

APPENDIX 2

Dilkes Wood

South Ockenden Community Hub Vision

March 2018



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**Architect
of the Year
Awards 2017**

Winner of the Housing
Architect of the Year

**Pollard
Thomas
Edwards**



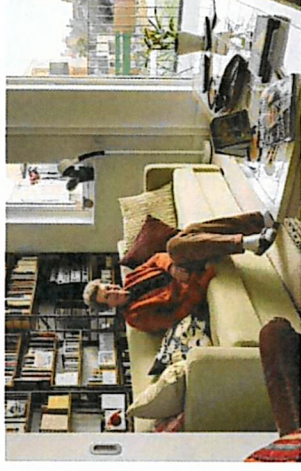
1.0 The Vision

Pollard Thomas Edwards has been working with Thurrock Council on expanding their offer for older people since the 2011 South Essex Commission of Enquiry. Subsequent development work has most recently included the design of 52-78 Calcutta Road in Tilbury with a wide range of stakeholders, and initial feasibility studies on Collins House and Dilkes Wood.

This brief report focuses on South Ockendon, and outlines Thurrock's vision for the town centre.

The vision for South Ockendon seeks to renew focus on the town centre, through provision of new health and community facilities and new exemplar residential accommodation for the ageing population.

The integration of a new 'hub' for South Ockendon has the potential to be a catalyst for the regeneration of the town centre and to serve the planned substantial increase of housing in the borough.



PTE PROJECTS, FROM TOP LEFT

1. NEW GROUND CO-HOUSING, BARNET
2. PRIORITY ROAD, HARPINGEY
3. NEW GROUND CO-HOUSING, BARNET
4. CALCUTTA ROAD, TILBURY
5. ST PETERS & ST ANDREWS, HACKNEY
6. ST PETERS & ST ANDREWS, HACKNEY



2.0 Background

The HAPPI report - Housing our Ageing Population: Panel for Innovation - used best practice examples from the UK and Northern Europe to demonstrate that "Housing for older people should become an exemplar for mainstream housing". In addition to showing projects that might be expected to attract buyers on the open market, and many of them do just that, the report highlighted the following characteristics across the twenty four case studies:

- good levels of daylight, without overheating from solar gain;
- generous space and storage standards;
- good connections to the surrounding residential areas, including an inviting street presence
- good connections to planting with seasonal variations
- clear, navigable internal layouts
- high standards of energy sustainability

While these characteristics are all features of well designed housing, they also address issues of specific concern to older people.

Developments in Third Age housing since HAPPI

The principle established by the HAPPI report and evidenced by an increasing number of successful developments since its publication, is that our lives are very likely to be longer and healthier if we remain active and sociable. The circumstances of older people tend to cause inactivity and isolation - UK, and indeed Northern European, society is only starting to acknowledge that we do not cease to be citizens, with the social and economic contributions that this implies, as we get older. The abolition of any 'official' retirement age in the UK has proved an important step in changing culture.

While we may continue to work and will want to participate in fulfilling activities, from going out to eat to volunteering, our physical and cognitive abilities will begin to decline. We will find it more difficult to get around, and will need more daylight. A significant number



THE HAPPI REPORT

of us will develop dementia - one in six of the over eighties have the condition.

Designed using the principles above, new 3rd Age housing has a crucial role to play in helping minimise the restrictions that age-related conditions place on our activities. In fact, the single greatest health risk as we age is isolation, said to be comparable to smoking 15 cigarettes a day and to increase the likelihood of mortality by 26%, and here the right location and good design can make all the difference.

For most of the second half of the twentieth century sheltered housing has been sited on inexpensive land far from town or city centre activities, with poor or non-existent public transport. This meant that not only was it very difficult for residents who didn't drive to go to the shops or take part in any sociable activity outside the home, but it also made it very difficult for friends and family to visit. This was not intentional, but rather the persistence of the old almshouse culture of retirement from society, combined with an expectation of gratitude that residents were provided with a roof over their heads.

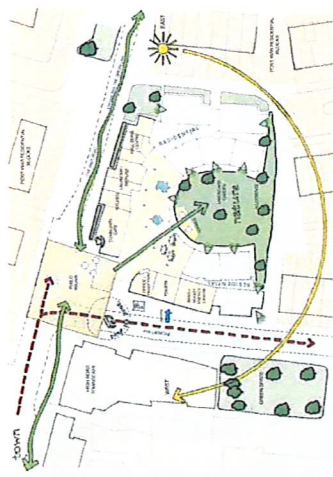
New 3rd Age housing, then, in addition to the design characteristics already outlined, must:

- offer a variety of locations, all of which have access to social facilities
- attract people to live there. Many older sheltered schemes only attract and retain residents because there is no alternative on offer
- accommodate a variety of levels of social care. Bathrooms in particular need to be appropriately sized, though should not have a medical appearance

