



Louise Holden

Portfolio
Selected Works

THE ELOWEN PROJECT

For my master's thesis project, I wanted to tackle 2 problems:

- Sport has become unattainable for the normal person. There are less leisure centres for the population demand. Sport has also become a means for capitalist gains, expensive memberships, expensive match tickets, expensive participation.
- it can take up to 1 year on a SARC waitlist before you receive treatment. 1 year of feeling stuck, scared, and alone. 1 year that could make a difference in the start of someone's journey.

Combing these, I set out to answer the question:

Can access to sports therapy spaces, support recovery during the wait time for counselling?

The Proposal:

A redefined accessible leisure centre, focusing on low impact mindful sports, such as yoga and Pilates, for those women who are on the SARC waitlist. The centre will use biophilic principles to connect the users back to nature, a key element for improving mental health and wellbeing.

The Design Drivers:

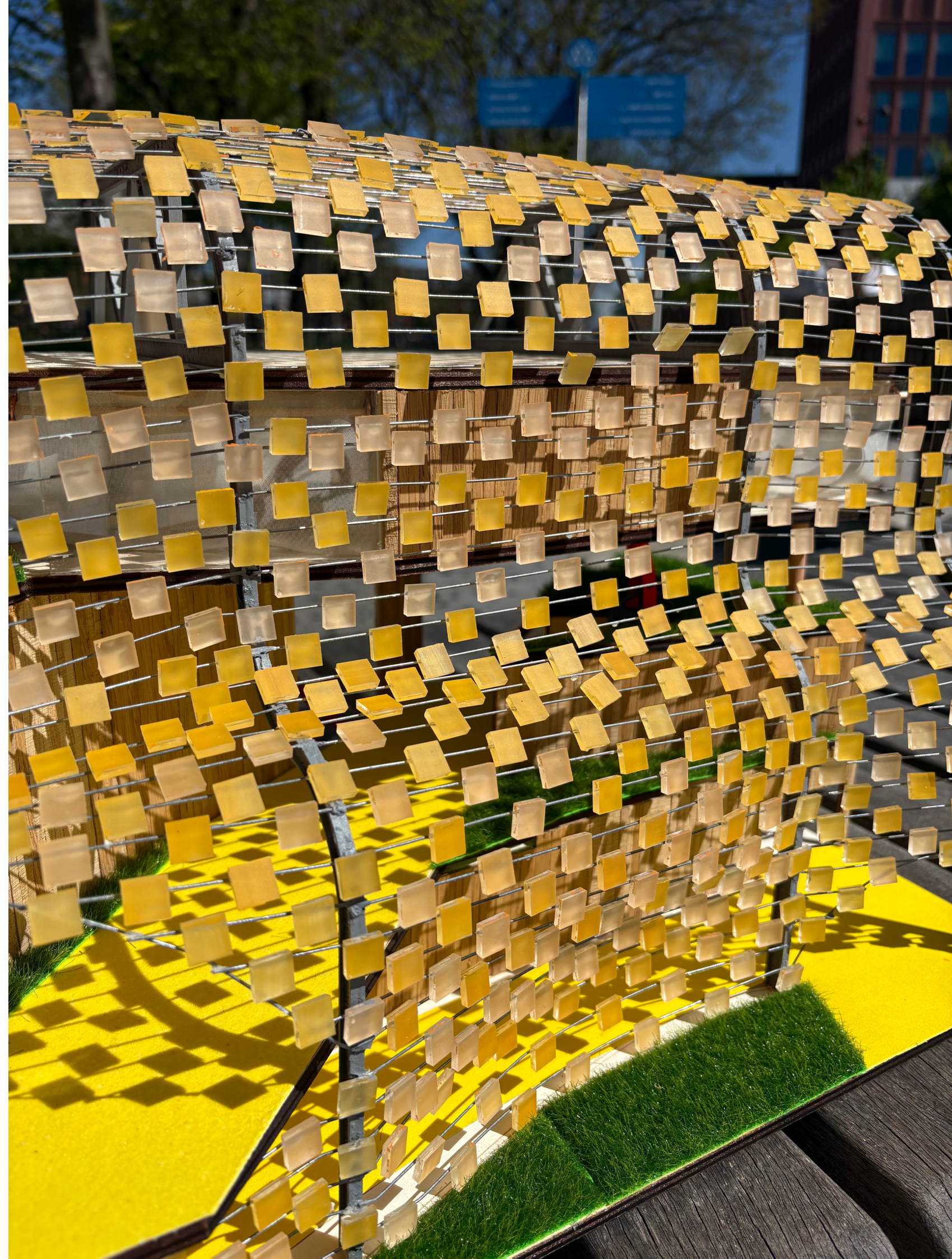
If someone feels **STUCK**, I want them to be able to **MOVE**

If someone feels **SCARED**, I want to provide them the **PRIVACY** to feel safe.

