



n e s t

motherhood centre

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*nest: a bed or receptacle
prepared by an animal or a place
of rest, retreat or lodging*

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site information: 99 Macdonald Road, EH7 4NS



1897

Bridgeside house (formerly Bridgeside Works) was built by Cooper Taylor in 1897. A 2-storey, 12-bay, rectangular-plan factory. It specialised in bookbinding and paper bags.

2001

An application was submitted to partially demolish listed building and convert into office accommodation.

2003

Part of the factory was demolished and converted into an office accommodation building by J. Smart, with a retained historical frontage.

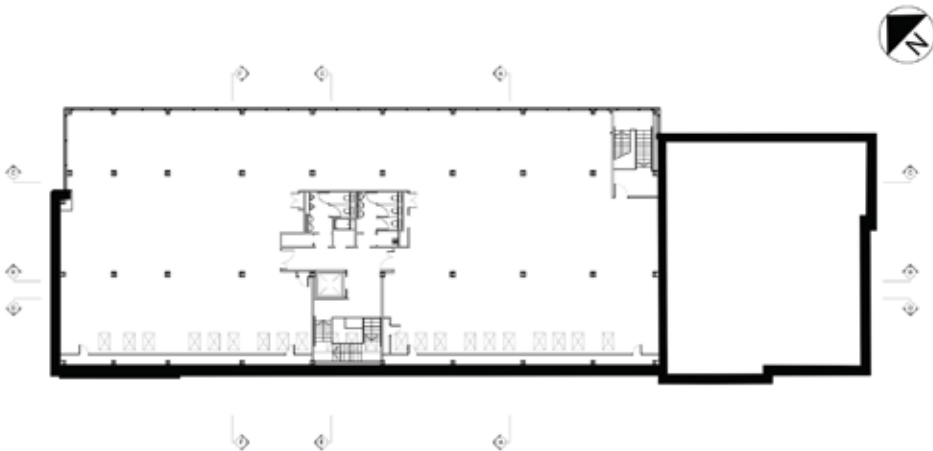
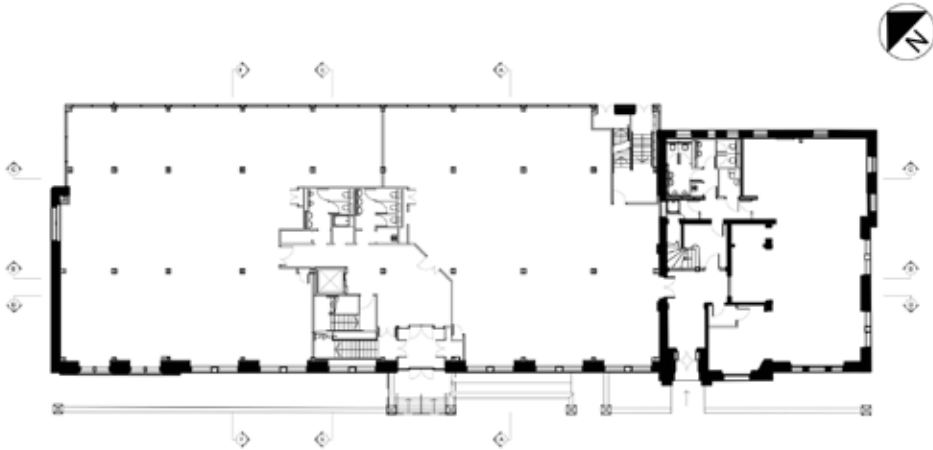
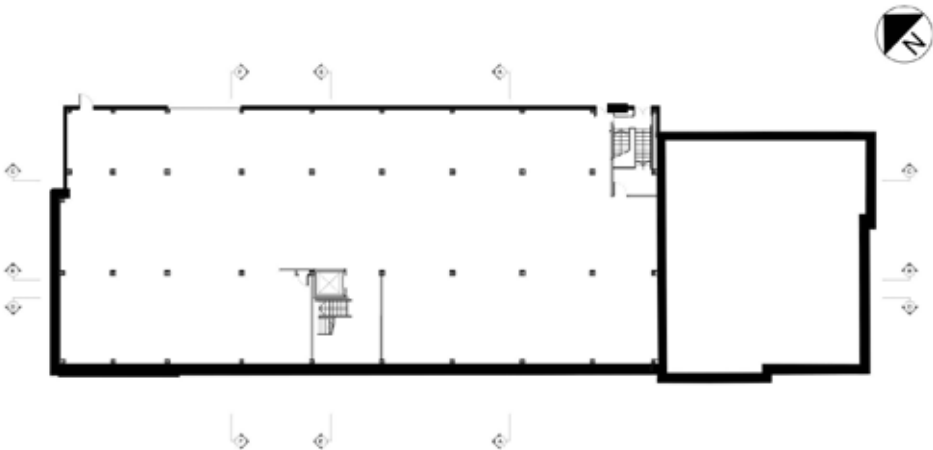


Why 99 Macdonald Road

Site: the building itself is in Leith and situated close to by to several nurseries and primary schools as shown in the upcoming slides. I chose this area over more affluent areas such as Stockbridge and Morningside as young and lower income mothers are more likely to live close by and therefore benefit from NEST. The building is accessible through various methods of transportation, with on-site parking, and a number of bus stops near by.

Building: I was first attracted by the historical frontage of the building which has been retained, and by the large curtain wall at the back of the building. My dissertation research pointed out the importance of light in interior design and healing, so I thought a building with such large windows would enable this. The exterior of the back of the building also offered the opportunity to create some outdoor spaces to offer users of NEST a place to enjoy the outside.

existing site floorplans



Initial research into this topic found that **mothers under 25 are vulnerable to developing mental health issues**, experiencing loneliness and isolation, economic uncertainty and difficulty maintaining a work/school/life balance. It has been found that **one of the main causes of pre-post natal depression in young mothers is having to drop out of education or leave work to take care of their newborns.**

In research completed by Co-op it was found that **82% of mothers under 25 feel lonely some of the time**, with 43% feeling lonely often or always. Between the ages of 18-25, 49% of young mothers felt lonely often or always, in comparison to 37% between the ages of 26-30 (1).

BMC Psychiatry found “young mothers are at increased risk for symptoms of postnatal depression which indicates the need for attention in pre and postnatal healthcare programs” (2).

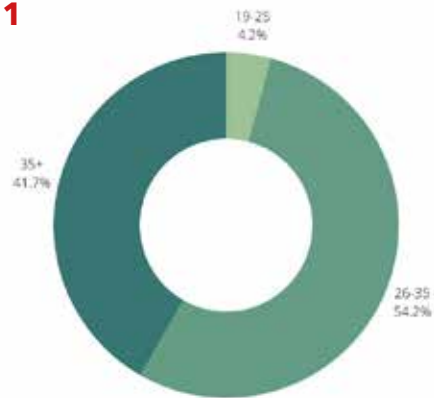
Young mums together found a **wide gap in appropriate services for young mothers**. A lack of support with mental health difficulties can have negative effects on parenting practices and the mothers ability to bond with her child (3).

Although there are services that exist in the UK to help mothers look after their children and their own well being, **these services often lack funding**, and in many cases do not have a dedicated building.

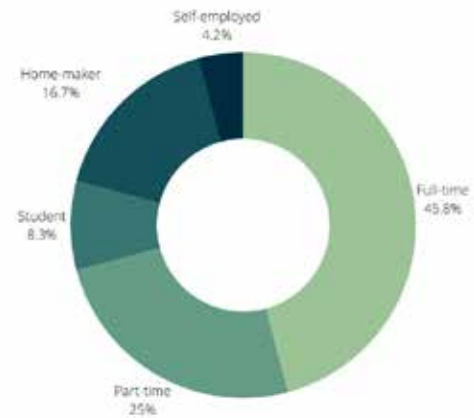
1. Co-operative.coop. 2018. Shocking Extent Of Loneliness Faced By Young Mothers Revealed. [online] Available at: <<https://www.co-operative.coop/media/news33/releases/shocking-extent-of-loneliness-faced-by-young-mothers-revealed>>
2. Agnafors, S., Bladh, M., Svedin, C. and Sydsjö, G., 2019. Mental health in young mothers, single mothers and their children. BMC Psychiatry, 19
3. <https://www.mentalhealth.org.uk/sites/default/files/young-mums-together-report.pdf>

research questionnaire

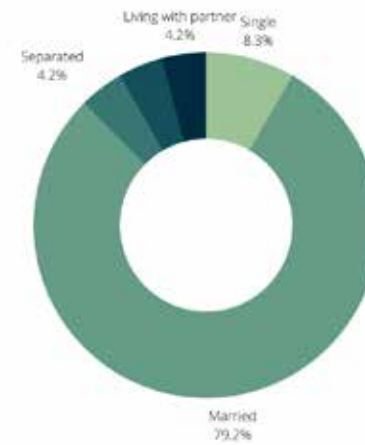
1



2



3



1. How old are you?

2. What is your employment status?

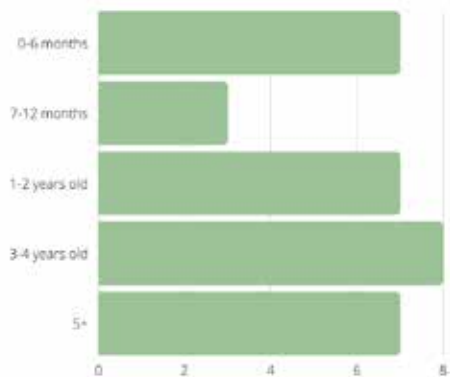
3. What is your marital status?

