



FIBROMYALGIA

AWARENESS & SUPPORT SCOTLAND

Hassan Habbab Interior Design 4A/4B

PROJECT

Introduction, description, Benefits of the project

BUILDING

Site, Information, Location, view, Plans, Photos

PRECEDENTS

Two relate to the site, and two relate to proposals

RESEARCH

Update, progress, in progress questionnaire, books articles,
Themes, fibromyalgia Patient interview

CONTENTS

INTRODUCTION

WHAT IS FIBROMYALGIA

Briefly, Fibromyalgia is a long-term condition that causes pain and tenderness all over the body. People with fibromyalgia can also experience a wide range of other symptoms, including poor sleep, fatigue and difficulty concentrating (brain fog).

There's not yet a single effective treatment for fibromyalgia , so finding new and better treatments is important to reduce the pain.

In people with fibromyalgia, the brain can struggle to interpret pain signals, causing them to be misinterpreted. This results in continued overactivity in the nervous system, causing pain and other symptoms.

Anyone can develop fibromyalgia, but it's more **common in women** than men.

The condition typically develops between the **ages of 25 and 55**, but people of any age can get it, including children and older people.

Treatment tends to be a combination of:

- lifestyle changes, such as exercise programmes and relaxation techniques
- talking therapies, such as cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT)
- medicine, such as antidepressants



PROJECT PROPOSAL

I propose to design a workspace where people with Fibro can work and feel supported, from this place they will have the chance to help and support other Fibro patients to find suitable jobs as well.

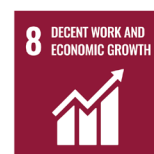
PROJECT DESCRIPTION

How can interior design help create good workplaces for people with fibromyalgia?

After research, I found that most of these people can't work because they have constant or recurring pain, which makes it hard for them to commit to most jobs, I think it would be possible to make a workplace that is both physically and mentally comfortable to them, considering the difficulties and challenges these patients facing. Since my wife is one of them, I know how hard it is to get through each day, I think it would be good for them and the economy if they could find suitable jobs.



