

RISING ROOTS

MOTHERCARE

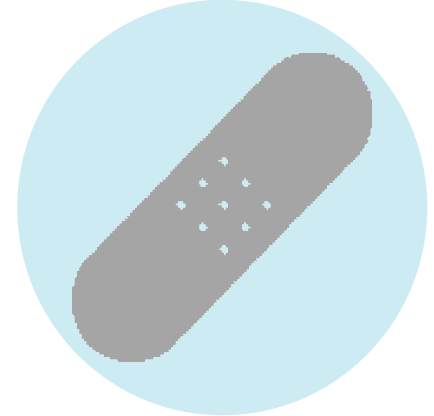
Introduction

This project addresses the urgent need for supportive, in-person care for women experiencing postpartum depression (PPD)—a long-term mental health condition that can deeply impact emotional and physical well-being after child-birth. Often misunderstood as “baby blues,” PPD is more severe and enduring, requiring dedicated environments for healing. This design proposal responds to that need by creating a nurturing, inclusive space that blends therapeutic support with architectural sensitivity.

Vision

The vision for Rising Roots is to create a warm, welcoming, and restorative environment where women can seek specialised support for postpartum depression in a setting that prioritises comfort, care, and community. This centre will offer spaces where women can stay for extended periods, allowing them the time and support needed for meaningful recovery. Integrated nursery facilities will provide safe and nurturing care for babies and young children, giving mothers the opportunity to rest, heal, and participate in therapies or workshops without the constant demands of caregiving. The design aims not only to improve women’s mental and physical health but also to empower them with tools to confidently balance the emotional and practical challenges of early motherhood. Through thoughtfully zoned spaces, biophilic design, and a supportive atmosphere, Rising Roots will be more than a facility; it will be a sanctuary where mothers feel understood, supported, and strengthened as they navigate their journey toward recovery and renewal.

