

d y k e b a r h o s p i t a l ~

j o u r n e y s a n d p a t h w a y s





c o n t e n t s



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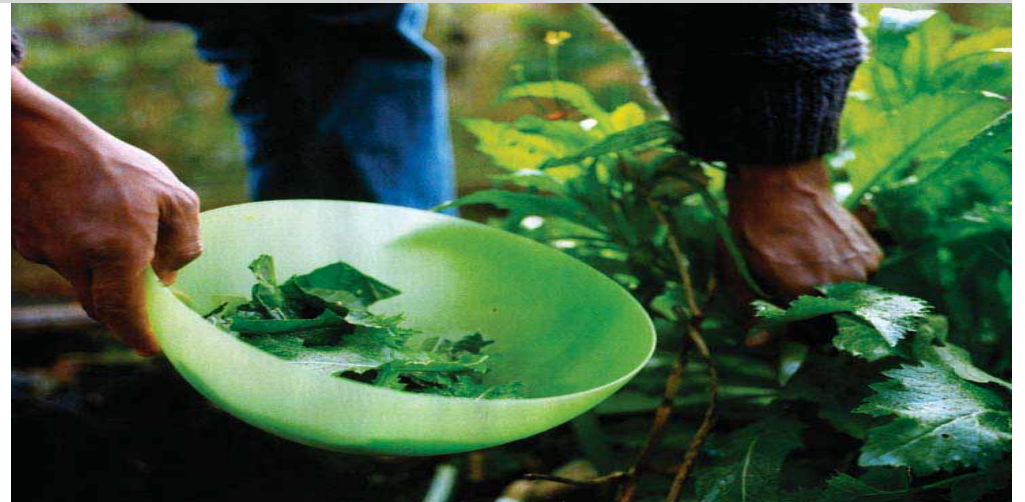
This proposal is made in the context of the 'Journeys and Pathways' art programme, which is part of Dykebar Hospital's ongoing development of healthcare provision and site evaluation. The aim of the programme includes integrating art within the hospital site, making cross site links and creating a sense of place for patients, staff and visitors. The overall aspiration is to make a positive and stimulating environment for all, one which promotes recovery and well being and de-institutionalizes the experience of being in hospital.



e x i s t i n g   s i t u a t i o n

## c o n s u l t a t i o n

Consultation has focused largely on very specific discussions with staff across a wide range of frequently shifting agendas currently operating at Dykebar Hospital. Consultation also provided an introduction to the profound changes that have occurred during the recent and not so recent working lives at the hospital. This is poignantly relevant around the rich agricultural and horticultural history of the site, particularly in relation to the therapeutic activities once an integral part of clinical care.



r e s e a r c h



The hospital opened in 1909 as the Renfrew District Asylum on the rural edge of Paisley. The large detached sandstone villas, which made up the institution were connected by a network of roads. On completion of construction, half of the resident male patients were employed over a number of years “*putting the grounds in order*”. The hospital also acquired two adjacent farms and their fields on which the patients raised cows, pigs and poultry and grew potatoes and turnips. They also built and operated a vegetable garden, glass houses, seed beds and potting sheds. They created and ran tennis courts, a bowling green and an aviary. None of these facilities survive.





In the Asylum's Annual Reports, Members of the Lunacy Board repeatedly made positive assessment of patient health, wellbeing and progress. Activities were often defined in line with gender roles of the period. Female patients worked in the kitchens preparing food produced by the farms, gardens and greenhouses. They also worked in the laundry, and as dressmakers – and rolled the tennis court turf. Frequent mention is made in the Reports of the high quality and quantity of food provided and that the nutrition allowed many patients to gain healthy weight. Throughout the early and mid 1900s, within the limits of institutional confinement, a rich cultural life evolved – of weekly winter dances with music provided by staff, bowling and tennis matches, concerts, films, football clubs and Sunday services.