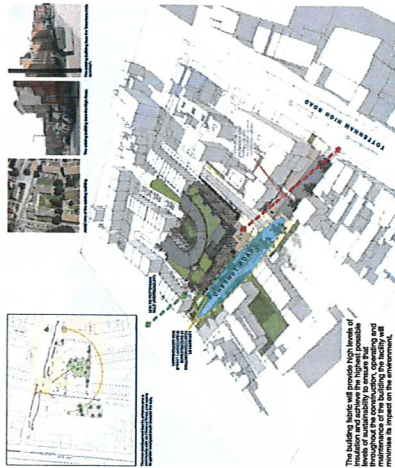
The award-winning PTE / One Housing Protheroe House in Tottenham exemplifies these characteristics, and some of the key features of the design are illustrated opposite. A visit is needed to appreciate that, with its bar, pizza cafe and contemporary interiors, Protheroe House does not feel like the 100% affordable development that it is. Nor is the provision of ten re-ablement flats, leased with twenty four hour care by two local health trusts, reflected in any suggestion of a medical or institutional character in the building. Protheroe has proved very popular, with residents of the previous sheltered scheme on the site choosing to move back after two years, despite the disruption involved.

At Protheroe, providing age-appropriate homes for local older people has not only improved their quality of life, but also maintained the vital social capital of their local networks of friends and family.

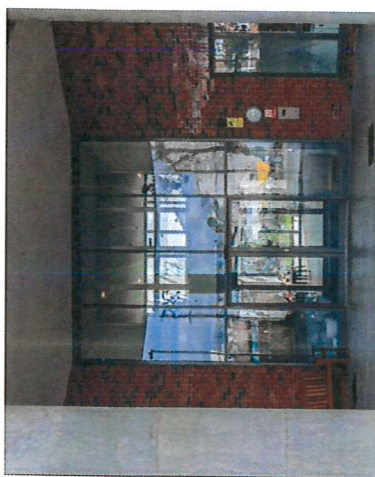
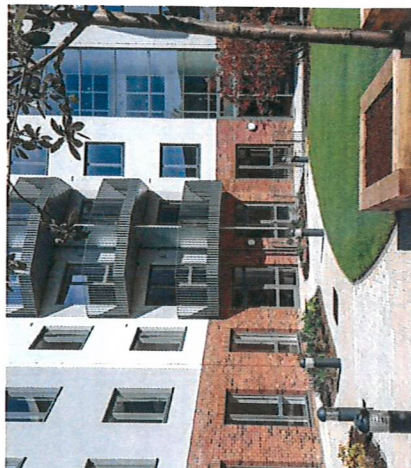
¹ Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review, Julianne Holt-Lunstad et al 2015



This urban design study for Protheroe House uses planting to reinforce connections to the High Street, and marks the building entrance with double height glazing to the gardens and a distinctive metal-clad box visible from the distance of the main road.



The building here will provide high levels of natural daylight in every room, possible thanks to the double height glazing and metal-clad box at the building's entrance, which remains visible from the environment.



3.0 Extending HAPPI benefits to care

3.1 Residential care examples

Progressive providers have been exploring ways of integrating nursing care better with the community for a number of years. Two examples from HAPPI illustrated here look at having palliative care right at the centre of a holiday village in southern Sweden - Postiljonen, and a retirement to care campus in a suburb of Zurich - Giebelich



POSTILJONEN, SWEDEN

In 1997 the Royal Borough of Kensington and Chelsea (RBKC) asked PTE to look at replacing the Ellesmere care home on the Fulham Road with a new facility with better space standards, purpose-built dementia wings and outpatient rehab unit. All this was to be paid for by private sale apartments on the street side.

As originally conceived, the ground floor of the street frontage would house an RBKC day centre, with an 'activity street' bringing local older people and others with care needs into the heart of the development to share facilities with residents. In fact this management strategy was not implemented, but the principle of mixing private residential with care facilities on one site was established.

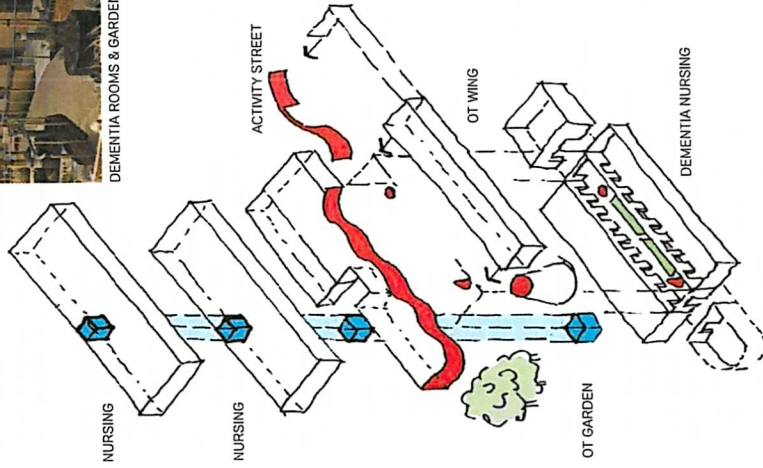
Since the completion of Ellesmere House, PTE has been working on designs that promote the social elements of daily activity for those with high care needs. The relationship of care rooms to communal space has been intensively investigated with Nightingale Hammerson, and with Jewish Care (see following pages).



