

The Sheffield Community

Peak

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The Sheffield Community Peak is a collaboration project between AgeUK and Sheffield's mountaineering society. Together, this project combats loneliness among the elderly and Students.

LONELINESS & ITS IMPACT

Why connection matters

A PURPOSE CAN ADD YEARS TO LIFE



15 - 30%

longer life for elderly people who have a purpose

LONELINESS AFFECTS MILLIONS

Almost **1 MILLION** people aged 65+ often feel lonely



Approximately **1 IN 4** students feel lonely most or all the time



16% of students feel lonely every day

LONELINESS IS HARMFUL TO HEALTH

Among the elderly, loneliness is associated with:



50% increased risk of developing dementia



30% increased risk of incident coronary artery disease or stroke



26% increased risk of all-cause mortality

Source: Donovan and Blazer, 2020

A GLOBAL HEALTH CONCERN



WHO has declared loneliness a global health concern.

The U.S Surgeon General states the mortality effects of loneliness are similar to smoking **15 CIGARETTES A DAY**



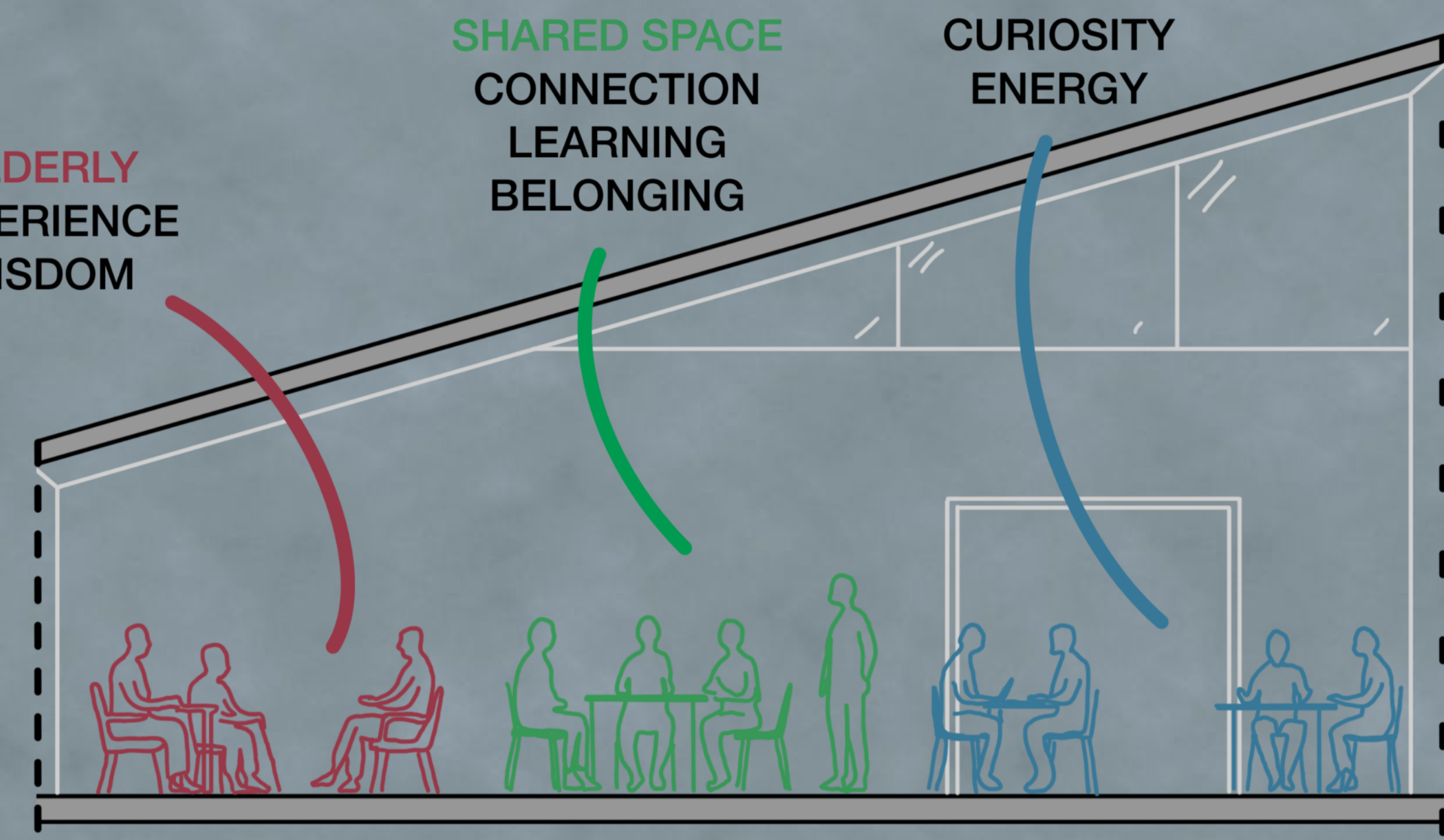
Bridging Generations

The community centre connects the elderly and students through shared spaces, programs, and daily interactions. It combats loneliness and fosters mutual learning, respect, and lifelong connections.

ELDERLY EXPERIENCE WISDOM

SHARED SPACE CONNECTION LEARNING BELONGING

STUDENTS CURIOSITY ENERGY



- HOW IT WORKS -



MEET Everyday encounters in inclusive, welcoming spaces



SHARE Stories, skills and knowledge through structured and casual interactions



LEARN Students gain real-world insight and life skills. The elderly feel valued and empowered



BELONG Stronger relationships build a supportive community and reduce isolation

SPACES ENCOURAGING CONNECTION



WORKSHOPS / SKILL ROOMS



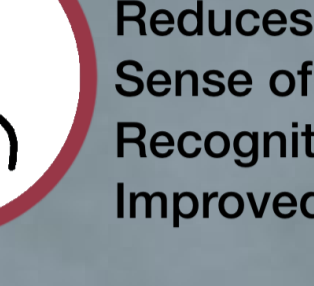
SHARED LOUNGE & CAFE



HEART OF THE CITY



STUDY / TUTORING SPACES



GYM & GARDENS



FOR THE ELDERLY
Reduces loneliness
Sense of purpose
Recognition and respect
Improved wellbeing



FOR THE STUDENTS
Mentorship and guidance
Broader perspectives
Stronger, more connected community