If someone feels **ALONE**, I want them to **PLAY** in a community to rediscover that trust.

The Aim:

To reduce the effect of the waiting time on patients, so therapy can be more focussed on trauma therapy and therefore reduce the number of sessions someone may need. The hope is to reduce the effects of depressions and anxiety during the wait and reconnect women to their bodies with physical movement.



The Design Drivers

Movement

Movement for this project is about accessibility and the freedom to move around the site.

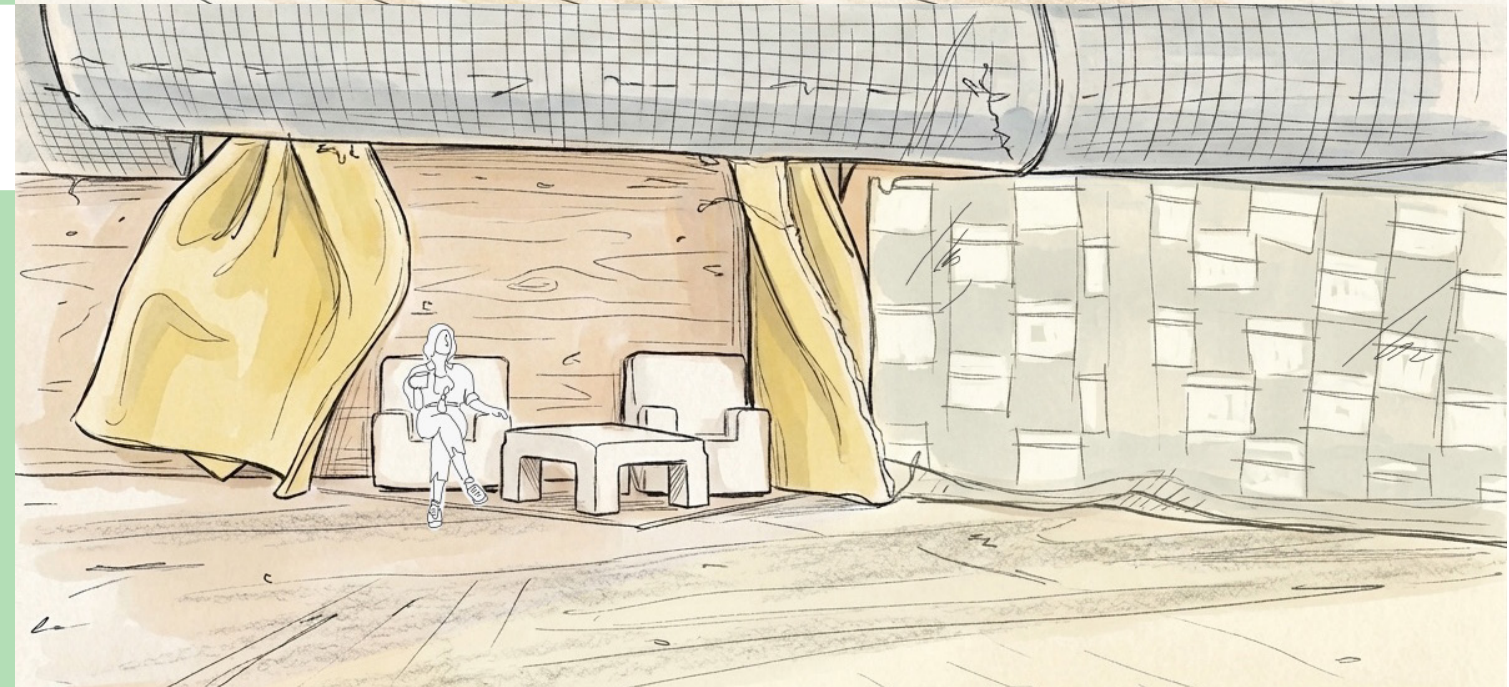
I looked at how different people view the site, and how we can make architecture to be accessible as well as follow desire paths through the site.