4. How old is your child/children?

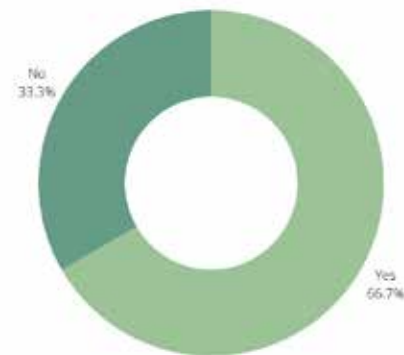
5. Do you have any hobbies?

6. Do you find time to socialise and meet with friends?

4



5

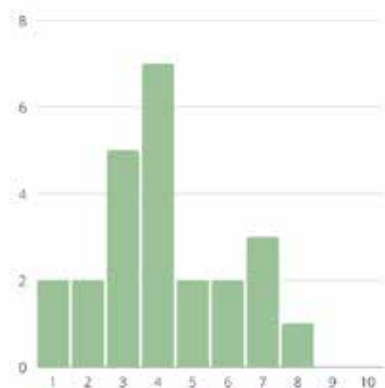


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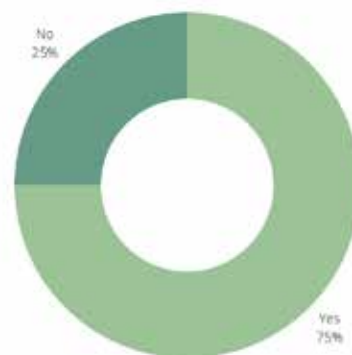


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7



8



9

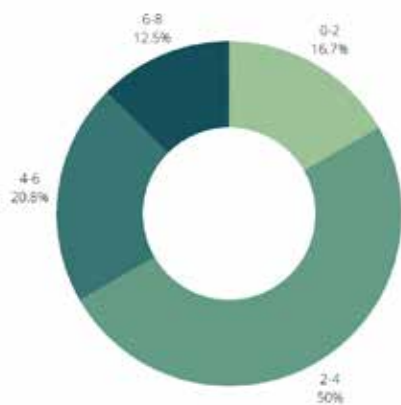


7. How have you found maintaining a balance between working/ studying and looking after your child? (1- very difficult, 10- Easy)

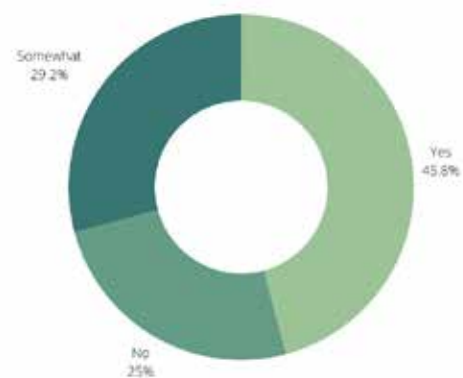
8. Have you been able to work/study at all?

9. When out and about with a newborn, do you find that many places cater towards mother and child?

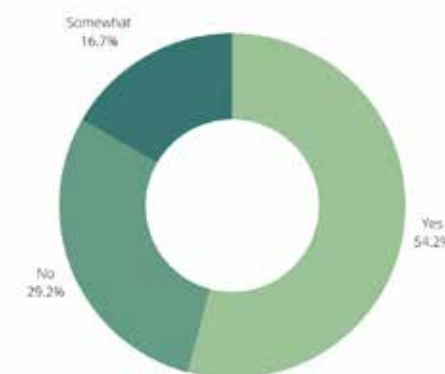
10



11



12

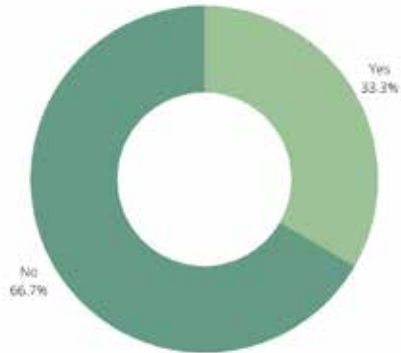


10. On average how much unbroken sleep do you get per night/

11. Have you experienced mental health difficulties during/post pregnancy?

12. Do you know of anyone experiencing mental health difficulties during/post pregnancy

13



15

“Only private ones. Community available ones are scarce and not comprehensive enough”

“Breastfeeding support group was extremely useful, stay n play was useful from tiny baby until pre-school”

“They are good, but one group at the children’s centre I went to when my daughter was a newborn suggested I didn’t come back because she cried all the time.”

“Not enough of them; most free services are scarce or difficult to attend due to location/timing. Not everyone feels comfortable in a group setting if they are struggling”

“I went to a breastfeeding support group and it was very valuable. The women were so knowledgeable and provided input that my health visitor was entirely unable to provide. I had to travel quite far from my house for an nhs one.”

14

“Nothing running in person due to COVID”

“No requirement to”

“I was too shy to access them”

“There is not much of face-to-face at the moment (and can’t face more Zoom)”

“To be honest, I’ve not been made aware of any during the pregnancy and haven’t really found the time to look into it”

“Haven’t had time and I’m not really very good in social situations”

“I’m scared I’ll look bad”

“Not confident enough”

“Too far to travel with baby, wrong times for naps”

“I’m not really aware of any others to be honest”

“Nothing available”

13. Have you used any existing services available to mothers?

14. If No, why? (a selection of responses)

15. If Yes, why? (a selection of responses)

Have you faced any challenges since becoming a mother?

“Lack of sleep”

“Yes - mental health concerns and also lack of support from partner”

“Yes trying to keep my identity and not just be Ada’s mum is difficult”

“Yes - lack of support from midwives. Only had 1 visit since Jamie was born and no follow-up support since we got home”

“Balancing housecare/childcare and work while making sure I have some time for myself is always a challenge”

“Yes, so many”

“Tiredness, feeding in public especially with covid seating restrictions, changing facilities”

“Yes - COVID has been pretty isolating. I’m lucky to have a great partner, though”

Do you have any hobbies? If no, why?

“No desire to”

“Lack of childcare”

“Working crazy shifts, not having any friends”

“I have the children all the time. I’m too tired. Can’t afford anything.”

“Children”

“Busy lives, tired, work”

“High need baby”

Have you been able to work/at all? If no, why not?

“Childcare costs. But I also choose to be with my children until they start nursery at 3”

“Conscious choice”

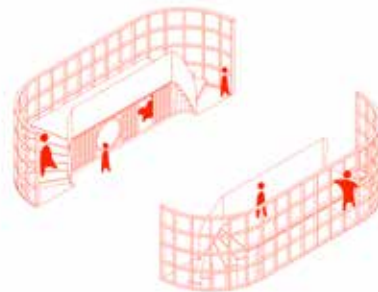
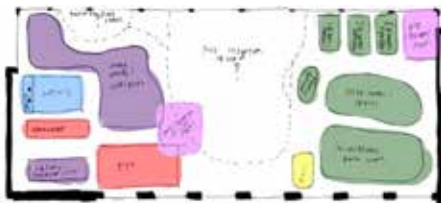
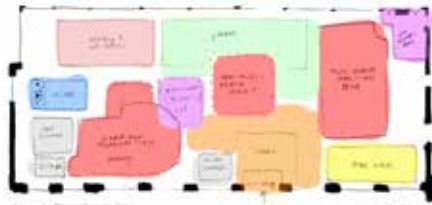
“Honestly, only after my youngest was in school!”