Related UN Sustainability goals



8 DECENT WORK AND ECONOMIC GROWTH

PROMOTE SUSTAINED, INCLUSIVE AND SUSTAINABLE ECONOMIC GROWTH, FULL AND PRODUCTIVE EMPLOYMENT AND DECENT WORK FOR ALL



3 GOOD HEALTH AND WELL-BEING

ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

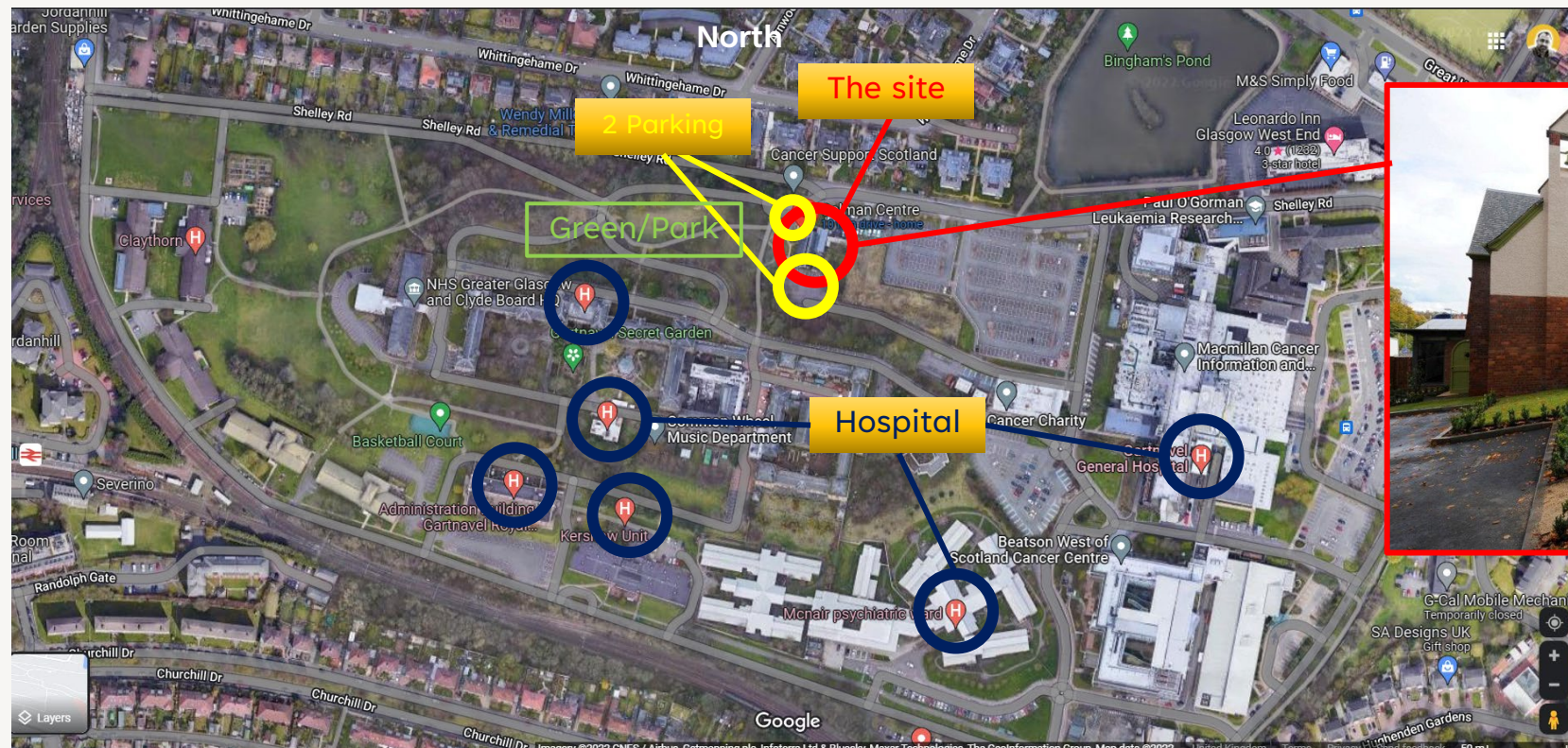
SITE/BUILDING CONSIDERATIONS

LOCATION

I realized that I need a location close to a medical center or a hospital. Fibro patients get stressed very easily so I need to consider that, I need to provide a site with a car park to make it easier for visitors to access, I need a building surrounded with nature relaxing green views as the employees are Fibro patients as well and they need a relaxing atmosphere inside and outside, I need a quite area away from busy roads and engines noises as the noise could stress Fibro sufferers.

BUILDING

I need the building to be accessible, many of our visitors might be suffering a high level of Fibro illness in this case the patient can't even walk or they might be on a wheelchair, Its important not to have many floors to make it easier for everybody to move around. I need to the building to look nice and friendly not old and scary as everyone who will work or visit this place will be suffering a mental and physical illness therefore, I need to propose a nice building



From the garden to the West view

BUILDING INFORMATION

Gartnavel Royal Hospital Chapel

Now: Calman Cancer Support Scotland

Location: Glasgow

Value: £1.5 million

Status: Completed 2013

Architect: Austin-Smith:Lord Architects

The **B-listed** Gartnavel Royal Hospital Chapel in Glasgow has been conserved and transformed into a complimentary therapy centre for the charity Cancer Support Scotland after being unoccupied for 13 years.

It used to be a Chapel, the chapel was built in 1904, originally created for patients and families of patients within Gartnavel Royal Hospital as a place of worship and friendship but eventually became redundant and a 'building at risk'.

In 2008 it was decided that the Arts & Crafts Chapel would be the ideal base for Cancer Support Scotland, because of its proximity to the West of Scotland centre for cancer treatment. After several years of fundraising by the building conservation charity Glasgow Building Preservation Trust work started on site in 2011. The work at the Chapel was completed in October 2012 when it opened its doors to patients and their families.

Within the bespoke Therapy Centre there are modern facilities including two complimentary therapy rooms, two dedicated counselling rooms, a discreet hairdressing and wig fitting salon and disabled facilities.

Many of the original features have been carefully retained such as the bell, stained glass windows, a stone cross, wooden panelling, wood trusses and pews.