Symptoms



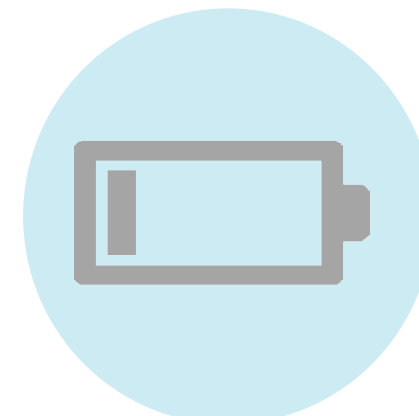
Lack of enjoyment in the world



Sadness



Difficulty sleeping



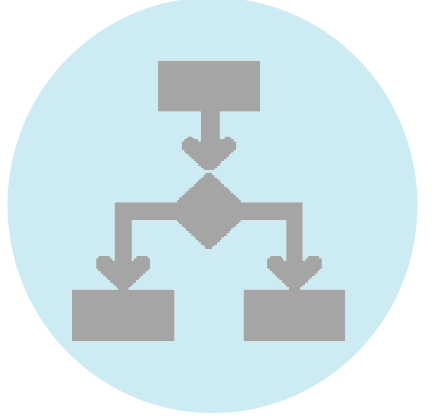
Lack of energy



Difficulty bonding with their baby



Anger



Difficulty making decisions



Panic attacks



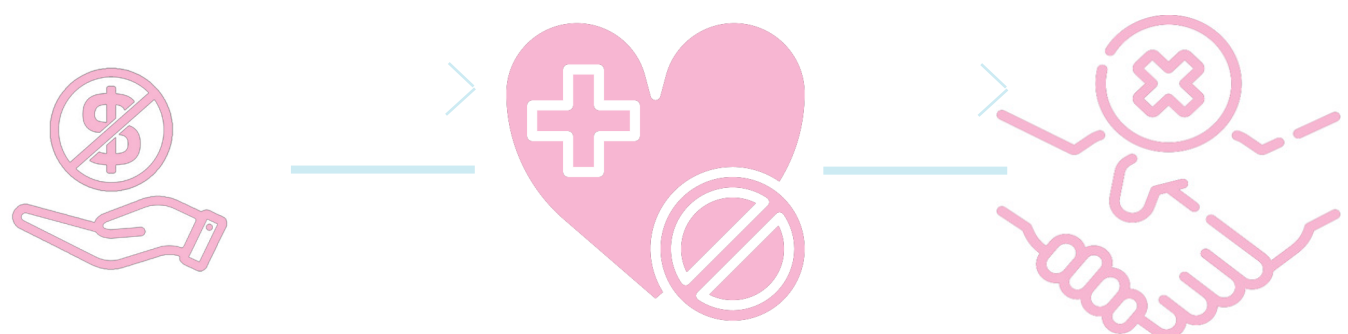