“No time constant interruptions”

“Tired”

“High need colic/reflux”

design concepts



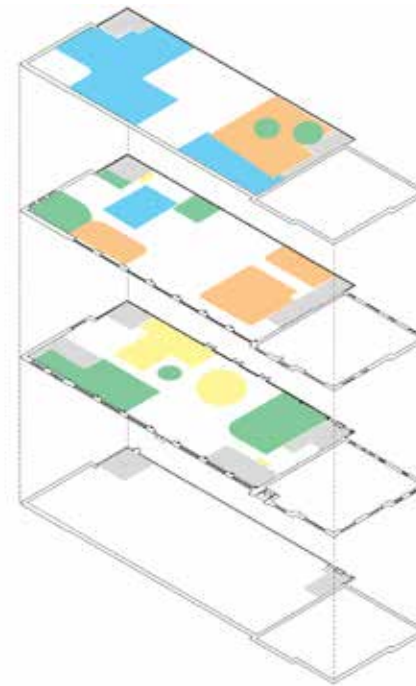
play area



lactation pod



spacious seating in cafe

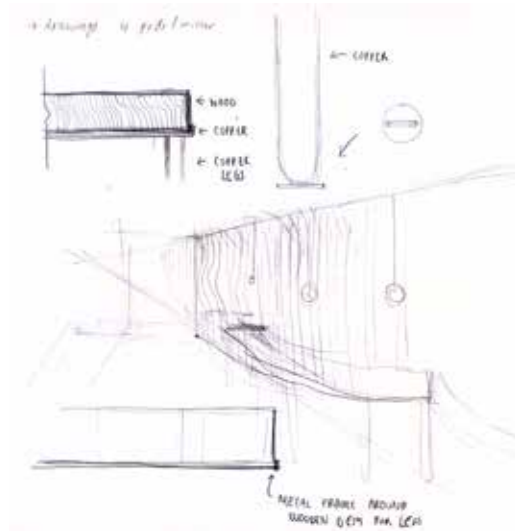


-  self-development
-  healing and nurture
-  mother and child
-  community
-  other

Zoning was important in this project for multiple reasons. The sleep rooms and mindfulness rooms are located in an area where there is less likely to be heavy footfall heard from the floor above. Nursery spaces were kept to the ground floors to make sure upper floors were quieter and more relaxed.

The design scheme of this building was created with young mothers in mind. Lactation pods that are inviting and private are dotted around the building and study desks have room for strollers next to them. The play wall area on the ground floor allows children to safely climb and explore, whilst mothers get a break and watch from seating nearby. The seating in the building is also chosen for a high level of comfort.

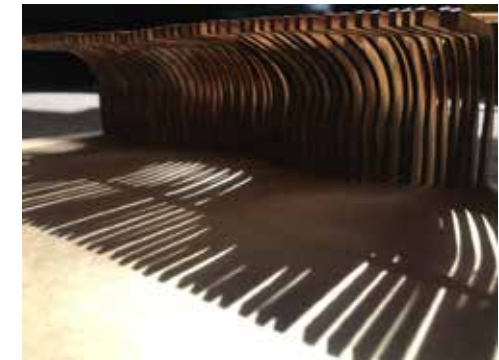
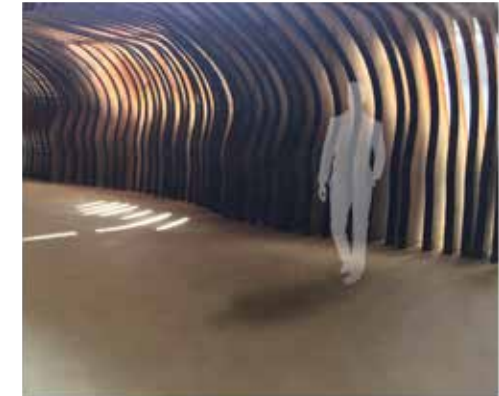
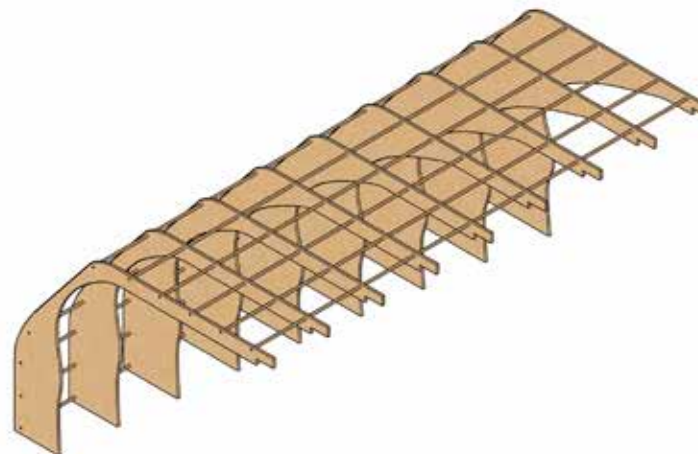
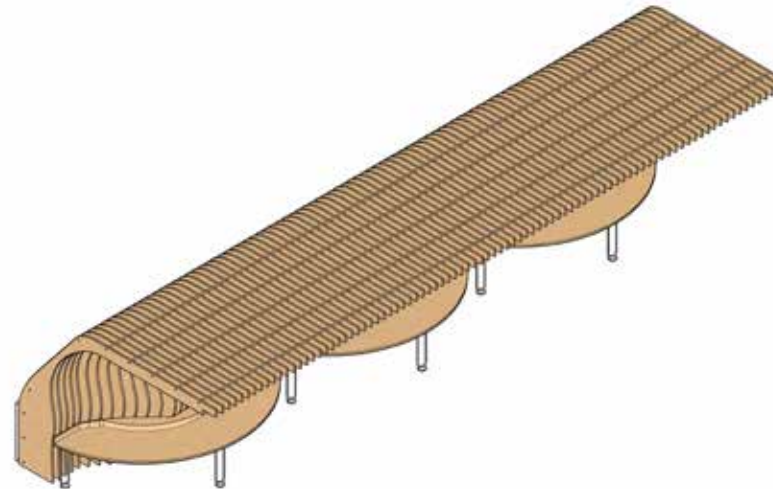
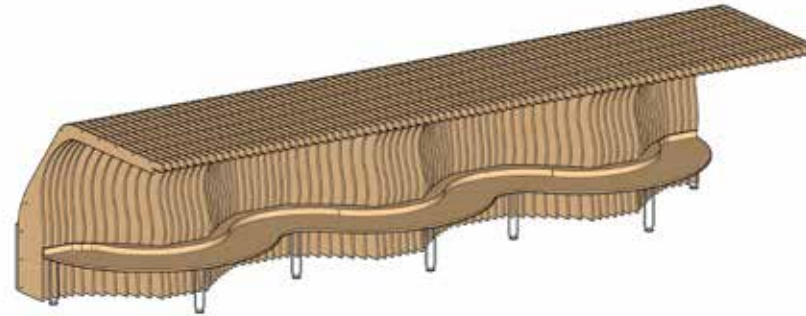
design concepts



