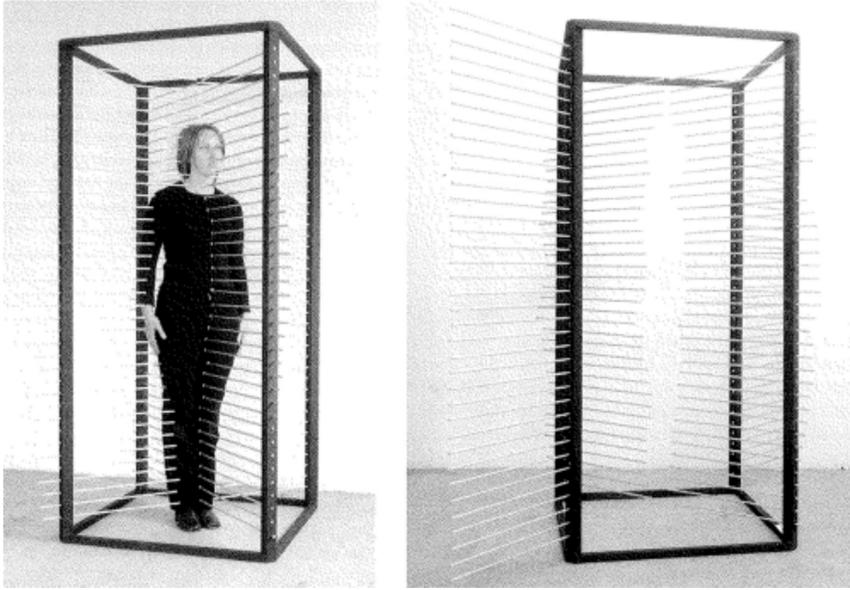


PORTFOLIO

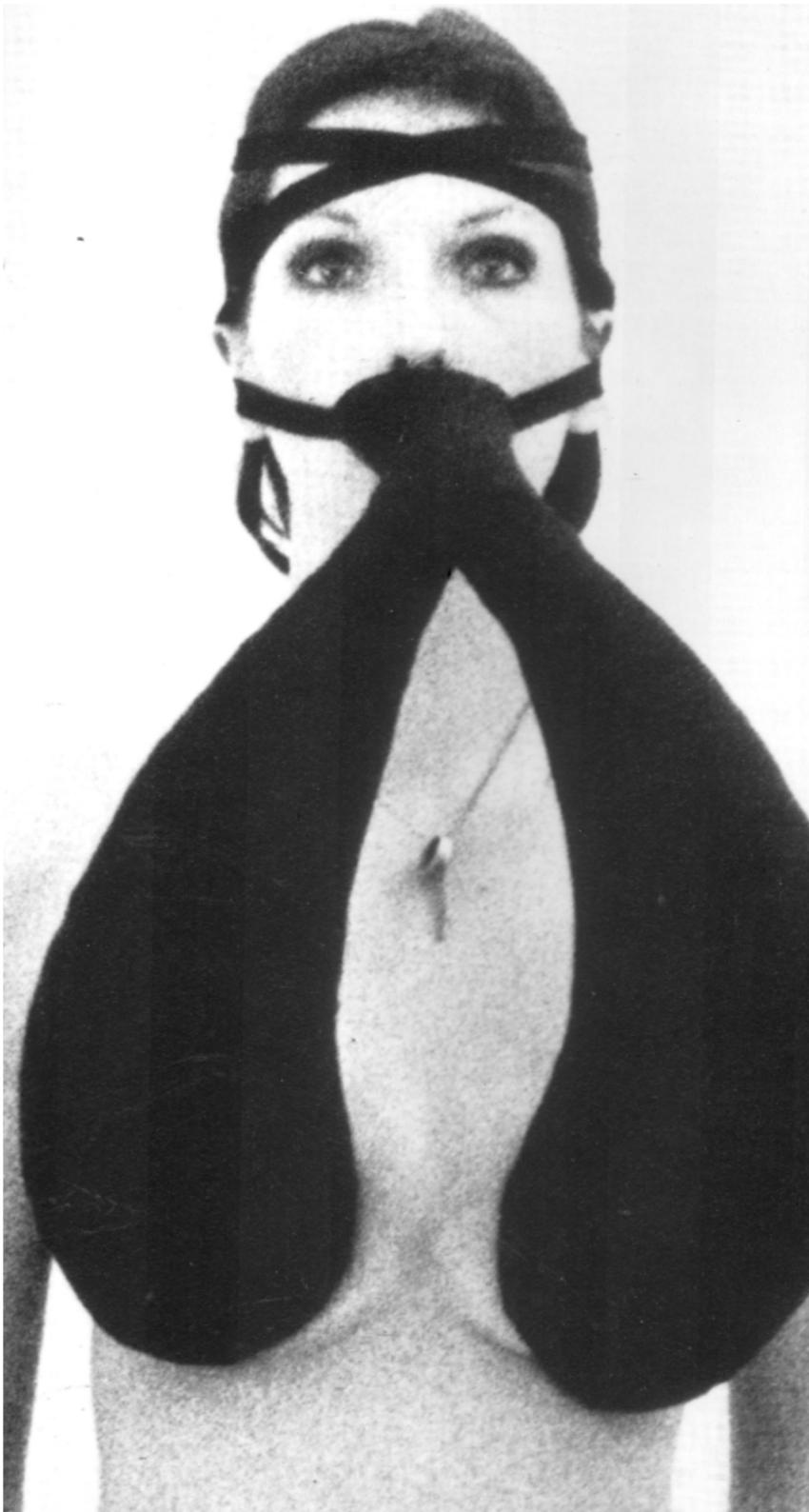
DAVID HAZIZ
13035130
INTERIOR DESIGN
2016/17



Rebecca Horn's 'Measure Box' 1970



Rebecca Horn, Arm Extension



Rebecca Horn: Cornucopia, Séance for Two Breasts, 1970

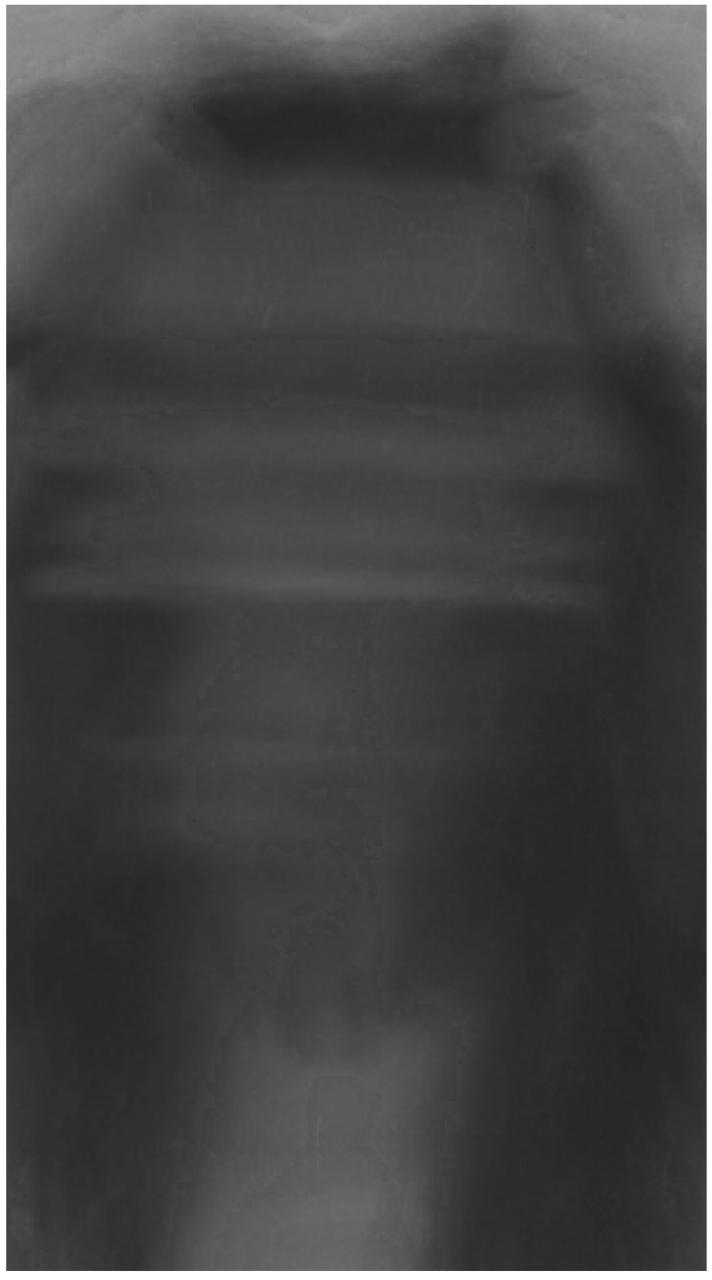


Rebecca Horn: Einhorn, 1970-72

BODY EXTENSION

Tilt your head forward and take a look at your body.
 How do you know that this body belongs to you?
 How do you actually come to perceive this body as part of yourself?
 How our own body can solve mental an/or physical diseases?