Privacy

Privacy for this project is about the freedom to live in our bodies without being stared at.

I looked at flexible ways the spaces can be changed for individual needs and doing this through the use of textiles as a representation for flow and privacy.



Play

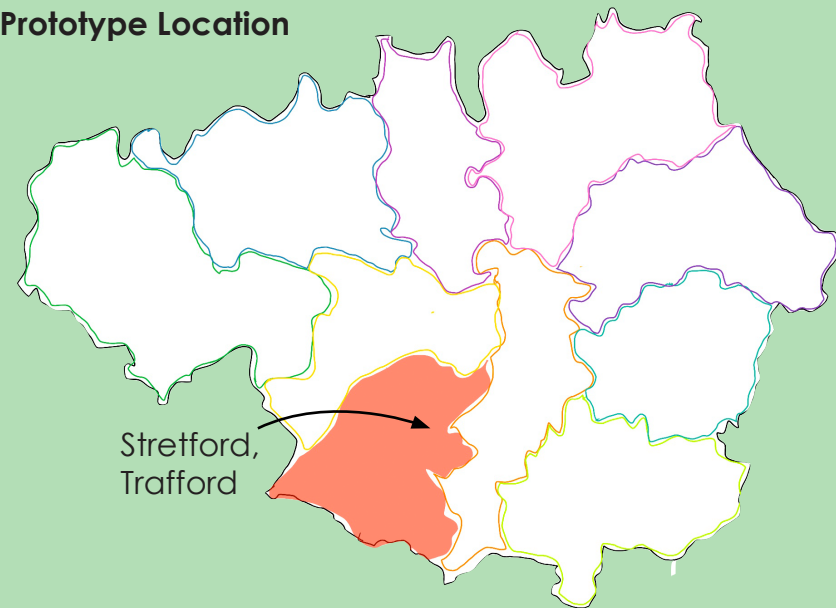
Play for this project is about the way we get around the building learning to trust our abilities and have fun.

Fun ways to get around the building in a accessible way is more than just a ramp, it includes an accessible Ferris wheel, a climbing net, fireman's pole.