SPATIAL REQUIREMENTS

The elderly

Students

COMFORT

Restful, comfortable spaces

LEARNING SPACES

Quiet areas for study and focus

SAFETY

Secure, visible, feeling of safety

NATURAL LIGHT

Good daylight and views

FLEXIBILITY

Adaptable spaces for different needs

COLLABORATION

Spaces for group work and ideas

THERMAL COMFORT

Warm in winter, cool in summer, well ventilated

QUIET

Low noise, calm environment

PRIVACY

Space for individual focus

TECHNOLOGY

Reliable Wi-Fi, power, and computer access

OUTDOOR CONNECTION

Access to nature and fresh air

ACCESSIBILITY

Step-free access, easy navigation

OUTDOOR CONNECTION

Access to nature and fresh air

SOCIAL SPACES

Relaxed spaces to meet and unwind

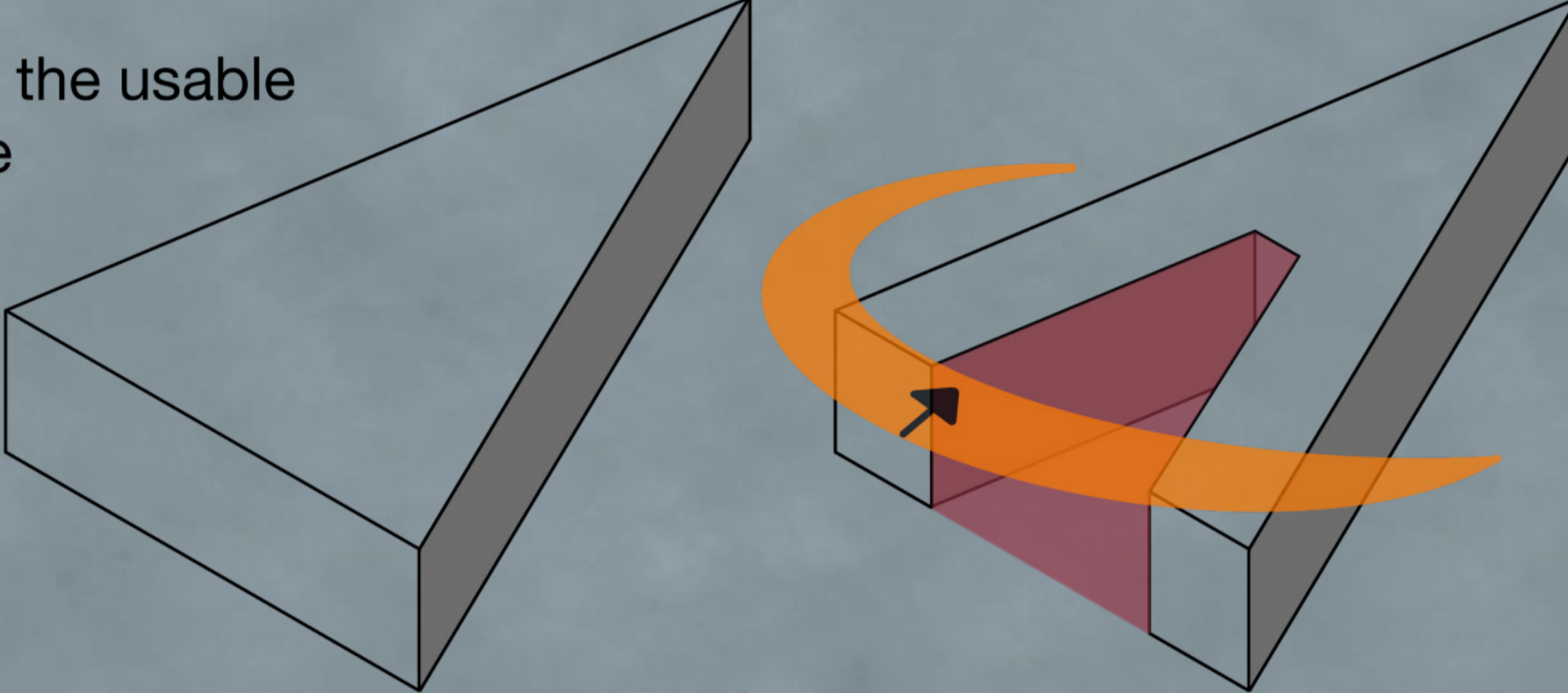
SOCIAL CONNECTION

Spaces encouraging interaction and belonging

WELLBEING

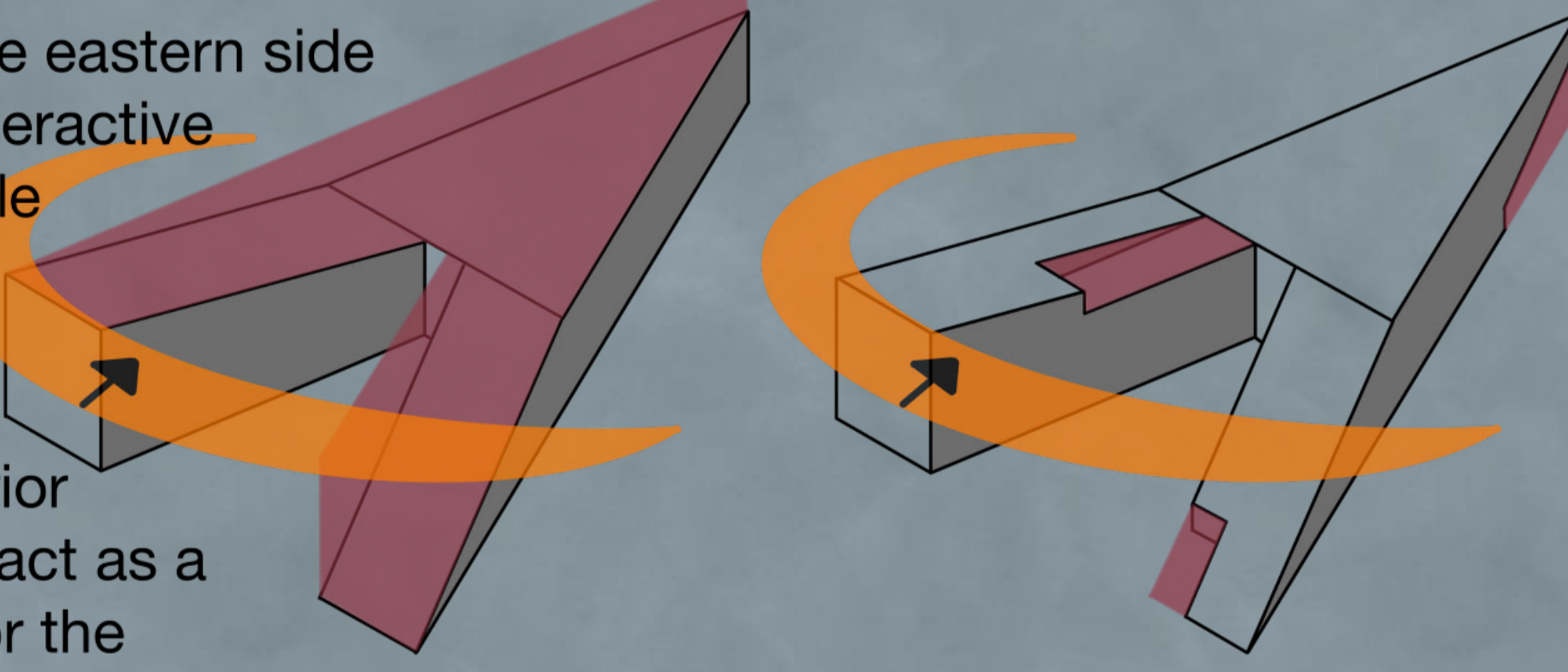
Support physical and mental wellbeing

- Maximising the usable space on site

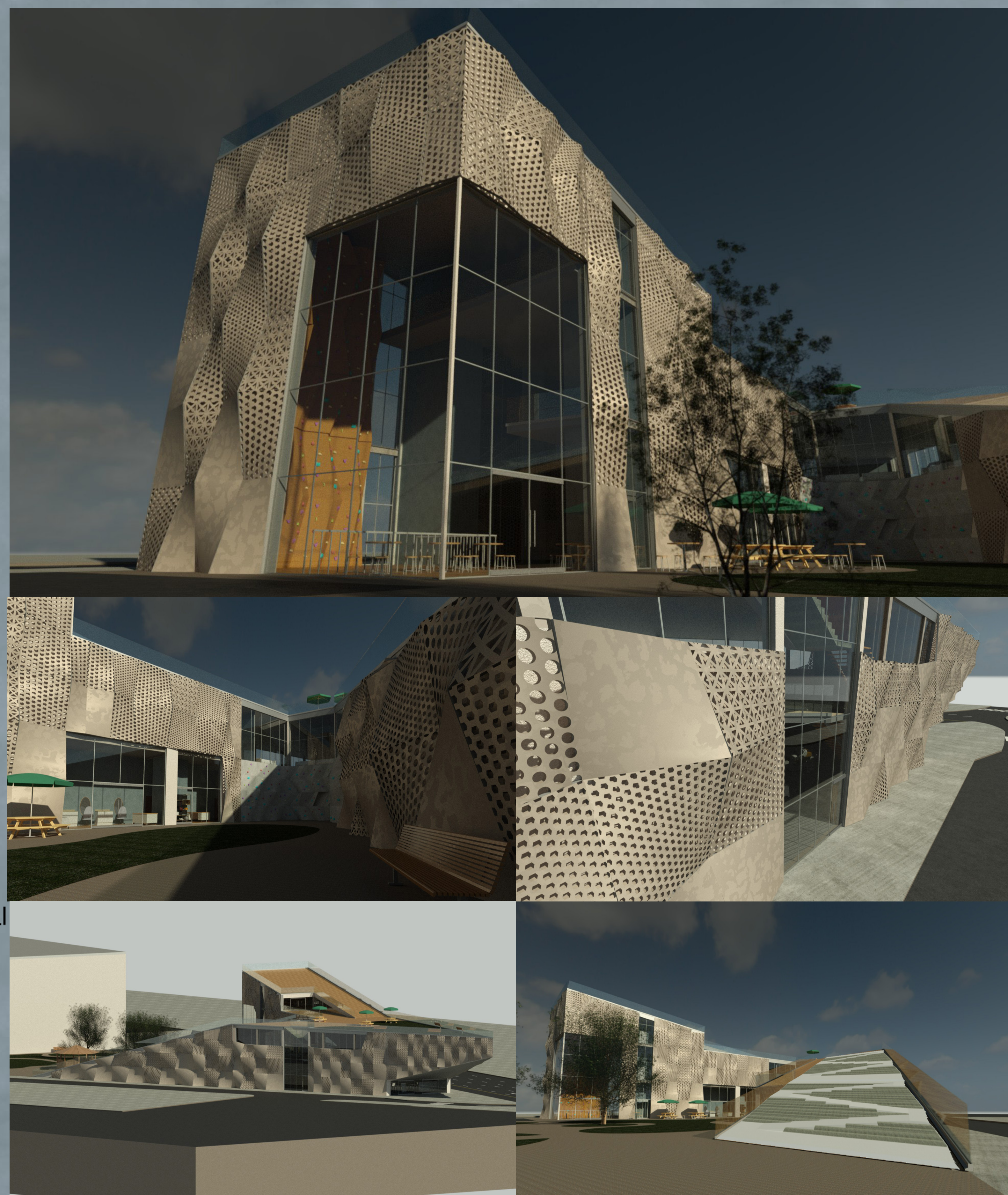


- Cut into the south creates an open square offering direct sunlight, visual privacy, and shielding from the noise of the adjacent roads

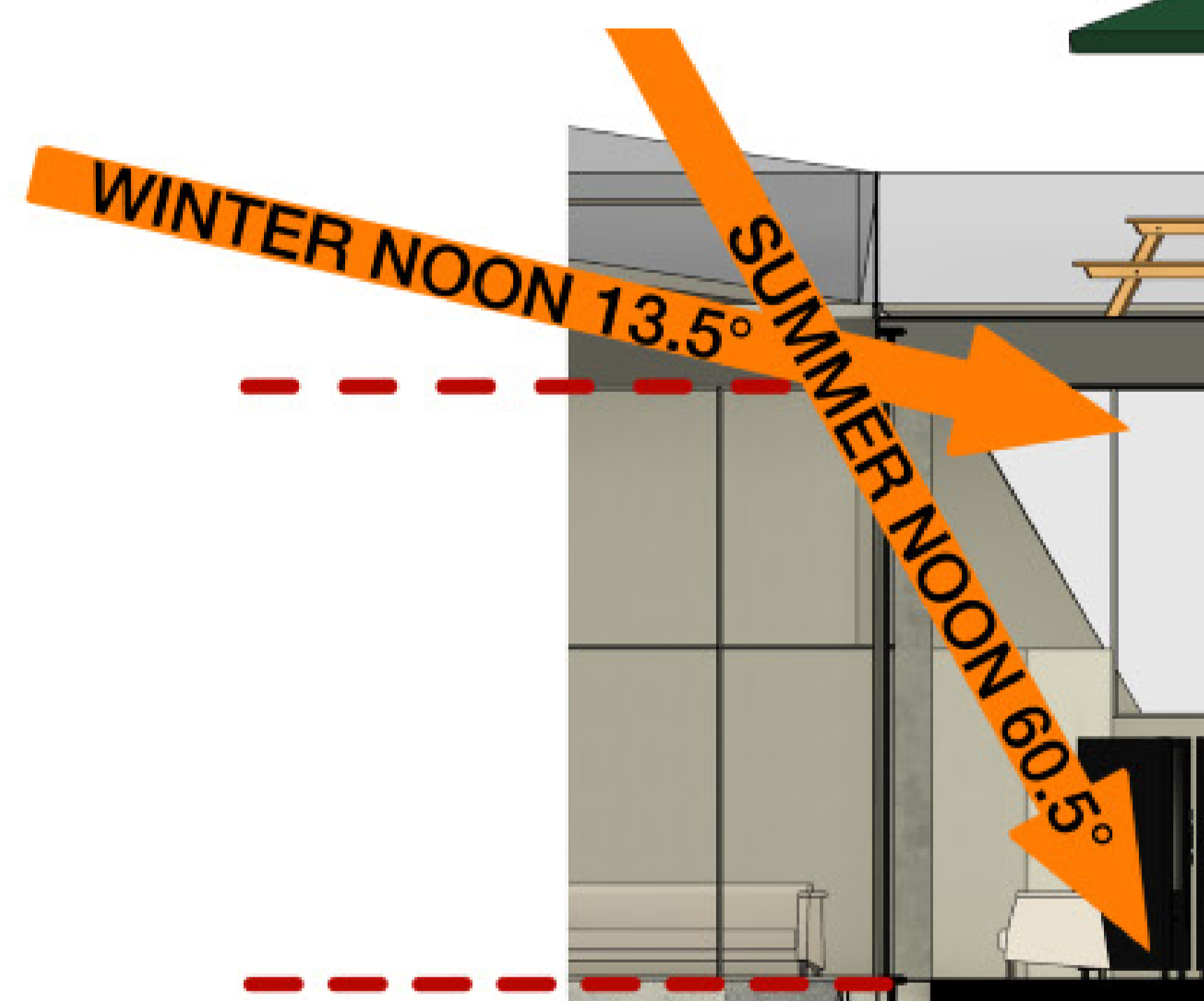
- Lowering the eastern side creates an interactive and accessible roof terrace retaining the western side for more interior floors and to act as a wind break for the buildings square



