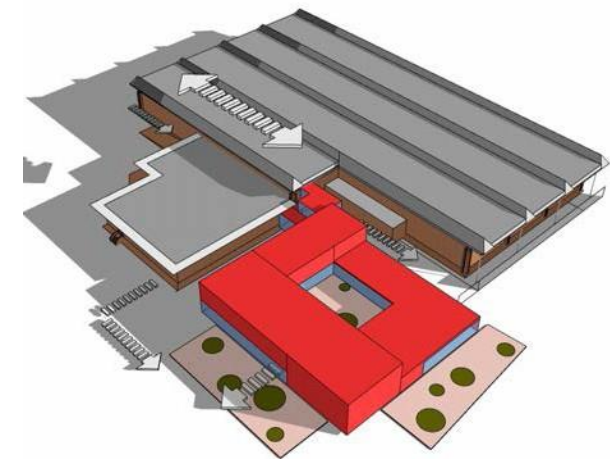




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## Penarth Wellbeing Hub: Vale of Glamorgan Scrutiny Presentation

8th January 2019

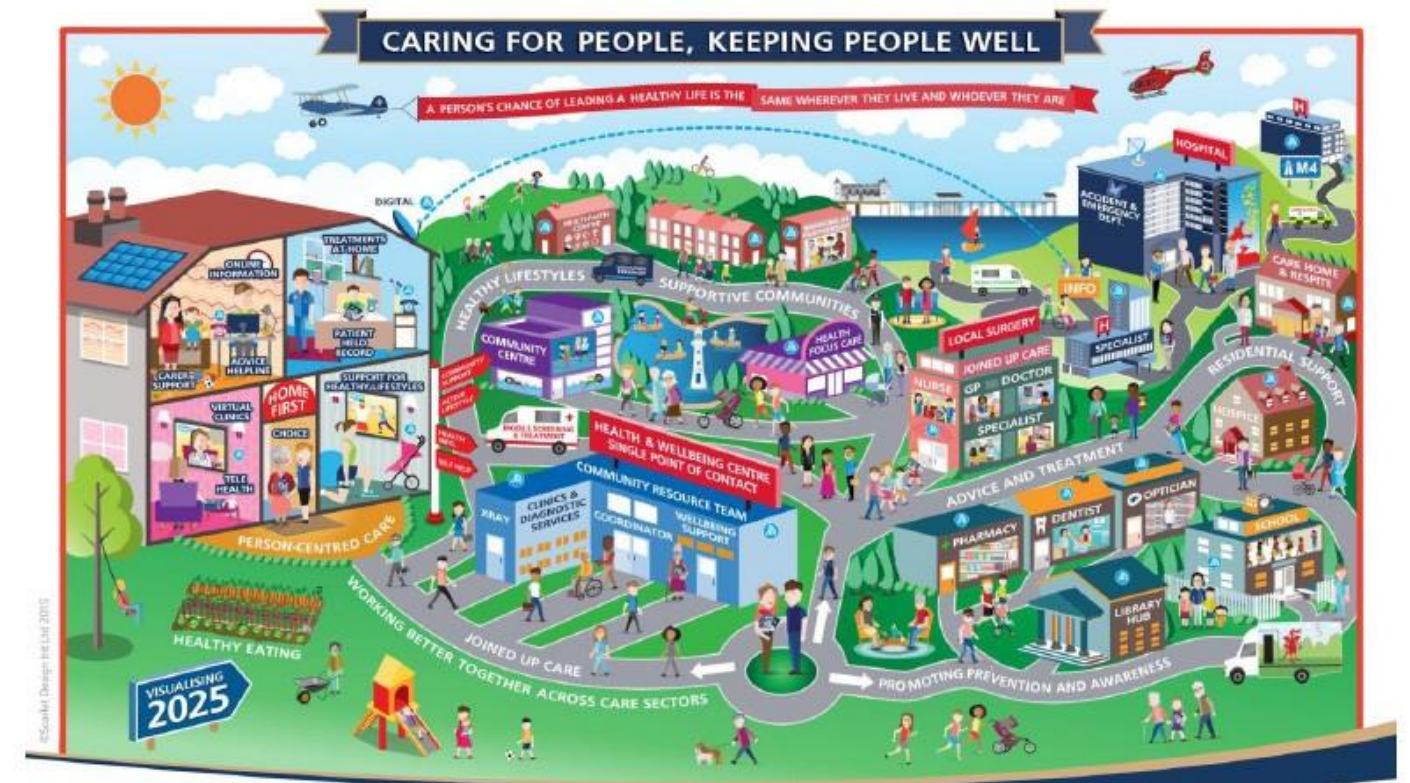


## THE VISION AND VALUES PENARTH

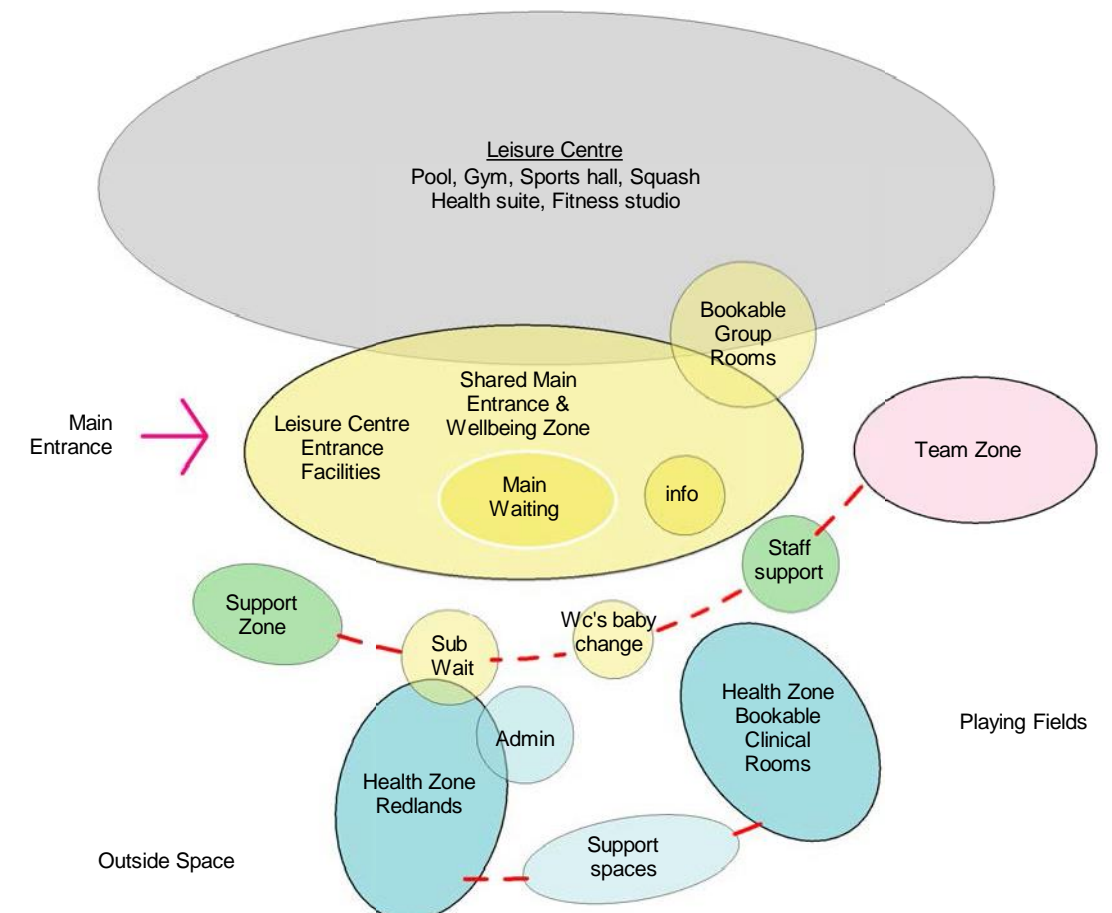
- The creation of a wellbeing hub adjacent to the Penarth Leisure Centre will support the delivery of health and wellbeing services to the residents within the Eastern Vale Cluster.
- Services will be delivered collaboratively across organisations to promote a social model of care, focusing on people's physical, mental and social wellbeing.