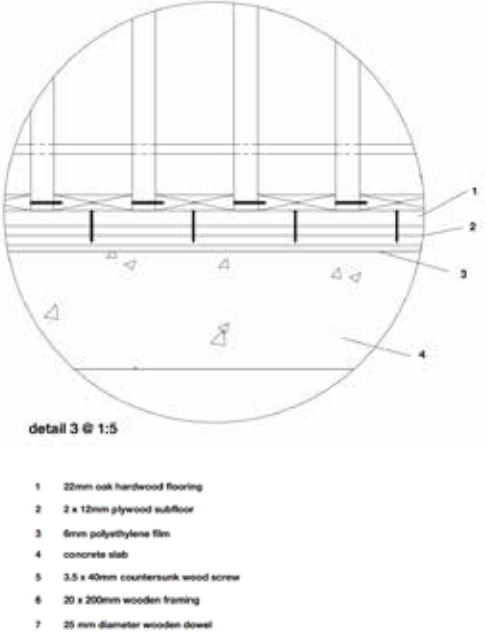
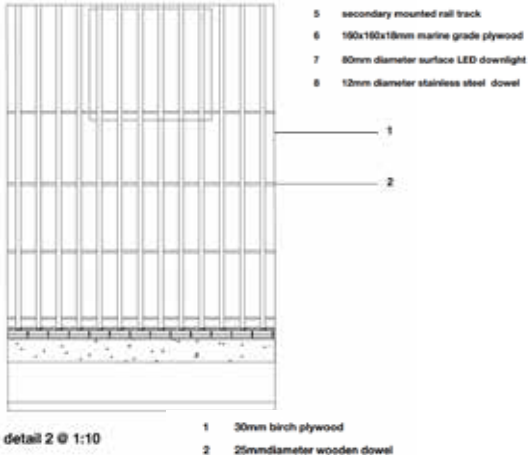
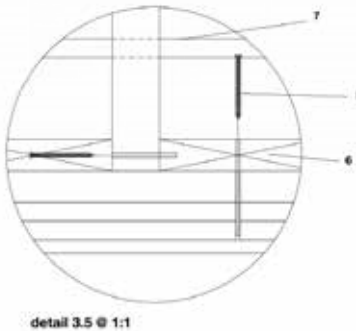
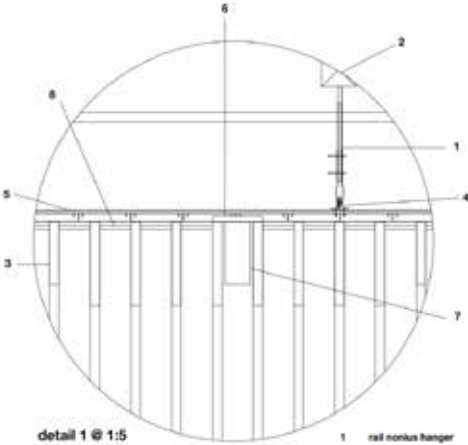
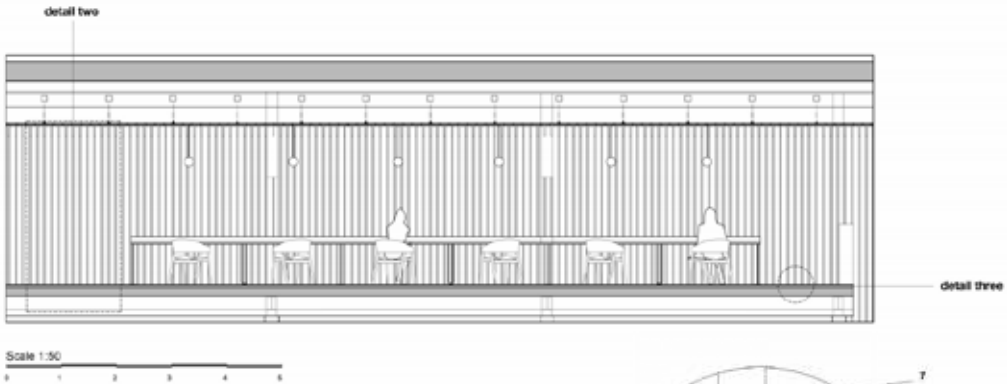
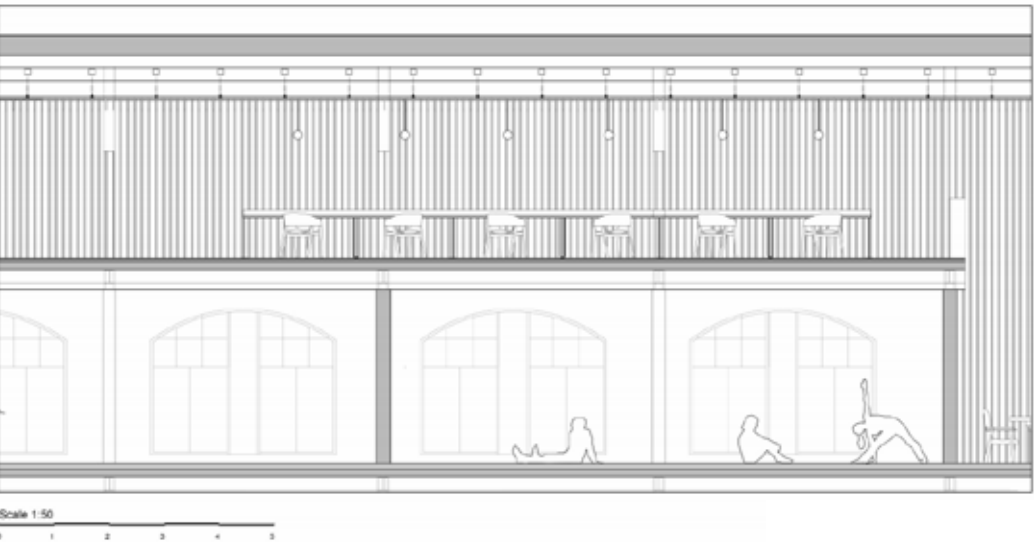
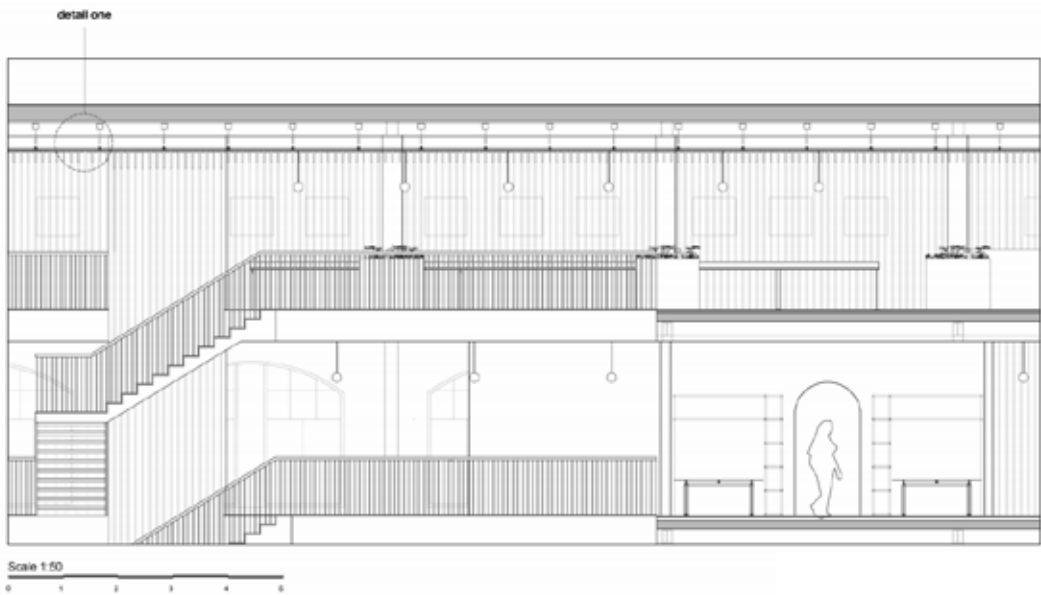
The floors are connected together by the vertical circulation and the second floor curved plywood wall and ceiling, which connects to the lift shaft and willow sculpture in the centre of the building.

The second floor encapsulates the idea of Nest, and the slatted curved wall creates a warm and inviting space for young mothers wishing to work, study or relax.