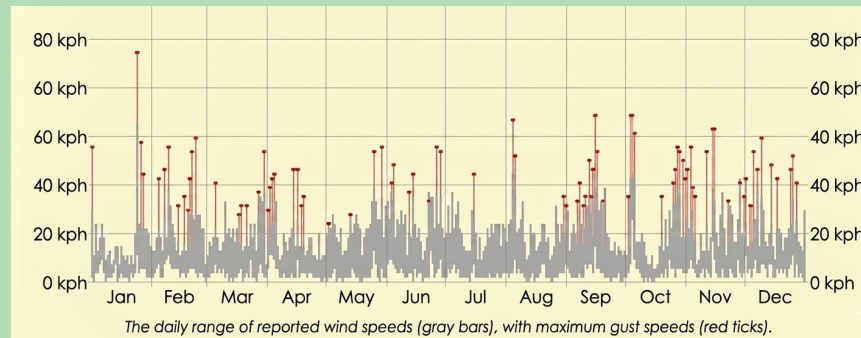
Axonometric and Environmental Factors

Prototype Location



The Wind- Manchester Airport Wind History

2025

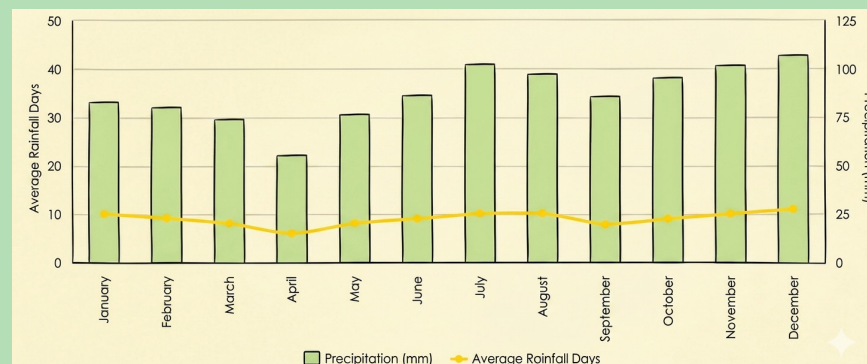


Low wind speeds
between April- Oct
Average 9.8mph

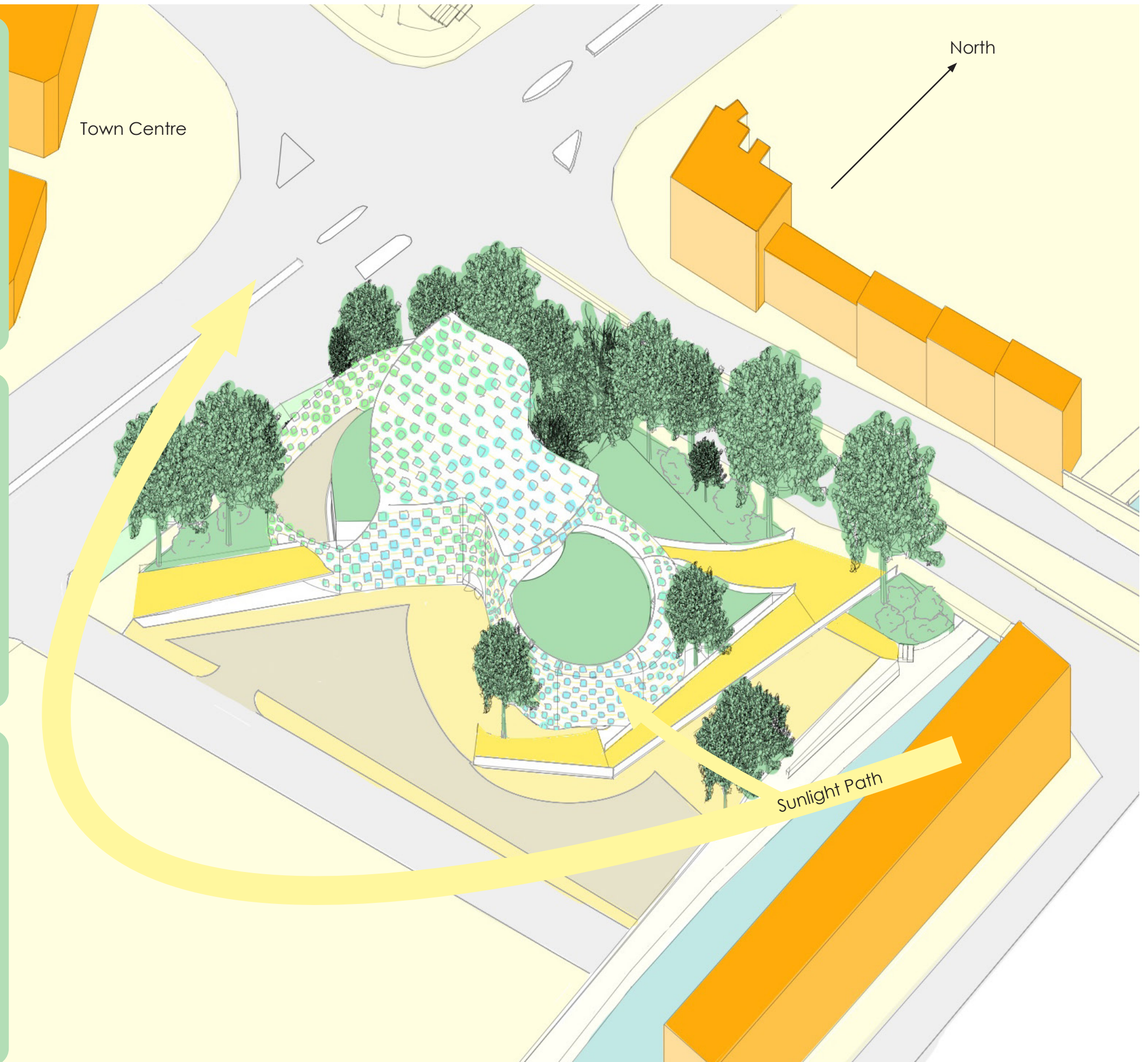
High wind speeds
between Oct-April
Average 16mph

(Weather Spark, 2025)