Severe mood swings



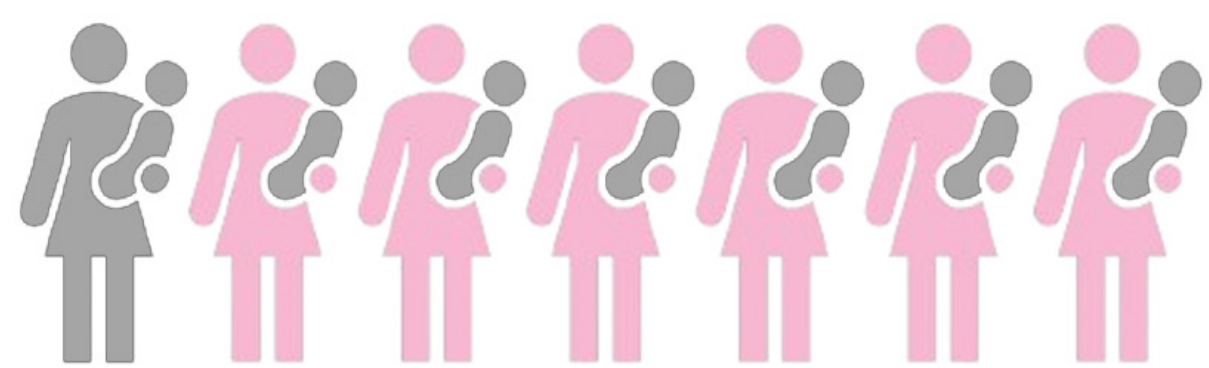
Intrusive thoughts

Primary Audience

Women who are part of the lower Socioeconomic status



50% of women in poverty experience PPD

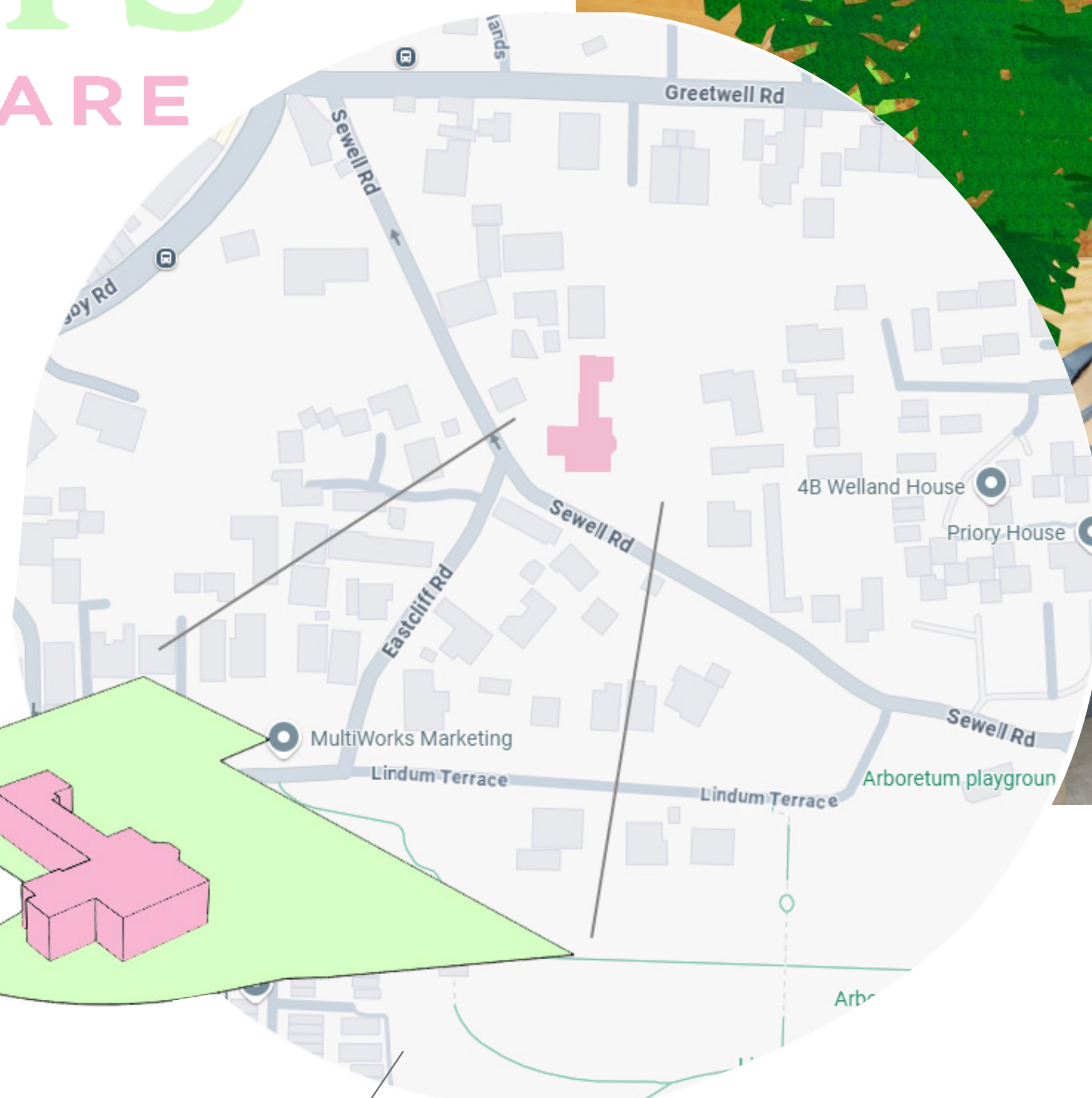
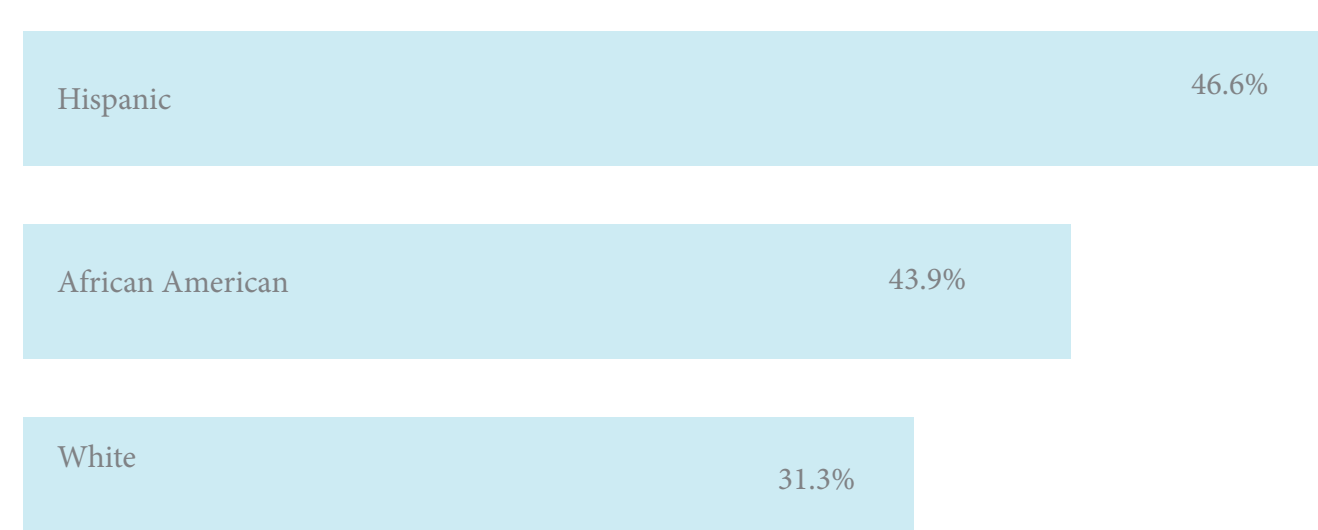