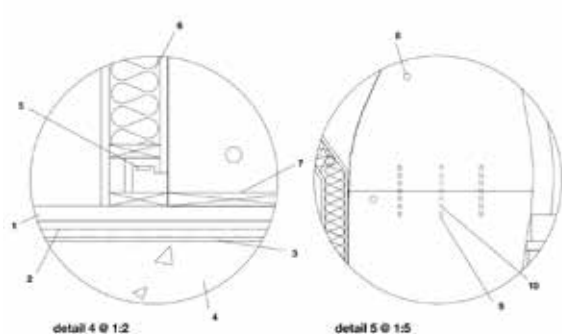
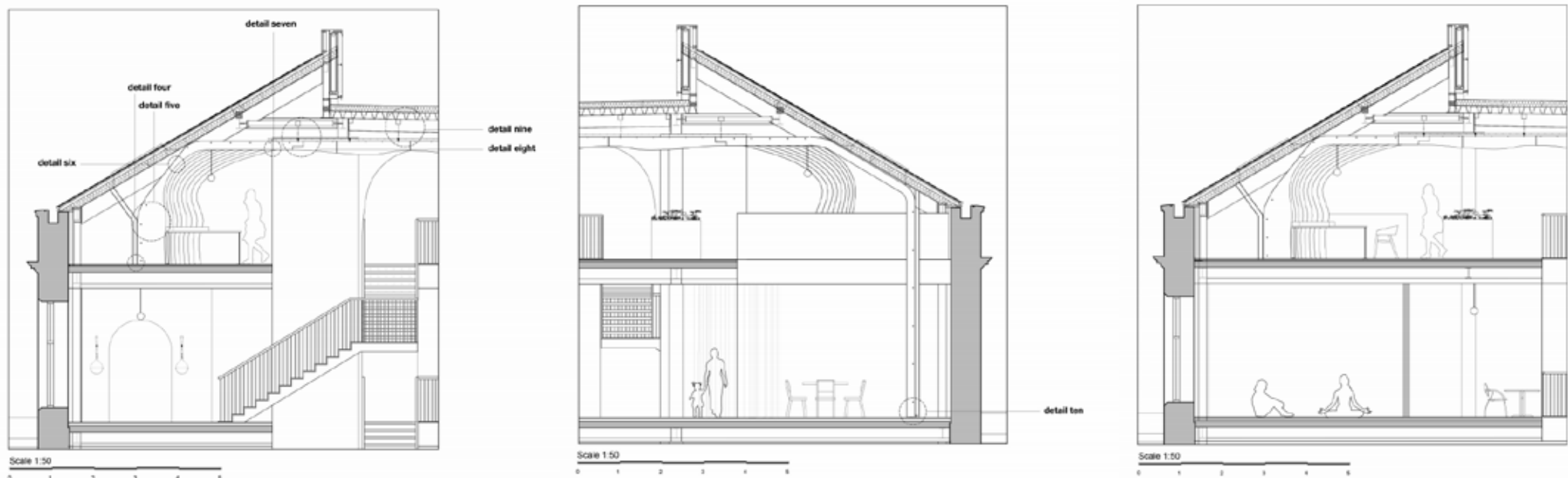
The use of birch plywood for the walls dampens the acoustic of the floor, making the space a quieter, relaxed and more focused space in the building.



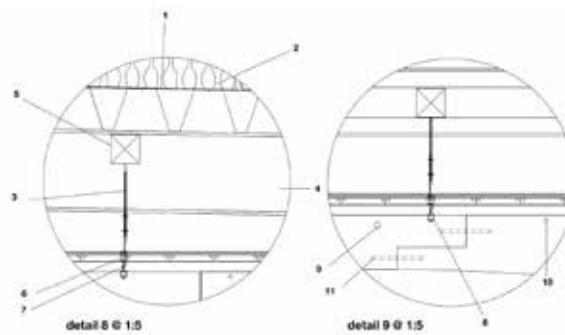
detail drawings (not to scale)



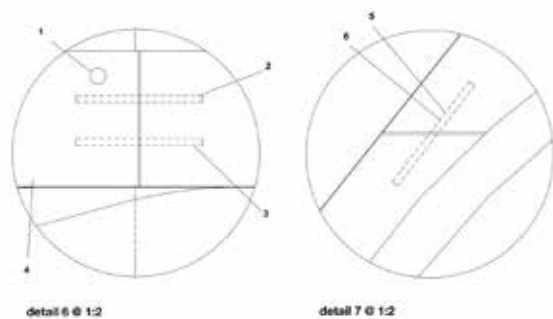
detail drawings (not to scale)



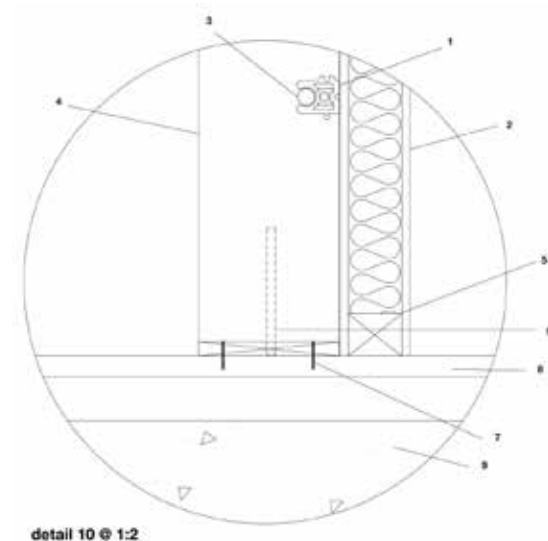
- 20mm oak hardwood flooring
- 2 x 15mm plywood subfloor
- 6mm polyethylene film
- concrete slab
- flex LED strip light 5000mm
- gypsum board wall
- 20mm wooden framing
- 20mm diameter wooden dowel
- 12mm diameter wooden dowel
- wood glue



- roof sheathing
- insulation
- raft truss hanger
- existing rft steel frame
- wooden framing
- primary mounted rail track
- secondary mounted rail track
- gfr clip
- 25mm diameter wooden dowel
- 12mm diameter metal dowel
- 12mm diameter wooden dowel



- 25mm diameter wooden dowel
- 12mm diameter wooden dowel
- wood glue
- 300mm birch plywood
- wood glue
- 12mm diameter wooden dowel



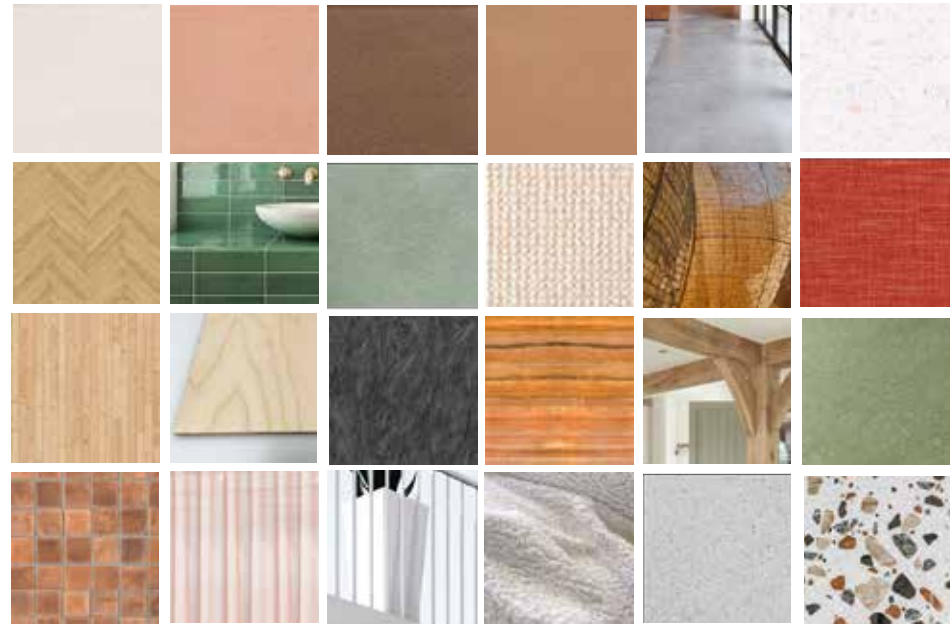
- mounting clip
- gypsum board wall
- 25mm diameter wooden dowel
- 300mm birch plywood
- wooden framing
- 12mm diameter wooden dowel
- 40mm countersunk wood screw
- subfloor
- concrete slab

building and branding materiality



The design of the building promotes healing and wellbeing with use of natural light, materials and sensory elements