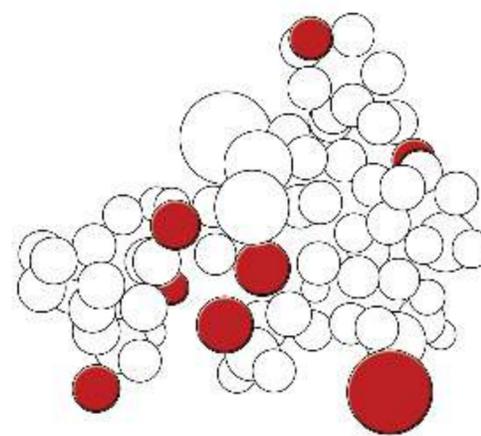
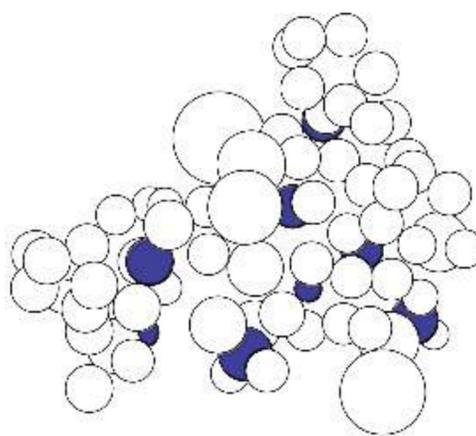
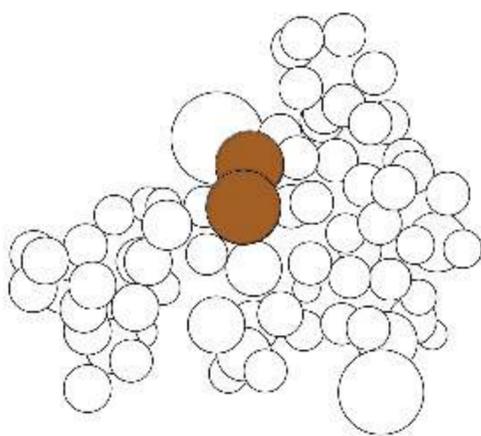
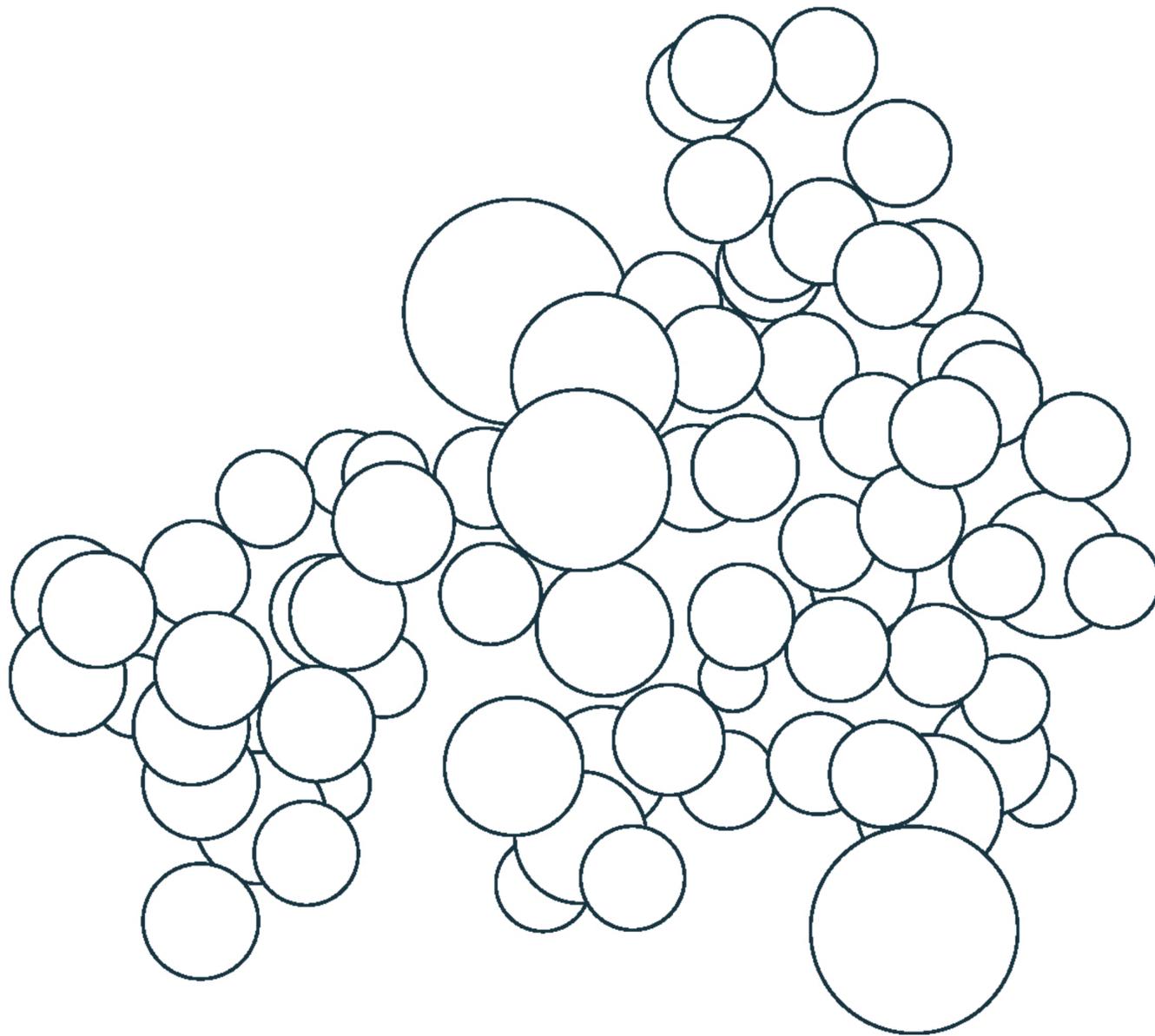
This brief is questioning how the human body perceives space.
 For this brief, I designed a "body extension" device that alters the way
 which the body experience and understand space.



ANXIETY - INSPIRATION IMAGES

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something.

We all know what it's like to feel anxious from time to time. It's common to feel tense, nervous and perhaps fearful at the thought of a stressful event or decision you're facing - especially if it could have a big impact on your life.



HUGS - DNA

There are many ways to reduce anxiety, such as breathing, rest and exercise, but one of the most ancient ways is actually hugs. Hugging increases levels of the "love hormone" oxytocin. This, in turn, may have beneficial effects on your heart health and more.

A 20-second hug, along with 10 minutes of hand-holding, also reduces the harmful physical effects of stress, including its impact on your blood pressure and heart rate.

Hugs are one of the most succinct ways to encourage your body to release oxytocin, which decreases the level of stress hormones your body manufactures and lowers your blood pressure response to anxiety-producing events.



OBJECT IN SPACE: SELF HUGGING COAT

My idea was to create a coat for a person who is dealing with anxiety could wear in case of anxiety attack, in order to demonstrate the act of hugging and reduce stress levels, no matter where the person is at the moment of the attack - either public place or at home.



HOW TO USE

In order to wear the self hugging coat the person need to bring the right hand to the left shoulder, and the left hand in the same way.

Doing so, the person will be able to hug himself in case of an anxiety, and to reduce the stress levels.



MATERIALS

Physical contact and touch with either humans or animals can actually lead to the body producing oxytocin, a hormone that reduces levels of the stress hormone cortisol. Therefore the inner side will be covered with a synthetic fur while the outside will remain coarse, representing the anxiety.

Rubber is quite stretchy and elasticity. In order to attach it to the body, there is the need of a small amount of the material to create a tight circle that will use as the connection part to the body.



Listen to Music You Find Enjoyable

Depending on your mood, the music you listen to may change. You may sometimes want soothing music to help you relax and at other times want more upbeat music to help you improve your outlook on life.



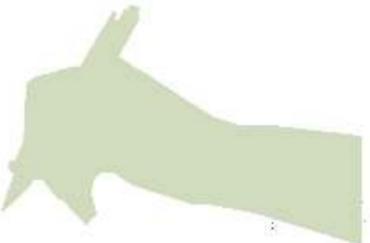
Use Technology

Use your iPod or tablet computer so you can listen to music throughout the day, no matter where you are. You may be waiting for an appointment, stuck in traffic or on your lunch hour at work. Being able to put on headphones, block out the stress around you and listen to music can help relax you.



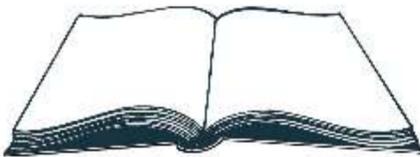
Find local live music performances

Check your local paper or look online for live music performances based on the music you most enjoy.



Write a song

Expressing your emotion through music or through lyrics may be easier than having to speak how you are feeling. Remember, your lyrics or music are for you. You don't need to worry about whether it is "good enough."



Analyze favorite lyrics

Read through the lyrics of your favorite song and analyze why you like the song and why the words are meaningful to you.

5 WAYS TO TREAT ANXIETY WITH MUSIC THERAPY

Listening to music each day can help relieve anxiety and improve overall health.

During stressful moments, we can feel our bodies relax when listening to a song we love. Music therapy uses a trained and licensed professional to create individualized programs, which can include listening to music, playing or singing music or writing and reading music, to improve physical, psychological, cognitive and social functioning. After an initial evaluation, a music therapist works to create a program that addresses individual needs.



Map Scale 1:2000

There are three tube stations near Truman Brewery:

- Aldgate East Station (Hammersmith and City and District lines)
- Whitechapel Underground Station (Hammersmith and City and District lines)
- Shoreditch High Street (London Overground)

Transportation

- Real Taoism
Teaching traditional Taoist Life Arts such as Hun Yuan Tai Chi in order to develop the personal power (chi), enabling to respond skilfully to the challenges of the busy and demanding life.

- The Blithedale Health Centre
In addition to the GPs, this NHS centre offers a wide range of services including: Psychologist and mental health services

- Health E1 Homeless centre
Currently running a daily walk-in clinic, in addition the centre offers a wide range of other services including: Psychologist, Family Planning, Mental Health Clinics and Alcohol Services.

- The Spitafields Practice
- Amrose King Sexual Health Services

Medical Center

- The Bricks Lane Gallery
One of the main projects called "Art in Mind": an exhibition platform offering emerging and established artists the opportunity to showcase their work in a professional art gallery, dealing with mental health issues through art.

