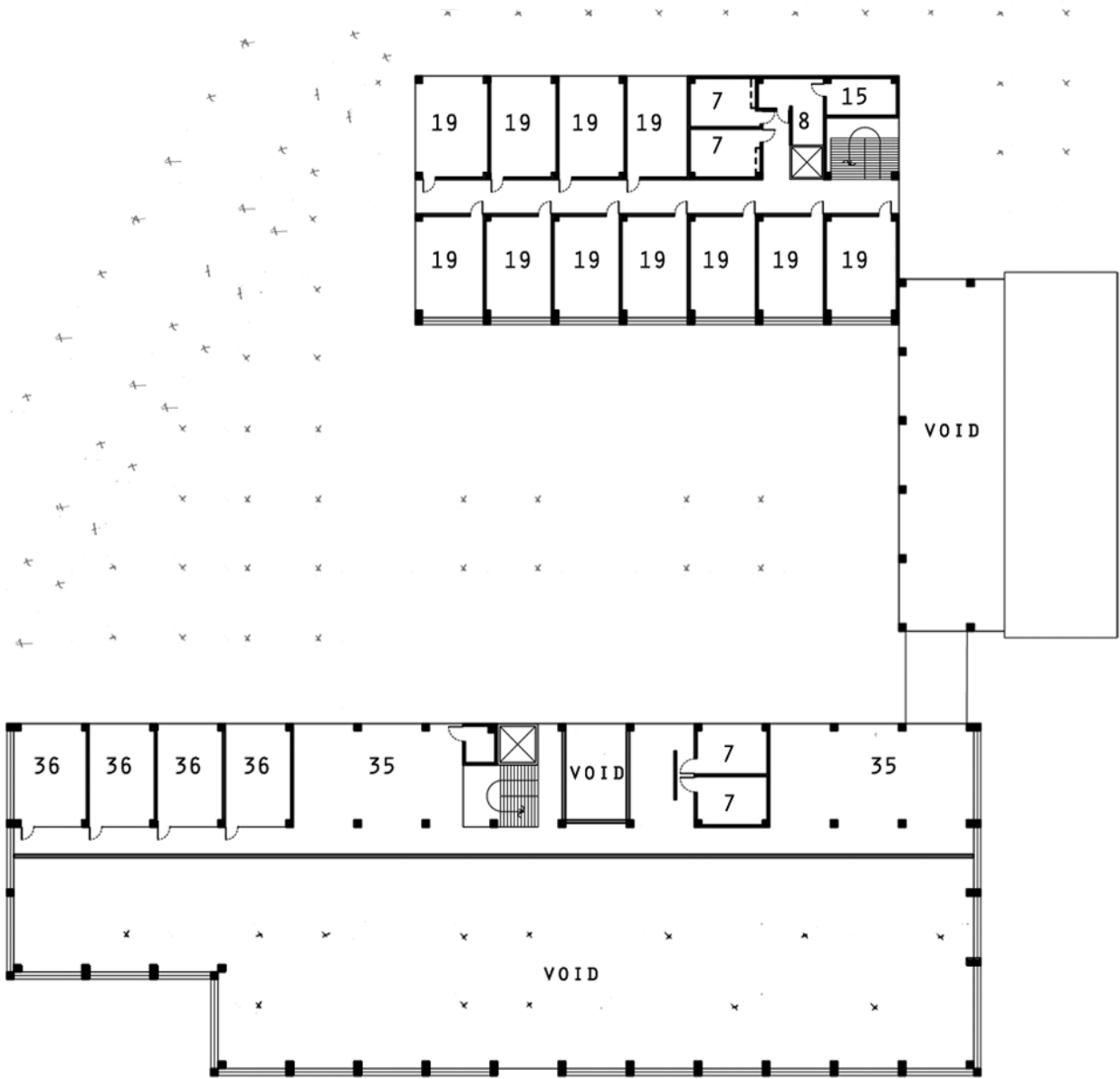
KEY

1. F.E. COLLEGE/PUBLIC LIBRARY RECEPTION
2. HEALTHY DINER OUTDOOR SPACE
3. HEALTHY CAFE DINER
4. HEALTHY CAFE BAR
5. KITCHEN
6. WALK-IN FRIDGE/FREEZER
7. TOILETS
8. STORAGE
9. COMMON AREA/WORKSPACE
10. I.T. CLUSTERS/WORKSPACE
11. DRY STORE
12. OFFICE
13. STAFF ROOM
14. BIN STORE
15. RISER
16. REFECTORY
17. LOCKER ROOM
18. ENGINEERING/METAL WORKSHOP
19. CLASS ROOM
20. SWIMMING POOL/HEALTHY COACHING RECEPTION
21. CHANGING ROOMS
22. SHOWERS
23. LEISURE POOL
24. SPRING BOARDS
25. WAVE POOL
26. HOT TUB
27. CHILDRENS' /SHALLOW POOL
28. OUTDOOR POOL
29. CRECHE RECEPTION
30. CLOAK ROOM
31. PLAY AREA
32. CHILDRDENS' CHANGING ROOMS
33. CHILDRENS' LIBRARY/READING AREA
34. OUTDOOR PLAY AREA
35. LIBRARY/WORKSPACE
36. GROUP WORKSPACE
37. LIBRARY/QUIET WORKSPACE
38. PLANT ROOM
39. HEAT STORE
40. GREY WATER STORAGE
41. HEALTH COACHING WAITING AREA/HEALTH LIBRARY
42. HEALTH COACHING FACILITIES
43. SLIDE
44. HOPPER HATCH FOR BIOMASS BOILER
45. BIOMASS BOILER CHIMNEY