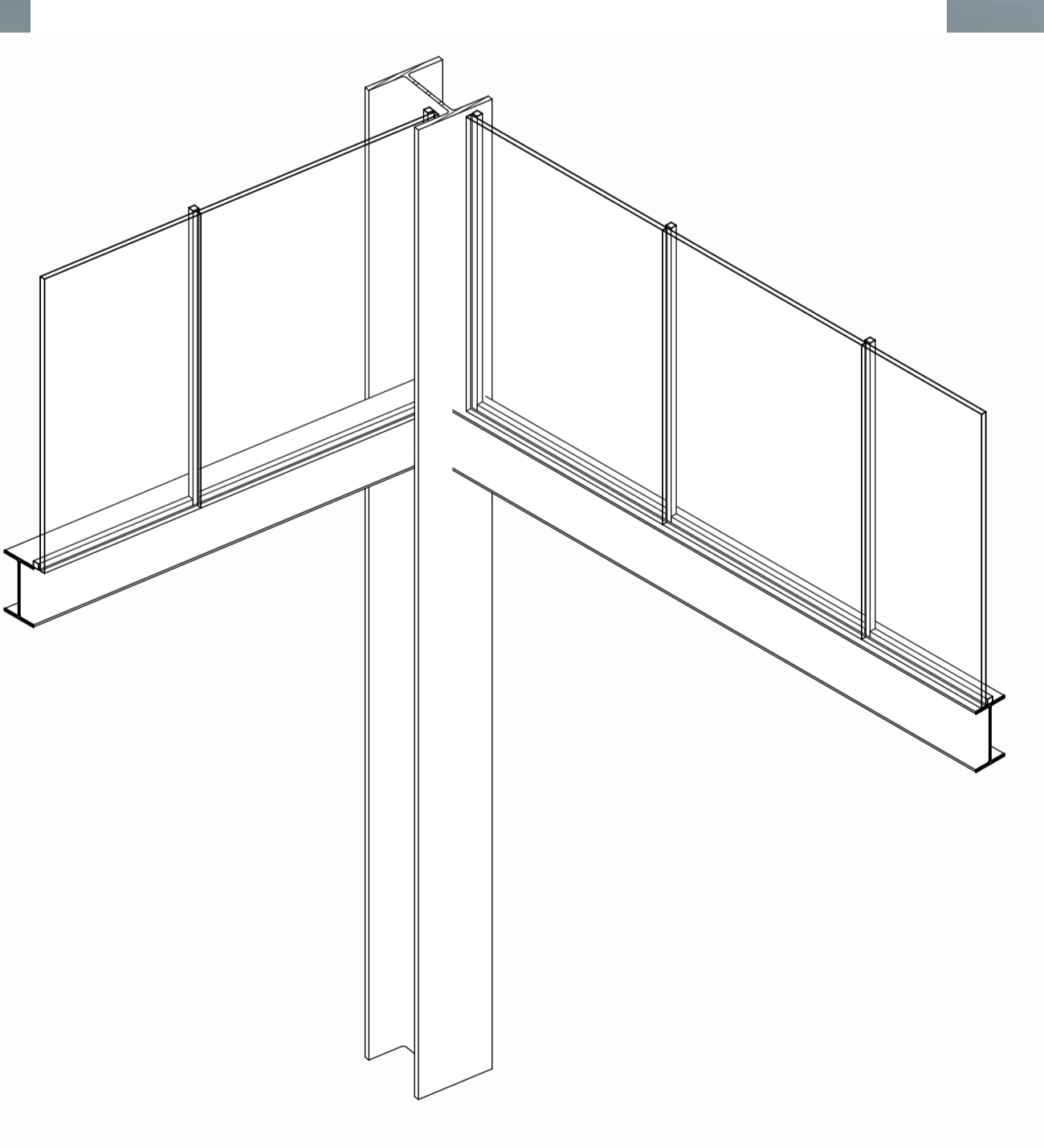
- Smaller cutaways provide recessed entrances enhancing circulation and aesthetics