- Gallery 50
- Stolen-space Gallery

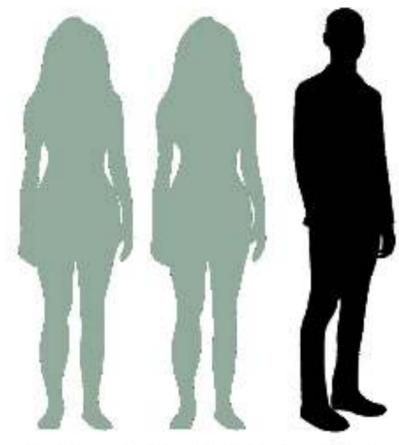
Gallery

- London Metropolitan University
- Christ Church C of E Primary School
- Connex Education London

Education Institution



In 2013, there were **8.2** million cases of anxiety in the UK



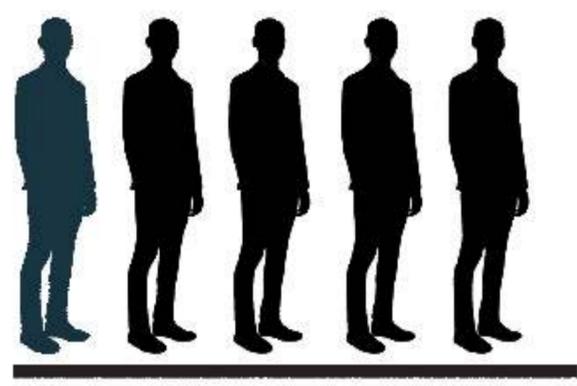
In England women are almost **twice as likely** to be diagnosed with anxiety disorders as men



sick days per year anxiety and depression is costing the UK's economy



20% of students experience mental health difficulties while at university



Almost **one** in five people feel anxious a lot or all the time, while nearly **half** feel more anxious than they used to

1/4

of cases of Generalised Anxiety Disorder occur in the over-50s, but only a third receive treatment

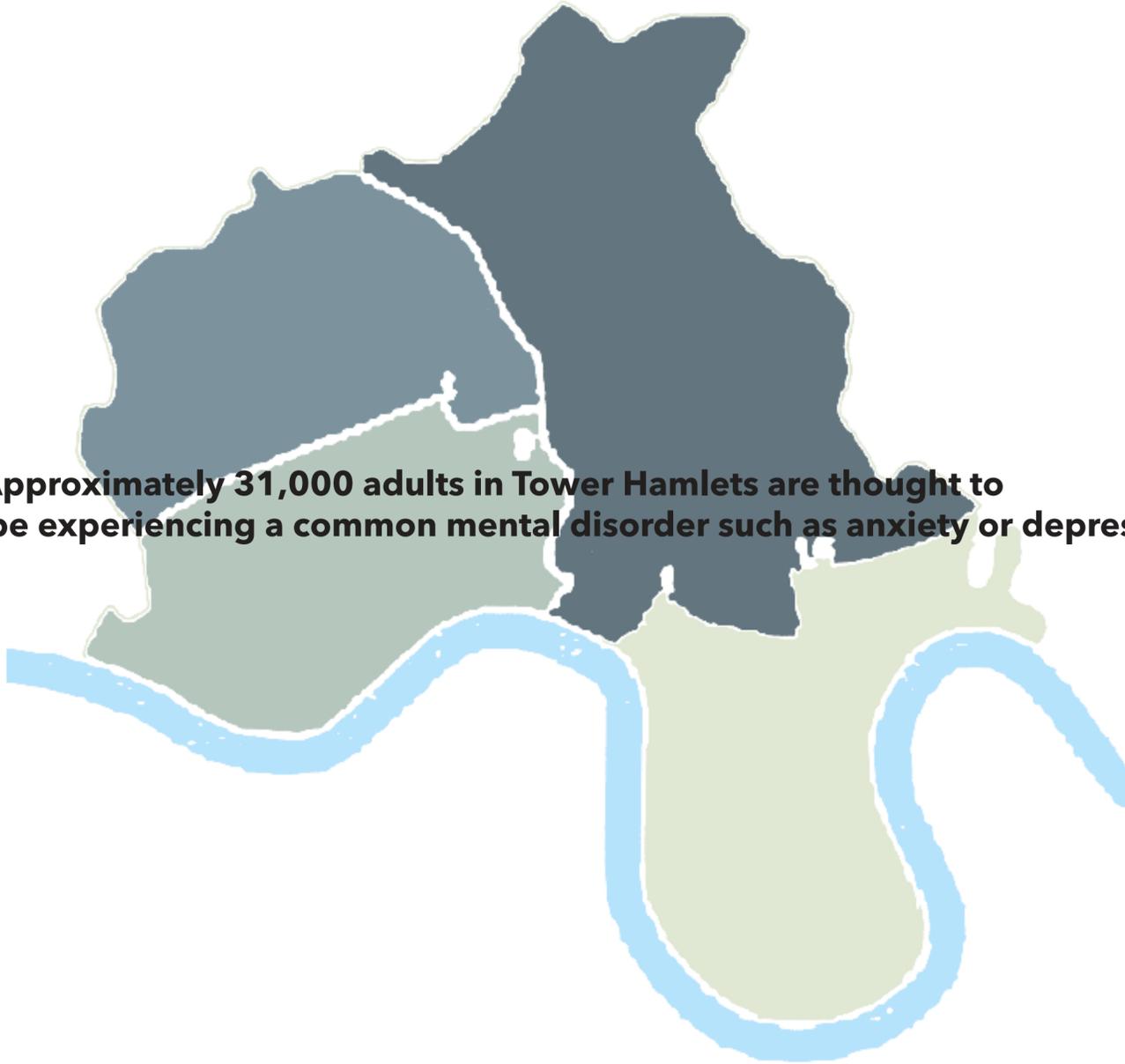


One in eight youngsters between the ages of 10 and 15 reported symptoms of mental ill health

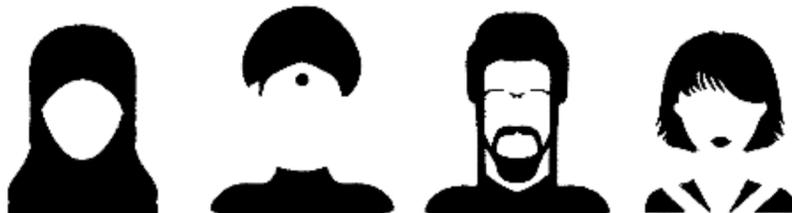


Work related stress, anxiety and depression is costing the UK's economy an estimated **£70-100** billion annually

Approximately 31,000 adults in Tower Hamlets are thought to be experiencing a common mental disorder such as anxiety or depression.



10% of **13-18** year olds in custody suffer from anxiety



Amongst **11-15**-year-old boys, white, black and Indian adolescents showed very similar prevalence rates (around **5%** in each group), whereas Pakistani and Bangladeshi adolescents had a prevalence rate of over **12%** for emotional disorders



Among teenagers, rates of depression and anxiety have increased by **70%** in the past **25** years, particularly since the mid 1980's.



The proportion of 15/16 year olds reporting that they frequently feel anxious or depressed has doubled in the last 30 years, from **1 in 30** to **2 in 30** for boys and **1 in 10** to **2 in 10** for girls.



Charlie Claydon | London

"Being anxious and depressed so often weakened my confidence, and caused me an unmanageable amount of stress. Later in life, as my mental health decreased further, I began to feel disconnected from loved ones and found myself (despite the reality) feeling very alone. With a lot of hard work and determination, I finally found ways that I could start working positively with my mental health; I found the methods that worked for me. This was partly thanks to someone who had shared their lived experience online; and I have never forgotten how a complete stranger saved me by sharing their story."



Manny | London

I had seen the same GP for about 15 years and she could tell something wasn't right with me, I wasn't sleeping and was in constant pain, I put that down to my back. After a long chat and completing what looked like a questionnaire about my mood; she told me I had clinical depression and generalised anxiety disorder. I've accepted that anxiety is something that will always be with me, but at least I'm learning to cope with it.



Hannah Rushbrooke | Suffolk

"Aged 14 I was diagnosed with Anorexia Nervosa. Alongside this Eating Disorder, I struggled with Depression and although not professionally diagnosed. My recovery was not an overnight thing. I was incredibly fortunate that my doctor intervened quickly and I was referred to CAMHS (Child and Adolescent Mental Health Service). I had individual therapy, I was devised a food plan to follow, I had family therapy, I was weighed weekly, I gained weight. It wasn't an easy road though. There were major bumps in the road. If you know someone suffering, just be there. one of the loneliest places you can be is in your own mind."



Jake Tarvis | Brighton

"Come the start of 2015, my long-term relationship of 6 and a half years with my partner ended. It opened up the door to all repressed memories and emotions that had hidden under the surface. May 2015 I went to Occupational health at work, and through rigorous risk assessments I was re-diagnosed with severe anxiety and depression. Following advice and support I was then chosen for Cognitive Behavioural Therapy, a service that helped a lot and finally showed signs of possible improvements. asking for help is not giving in to weakness, because it's the strongest and bravest thing you can do."



THE OLD TRUMAN BREWERY - F BLOCK



MATERIALITY

Truman's Brewery was a large East London brewery and one of the largest brewers in the world at the end of the 19th century. Founded around 1666, the Black Eagle Brewery was established on a plot of land next to what is now Brick Lane in London, E1. Built after the Great London Fire in 1666, The new building was built with mainly bricks and stones. Nowadays it is also supported by concrete and metal columns.