One of the most impressive pieces of work within the chapel is the conservation of the five original stained glass windows two of which were designed and made by Robert Anning Bell.



VIEW



Looking to the North Interior view showing the wooden beams and columns holding the ceiling structure



Looking to the South Interior view showing the kitchen and the wooden ceiling

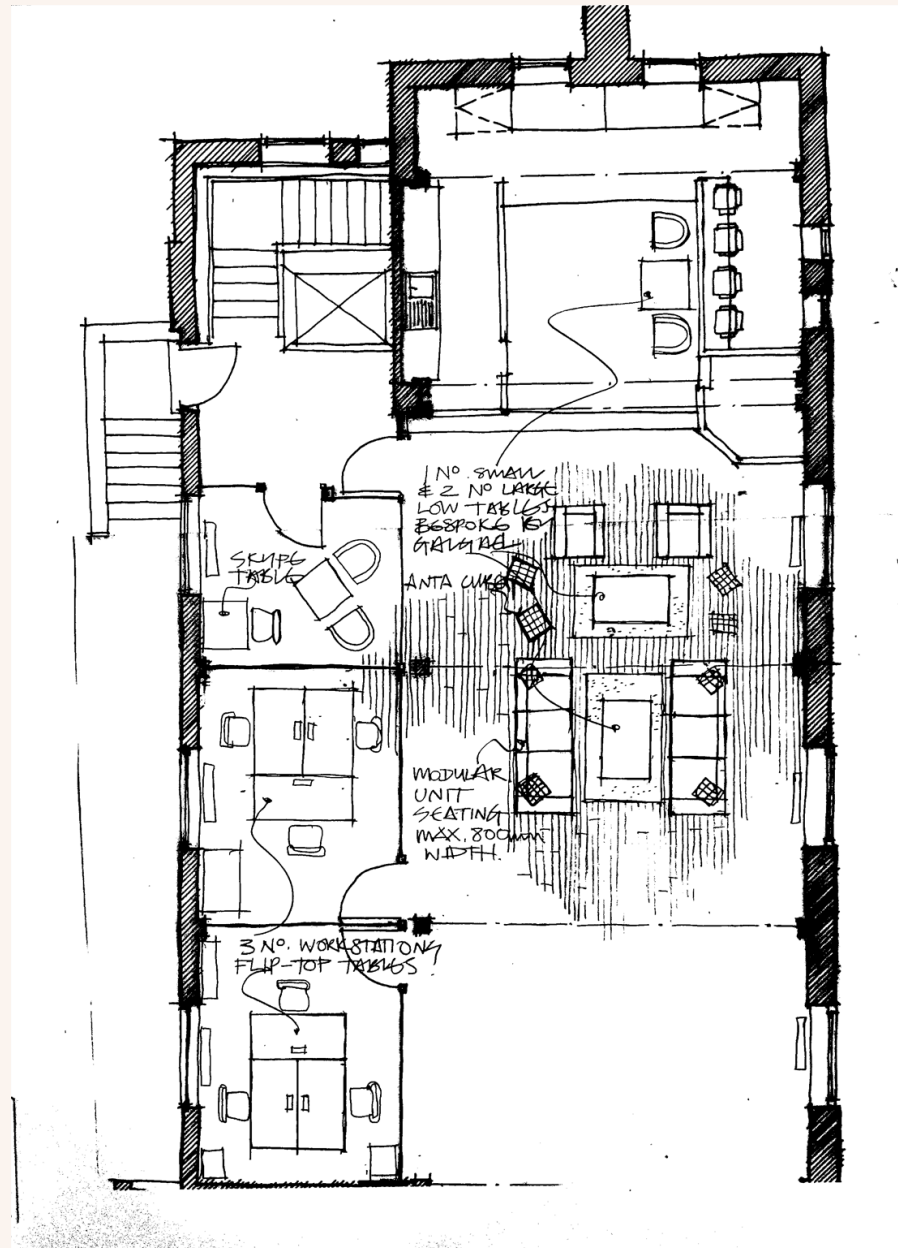


This door looking to the East side view showing the the buitful green views from the building side entranc.