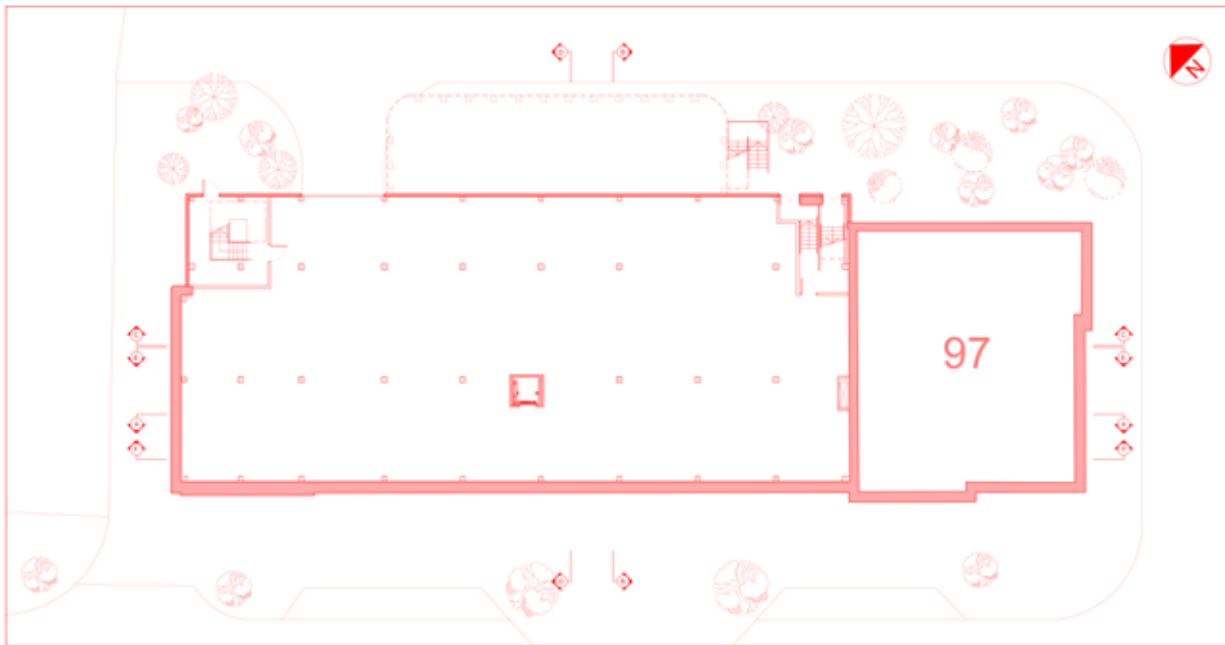
Use of cardboard in the branding is a nod to the building's history of being a paper bag manufacturer. The design was inspired by weaver birds nests and how they hang from a tree.



Nest aims to create an **inviting atmosphere** that **encourages young mothers to seek mental health advice, gives opportunity for socialisation in a supportive community and promote independence and self-development when navigating the world of motherhood.** Facilities provided all have the purpose of making being a mother in everyday life a little easier; lactation pods, a spacious cafe and toilets, storage and an abundance of comfortable seating all aim to provide support to young mothers when visiting the building with children.

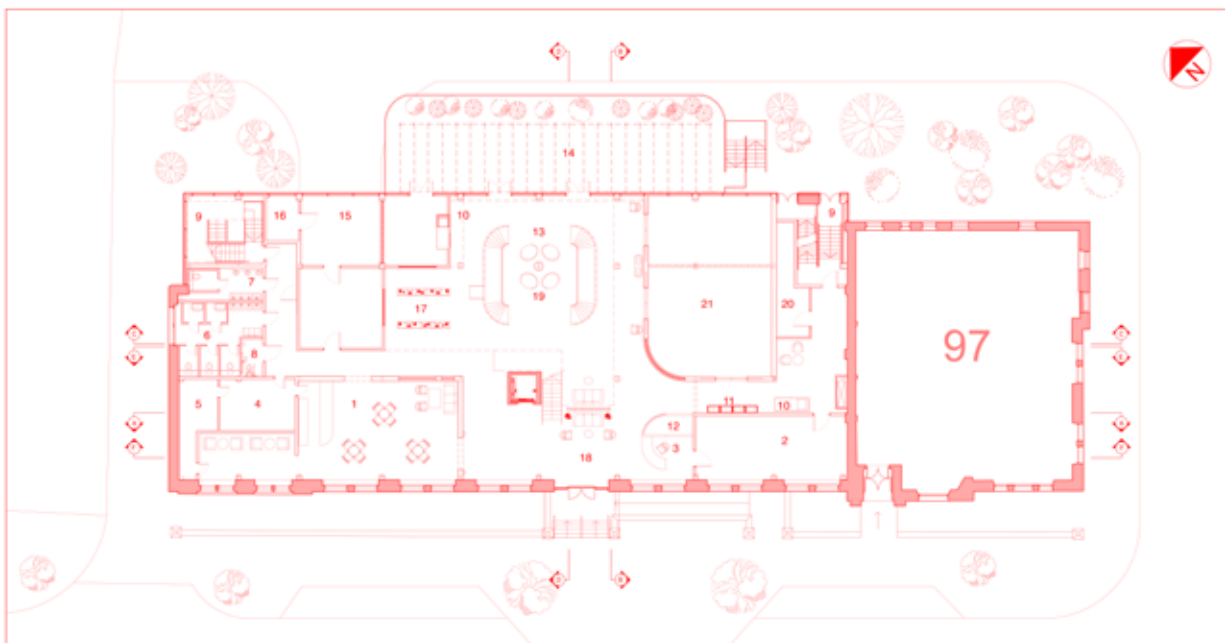
All routes through the building are fully accessible for strollers, with space for strollers next to study desks and all other spaces, easing the experience of mother and child. The nursery provides a place for children to be looked after when mothers are working, socialising or relaxing. The building has a variety of spaces aimed to promote wellness and self-development, such as study spaces, mindfulness rooms, a yoga studio and an indoor and outdoor garden area.