1 in 7 women are affected by PPD

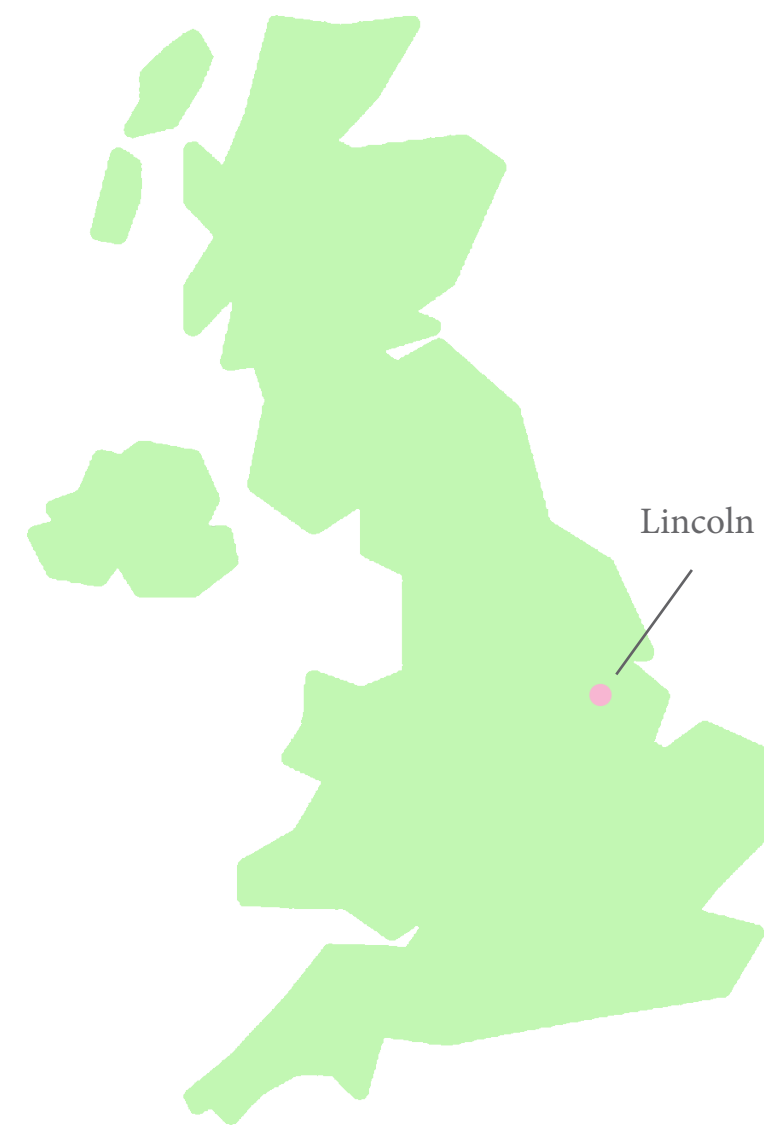


- 18-24
- 35-39
- older than 40
- twins
- mothers with one child
- 40+ with twins
- 40+ with one child