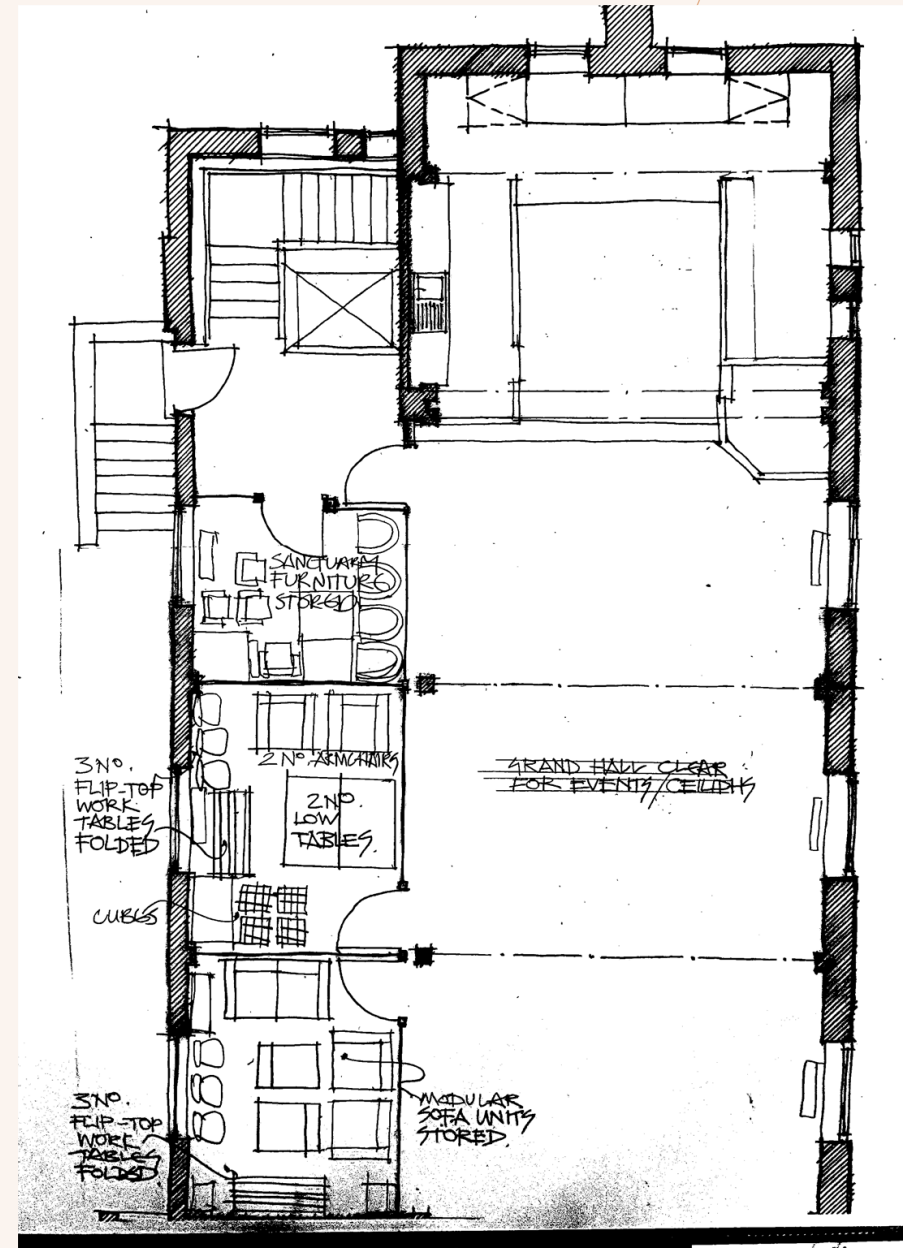
PLANS

I couldn't find any CAD plans, but I had the permission to take mesurment and I have them and started with CAD drawings, hopefully will be ready soon.

The building have extension in a lower floor and it has more length but unfortunately it is missing in this plan.