The Rain- Average Rainfall (mm) for Stretford



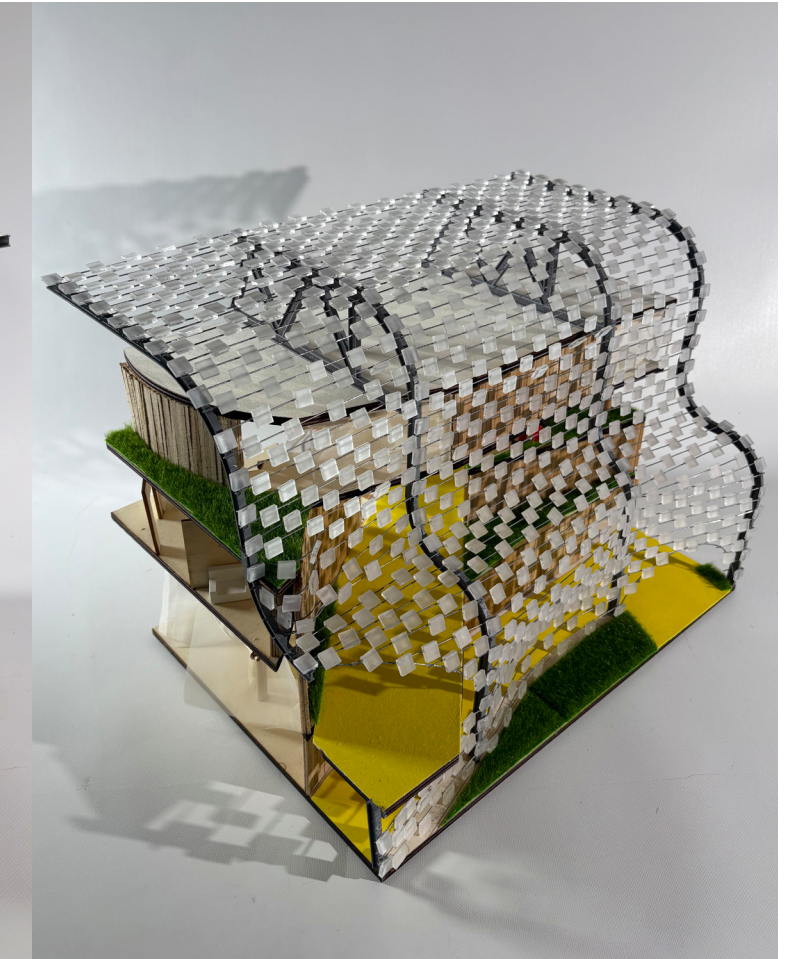
(World Weather Online, 2025)