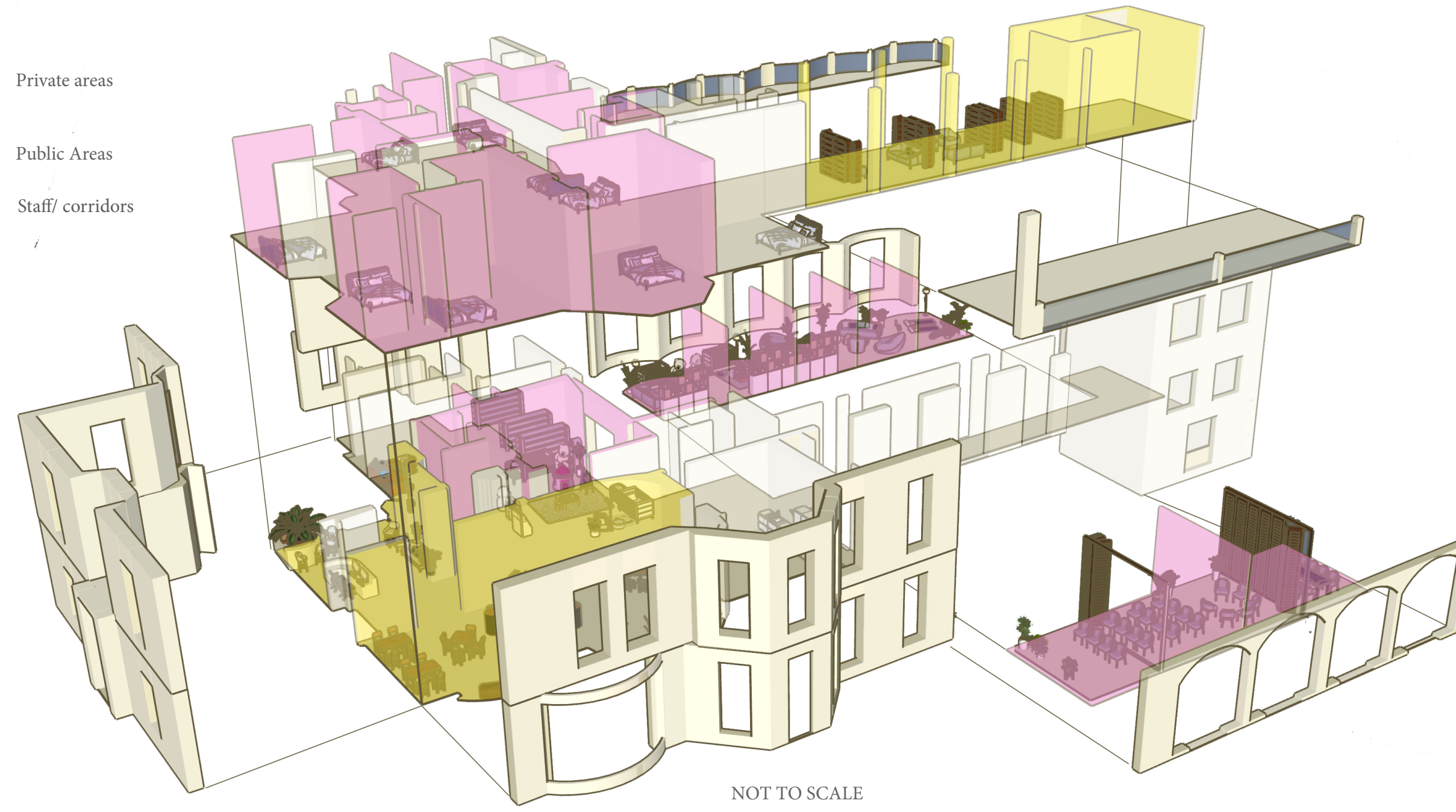
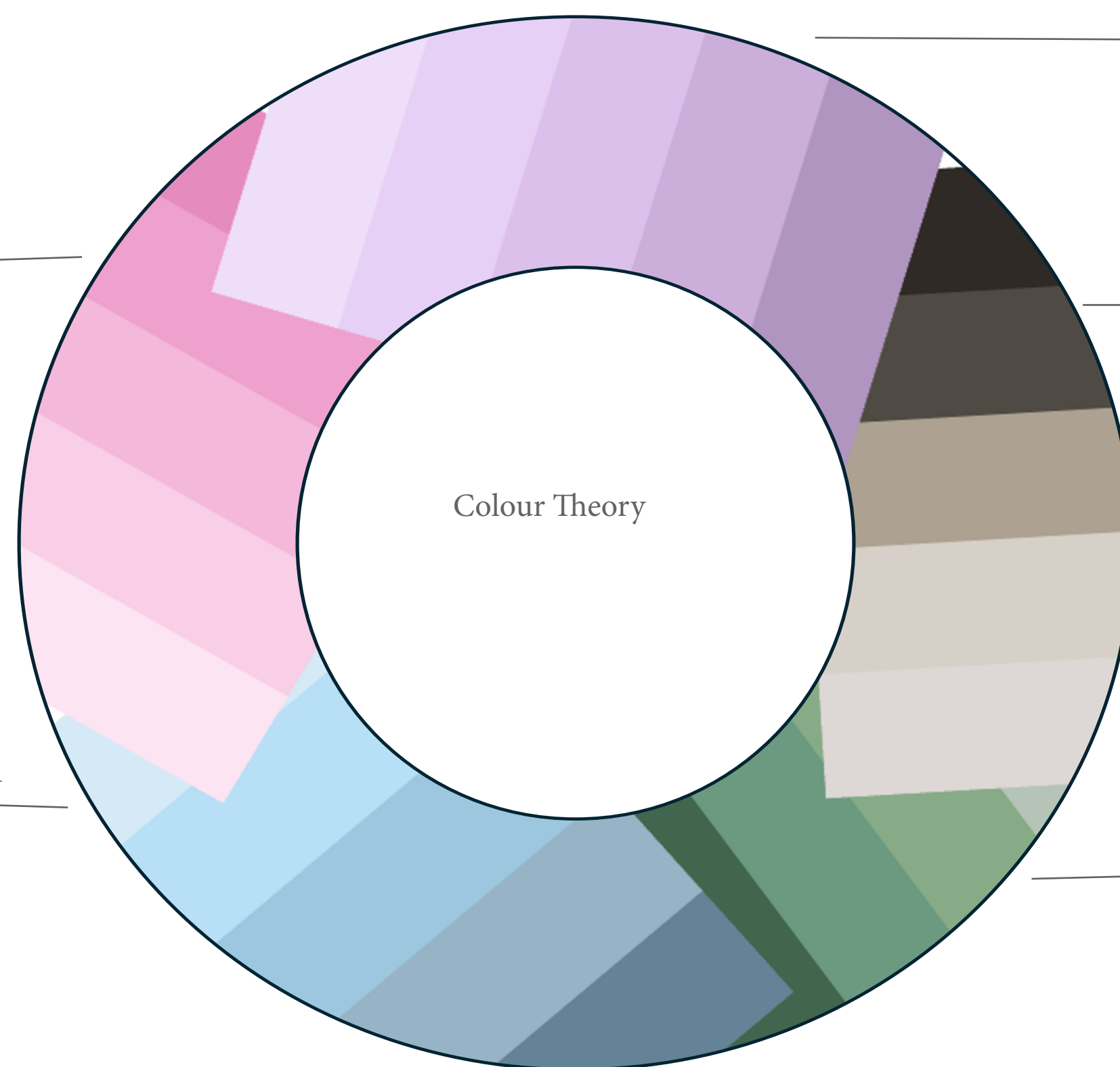
Ethnicity in PPD



Lindum House is highly accessible, located just a 10-minute walk from Lincoln County Hospital and well-connected by major roads including the A15, A46, and A158. A nearby bus stop on Greetwell Road is served by routes such as the No. 4, B5, 50, and 56, linking directly to Lincoln’s bus and train stations. The site also offers 15 parking spaces, ensuring convenient access for staff, visitors, and long-stay guests.