In terms of key values and principles that are considered essential to the design, development and governance of the site, the Wellbeing Hub@[Penarth] will:-

- Promote 'prevention' and 'wellness' rather than 'illness'
- Integrate services with Leisure Centre for mutual benefit by exposing people who wouldn't normally use leisure centre facilities to new services (Gym / Swimming / classes and community activities)
- Facilitate the delivery of services that are relevant to the priority physical, mental and social wellbeing needs of residents who live within the Cluster
- Support the delivery of care to individuals 'close to their home', providing individuals and families with better access to health services that do not need to be delivered in a hospital setting



Cardiff and Vale University Health Board  
**Shaping Our Future Wellbeing Strategy**  
 2015 - 2025







To Town Centre

Cogan Nursery school

Park Area

Development site

Car Park

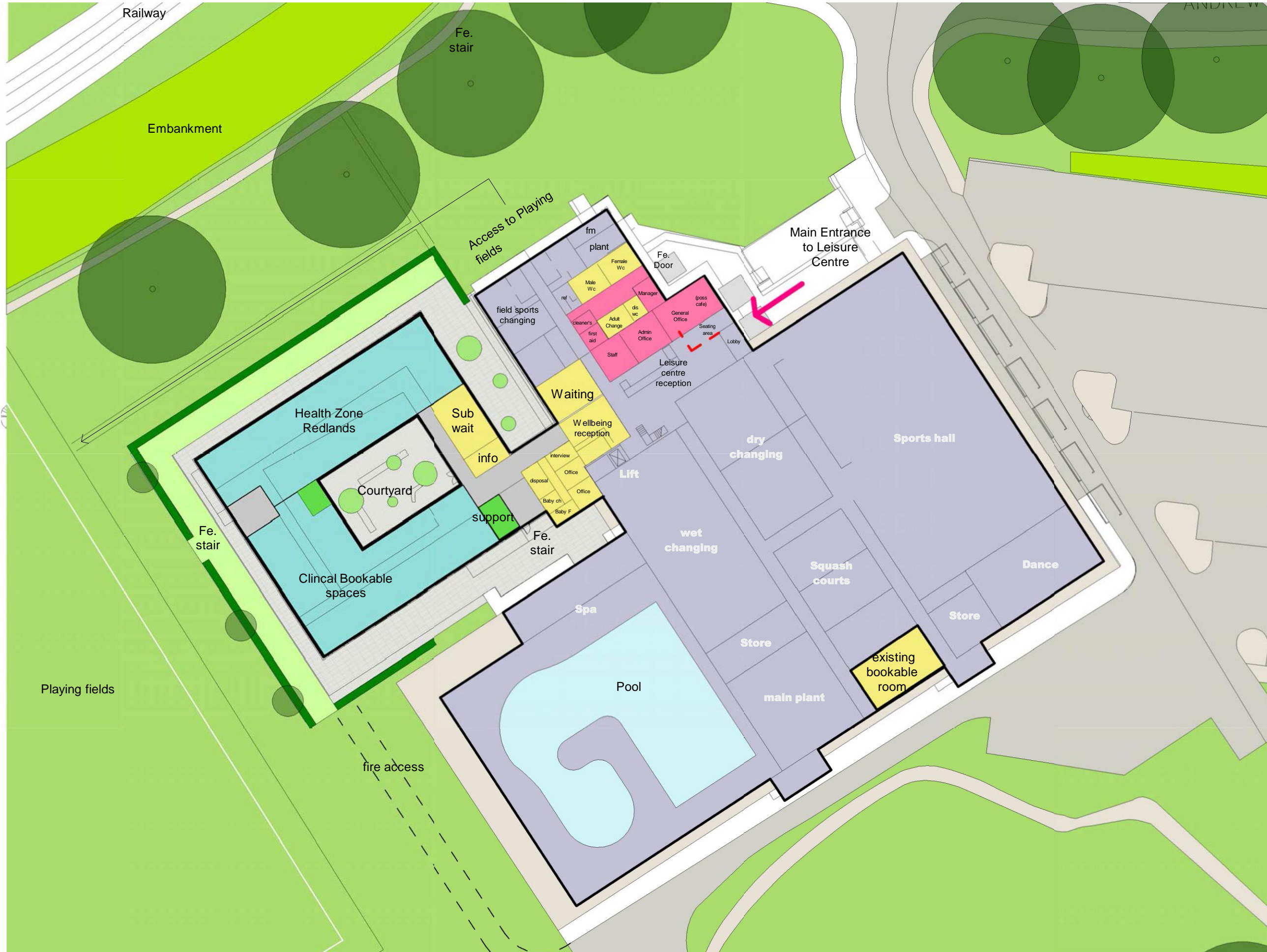
Site Entrance

Supermarket

Cogan Train Station

Site Context Aerial View

# Block Plan - Ground Floor Plan



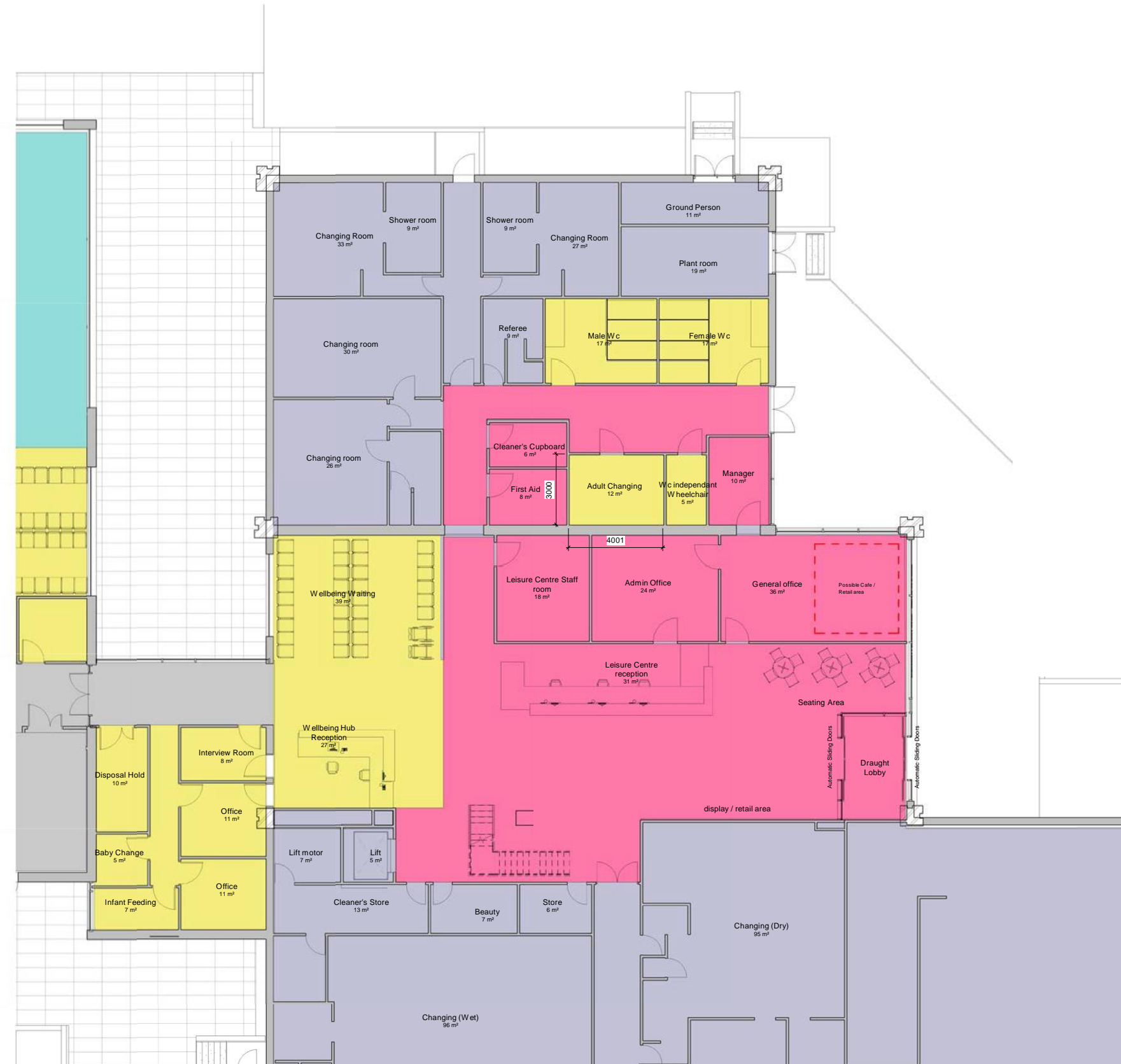
# Block Plan - First Floor Plan



## Flexible/multi- functional/ shared spaces

- Flexible and multi-functional facilities which can change to meet different requirements, with future adaptability for re-designed service models.
- Flexible opening times to support delivery of services, group education, social activities etc. at times convenient to service users. Security of staff, service users and the building to be incorporated.
- Active waiting area, where service users can find out about activities and classes on offer or access health and wellbeing advice, while waiting for their appointment.