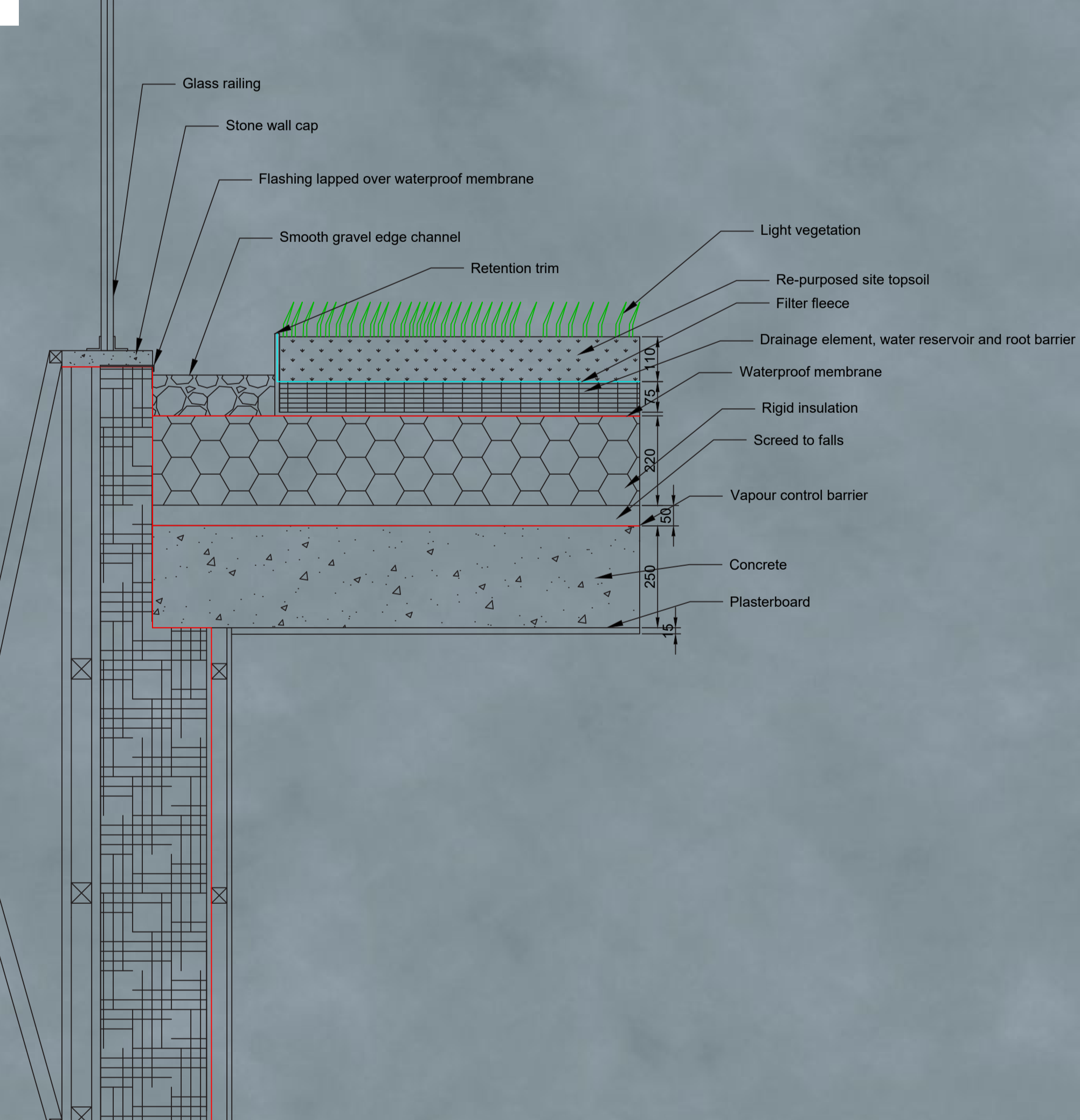
1:20 SUNLIGHT TRAJECTORY



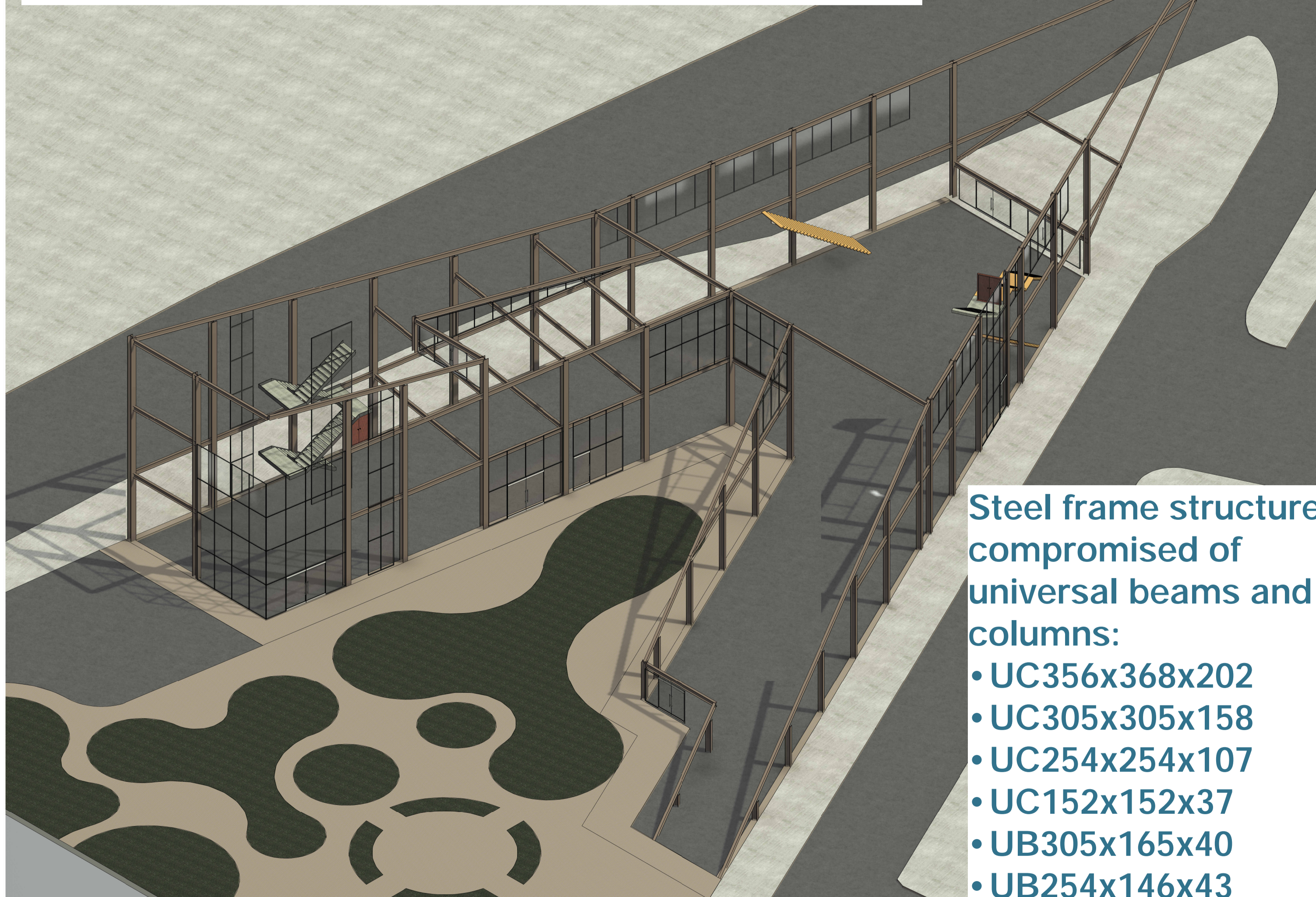
STRUCTURAL SECTION 1:25



WALL-CEILING 1:10



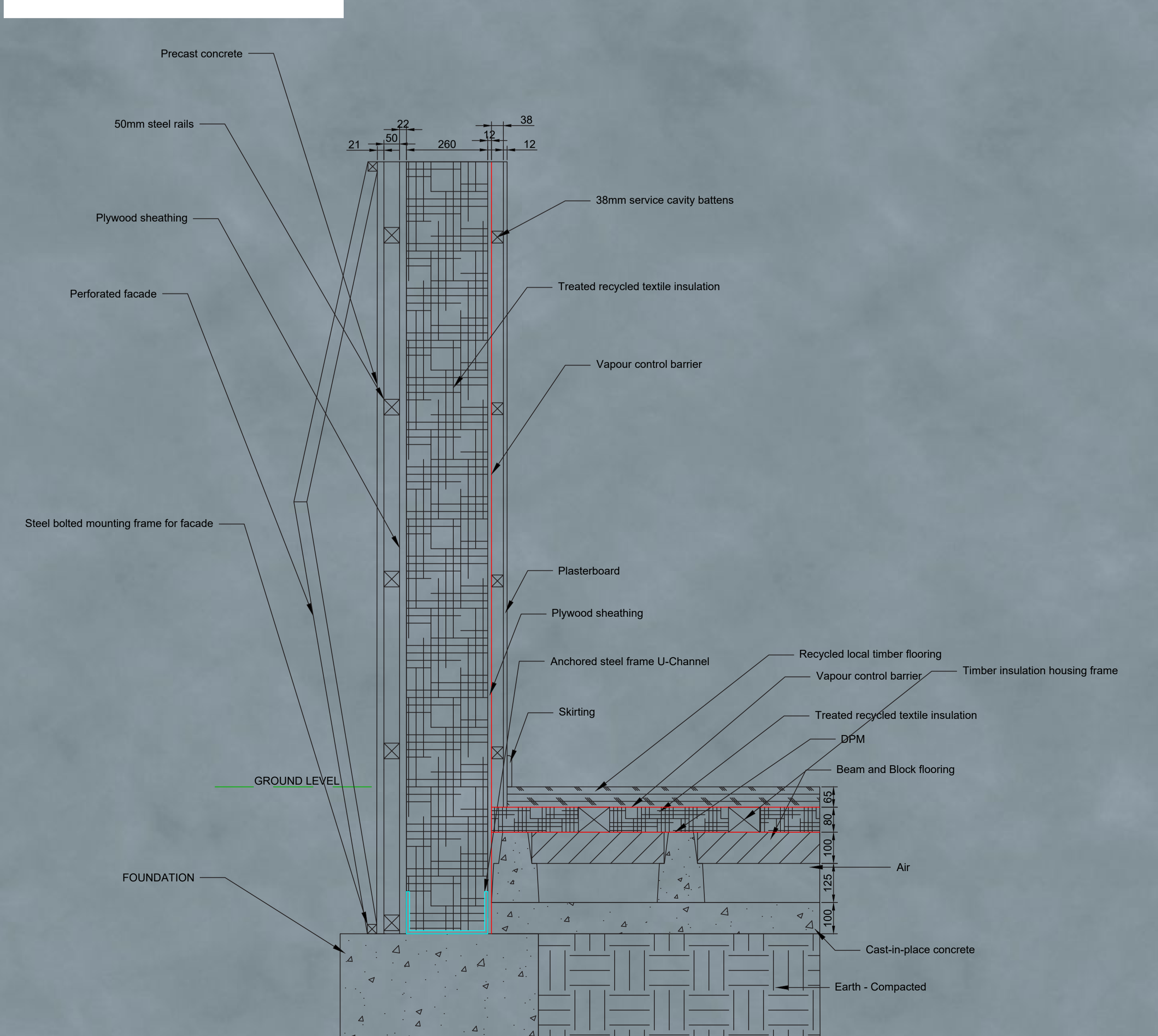
AXONOMETRIC STRUCTURAL GRID 1:200



Steel frame structure comprised of universal beams and columns:

- UC356x368x202
- UC305x305x158
- UC254x254x107
- UC152x152x37
- UB305x165x40
- UB254x146x43

WALL-FLOOR 1:10



1:50 WC ACCESSIBILITY



REGULATIONS INFLUENCING DESIGN

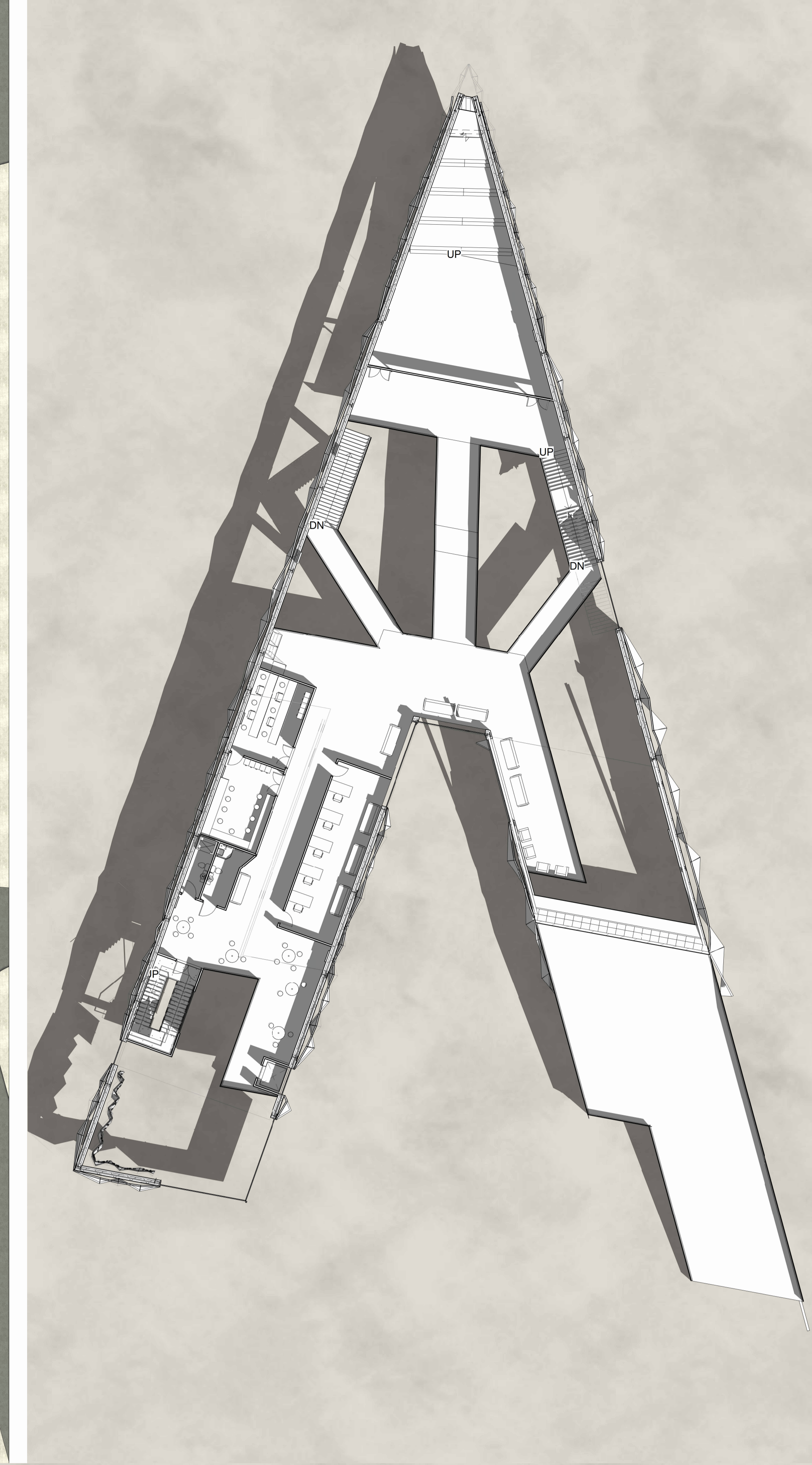
- Building regulations 2010 approved document B, Volume 2 - Buildings other than dwellings. Fire Safety.
- Building regulations 2010 approved document L, Volume 2 - Buildings other than dwellings. Conservation of fuel and power.
- Building regulations 2010 approved document M, Volume 2 - Buildings other than dwellings. Access to and use of buildings.
- Building regulations 2010 approved document O. Overheating.

Figure Base Build	Area
1 Library	730
2 Cafe	180
3 Reception	20
4 Toilets & Changing rooms	47
5 Kitchen	67
6 Charity shop	36
7 Hairdresser	24
8 Gym	57
9 Circulation (Including stairs)	312
10 Workshop	48
11 Staff Room	46
12 Atrium	245
13 Lecture Hall	128
GIA	1940