Another floor plan for the same areas with deferent old proposals, but still it's not helpful

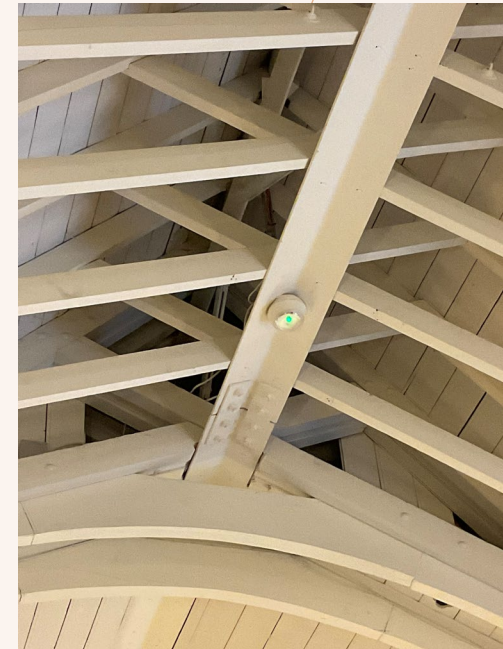


MORE PHOTOS



Image of the bell tower when I was measuring its height, the white mark in the middle is the tower height, about 9.5 m

The building has this extension in the bottom layer because the land is titled, **that will be explained on sections CAD drawings.**



Cathedral – or **vaulted** – ceiling, known as V-shape where the tip of the V is the highest point and the sides of the V slope down.



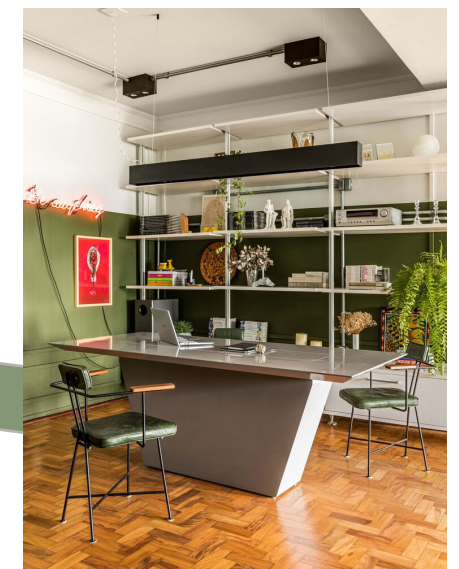
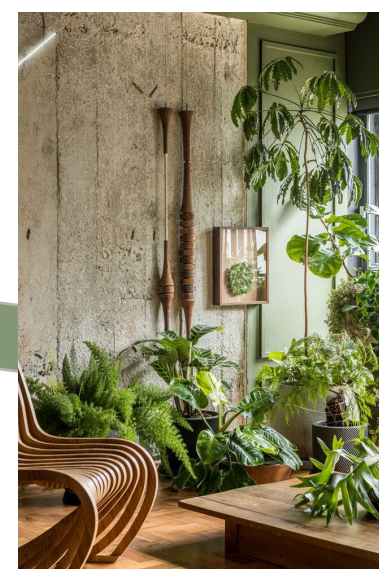
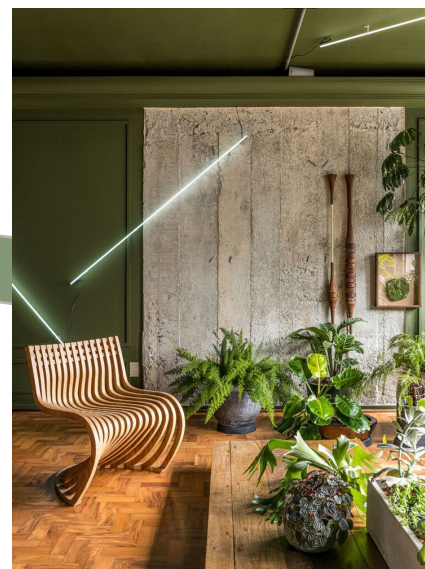
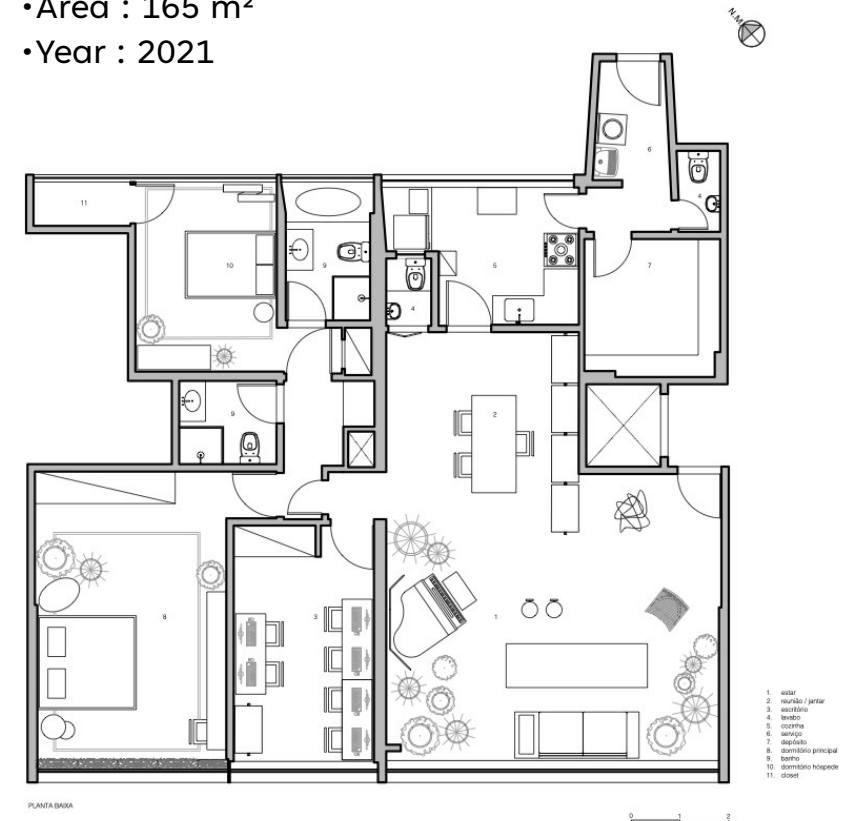
PRECEDENT STUDIES