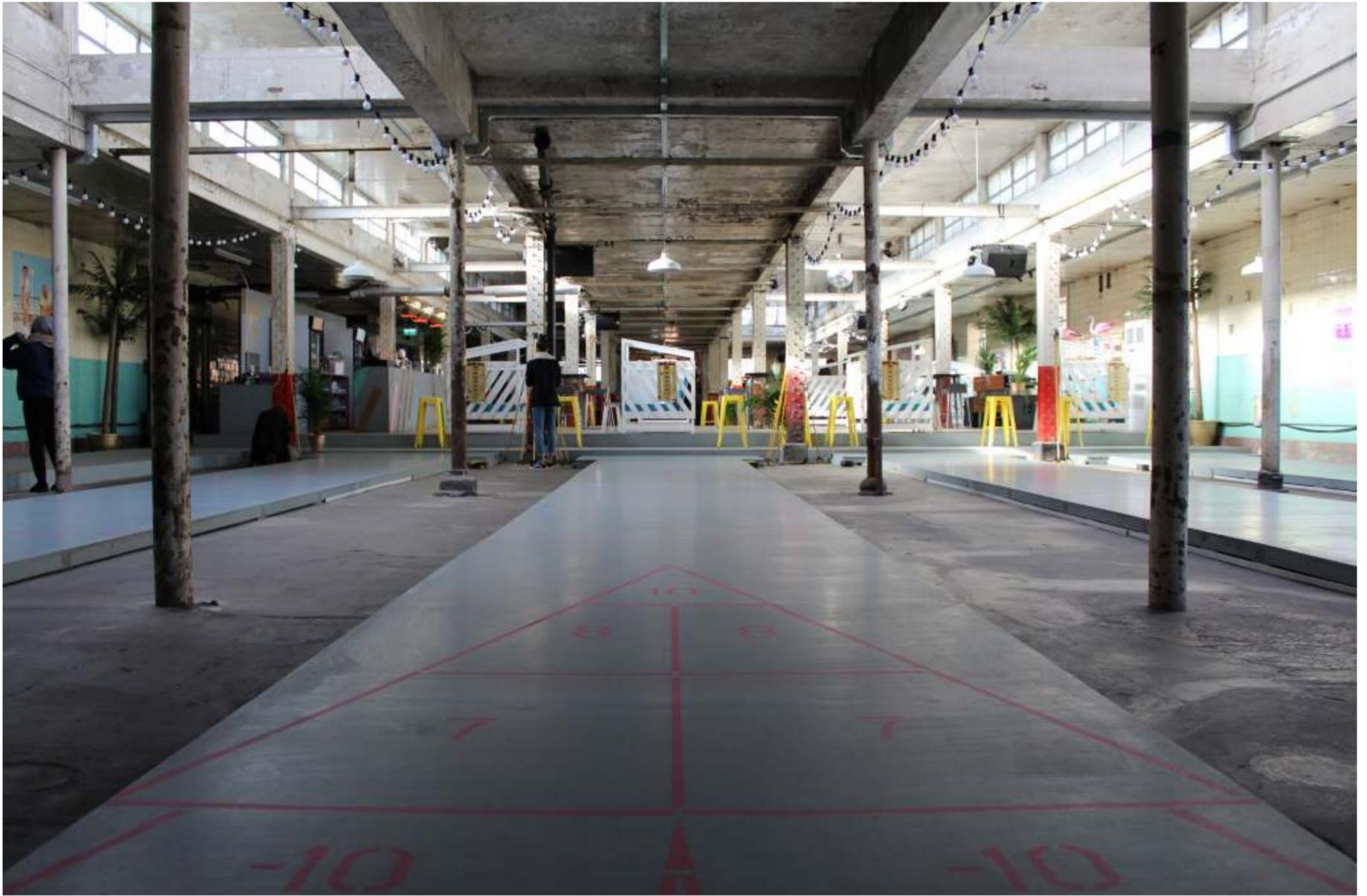


CAPACITY

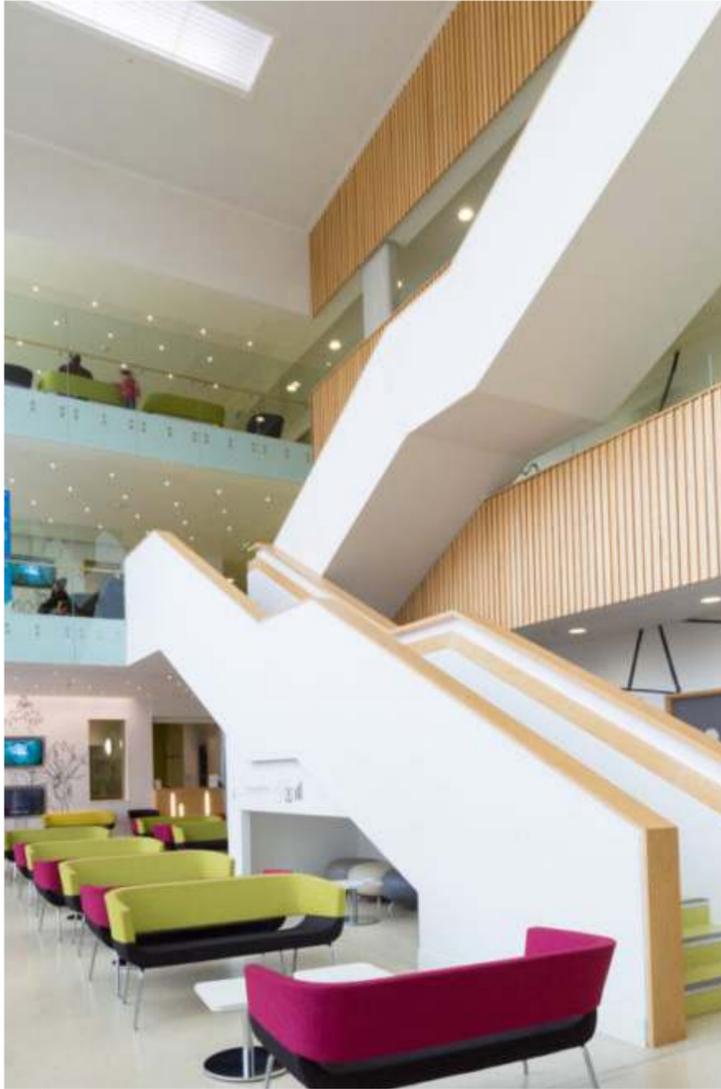
During most of the week days, the Old Truman Brewery area is full of life, thanks to the amount of shops and restaurants around it. Busy Brick Lane and Spitafields market attract many locals and tourist. In the weekend there are many food and clothes markets as well, free street performance and more.



INTERNAL PHOTOGRAPHIC SURVEY - POSITIVE ELEMENTS



INTERNAL PHOTOGRAPHIC SURVEY - NEGATIVE ELEMENTS



CASE STUDY - LIBERTY BRIDGE ROAD PRACTICE

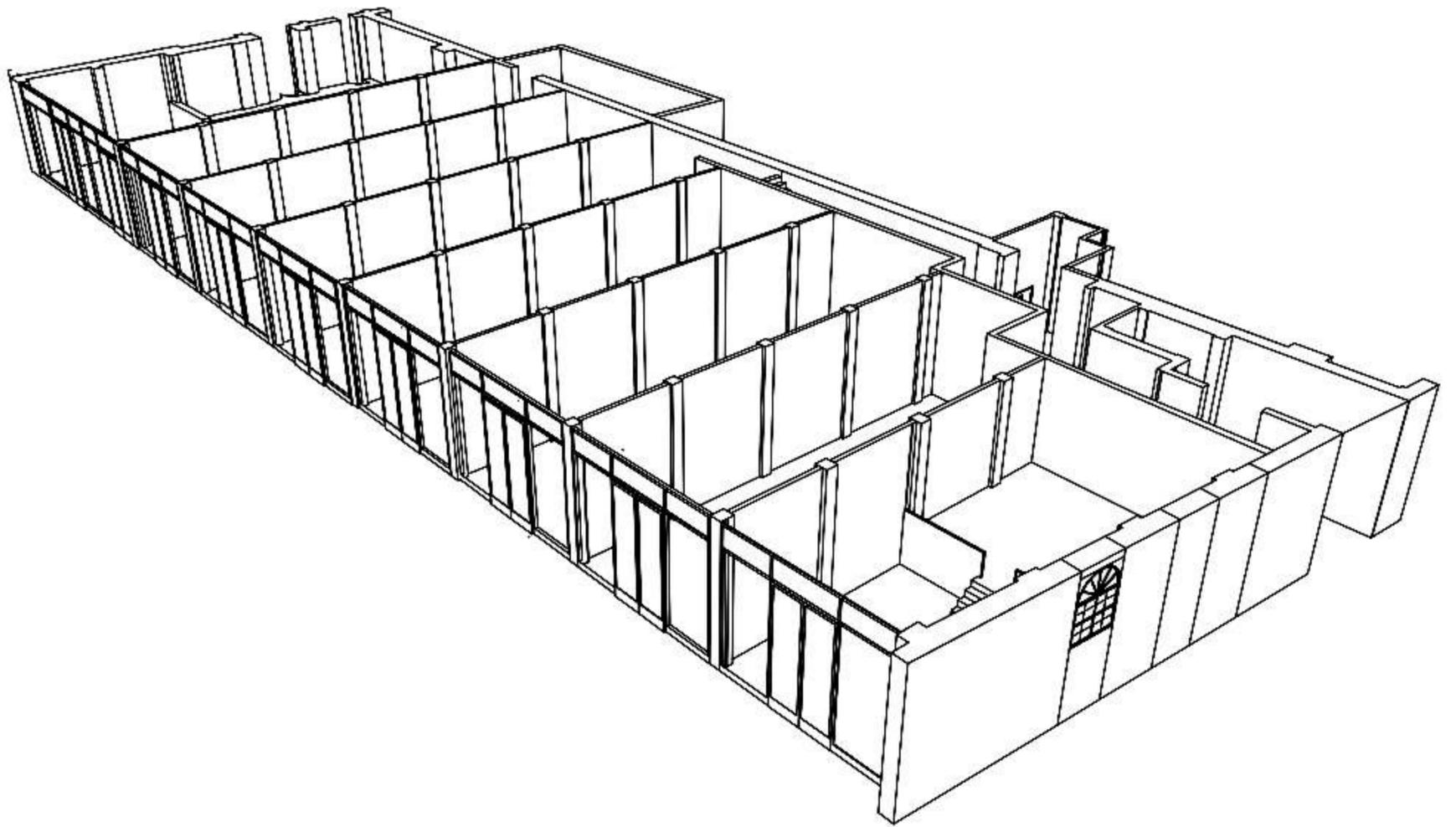
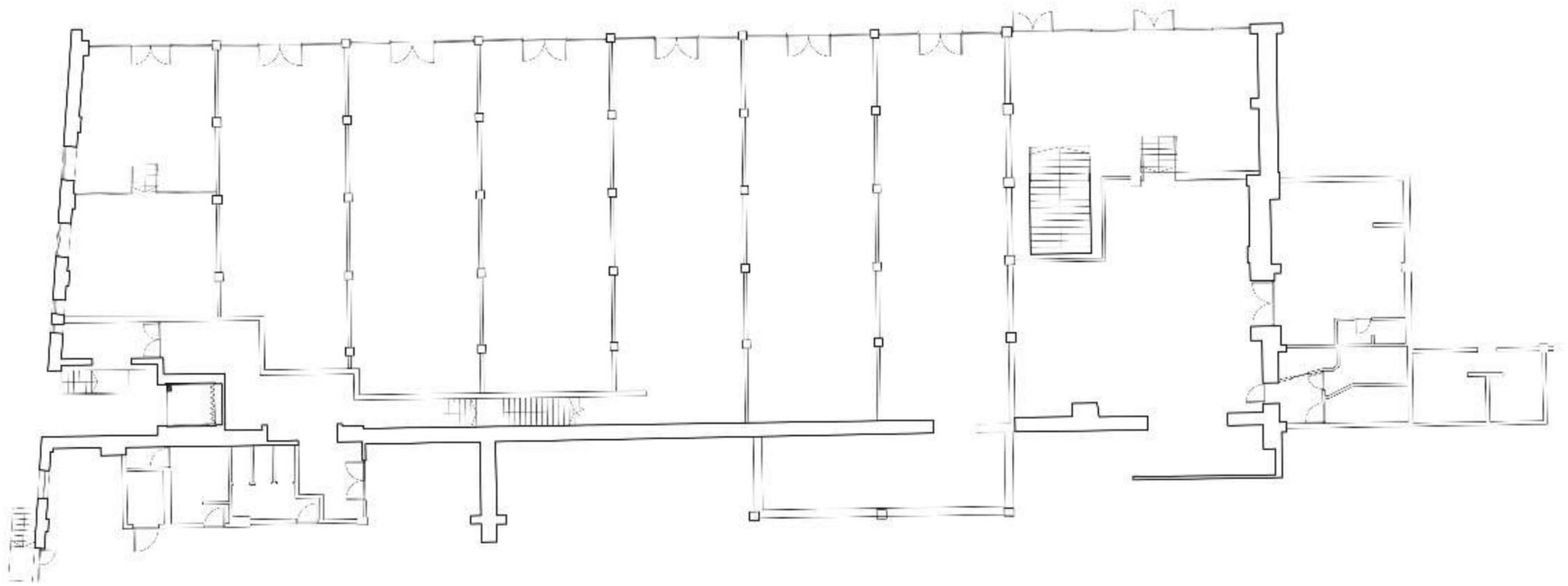
Liberty Bridge Road Practice is a new GP surgery in the Sir Ludwig Guttman Health and Wellbeing Centre, developed specially for East London residents. The Centre was originally used for athletes and visitors during the London 2012 Olympic and Paralympic Games, and therefore it is one of the newest and most modern clinics in London which bring a new approach to design for health centres.