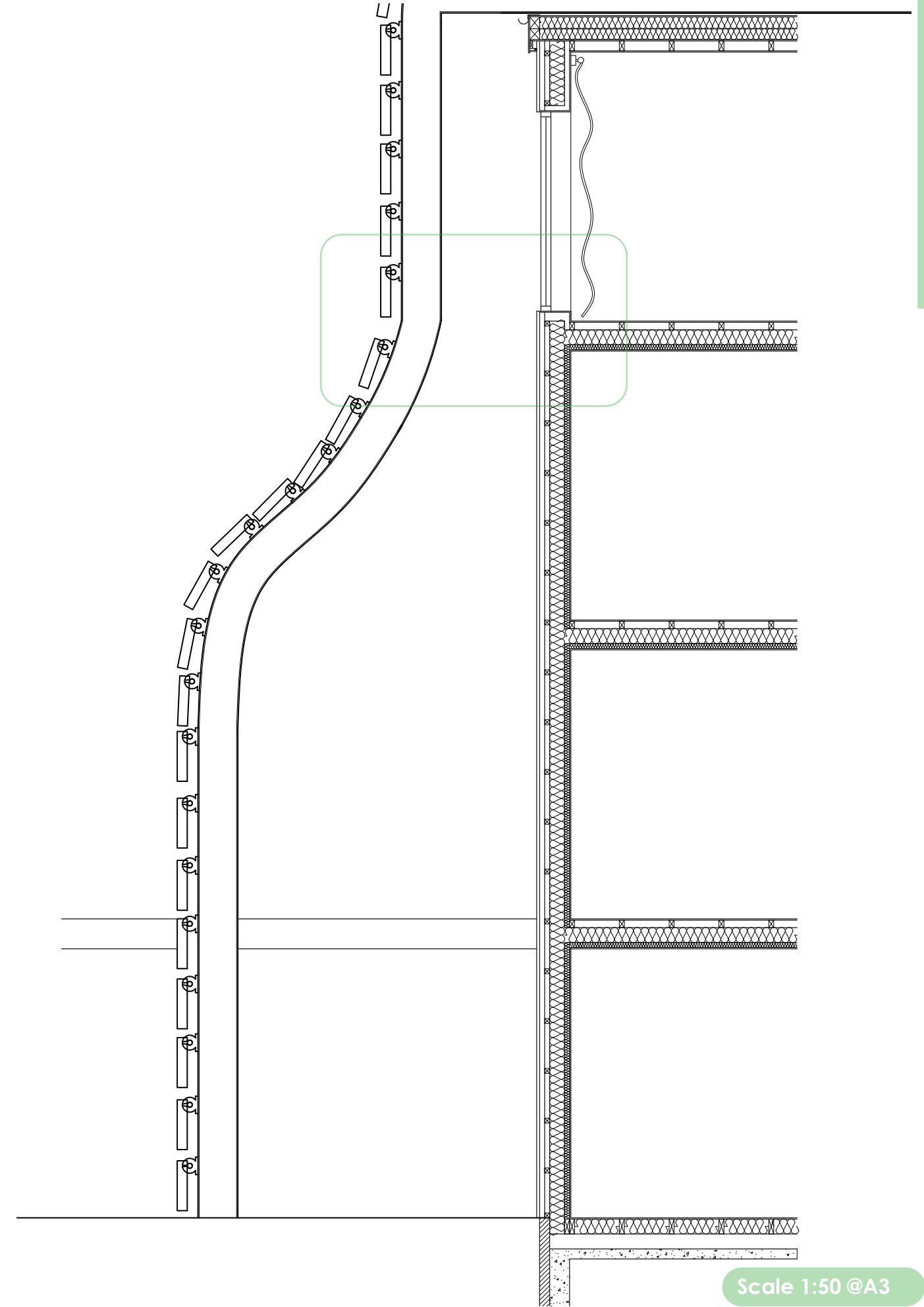
The 1:50 Sectional Model

I used this model making process to explore the materiality of my building and how it could be constructed. I used sustainable, natural materials to reduce construction damage on the environment and connect the user closer to my space through a biophilic element. The outcome was the cladding of my exterior with oak timber slats, and a plywood interior laser cut to size.

The sectional model was also made to demonstrate how my building reacts to the environment, and therefore having the shell element UV reactive was my main aim. When my model is exposed to sunlight, the UV pigment mixed with pva binder on the acrylic tiles, reacts to turn orange and yellow. The overall result would be a building that changed every time you visited, building up trust subconsciously, helping on the healing journey.

