

Designing Regenerative Spaces

AzuKo &
Amos Goldreich Architecture

Regenerative spaces are those that are rehabilitating, enriching and strengthening – they reverse the damaging effects of life's challenges.

On 3 October 2019, we brought together individuals from over 40 London-based organisations in the health, built environment, education and international development sectors. Together, we explored what these spaces look and feel like and how we might design them.

Thought leaders shared learnings from their practice, sparking a discussion about space, environment and setting as fundamental pieces of wellbeing. These case studies formed the basis of group discussions to create a set of ideas or principles for designing regenerative spaces.



“What a great evening with thought provoking content. It was stimulating to be challenged about what makes a regenerative space with such great facilitators.

– Susan McKillop, Director, Hamilton Park Properties Limited



A regenerative space is...

Regenerative spaces offer a variety of types of space, at differing scales, that respond to individuals' needs and encourage groups to come together.

Examples include quiet spaces to reflect or retreat to such as a bathroom, bedroom or library, spaces to meet informally such as tea points, spaces to meet formally such as counselling rooms and areas to connect people to the natural landscape, such as gardens or nature trails.

The kitchen holds meaning for many different cultures. It is the heart of the home. It's warmth and informality encourage conversation.

We were struck by your real-life examples of the power of transition spaces (e.g. corridors, paths, stairs) to help you digest difficult information such as a cancer diagnosis, or breakdown barriers to sharing your story with another.

A regenerative space is resilient, it can adapt to changing needs among people and over time.



It feels...

joyful / like a community /
something you want to be a
part of / special / designed
for you / welcoming /
inclusive / collaborative /
aspirational / reinforcing
new possibilities / safe and
supportive / empowering



**Literally the best event I've
been to in over a year!**

– Dr Lafina Diamandis, Presenter, Health
Meets Home

Design considerations

From an architectural perspective a considered floorplan arrangement, appropriate selection of materials, effective use of colour, quality of light / natural light and connection to nature are all important.

Additional requirements that go beyond what might be considered traditional architectural practice hold equal weight. These include effective and knowledgeable management of the rehabilitation process for individuals, collaboration of all key stakeholders (including end-users) throughout the design process and the creation a safe, secure space.

We should design with a child in mind. A child's perception of space is often different from an adult. If we design to meet the needs of the most vulnerable in our society – children, disabled people, the elderly – we will undoubtedly design better spaces for all.



“ I think one of my biggest take homes was reinforcing what a truly multidisciplinary task it is to create healthy and regenerative spaces for all. It was really incredible to see the diversity of backgrounds of the attendees as I had expected a predominantly architecture-led event and it struck me how wide the interest and passion for this area of work is across all sectors.

– Katie Flaxman, Director, Studio 31 Landscape Architects

The success of a regenerative space is not simply the result of good design. It must be useful in the long-term. Continued effective management of the space and support of its' users is needed to ensure the environment remains impactful beyond the building itself. It should enable people to transition back into regular day-to-day life and to thrive.

We're passionate about designing regenerative spaces. If you'd like to connect or collaborate, please get in touch:

AzuKo designs with disadvantaged communities and empowers them to create the world they dream of.

azuko.org | info@azuko.org

Amos Goldreich Architecture has a strong and focused ambition to change people's lives in a positive way.

agarchitecture.net | info@agarchitecture.net