Lincoln



NOT TO SCALE

Lindum House is listed in the city of Lincoln. The site holds significant architectural and cultural history, with records of a dwelling on the site that sets back to 1792. The existing structure reflects Georgian architectural features. In 1973, the building was listed at a Grade II Status. Lindum House was used for various functions but recently was operated as a hotel, restaurant and conference centre. The site has one acre of garden space and 15 parking spaces, making it accessible for staff and patients.

9. Multifunctional 2



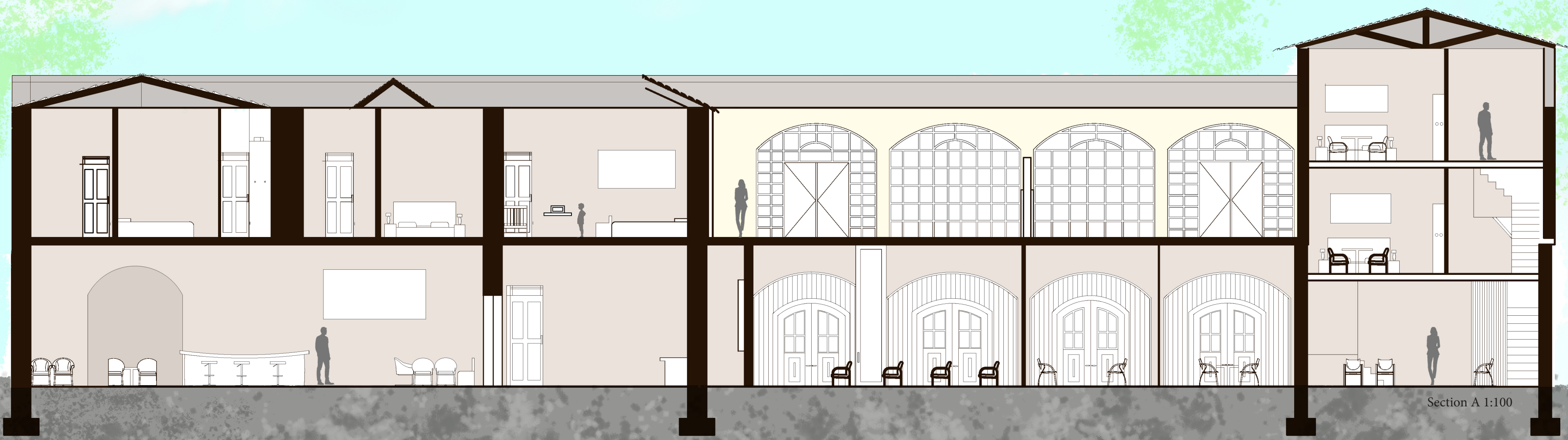
1. Reception



2. Cafe



3. Nursery



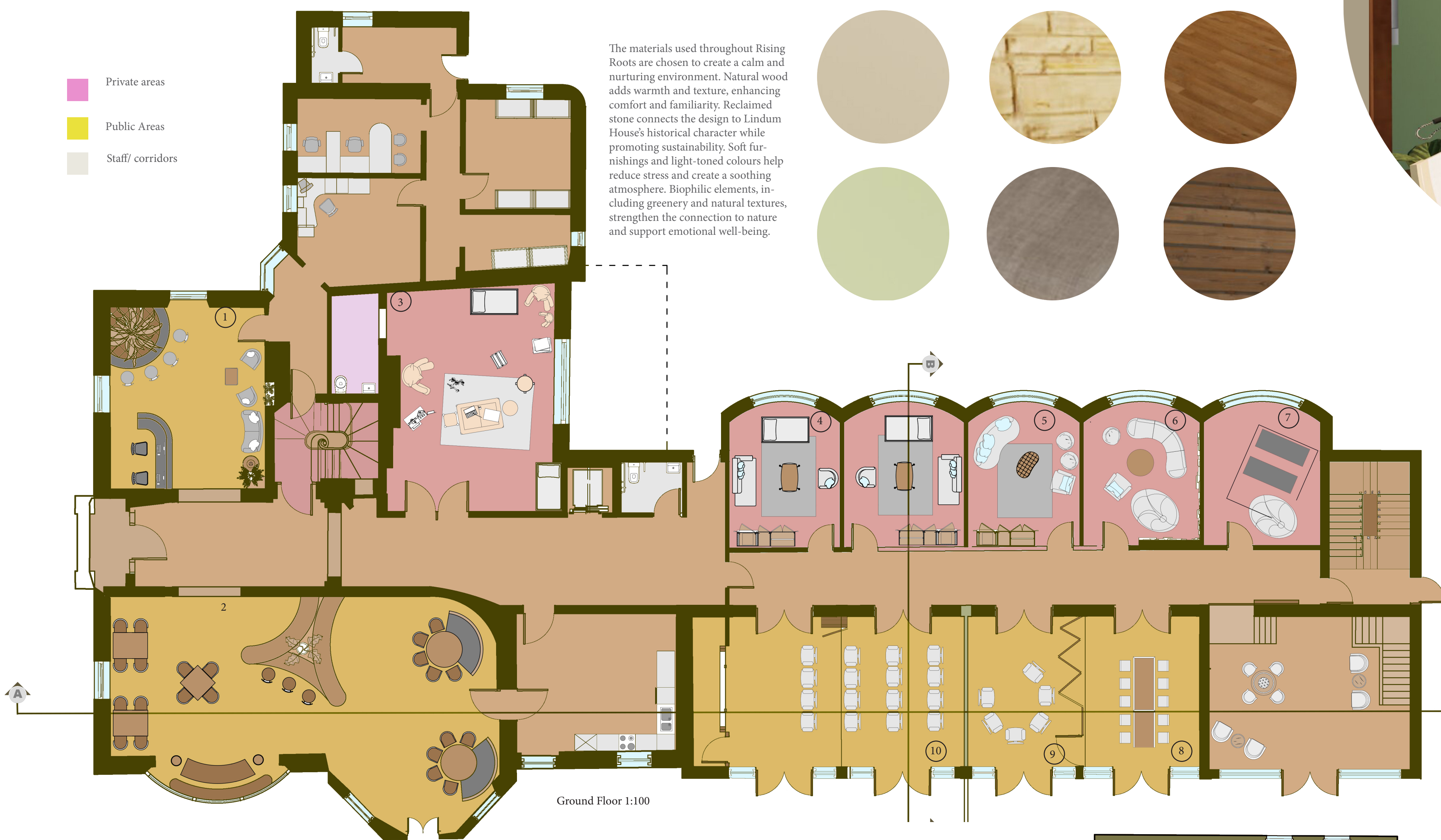
Section A 1:100



4. Therapy room with children



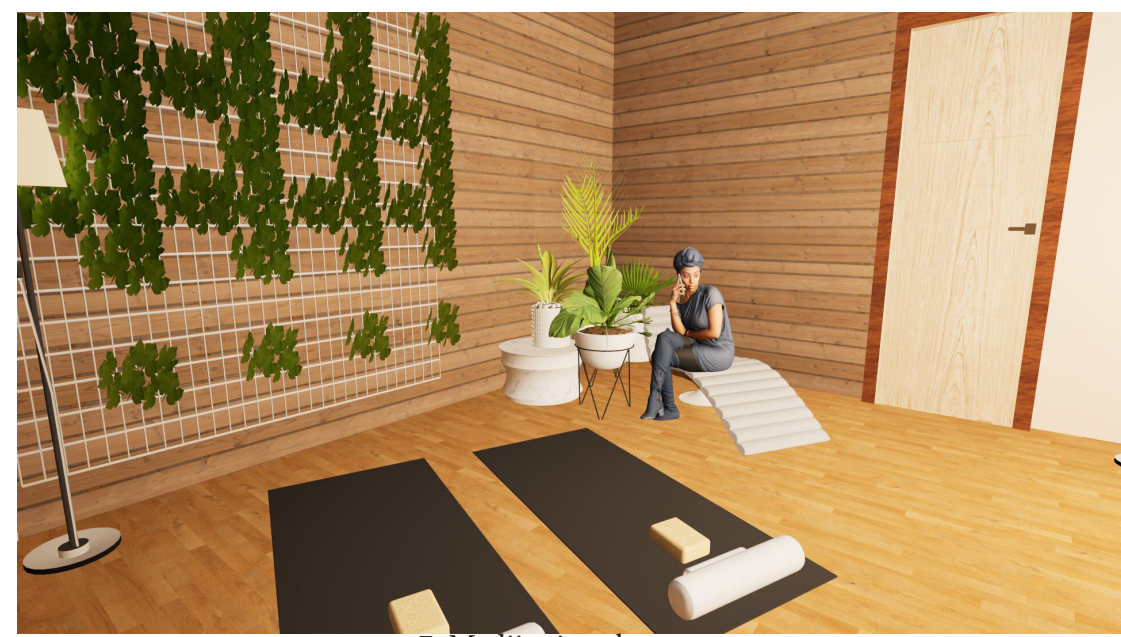
3. Nursery