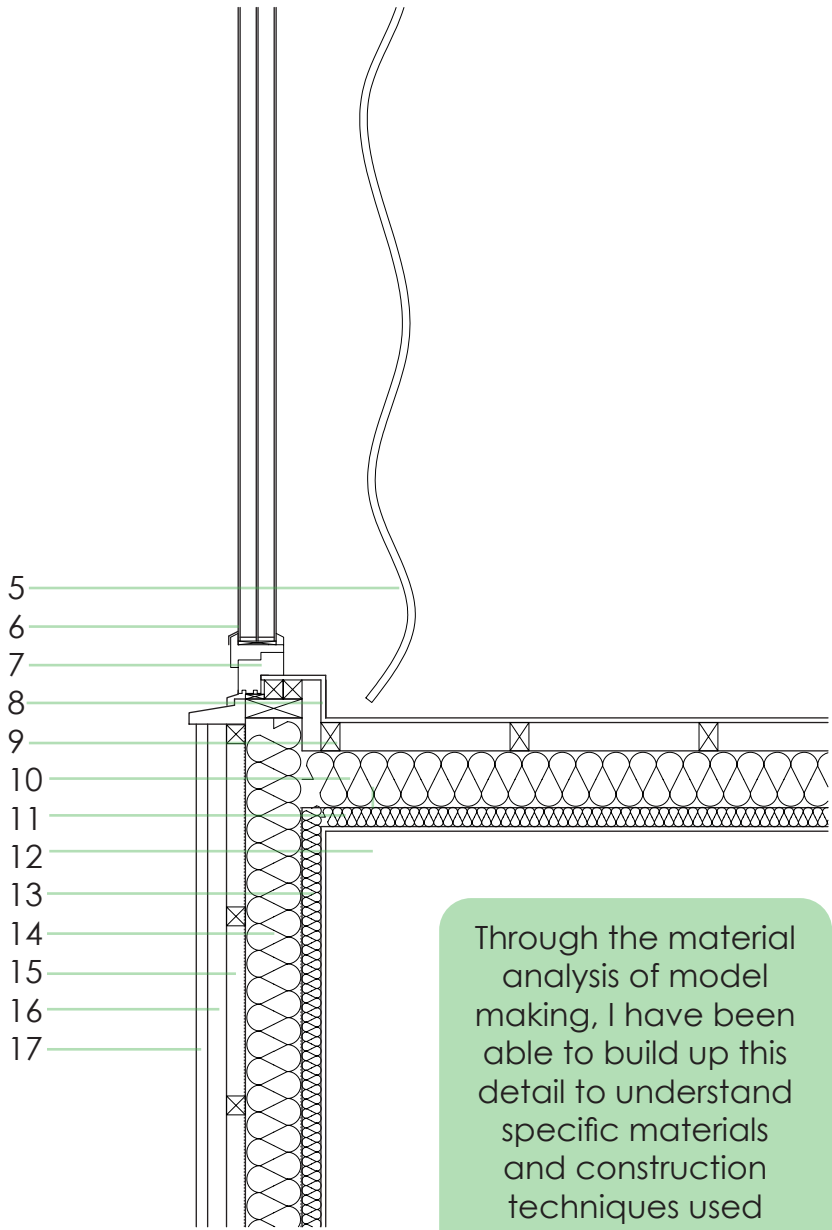
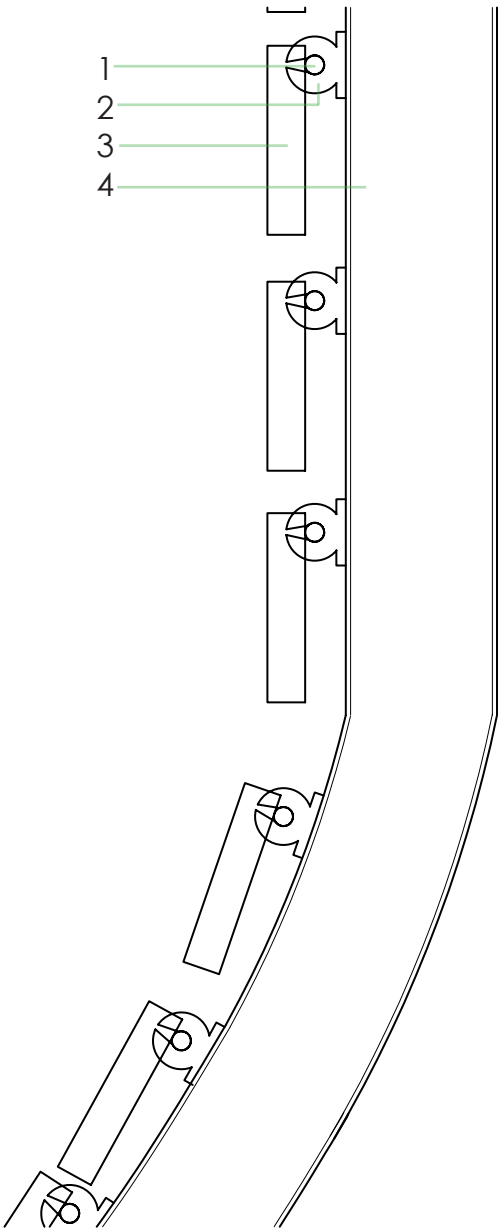