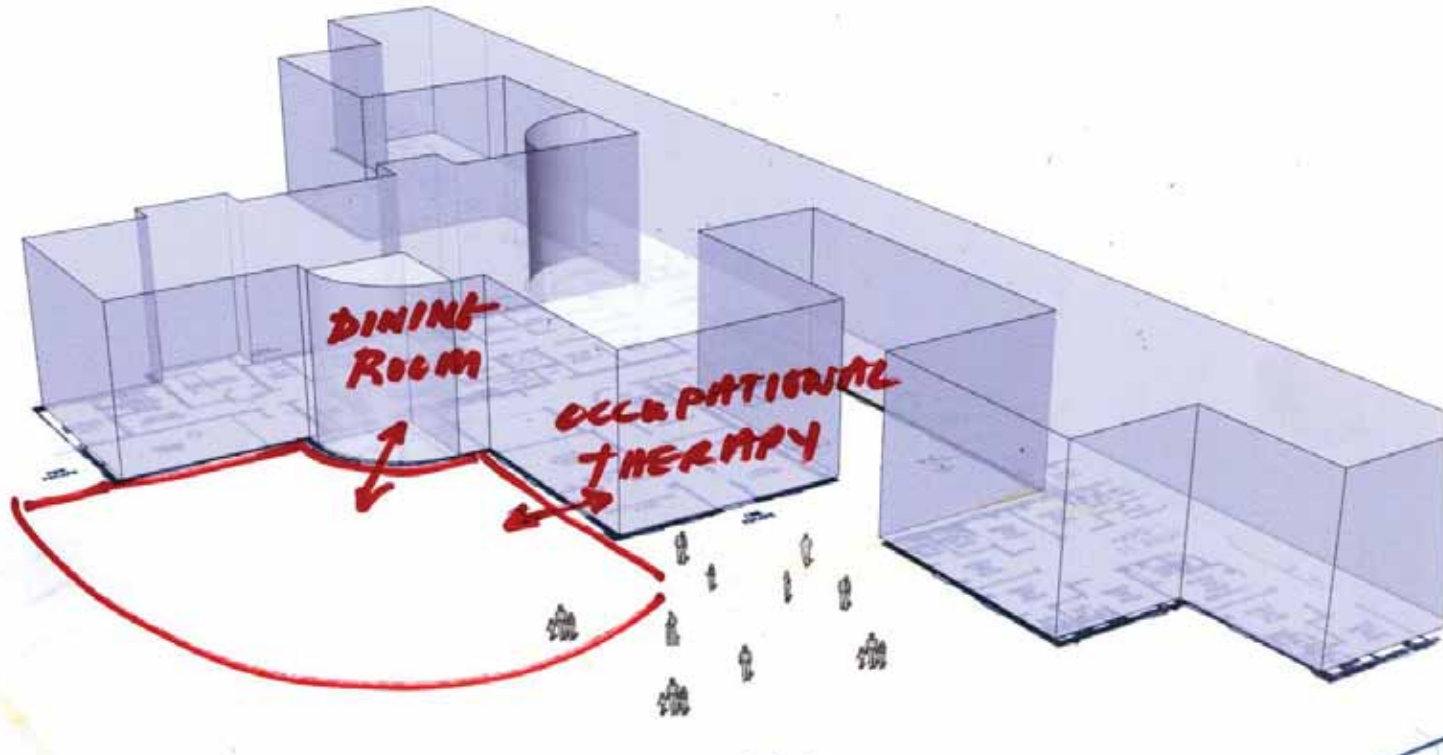




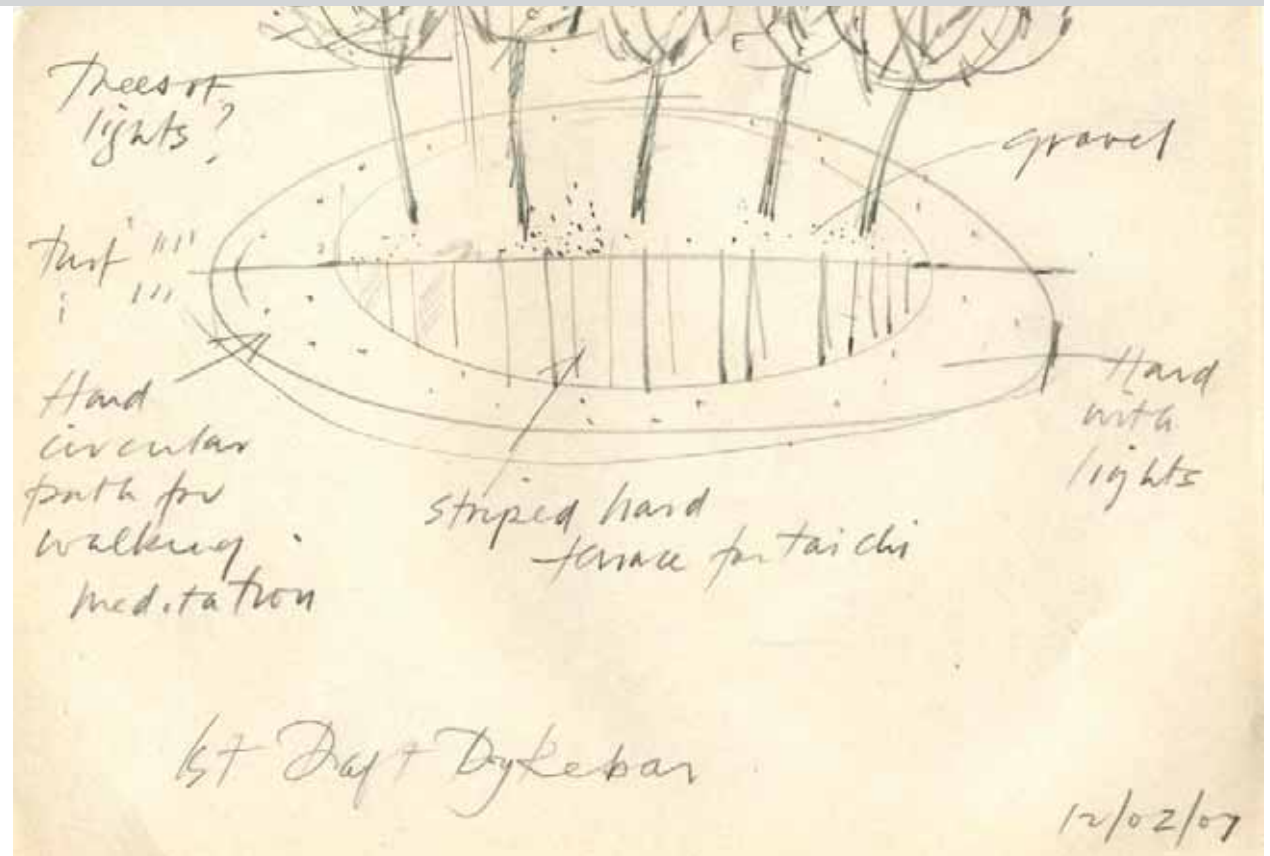
For male patients, the Reports state that “there is nothing better than outside occupation in the open air”, and combined with plenty of “rest in bed” gave best treatment results without use of “restraint or seclusion”. The men built and worked a vegetable garden of 2.5 acres after which farms were acquired to provide “remunerative employment” in the form of an acre per male. One Report concludes that the activity “is serving its purpose, not only as a means of supplying the asylum with farm produce and as an outlet for the labour of the patients, but in the interest it creates. The fact that the surrounding land is our own, and farmed by our own people, rounds off in a way unfelt before, the life of the Asylum Community”.



s k e t c h d e s i g n



s k e t c h d e s i g n



t h e p r o p o s a l



The external area adjacent to the Acute Unit Dining and Occupational Therapy Rooms have been identified as the preferred site for a landscape intervention. The brief requires that the design offers facility for gardening as a horticultural therapy, all weather space for Yoga and Tai Chi and that it aesthetically transforms the space for the better. The proposal offers –

- An oval shaped ‘island’ of hard and soft landscape to facilitate Tai Chi and Yoga, circular Walking Meditation and horticultural therapy.
- A shelter belt of trees and shrubs to screen views to and from buildings and carparks, and to provide further gardening opportunities.
- To level and re grass the surrounding rough grass area.
- A colour and material palette, related to the adjoining architecture and landscape, to lead the specification of high quality building material and of planting to give year round seasonal display.