F BLOCK, THE OLD TRUMAN BREWERY

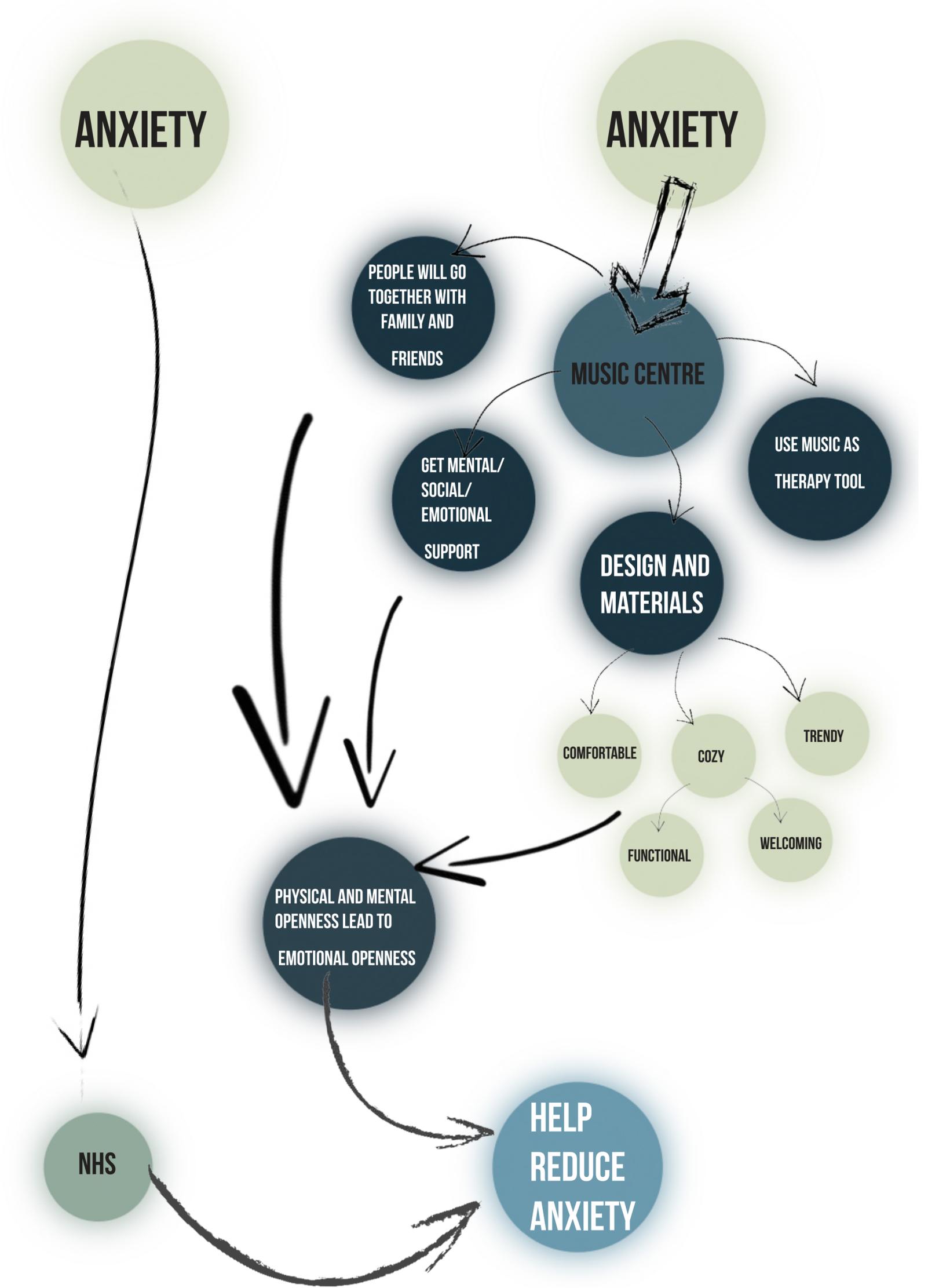


BRICK LANE

HANBURY STREET



EXISTING DRAWINGS LEVEL 00 - SCALE 1:100



CONCEPT DEVELOPING DIAGRAM

What is music therapy?

Music therapy is an effective complimentary treatment for many conditions, especially anxiety and depression. Certified music therapists are trained to use music to help clients with all aspects of health, including psychological and physical wellbeing. Activities often include listening to, performing, improvising, or composing music, either alone, in a group, or alongside the therapist. Music can also be combined with other modalities such as movement, art, or imagery.

One of the most effective uses of music therapy is in finding natural anxiety relief. Research shows that music can positively influence regions of the brain that manage anxiety and stress, with music therapy able to significantly lower anxiety levels.



WELCOME NOTES

Bringing comfort, solidarity and hope to war refugees through music.

As refugees arrive in increasing numbers in the Netherlands, Musicians without Borders is building a program of support and solidarity. Our trainers and workshop leaders use the power of music to engage people living in emergency reception centers, building trust and connection among refugees, as well as with the local communities in which they are now located. The project in the Netherlands is a first step in a wider program to create connections between local musicians and refugees throughout Europe.

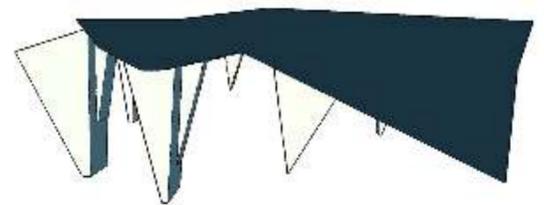
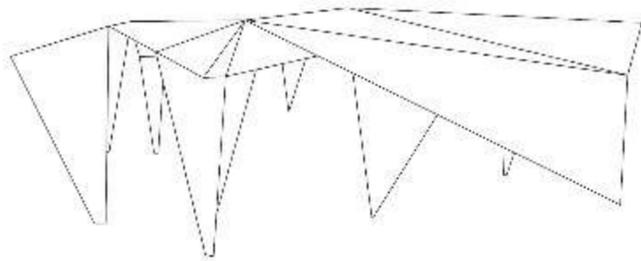
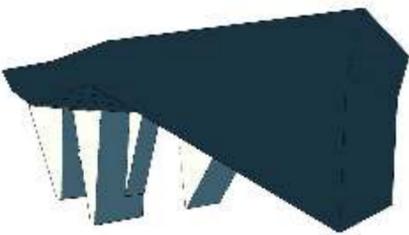


FROM WOMAN TO WOMAN

From Woman to Woman uses music to support the healing process of women who were victims of war and/or domestic violence in Bosnia-Herzegovina.

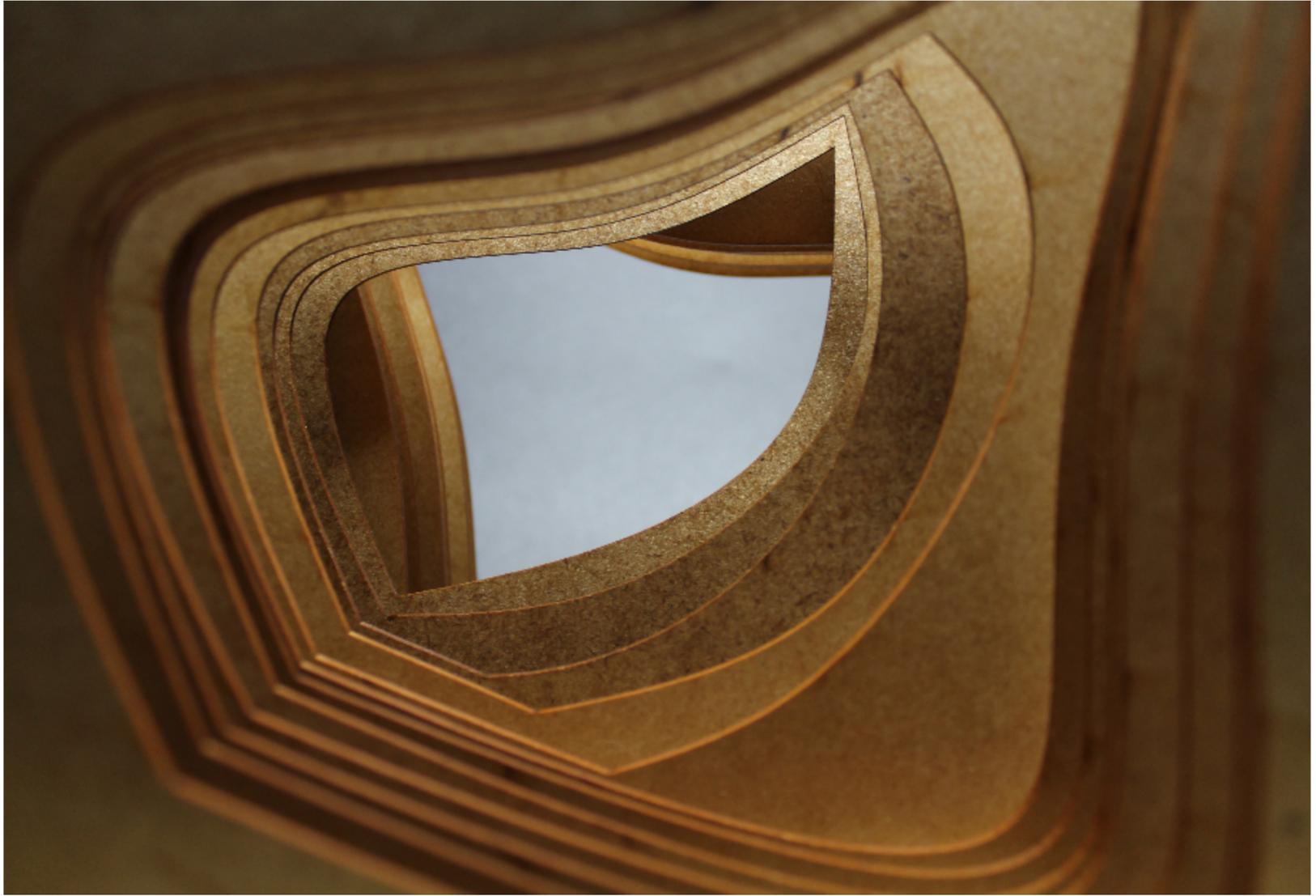
The 1995 genocide in Srebrenica left thousands of women alone and grieving for their men and boys. Many were themselves victims of (sexual) violence, displacement and other traumatic experiences. From Woman to Woman will produce a pool of trained local workshop leaders to lead music and dance workshops and activities with women who are still haunted by traumatic experiences of violence, dislocation and loss of loved ones during the ethnic 'cleansing' especially in the Srebrenica region.