Material Choice Details

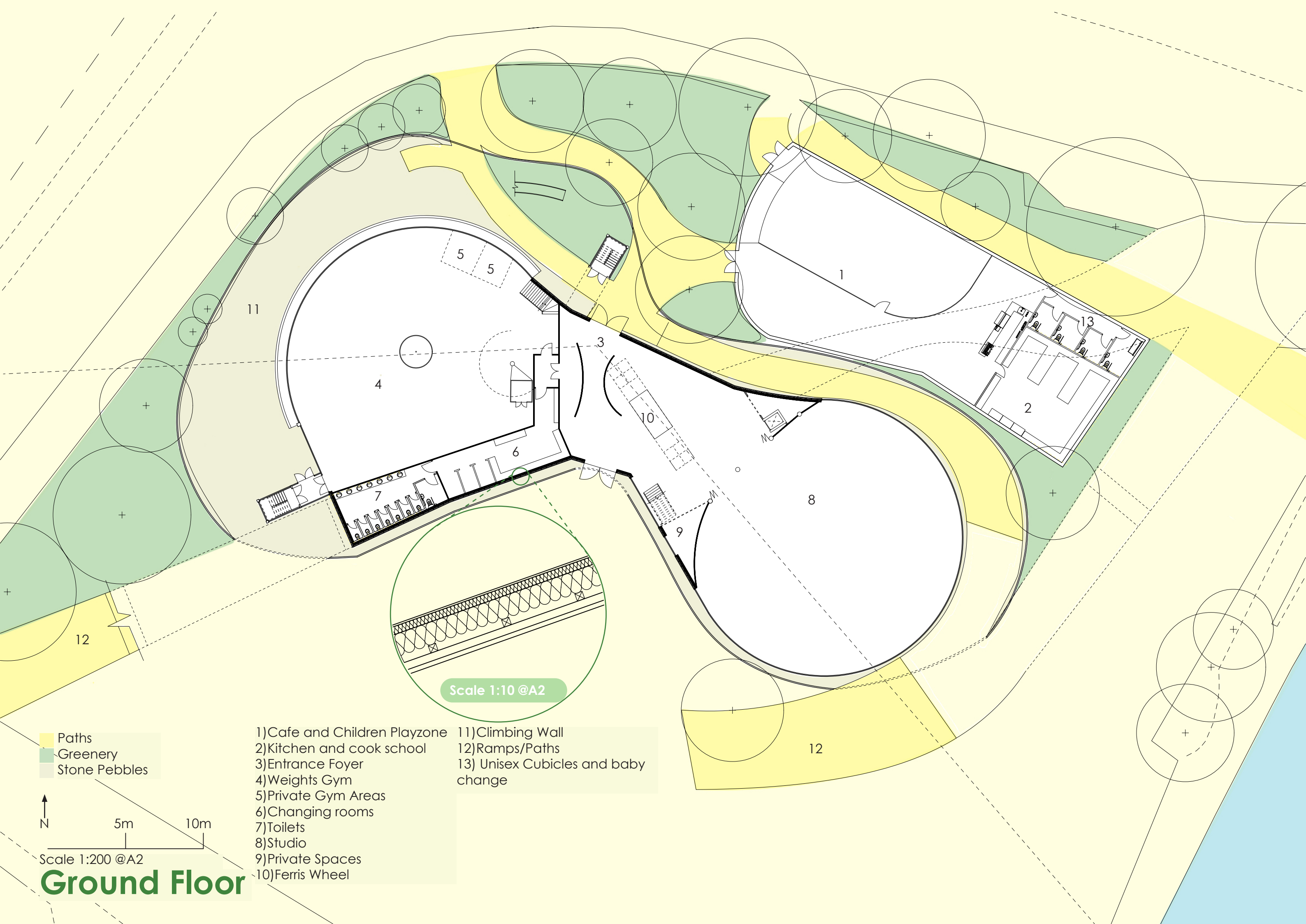


- 1- 1x19 high strengthened steel tension cable
- 2- welded lug
- 3- Glass Reinforced Plastic with UV pigment
- 4- I-Beam
- 5- Viscous curtain
- 6- Triple glazing
- 7- Timber Window Frame
- 8- UK Douglas Fir plywood
- 9- 50x75 timber studs

- 10- 150mm sheepswool insulation
- 11- 50x50 timber stud packed with sheep wool insulation
- 12- UK Douglas Fir plywood
- 13- vapour control layer and 50x50 timber slats packed with sheep's wool insulation
- 14- 150mm sheepswool insulation
- 15- Breathable membrane layer and 50x50 timber slats horizontal
- 16- 50x50 timber slats vertical
- 17- Vertical Green English oak timber



Through the material analysis of model making, I have been able to build up this detail to understand specific materials and construction techniques used in the design. The specific materials that will be used can be shown in this 1:20 detail



Scale 1:10 @A2

- Paths
- Greenery
- Stone Pebbles



Scale 1:200 @A2

Ground Floor

- 1)Cafe and Children Playzone
- 2)Kitchen and cook school
- 3)Entrance Foyer
- 4)Weights Gym
- 5)Private Gym Areas
- 6)Changing rooms
- 7)Toilets
- 8)Studio
- 9)Private Spaces
- 10)Ferris Wheel
- 11)Climbing Wall
- 12)Ramps/Paths
- 13) Unisex Cubicles and baby change