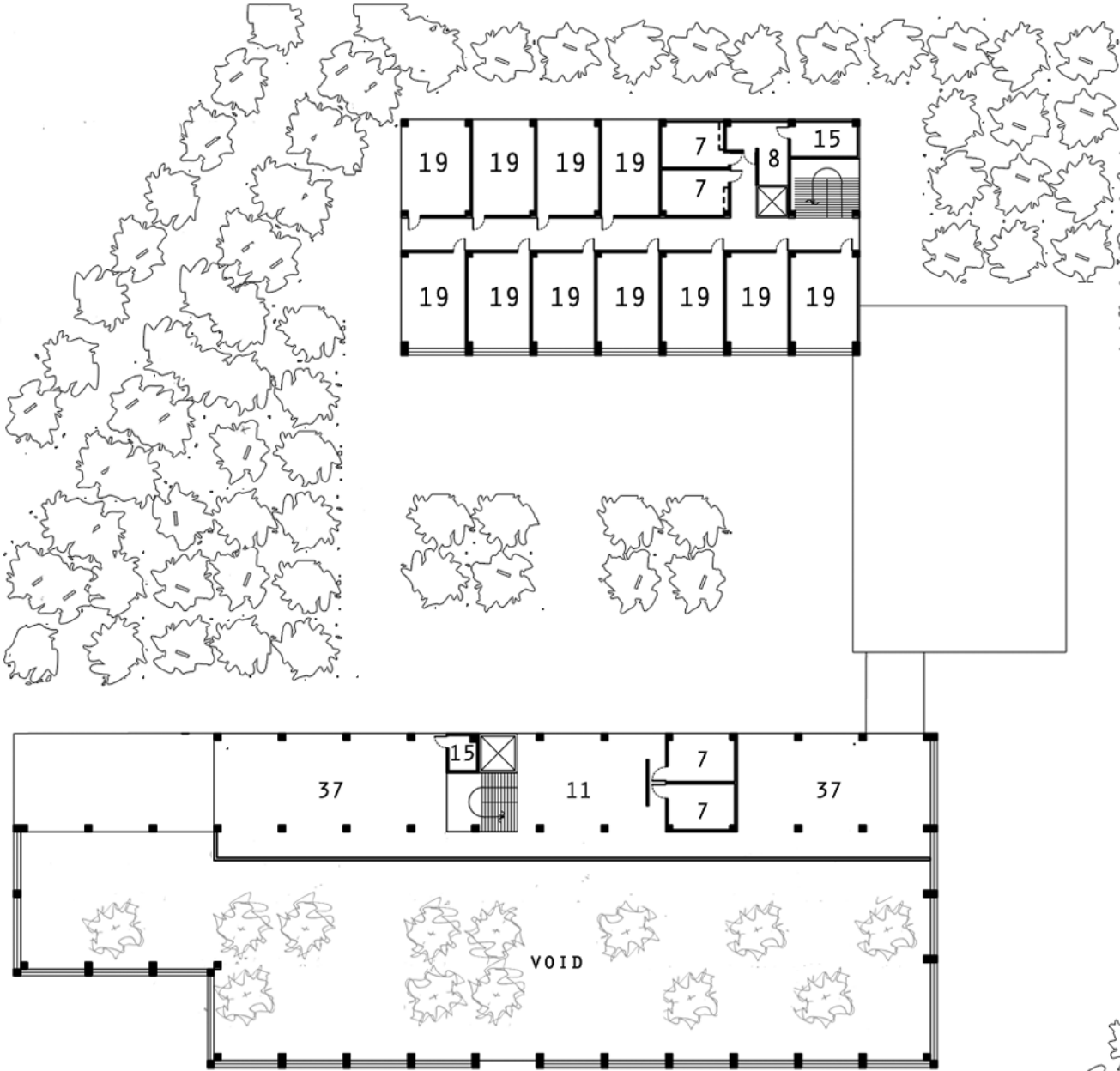


ADULT EDUCATION CENTRE
F.E. COLLEGE/PUBLIC LIBRARY/HEALTHY DINER

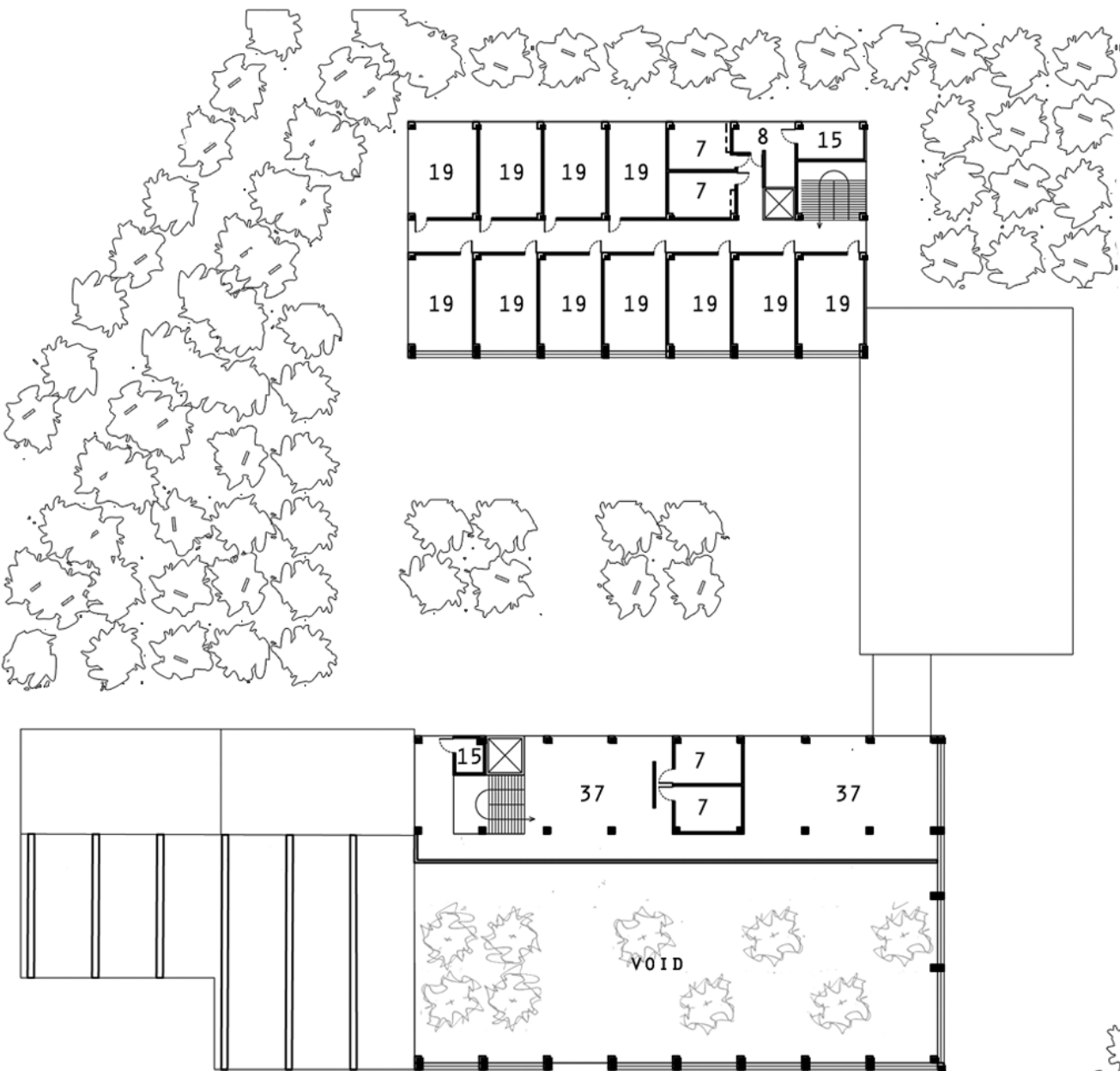
FIRST FLOOR



SECOND FLOOR

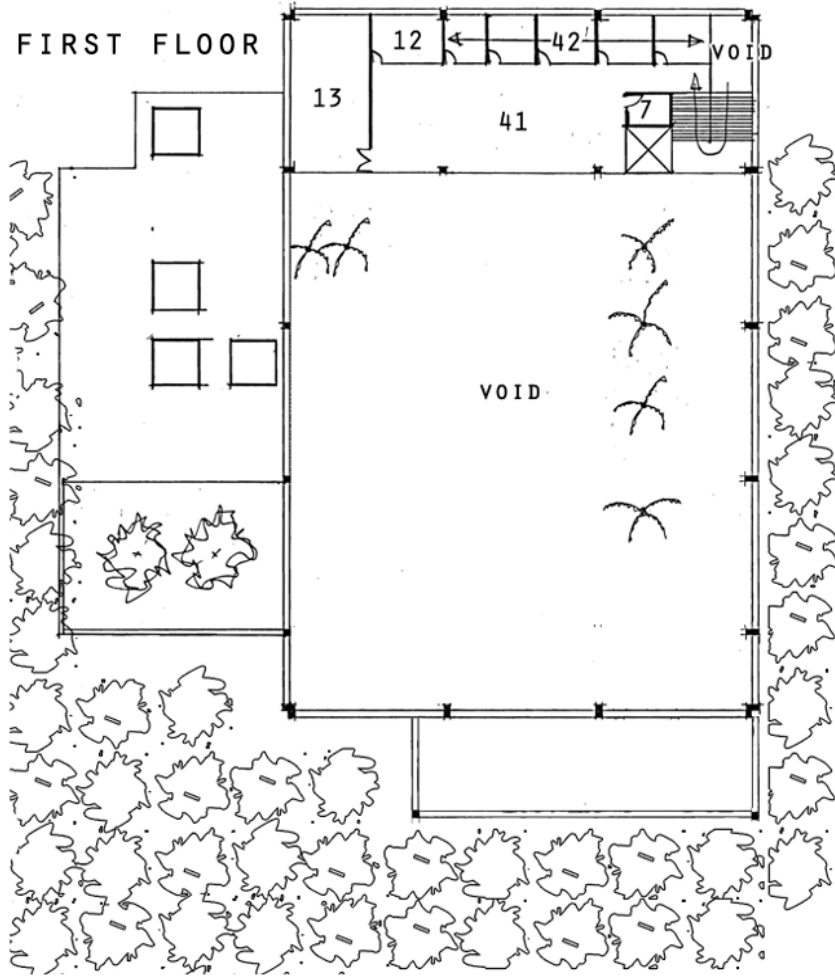


THIRD FLOOR