CASE STUDY - MUSIC THERAPY



TEST MODELLING

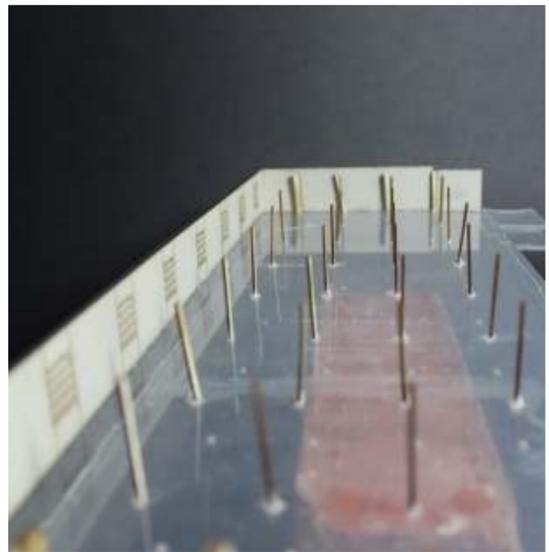
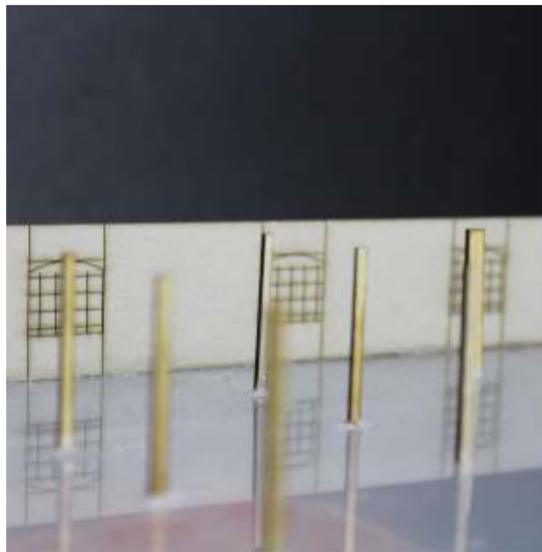
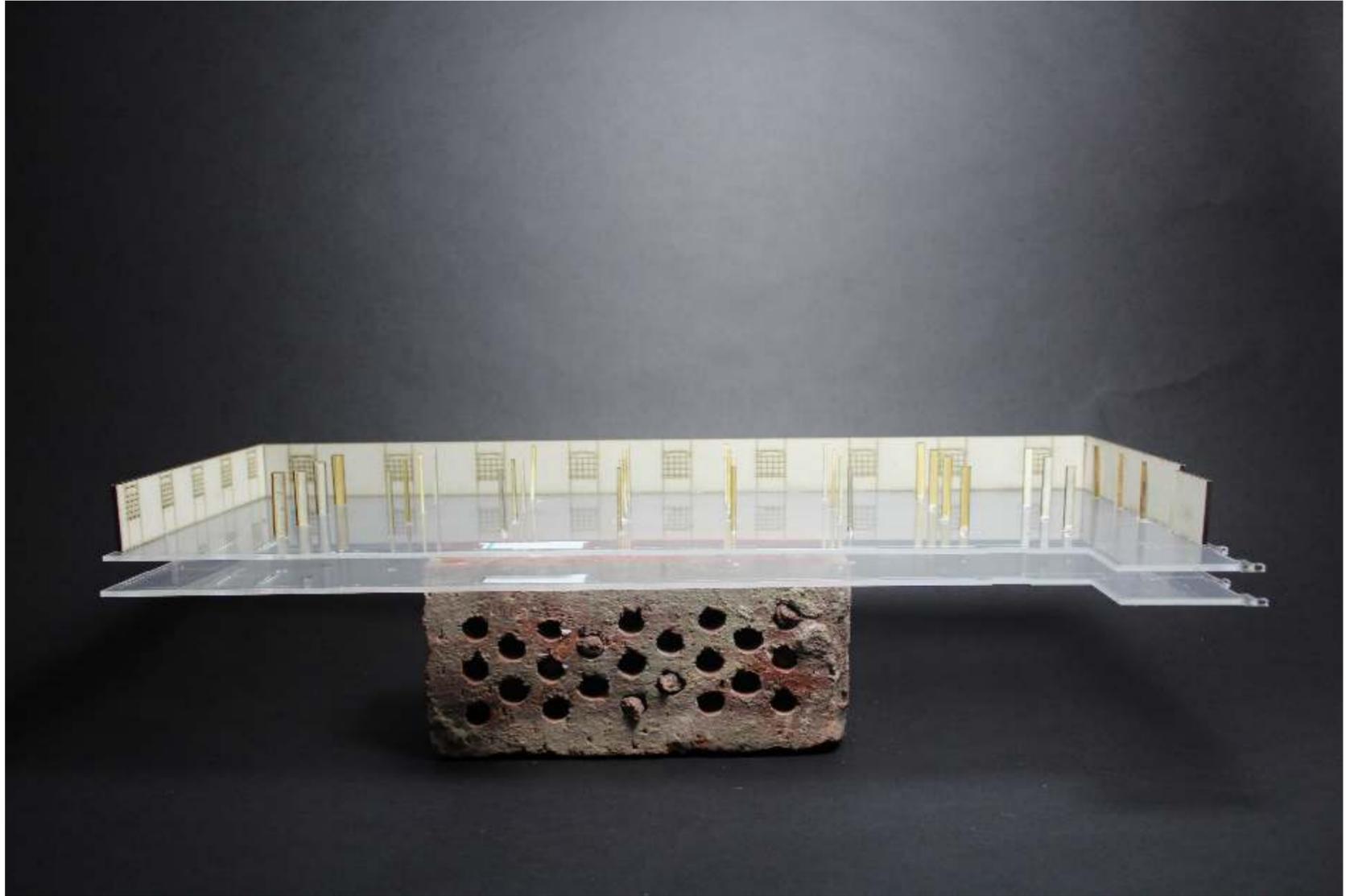
This visual shows a design idea of an installation in the space that involves water and plants - an example for an element of nature within the space to help reduce stress levels and create a more calming atmosphere.



SKETCH MODEL - FOLLY

In architecture, a folly is a building constructed primarily for decoration, but suggesting through its appearance some other purpose, or of such extravagant appearance that it transcends the range of garden ornaments usually associated with the class of buildings to which it belongs.

I created this folly (scale 1:50) to investigate how can I not only manipulate the space by adding pieces of furniture and installations, but also in order to create a private zone (personal space) where people will be able to enter, lay down and do any activity they would like, for example, talk, eat, rest, or have a quiet space for themselves - as silence and dark environment helps to reduce stress levels in case of a panic or anxiety attack.

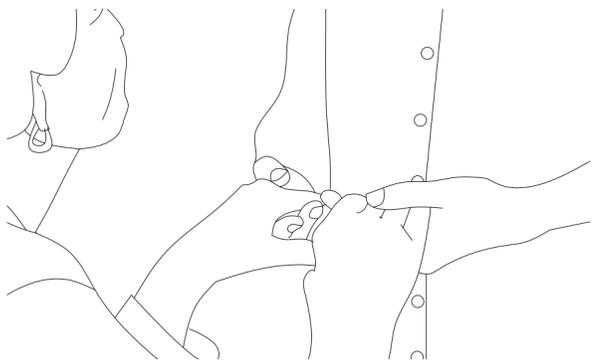


BUILDING MODEL - FLOORS 01, 02

I created this model (scale 1:100) in order to understand the space. I used Acrylic for the floor and MDF for the columns as my materials, and I based the model on a brick I took from the site.

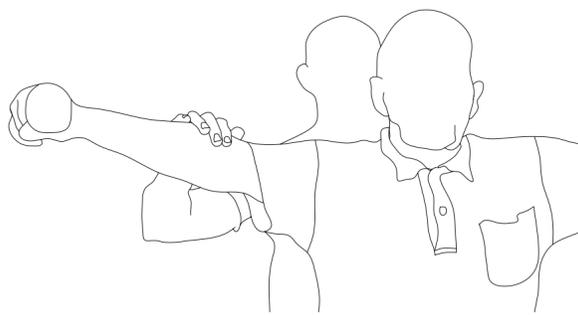
maggie's

MAGGIE'S PROVIDES FREE PRACTICAL, EMOTIONAL AND SOCIAL SUPPORT TO PEOPLE WITH CANCER AND THEIR FAMILY AND FRIENDS, FOLLOWING THE IDEAS ABOUT CANCER CARE ORIGINALLY LAID OUT BY MAGGIE KESWICK JENCKS.



PRACTICAL SUPPORT

Managing stress, exercise, eating well, professional support stuff, support for young people



SOCIAL SUPPORT

Gardening groups, kitchen table, group support



EMOTIONAL SUPPORT

expressing art, creative writing



CASE STUDY - MAGGIE'S CENTRE

Built in 2008, this bright orange building protectively shields its visitors from the bustling city streets and hospital that surround it, offering a calm oasis in the centre of West London to offer our programme of support.