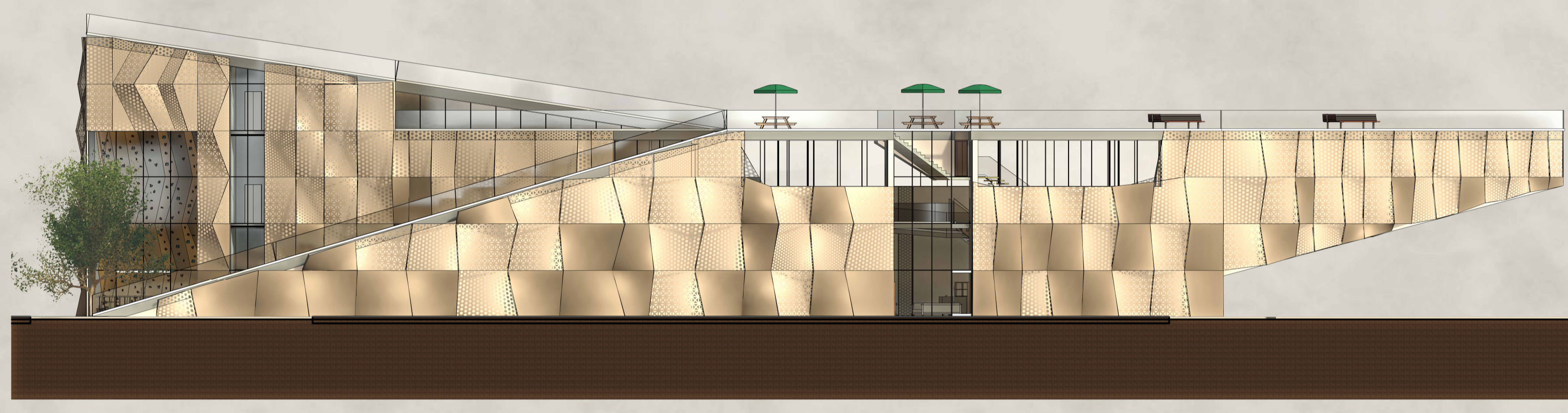
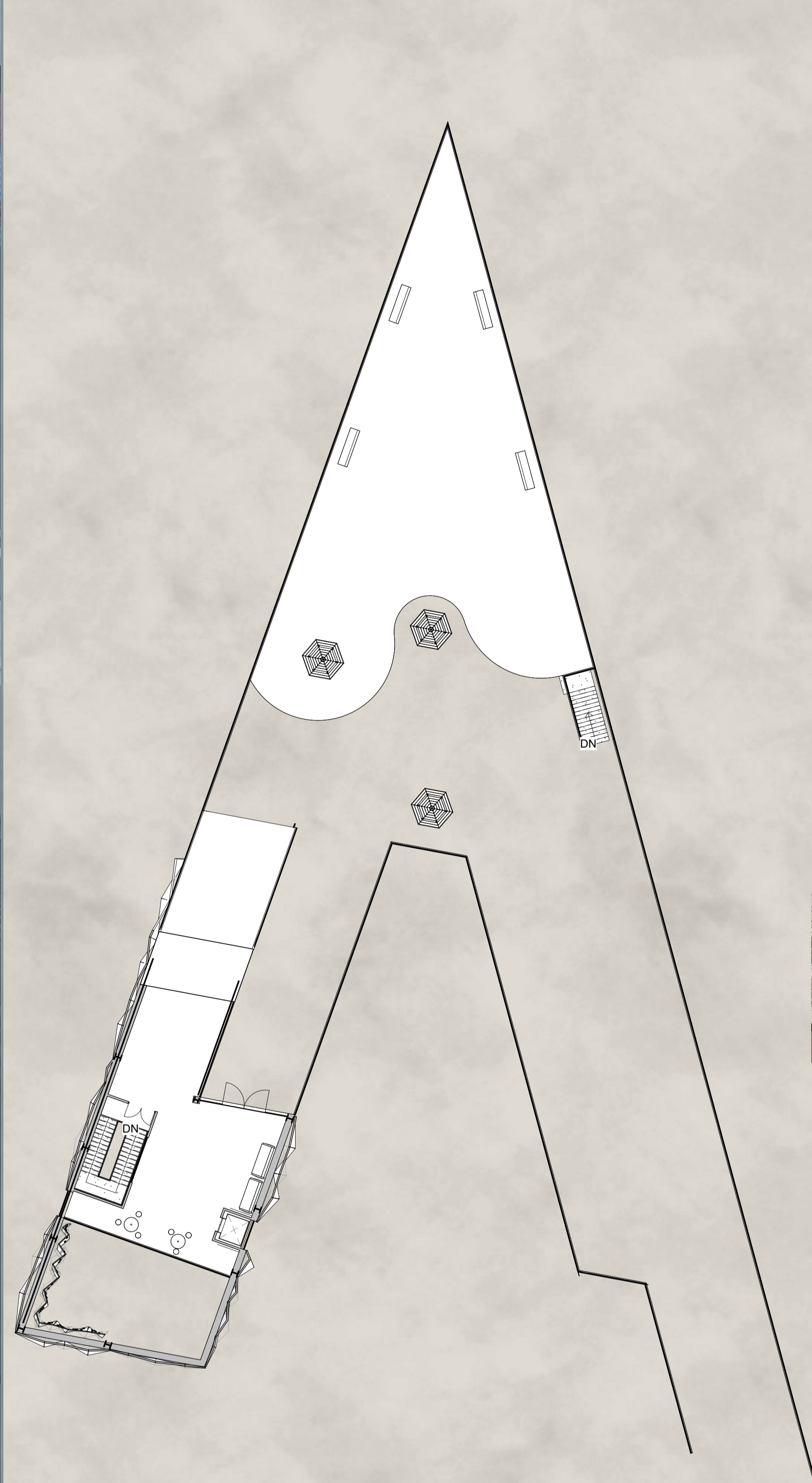
1:200 Site and ground floor plan



1:200 First floor plan



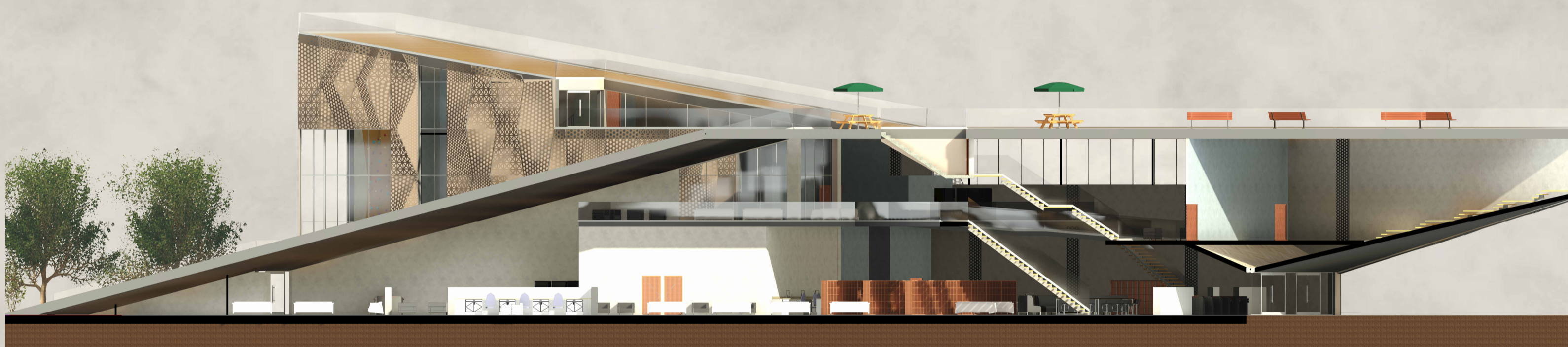
1:200 Second floor plan



Section 1
1:200



Section 2
1:200



Section 3
1:200



North
1:200



NET-ZERO APPLICATION
1:200 AXONOMETRIC



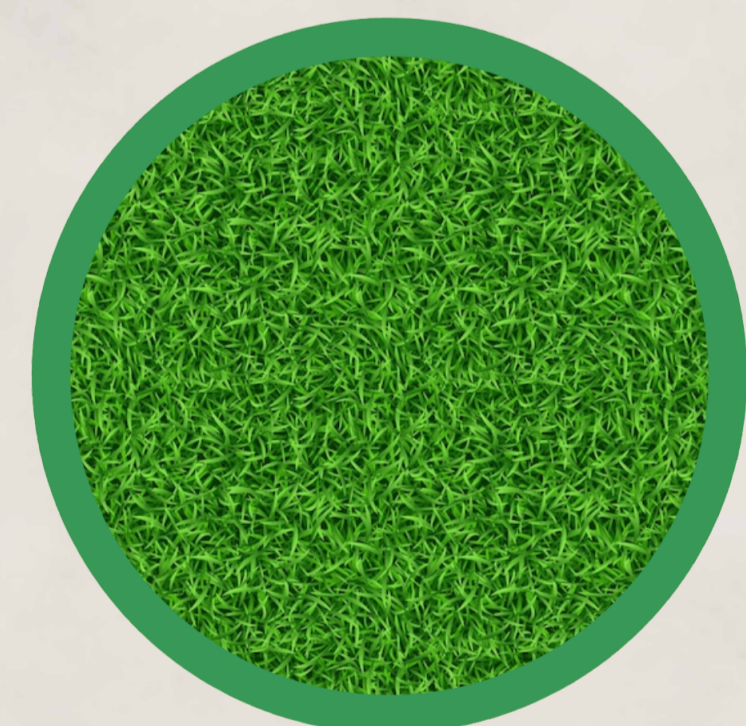
Integrated rainwater collection and recycling