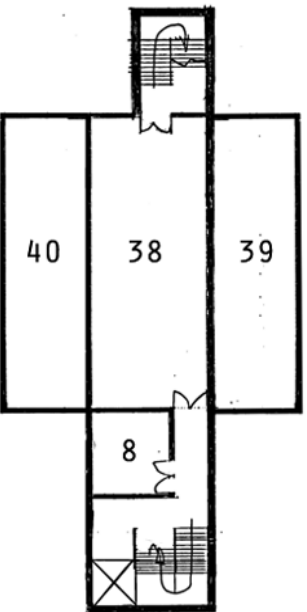


COMMUNITY HEALTH CENTRE
PUBLIC SWIMMING BATHS /
HEALTH COACHING CENTRE/CRECHE

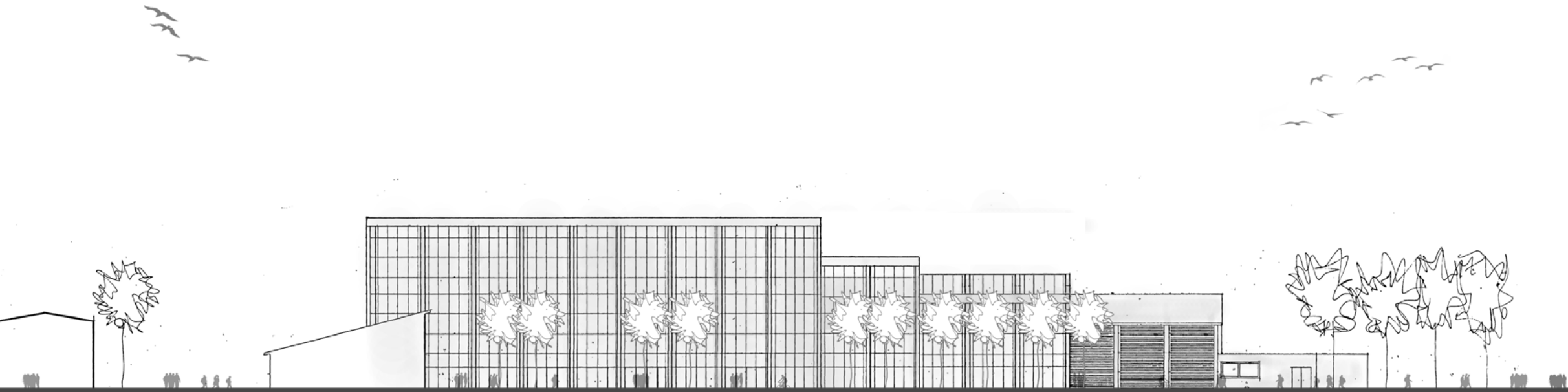
FIRST FLOOR



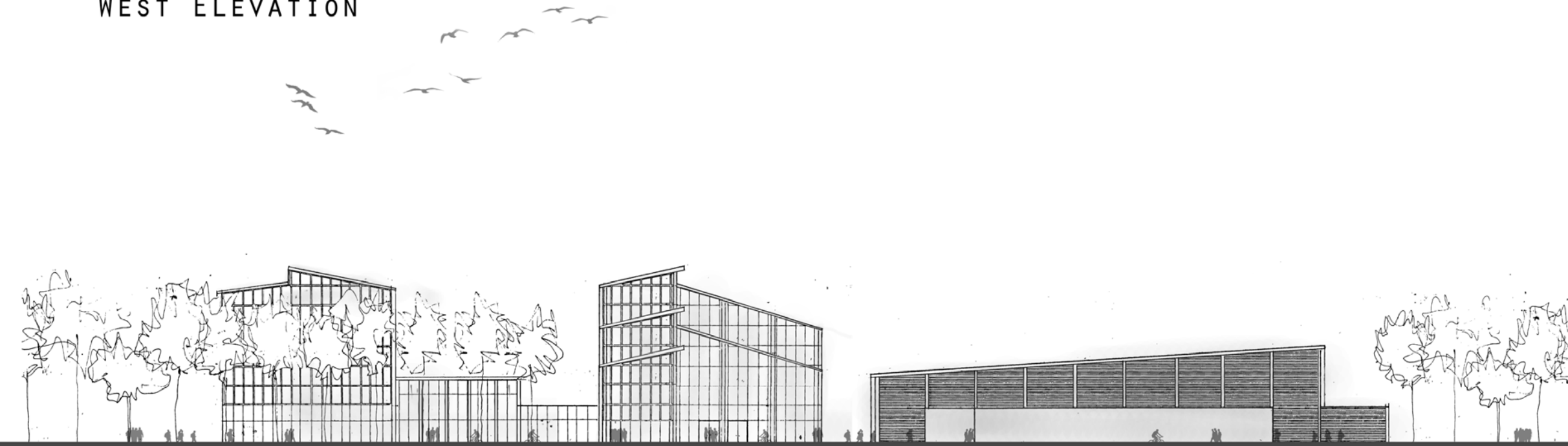
BASEMENT