The idea was to try to minimise the overbearing impact of Charing Cross Hospital. The roof, the landscaping, the hearth inside, the views out, each was to take you away from the hospital and the bustle of the road."

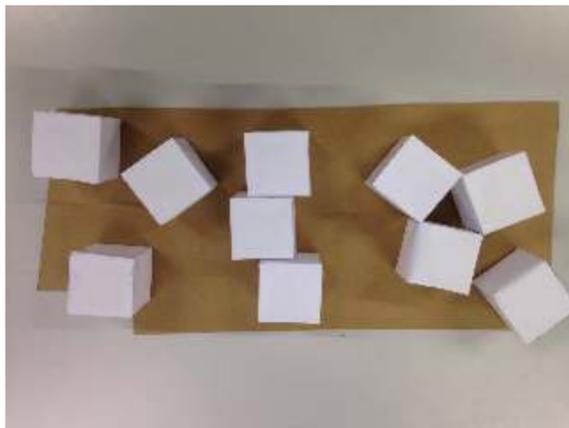
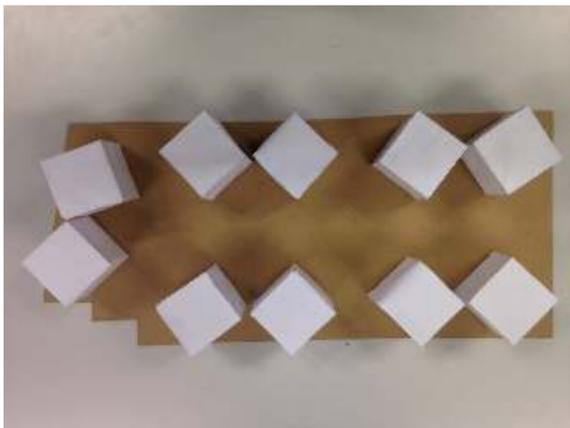
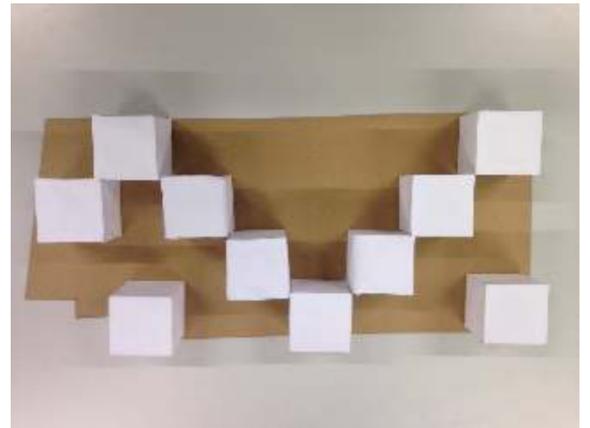
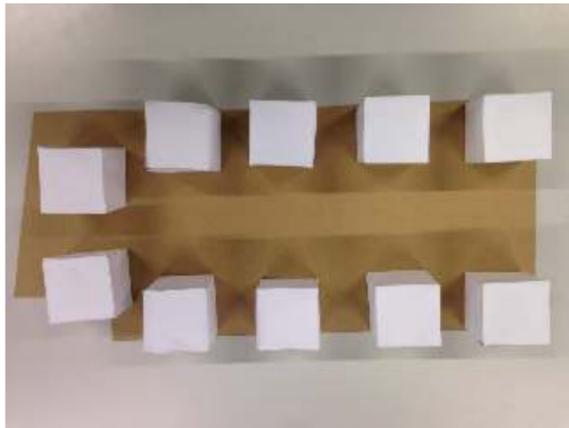
The Centre is situated within a series of courtyards and a garden that gently guides people into the Centre from the hospital.



CASE STUDY - ABERRANT ARCHITECTURE'S TRAVELING THEATER

The Tiny Travelling Theatre was inspired by contemporary accounts of the music club started by Clerkenwell resident and coal salesman Thomas Britton in 1678, which took place inside the miniature concert hall that he built above his coal-shed home.

The room is illuminated by a system of circular openings cut from the roof and decorated by coal scuttles stacked around each skylight. Due to the limited interior space of the structure only a very small audience may witness the performance, creating a particularly intimate concert-going experience. For those experiencing 'tiny travelling theatre' performances from the exterior, the architects have equipped the traveling theatre with a chain-lowered table for a relaxed, café-like environment.



ADJACENCIES TEST

Testing optional layout of the micro-space cubes in the ground floor.

Y O G A

P L A Y I N G
A N
I N S T R U M E N T

P L A Y I N G
A N
I N S T R U M E N T

P L A Y I N G
A N
I N S T R U M E N T

W R I T I N G

K A R A O K E

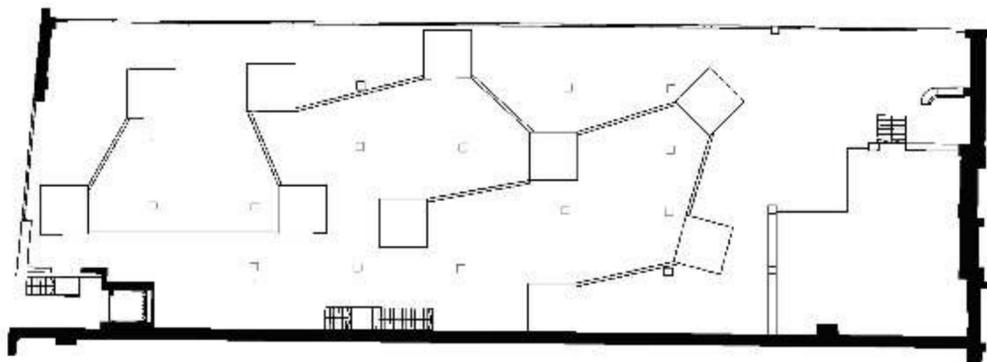
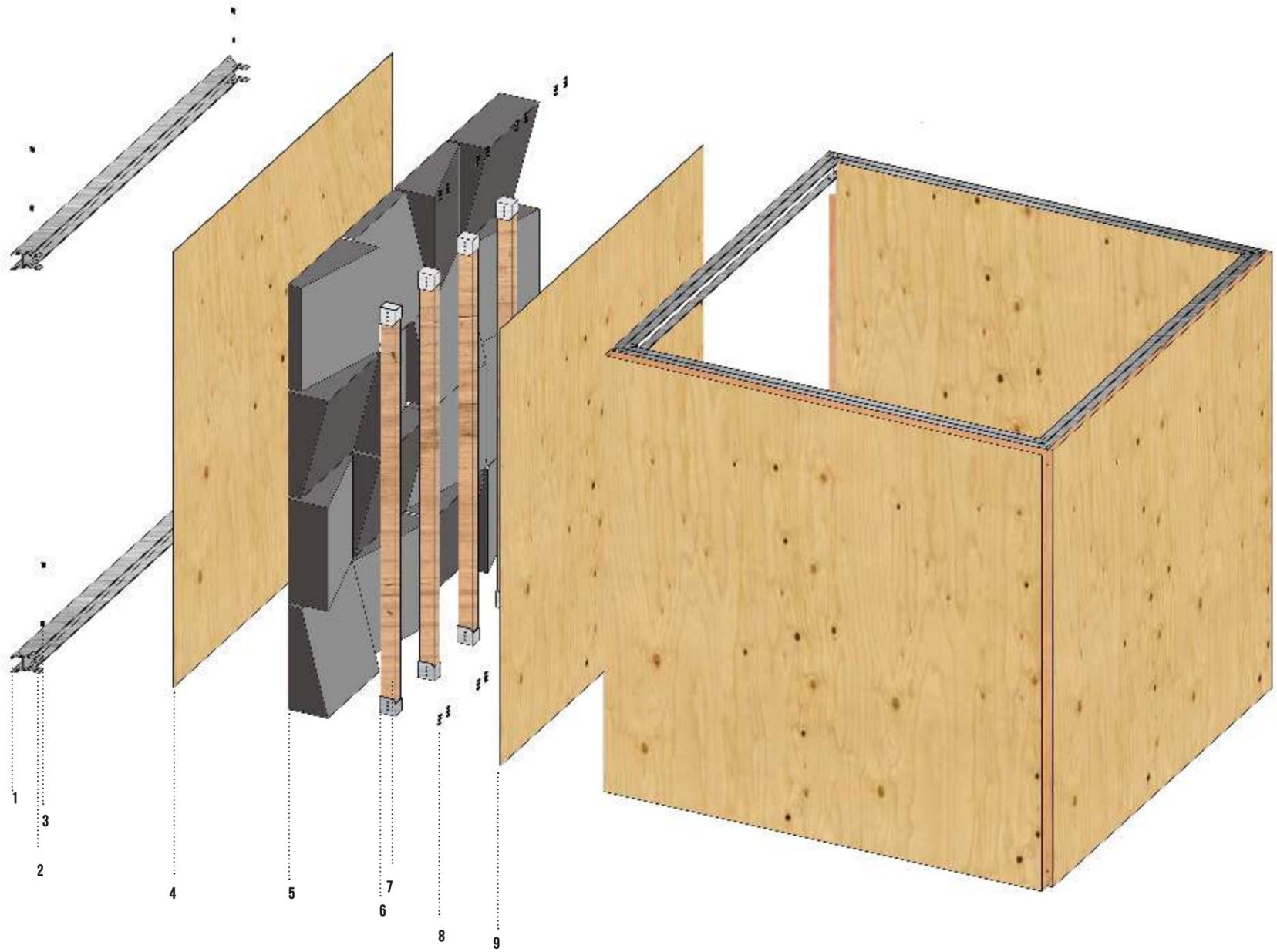
R E L A X
C U B E

R E L A X
C U B E

R E L A X
C U B E

S H A R I N G
C U B E

CUBE LAYOUT



MICRO SPACE STRUCTURE - OPTIONAL

1. RSJ steel Beam
2. Engineers Square
3. Bolt M8 x 25 mm
4. 3MM Ply wall
5. Acoustic Foam
6. 46mm x 48mm Joist Hangers
7. 32mm Ply structure
8. Bolt M8 x 110 mm
9. 3MM Ply wall

This is a cube structure design option together with a first floor design concept.