## Proposed Integrated Lobby - Ground Floor Plan



## Proposed Integrated Lobby - Ground Floor

View

- Integration between the outdoor and indoor spaces to encourage innovative use of space for healthy and social activities.
- Ability to facilitate community/third sector groups, e.g. themed events, social prescribing, 1:1 advice etc.
- Plenty of equipment storage to enable rooms to be adapted to support the delivery of services who regularly provide sessional clinics.
- Wellbeing co-ordinators/ social prescribing team to work across the integrated facility.

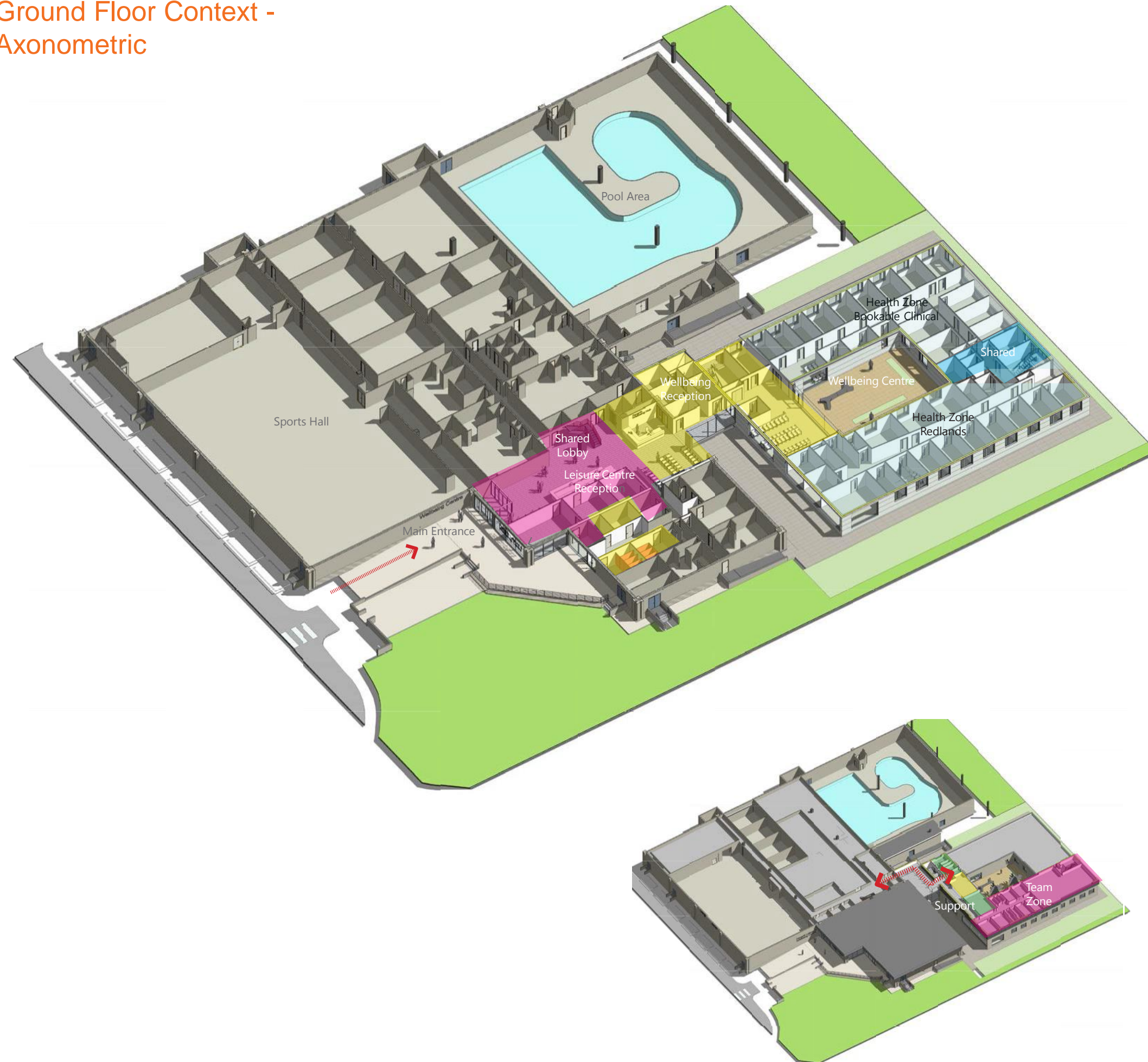




## Promotes collaboration across organisation

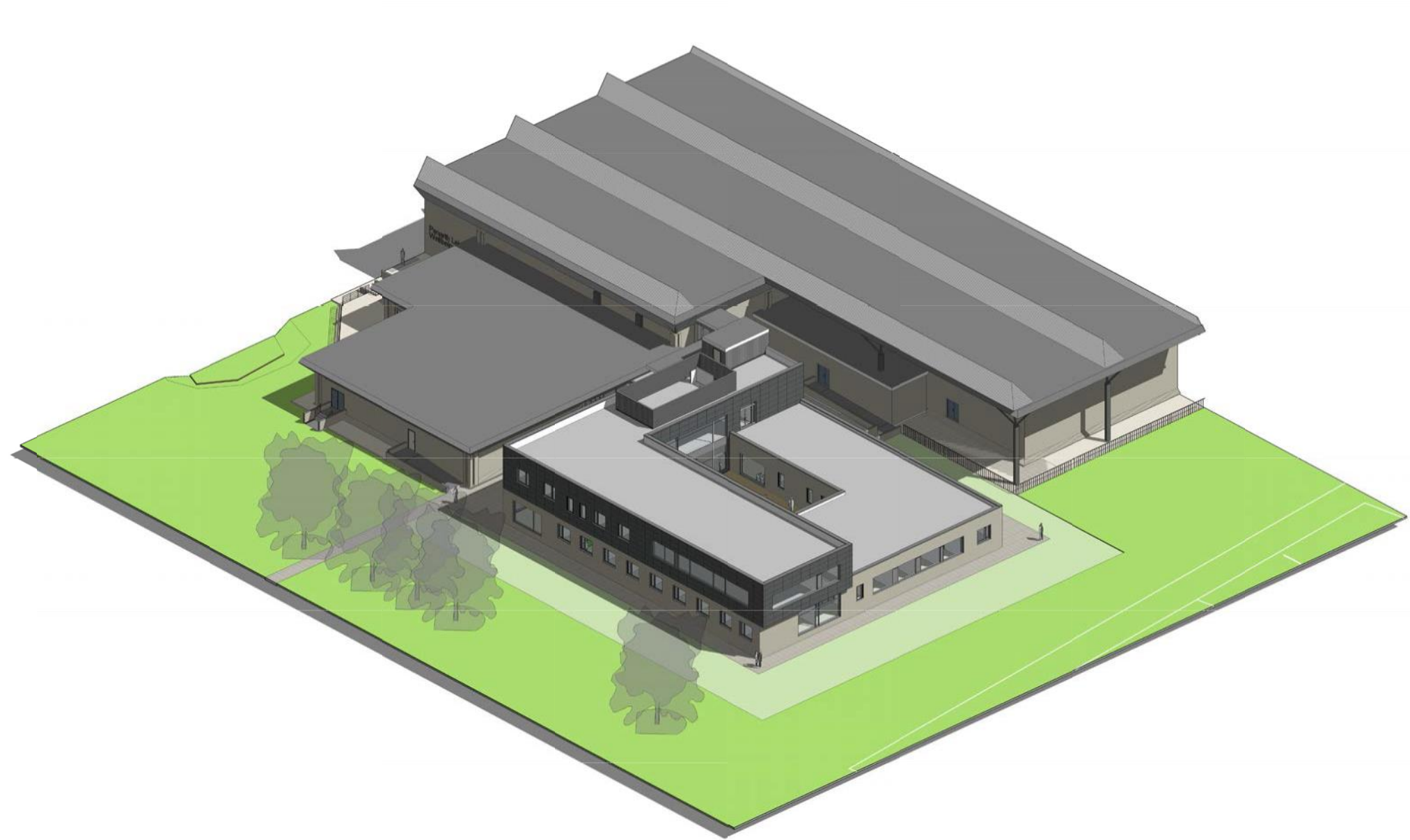
- Facilitates integration and collaborative working across the leisure centre and wellbeing hub, e.g. wellbeing co-ordinators/ social prescribing team to work across the integrated facility.
- Collaboration with Gp referral Services in Leisure centre