PAULICÉIA APARTMENT / RICARDO ABREU ARQUITETOS

In contrast to the monochromatic and crowded view, the apartment is stunning because it frames the street view with a wide range of plants that make up the design. The best part is that more than 50 different kinds of plants, like ferns, philodendrons, ficus, and succulents, were grown from seeds. Most of the walls, fabrics, curtains, and furniture are green, as are most of the other things.

Depending on NBC study I found
“Studies have proven that house plants improve concentration and productivity (by up to 15%), reduce stress levels, and boost your mood”
Plants are on of the things can reduce stress levels so its perfect to be a part of Fibro patient everyday life.

- Architects: Ricardo Abreu Arquitetos
- Area : 165 m²
- Year : 2021



PRECEDENT STUDIES

BANKING CONSERVATORY

Offices and meeting rooms are nestled among tropical plants in this wealth management centre in Singapore by the local studio Ministry of Design

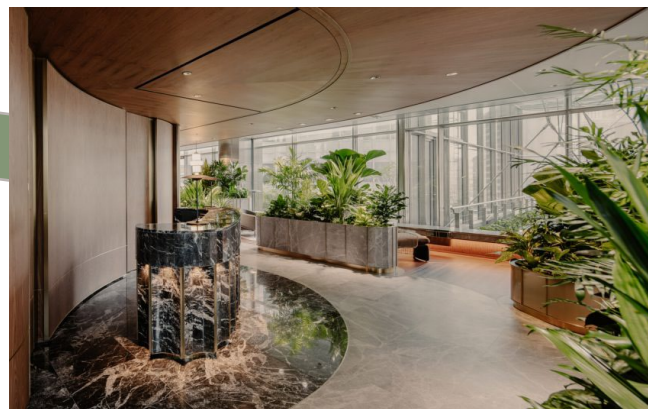
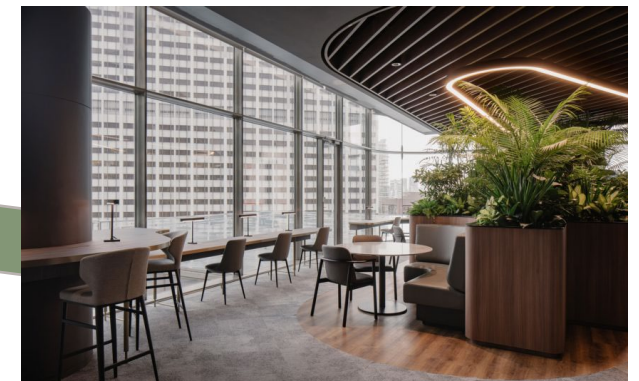
These sinuous, hairline brass containers are lit from below to signpost pathways and meeting spaces among the foliage.