Rainwater harvesting channels run along the sides of the sloped roof minimising water buildup on the roof, and maximising collection for it to be recycled as grey water inside



Air Source Heat Pump

An ASHP is employed for heating water and a backup for heating and cooling when passive measures are overwhelmed



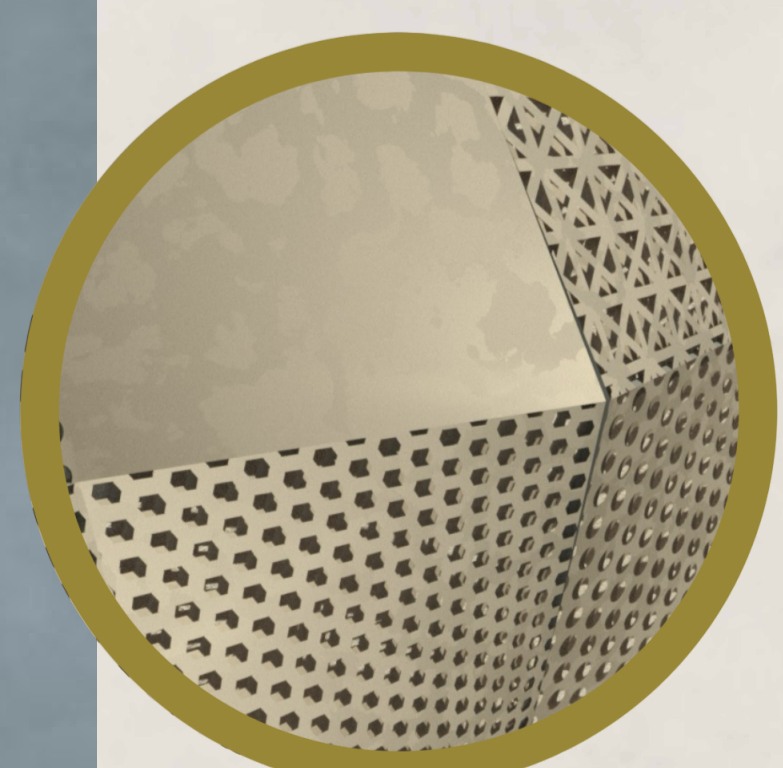
Greenery

The greenery around site aid in site ecology while also providing routes for natural drainage. The green roof and courtyard garden both aid in naturally cooling the site through evaporation



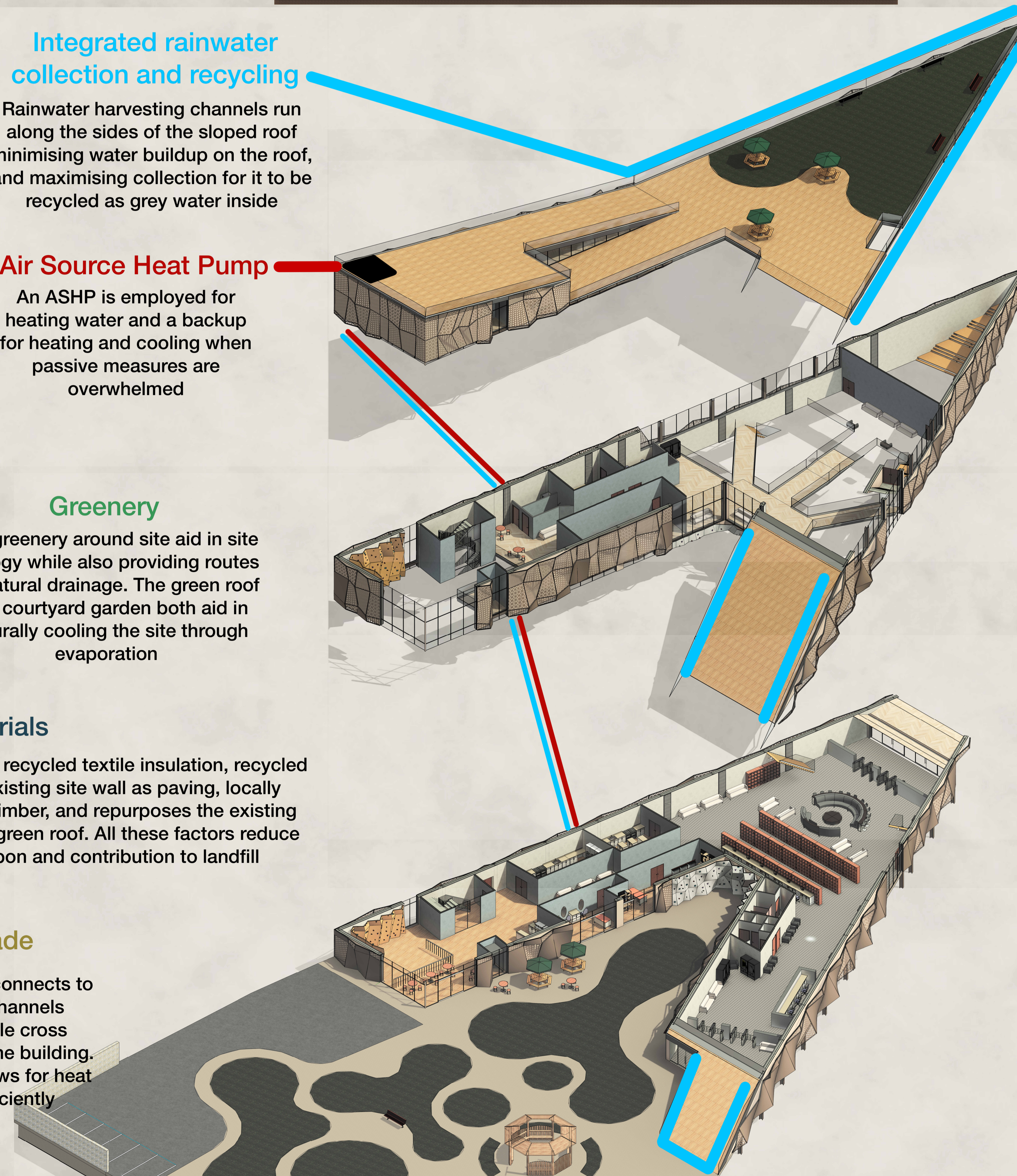
Recycled materials

The building utilises recycled textile insulation, recycled stone from the existing site wall as paving, locally sourced recycled timber, and repurposes the existing site topsoil for the green roof. All these factors reduce embodied carbon and contribution to landfill



Perforated Facade

The perforated facade connects to internal ventilation channels allowing for adjustable cross ventilation throughout the building. The peaked design allows for heat to escape more efficiently



1:100 Section showing internal ventilation