## Ground Floor Context - Axonometric



## External Envelope Concept

- Brickwork plinth / lower level to match existing
- Powder coated rainscreen cladding system
- U Values: 30-40% improvement over Building regulations
- Air Permeability of 3.0
- Low Maintenance
- Green Guide Rated A





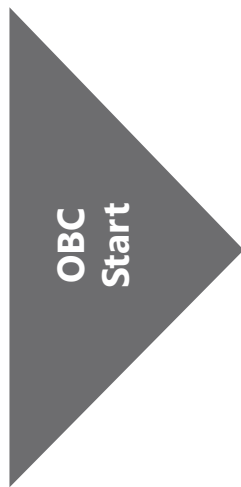
Possible combined signage at main entrance



Courtyard view



North east view

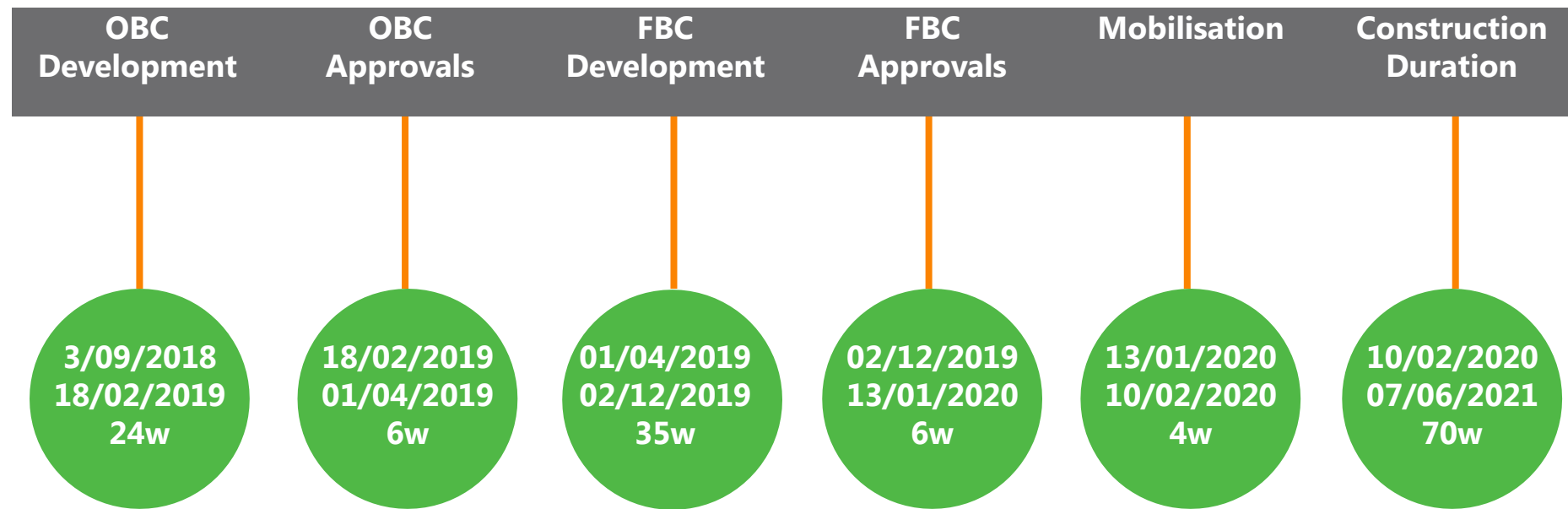


**Project Start**

03/09/2018

**Summary Programme**

03/09/2018  
07/06/2021



**Project Completion**

07/06/2021

## Construction & Site Set up

- The entrance to the Wellbeing Hub will be via the existing Leisure centre, requiring the remodelling of the area to create waiting, reception and office areas, all during a live environment.
- To preserve the smooth running of the centre, and mitigate any disruption to their operations, BAM will formulate a plan and construction methodology that safely separates the construction activities from the public. This will be in the format of solid hoarding lines, noise reduction measures (including out of hours working), and temporary MEP service provision.
- BAM will liaise closely with the Centre to ensure the sequencing of the works are both effective and sympathetic to the users





Area: 2018 m sq Usable GIA  
Current Workstage: OBC Stage - RIBA Stage 2-3  
Planning Status: Outline Planning - to be submitted Jan 2019  
Start on Site: January 2020

Project  
Details