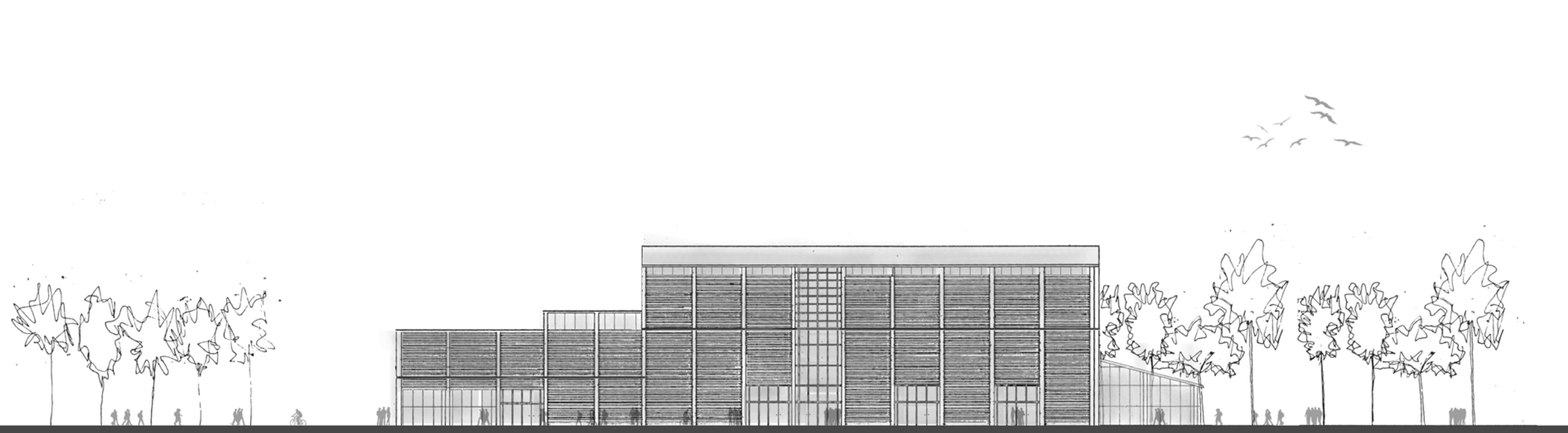
ELEVATIONS
1:500
NORTH ELEVATION



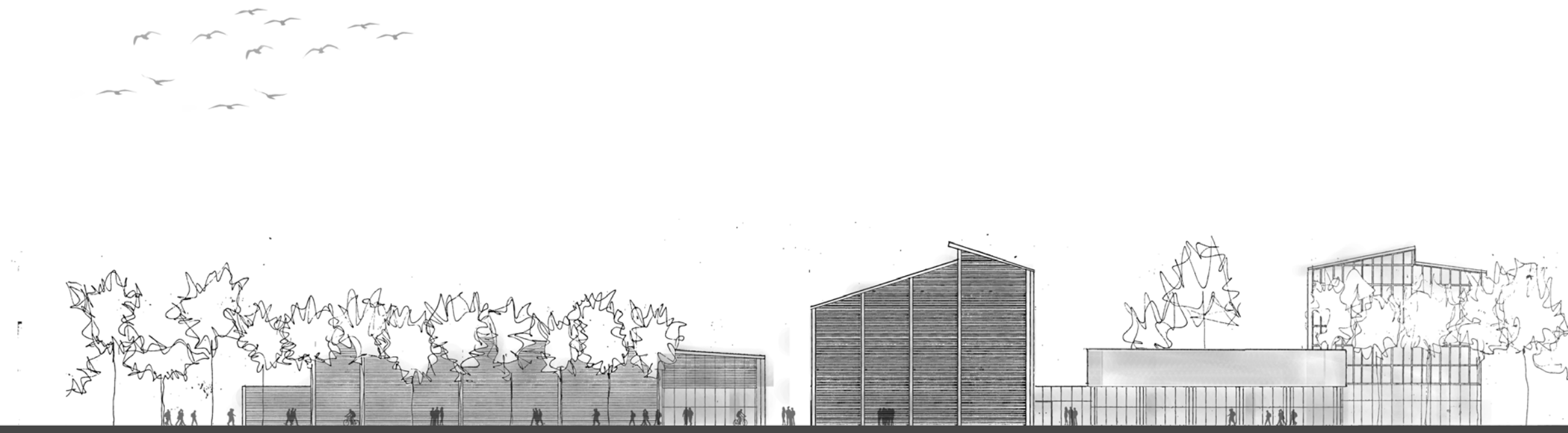
WEST ELEVATION



SOUTH ELEVATION



EAST ELEVATION



SECTION THROUGH THE ADULT EDUCATION CENTRE











TECHNOLOGY

3D TECHNOLOGY SECTION



1:5 HYDROLIC LOUVRE DETAIL



KEY

- 1. TOOTHED STEEL BAR
- 2. ROTATING JOINT WELDED TO TOOTHED BAR
- 3. SENSORY CONTROLLED HYDROLIC ARM
- 4. ROTAING STEEL FIXING, BOLTED AND WELDED TO U-BEAM
- 5. STEEL U-BEAM
- 6. 30MM DIAMETER STEEL COGS
- 7. 10MM DIAMETER STEEL RODS
- 8. 250MM X 4800MM TIMBER LOUVRES

THE TIMBER LOUVRE FACADE WILL CONTROL HOW MUCH NATURAL LIGHT CAN ENTER THE BUILDING TO CREATE THE OPTIMUM WORKING CONDITIONS.

DISPLAY