p l a n t i n g            a n d            t h e r a p y



The 'island' planting will include trees with strong seasonal shows of blossom, berry and leaf and would be underplanted with aromatic shrubs like viburnum, lemon verbena and lavender. In addition to some evergreen trees and shrubs, the 'screening' bed planting would include cooking apple trees, blackberry, loganberry and gooseberry bushes, rhubarb and a variety of culinary herbs like rosemary, sage, parsley and thyme. It is envisaged that this landscape intervention, particularly the planting, will be maintained by patients attending the Occupational Therapy Department and that the produce will be used in a number of kitchen based activities.



## THERAPEUTIC USE OF THE LANDSCAPED GARDEN AREA

In the acute area of mental health, the focus of the Occupational Therapist is to identify areas of difficulty that the patient is experiencing in activities of daily living. Thereafter, the Occupational Therapy service plays an important part in working towards providing therapeutic interventions that will address the needs of the patient to enable them to reach a level of functioning to improve the quality of life for that person. This, therefore, means that the more opportunities a patient has in the rehabilitation process, the quicker the recovery period will be for that person resulting in discharge from hospital.

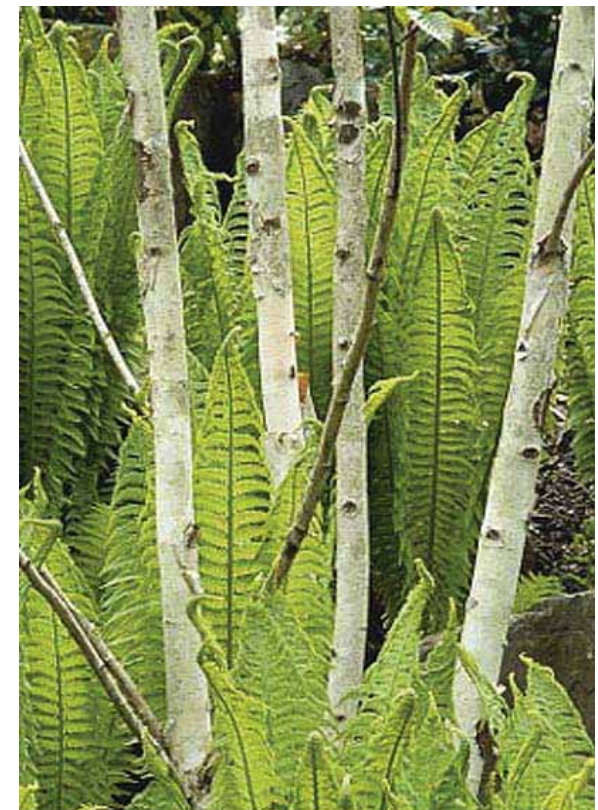
It is envisaged that the landscaped garden area would be used as a therapeutic treatment medium, which would help facilitate this process. The area would be used as a multi-functional area, which would benefit the patients therapeutically in a stimulating and tranquil environment.

The area could be used for a variety of activities:

**Exercise area:** For promoting physical exercise with activities such as Tai Chi, and outdoor games. It could also be used for social events such as barbecues and picnics.

**Horticultural opportunity:** An opportunity would arise for a gardening group to be established for caring and maintaining the garden. This would enable the patients to have a sense of responsibility for the upkeep of the area tending to the plants, flowers, herbs, fruit and vegetables.

**Cultivated foods:** The patients will also have the benefit of being able to use the fruit and vegetables that they have helped to cultivate by for example, using the herbs and apples for sauce in the lunch group and the apples, rhubarb, and gooseberries in the baking groups for making pies and jams.