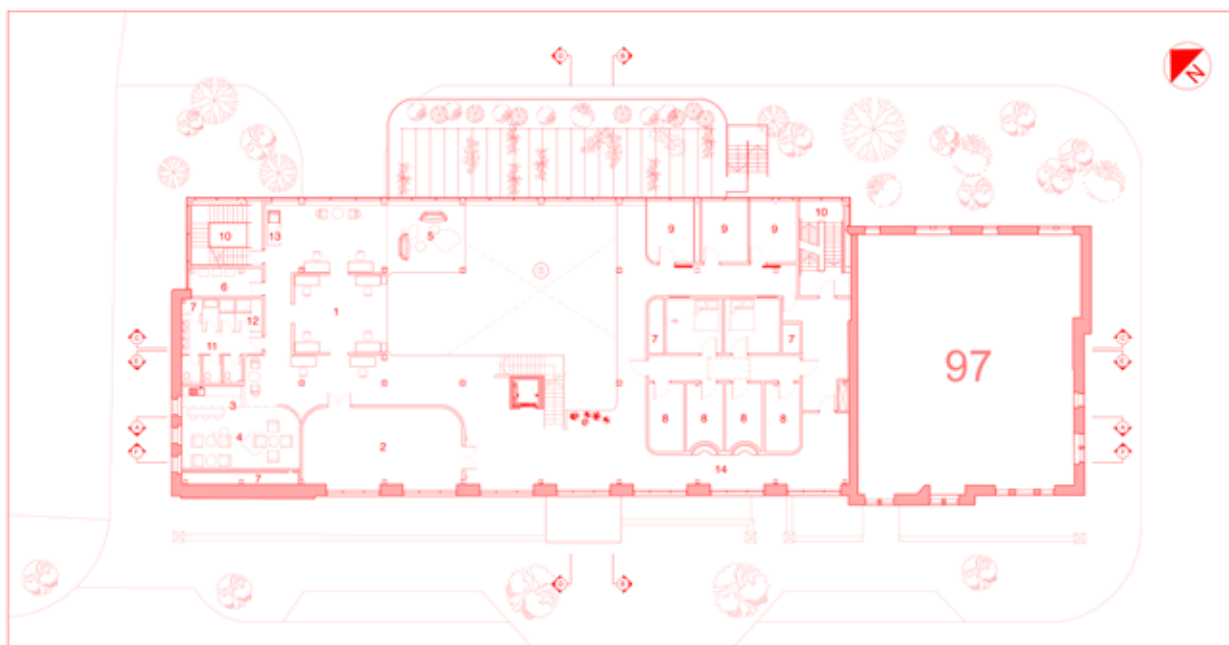
basement

- 01 Car park
- 02 Fire escape



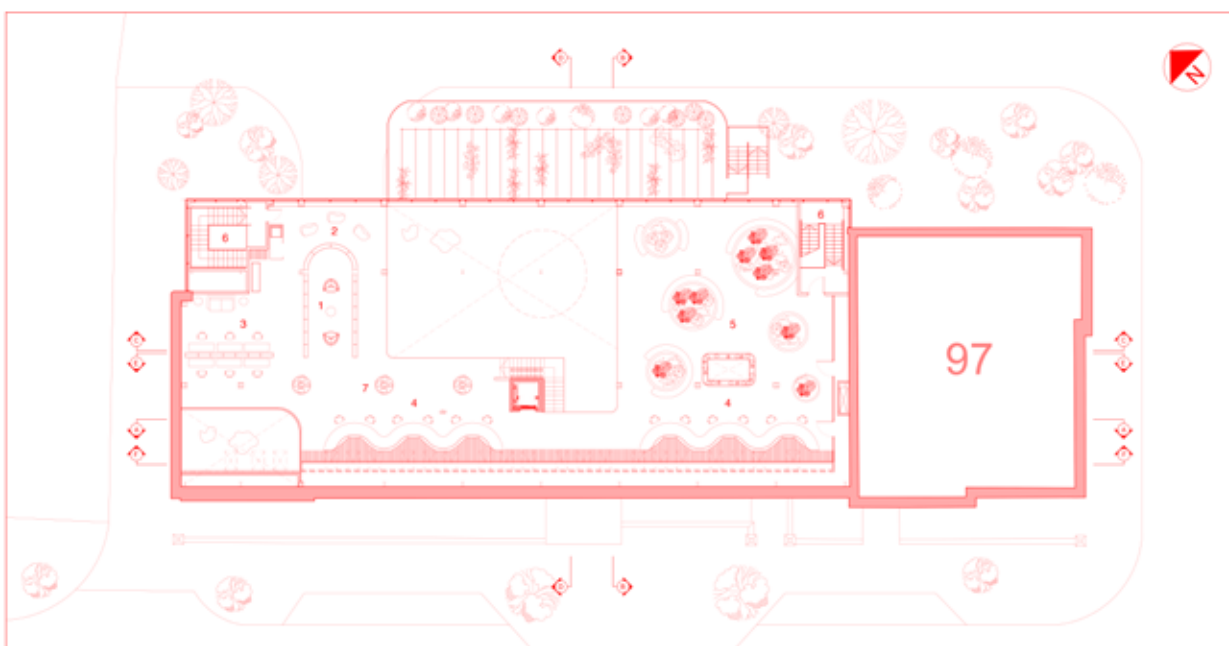
ground floor

- | | | |
|--------------------|----------------------|-----------------------|
| 01 Cafe | 08 Accessible toilet | 15 Nursery area |
| 02 Staff room | 09 Fire escape | 16 Nursery storage |
| 03 Staff desk | 10 Lactation pod | 17 Herb garden |
| 04 Kitchen | 11 Visitor lockers | 18 Lobby |
| 05 Kitchen Storage | 12 Visitor Storage | 19 Willow pod seating |
| 06 Female WC | 13 Play area | 20 Storage |
| 07 Male WC | 14 Outdoor area | 21 Event Space |



- | | | | |
|----|-----------------|----|-----------------------|
| 01 | Study tables | 08 | Mindfulness dark room |
| 02 | Yoga Studio | 09 | Consultation room |
| 03 | Kitchenette | 10 | Fire escape |
| 04 | Sitting room | 11 | Female toilets |
| 05 | Balcony seating | 12 | Showers |
| 06 | Laundry room | 13 | Lactation pod |
| 07 | Storage | 14 | Private wall seating |

first floor

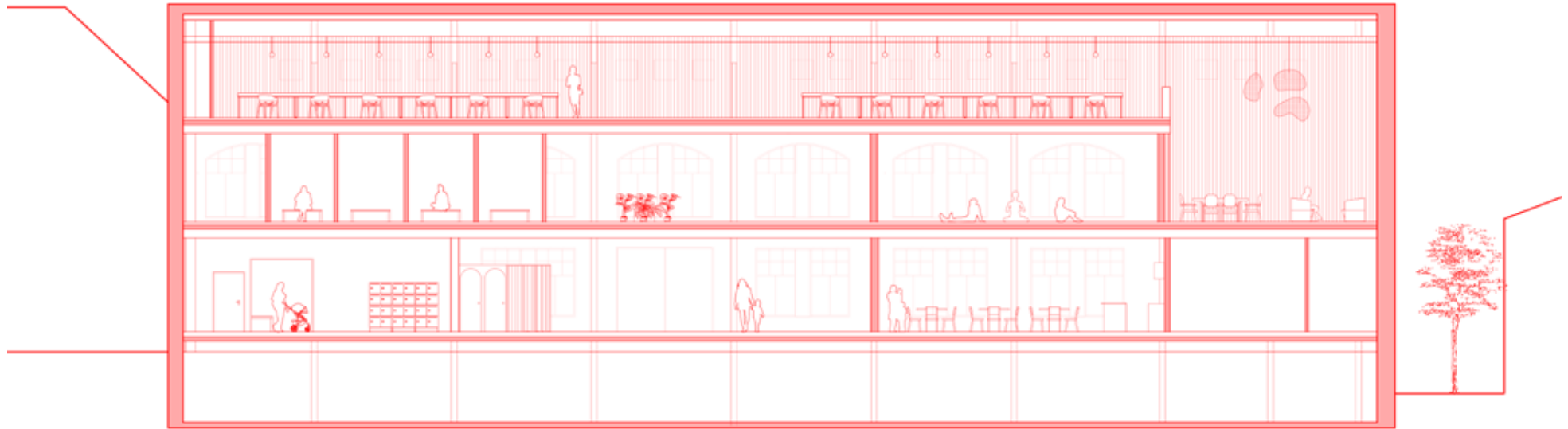


- | | |
|----|------------------|
| 01 | Library |
| 02 | Bean bag seating |
| 03 | Computer suite |
| 04 | Study desks |
| 05 | Upper garden |
| 06 | Fire escape |
| 07 | Planters |