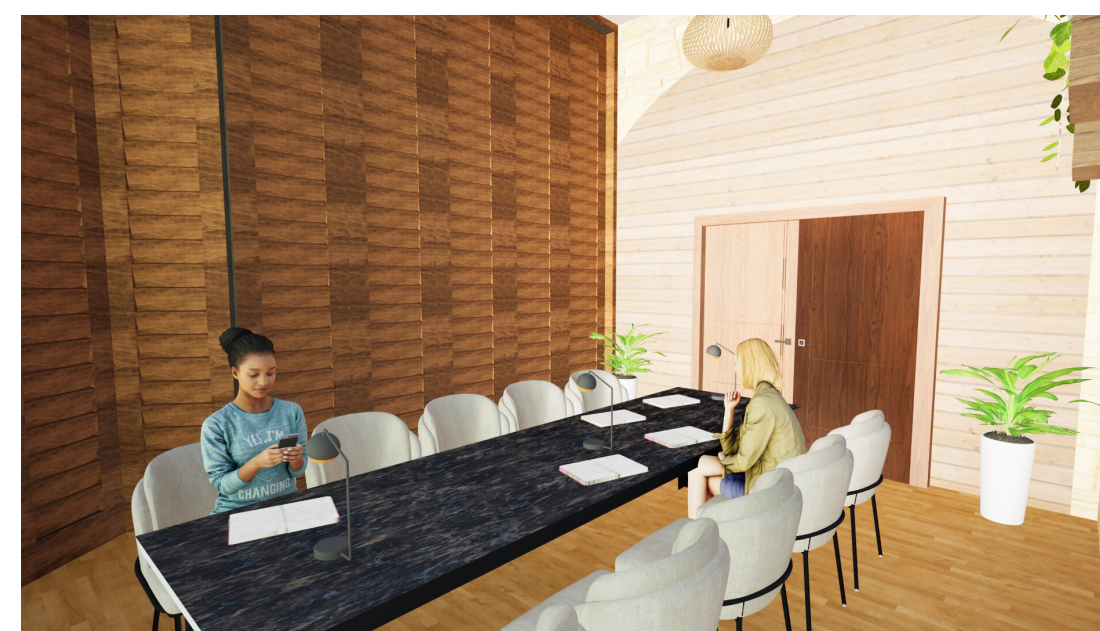
Ground Floor 1:100



6. Light Therapy



7. Meditation therapy



9. Multifunctional room 1

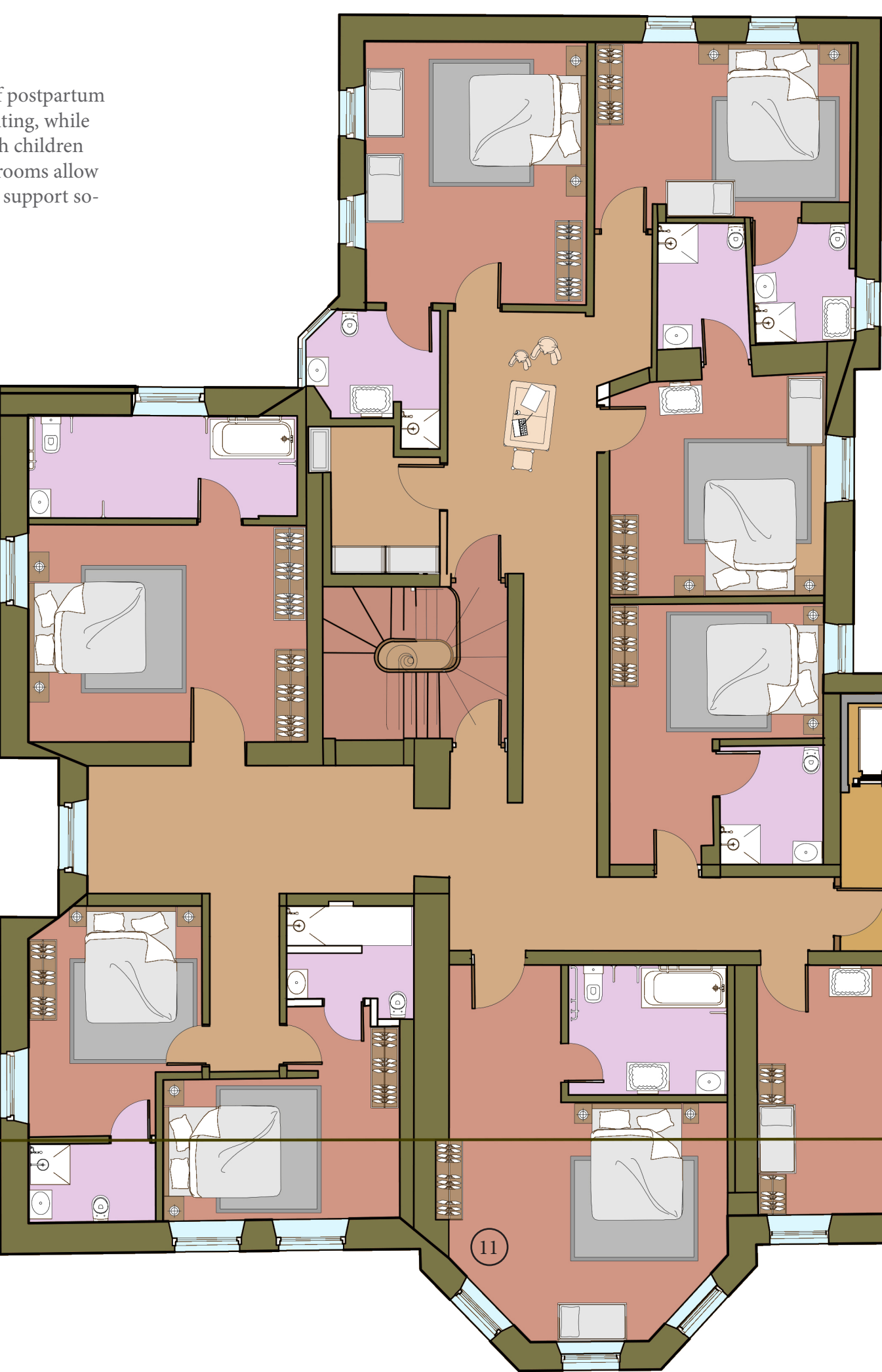


5. Therapy without children

The therapy spaces at Rising Roots are thoughtfully designed to support different aspects of postpartum recovery. The light therapy room helps regulate mood and sleep through full-spectrum lighting, while the meditation room offers a calming, sensory-reduced space for mindfulness. Therapy with children strengthens mother-baby bonding through guided interaction, whereas child-free therapy rooms allow mothers to focus on personal healing in a quiet, private setting. The multifunctional rooms support social therapy, peer-led workshops, and creative sessions, helping reduce isolation.