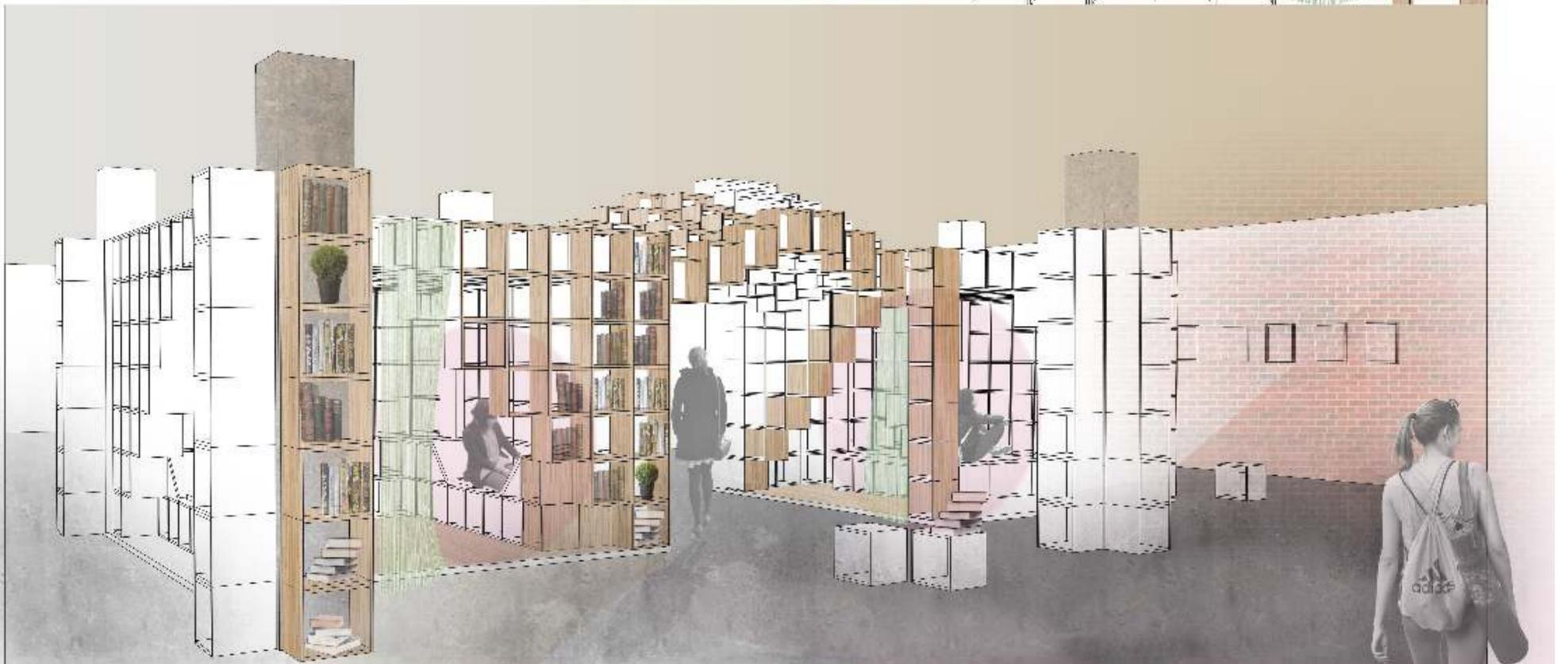
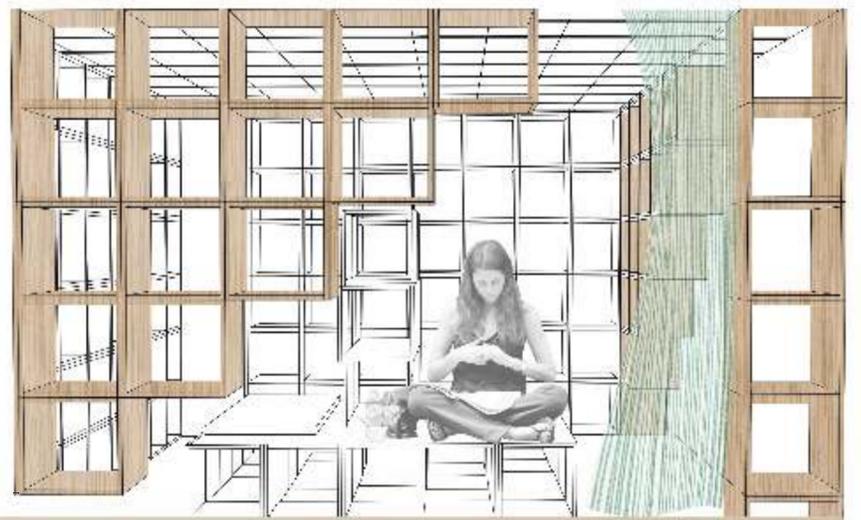
VISUAL - GARDEN CUBES



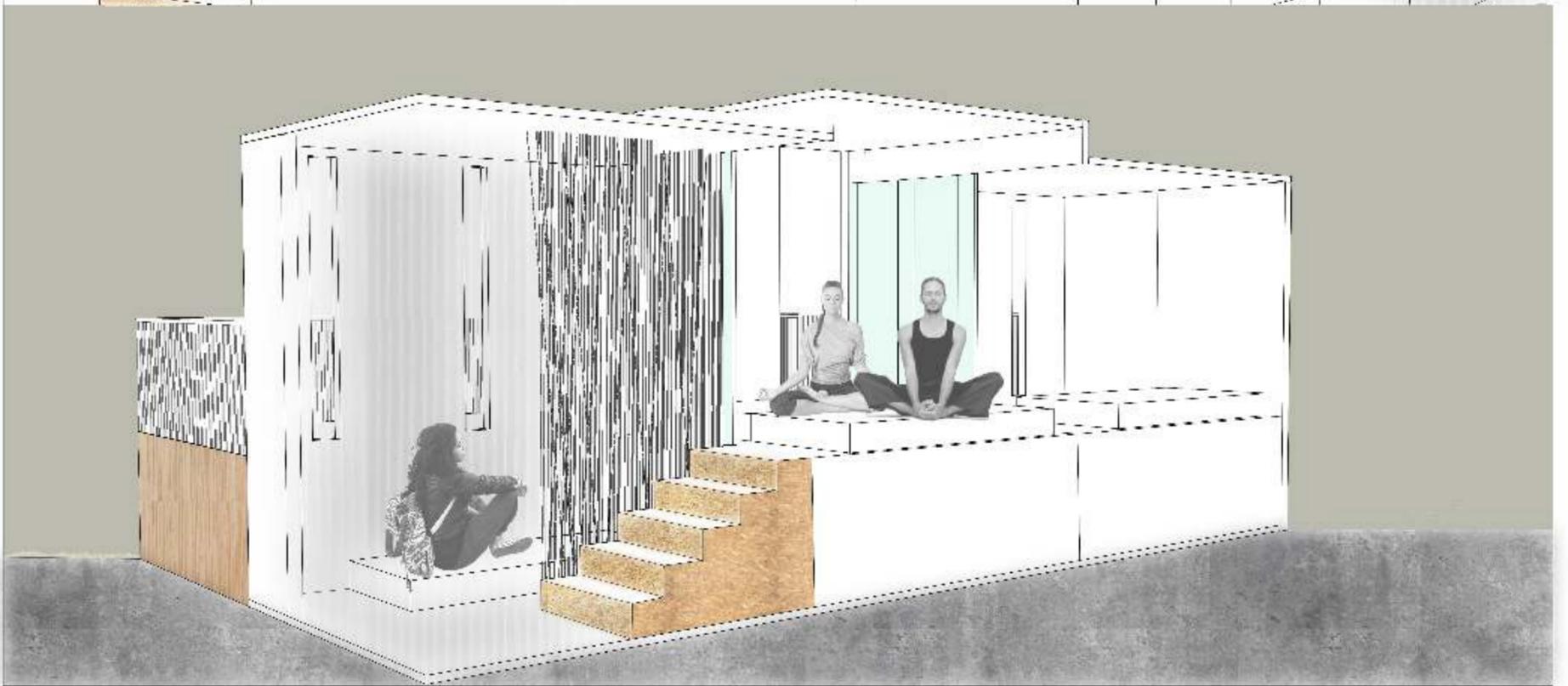
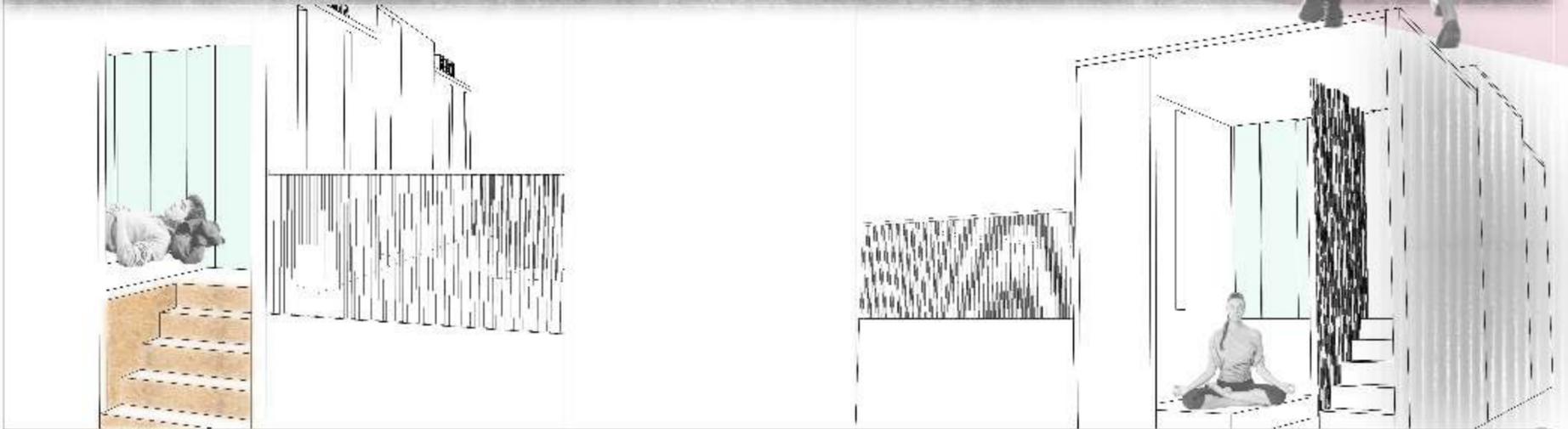
VISUAL - CAFE CUBES



VISUAL - KARAOKE CUBES



VISUAL - LIBRARY CUBES



VISUAL - RELAXATION CUBES