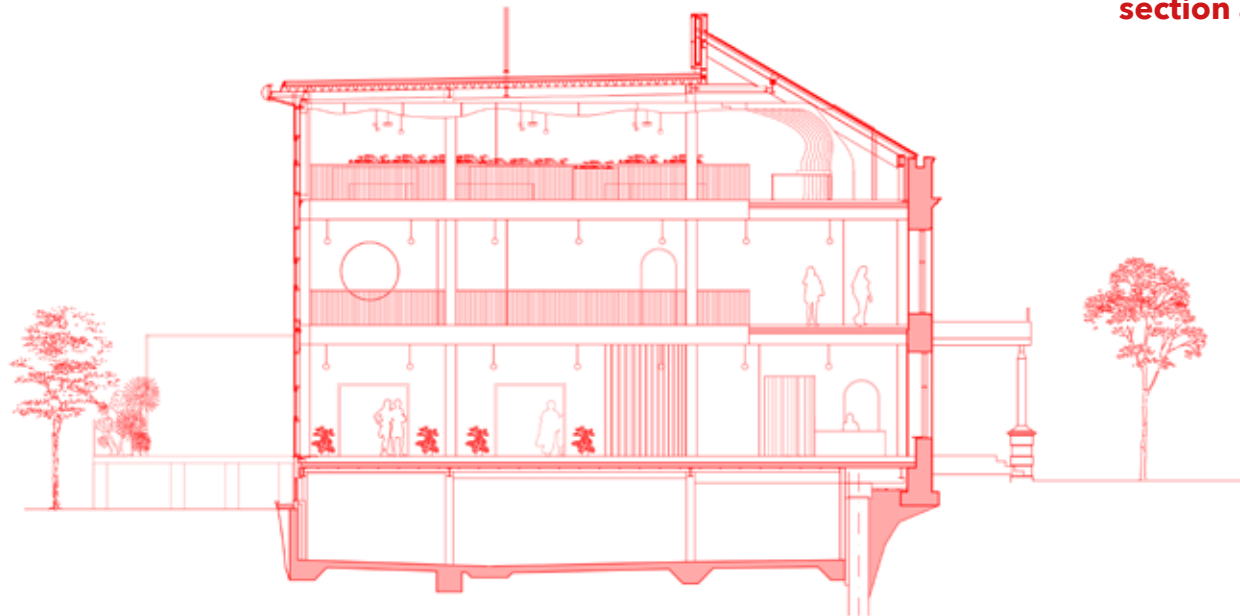
second floor



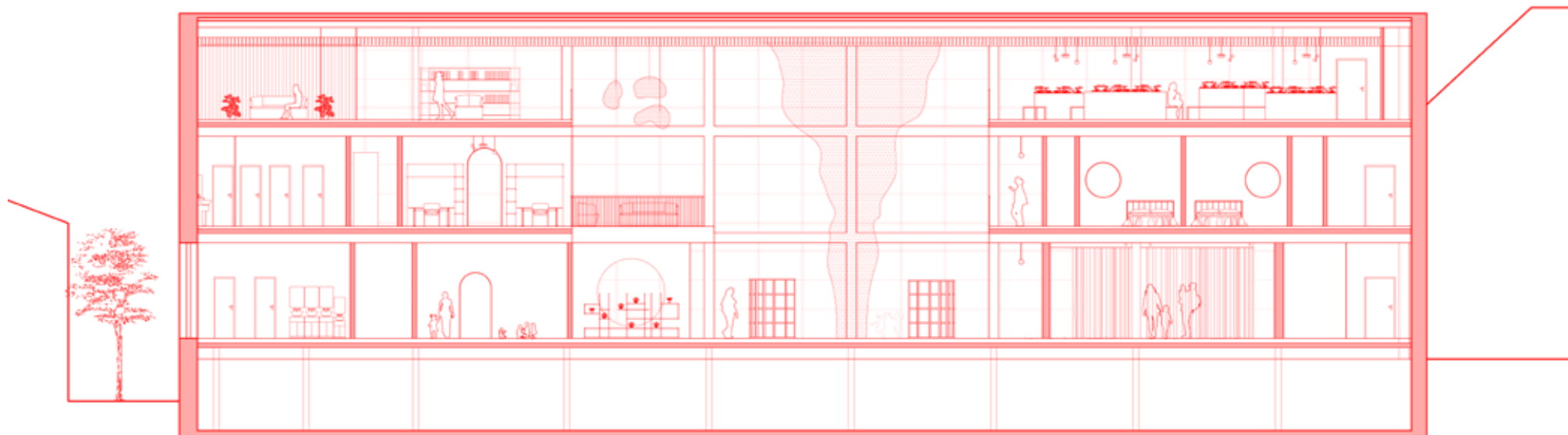




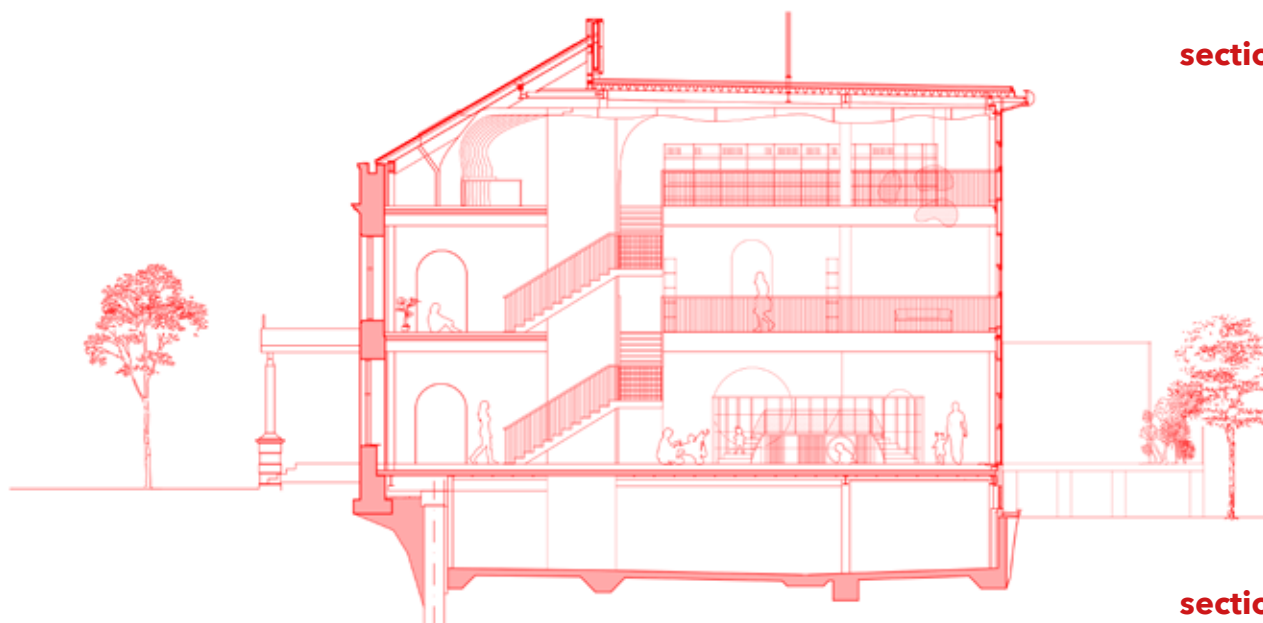
section aa (not to scale)



section bb (not to scale)



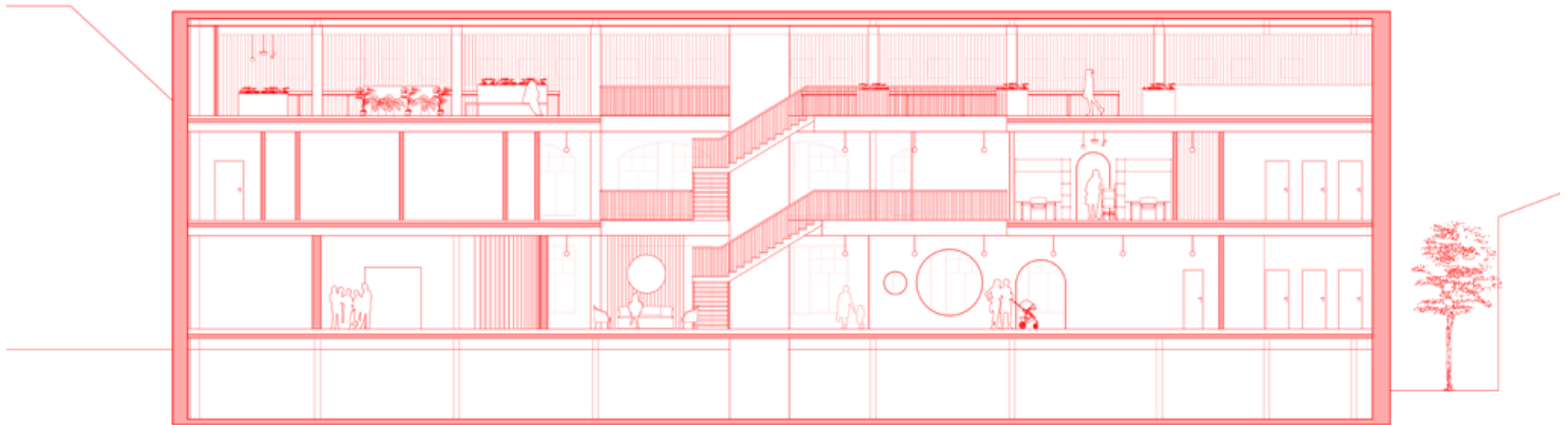
section cc (not to scale)



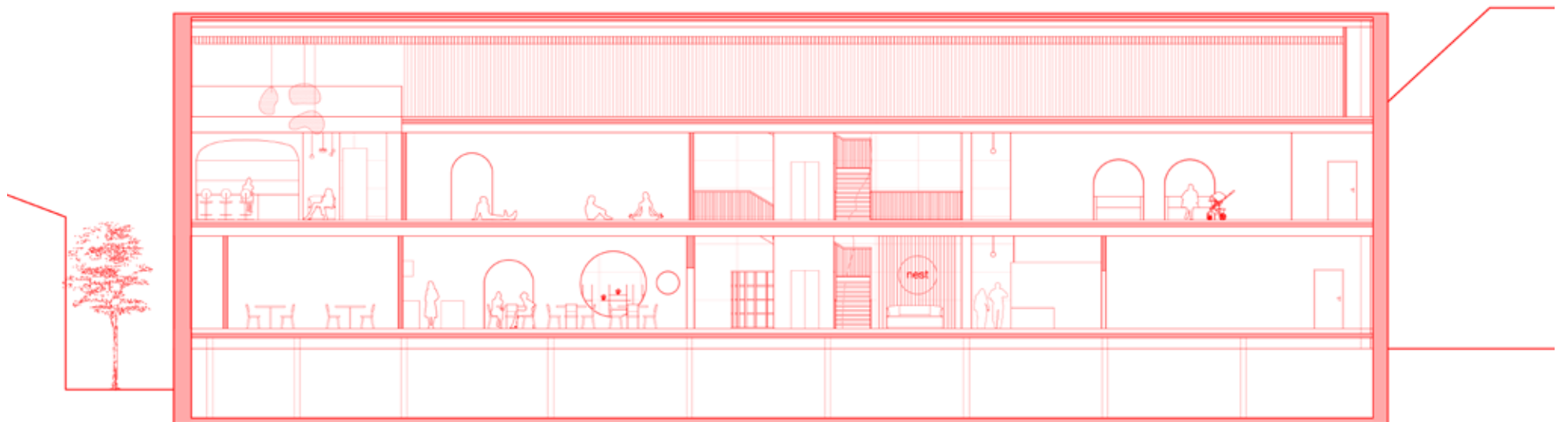
section dd (not to scale)







section ee (not to scale)



section ff (not to scale)



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