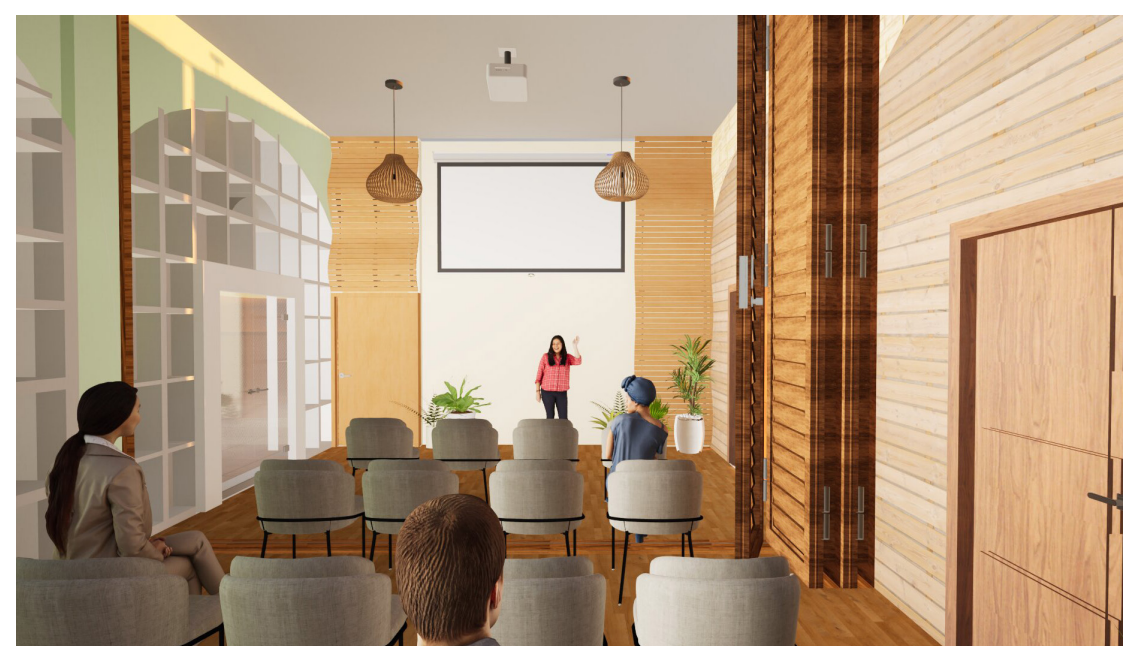


11. Bedroom with children



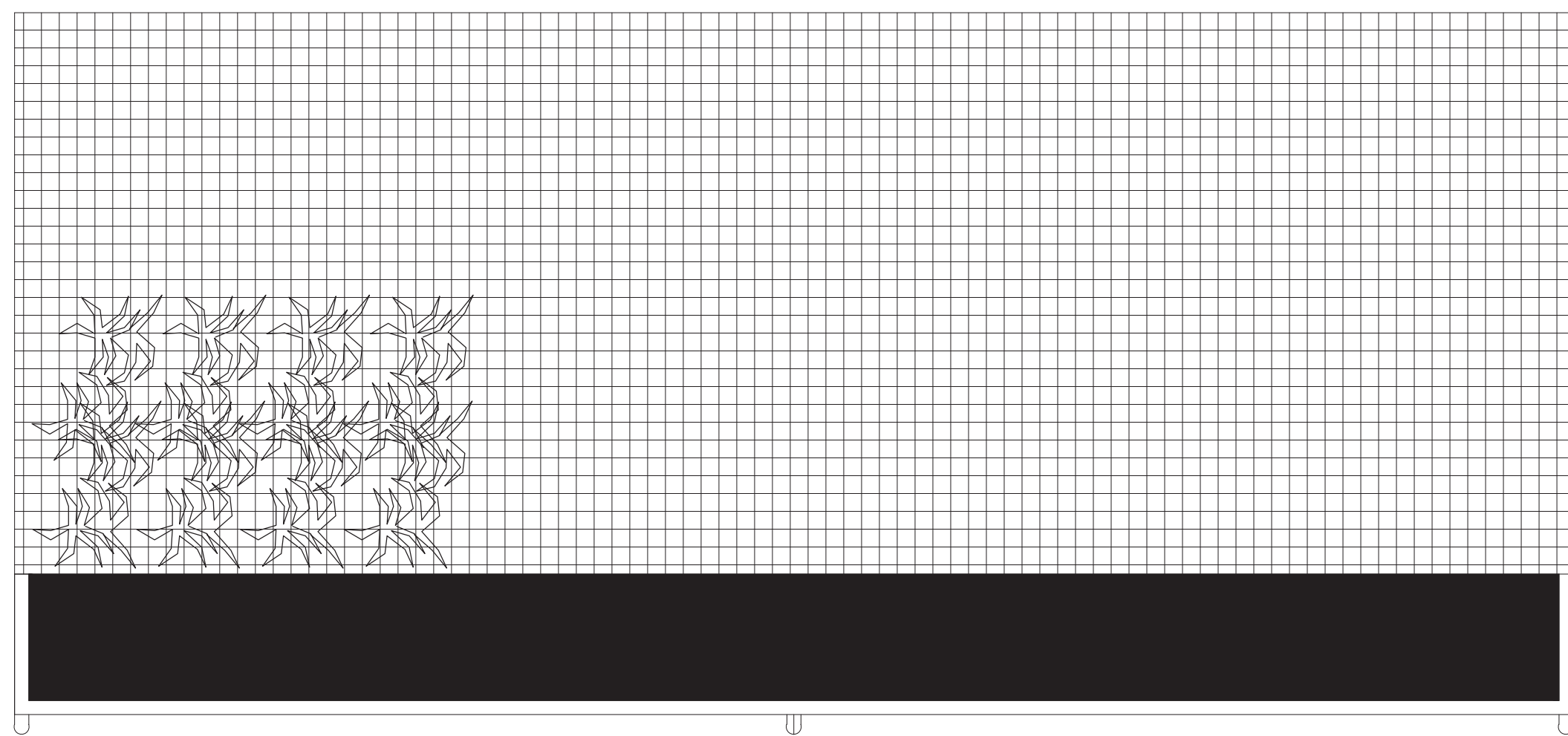
First Floor 1:100

The first floor of Rising Roots is carefully zoned to accommodate the diverse needs of mothers in recovery. One side of the floor is dedicated to mothers staying with their children, offering en-suite rooms near the nursery for convenience and comfort. In contrast, the opposite wing provides accommodation for mothers who are undergoing therapy without their children, offering a quieter and more private environment to support personal reflection and rest. There is a public quiet reading space, designed to encourage relaxation and gentle social engagement. This space includes a small kitchenette, allowing mothers to prepare warm drinks or light snacks, promoting independence and a sense of home. The reading area is softly lit, furnished with comfortable seating, and stocked with mental health resources, parenting literature, and leisure reading to support emotional well-being. This thoughtful spatial arrangement ensures flexibility while maintaining clear boundaries between public and private needs.



10. Double multifunctional room

Plant Wall Detail 1:20



NOT TO SCALE