On the seventh floor, garden pods were installed as an alternative to traditional meeting rooms. These are lined with acoustic panels and equipped with curved TV screens, concealed power points and cables for connecting laptops.

plants has been selected carefully that would adapt easily to an air-conditioned environment, thrive even in the shade and create four distinct vertical layers to offer varied views at every level.

For the tallest level, the designers selected betel nut feature palms, while elegant, feathery parlour palms sit below their crowns at the second level with bushy saplings and big-leafed arums in the foreground.

The eighth floor is dedicated to Citigold Private Clients, leading the design team to opt for more luxurious materials such as walnut and marble, while an observation deck offers aerial views of the conservatory on the level below.

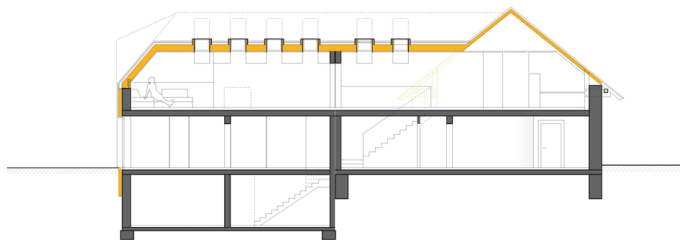
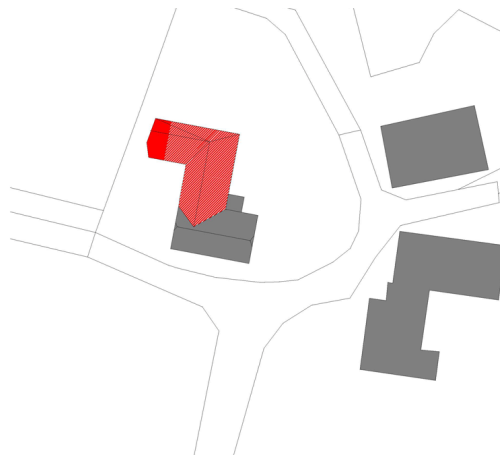


PRECEDENT STUDIES

I have chosen this **farm house** as a site precedent study for tow reasons, the building have extension and it has a similar ceiling shape of my proposed building, its not exact example but it is giving me some inspiration of what to do with my building.

Hammerschmid Pachtl Seebacher Architekten has added a contemporary extension to a traditional farmhouse in Austria, "Out of respect for the old building, we covered the newer parts with a material which is normally used for barns," studio founder Dietmar Hammerschmid told Dezeen. "So the old part of the building can be regarded as the main building."

The new roof – covered in fibre-cement tiles – slopes up from the back of the extension's longer wing towards the front of the shorter wing, where it then gradually folds back down, creating a twist on the traditional gable.



PRECEDENT STUDIES

Health centre for cancer patients

by NORD Architects

The Healthcare Center for Cancer Patients in Copenhagen is conceived as an iconic building, which create awareness of cancer without stigmatizing the patients. Designed as a number of small houses combined into one, the center provides the space needed for a modern health facility, without losing the comforting scale of the individual.

I was thinking what is cover the ceiling of my building to give more comfortable looking, I think the ceiling design here is quite interesting especially with the tilted lighting



Client: Municipality of Copenhagen Place:
Copenhagen, Denmark
Year: 2009 – 2011
Size: 2500 m2
Budget: 56 mill kr
Architects: NORD Architects, Copenhagen
Engineer: Wessberg
Landscape Architect: NORD Architects, Copenhagen
Client advisor: Moe og Brødsgaard





RESEARCH

I'm still working on my research, will be ready soon

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