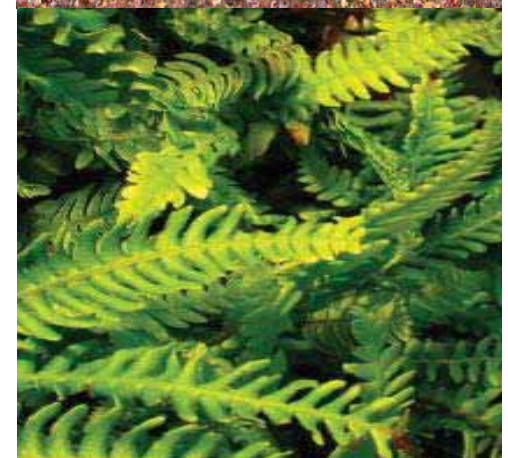


The many therapeutic benefits that the project could offer the patients would be:

- Lifting of mood.
- Improve motivation.
- Improve concentration.
- Promote physical activity.
- Provide tranquillity and sensory stimulation.
- Promote social interaction and working as part of a team.
- Build up patient's confidence and self-esteem.
- For patient's to learn new skills.
- For patient's to become interested in hobbies that they used to have.

Overall, the landscaped garden area would be a great asset and development opportunity for the Occupational Therapy staff and patients. This area would have many therapeutic advantages. This would be an environment, which would be used to promote health and well being for patients whereby they can achieve a sense of enjoyment and fulfilment.

Jackie Cavin, State Registered Occupational Therapist



## Outline Specification

- 1 Paving
- 2 Edging
- 3 Grass seeding
- 4 Planting
- 5 Lighting
- 6 Timber Decking
- 7 Drainage



## 1. Paving

### 1.0 Paving- Pedestrian Paths

Construction make-up to be:

Wearing course – High Quality Yorkstone flagstones.

Bedding – 40mm depth of 3:1 semi-dry mortar mix

Sub Base - 200mm depth Type 1 Granular Sub-base.

Joints and Pointing –10mm wide joints with mortar pointing

## 2.0 Edging

2.1 Sandstone setts with 10mm wide joints and bedding as per paths

## 3.0 Grass areas

3.1 Topsoil to BS 3882 'premium grade', 200mm deep, graded, cultivated, stone-picked and fertilised to grass areas.

### 3.2 Turf

Turf to be Rolawn 'Premier' grade or equal and approved.

## 4.0 Planting

### 4.1 Soil depths

Topsoil to 450mm depth to shrub areas.

Topsoil to 750mm depth to tree areas.

### 4.2 Tree Planting

Species as per softworks drawing

Backfill with clean gravel. Drain to drainage system. Place 150mm clean gravel at the bottom of the planting pit and backfill with mixed topsoil. Backfill material to be well-mixed 70% topsoil to BS 3882 'premium grade', 20% compost and 10% sand. Incorporate slow-release fertiliser into backfill material.

Trees to be root-wrapped semi-matures. Plant trees incorporating fertiliser and compost. Bark mulch to be spread over 1.0m diameter areas around tree trunks to 75mm depth. Trees to be secured by treated softwood stakes and plastic ties.

Suppliers details: Hillier Nurseries Limited. Tel; 01794 368 733

### 4.3 Shrub planting

Species composition and density as per softworks schedule.

Backfill material to be well-mixed 70% topsoil to BS 3882 'premium grade', 20% compost and 10% sand. Incorporate slow-release fertiliser into backfill material.

Shrubs to be containerised. Plant shrubs incorporating fertiliser and compost. Bark mulch to be spread over 1.0m diameter areas around shrubs to 75mm depth.

## 5 Lighting

To include all wiring in.

### 5.1 In-ground uplighters

Stainless steel 250mm diameter uplighters by Iguzzini or equal and approved.

### 5.2 Façade mounted luminaries

Stainless steel facade mounted “Geo” light on outreach bracket supplied by Woodhouse or equal and approved.

### 5.3 Spotlights

To selected trees as indicated on construction drawings  
Spotlights supplied by Woodhouse or equal and approved.

## 6 Timber Decking

6.1 Treated softwood timber joist and decking slats on concrete pad foundations.

## 7 Drainage

7.1 Filter drains to incorporate 20mm clean limestone aggregate within geotextile membrane. Drains to tie in with existing drainage system





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