GIEBELEICH, ZURICH



DEMANTIA ROOMS & GARDEN

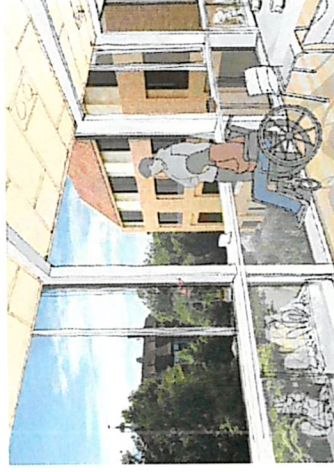


Nightingale Hammerson (NH) is a charitable organisation providing holistic quality care, assistance and support to older Jewish people in a safe and stimulating environment using dedicated and trained staff and volunteers.

The average age of residents in the new Hammerson House, which is about to go on site, will be in the early to mid nineties, and most will be in need of nursing care. NH have taken the opportunity of the redevelopment to put into practice some of the lessons learnt during the rolling refurbishment and extension of their Clapham care home, Nightingale House.

The new development is arranged in six 'households' of eighteen to twenty bedrooms. Each household has a lounge and Namaste sensory room, with an activity kitchen and dining room positioned so that it can open up to the corresponding space in the adjacent household.

In this way, successful group activities such as art as well as mealttime socialising can be encouraged while retaining



ACTIVITY KITCHEN STUDY



TYPICAL HOUSEHOLD PLAN



PROPOSED HAMMERSON HOUSE, THE BISHOPS AVENUE, BARNET, PTE



ELLESMERE PRIVATE SALE APARTMENTS, PTE

3.0 Extending HAPPI benefits to care

3.2 Case study: Princess Alexandra

Because the Stanmore green belt location of Jewish Care's Princess Alexandra care home is remote from transport links, the redeveloped care campus will have to generate its own social life. This need for a critical mass of residents helped persuade Harrow Council of the need to increase the proposed quantum of development in the green belt.

The new building will house 64 one and two bedroom independent living flats, 48 nursing bedrooms in four clusters and 16 independent living studios. This represents a similar collocation to Jewish Care's Golders Green campus. Where the new development will differ is in the design of the nursing clusters, which have been developed from the 'Belong' model pioneered in the North West, and in the provision of larger assisted living studios. Belong villages aim to "create communities that are part of the real world so that life doesn't stop when people move in, but on the contrary, actually expands".

Where Belong households have ten or eleven residents, the Stanmore clusters will have sixteen rooms around social facilities with generous daylight and access to gardens or roof terraces. The two clusters on each floor can also share a central social space looking out onto a secure garden.



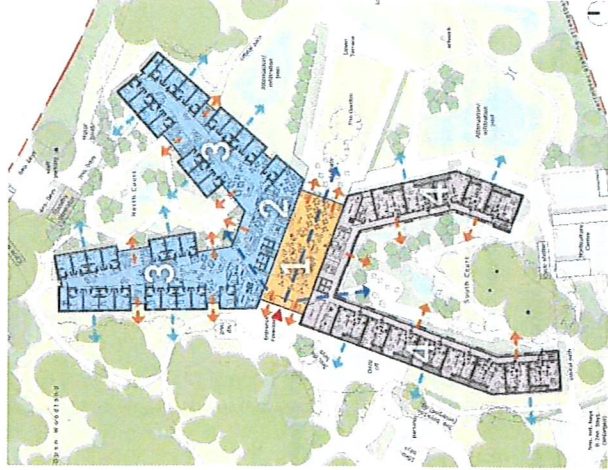
PRINCESS ALEXANDRA CARE HOME, NOW DEMOLISHED

At 40m² the suites will be simple and spacious, with a large adaptable main space that encourages residents to personalise their homes with their own furniture and pictures. Each home has its own roof terrace, with views of the gardens and wider landscape.

The indicative furniture layout shown might suit an active resident who prefers open plan living. It is equally possible to configure the flat with an enclosed kitchen or to provide a hobby area in the area shown used as a bedroom. All the possible configurations share generous east or west facing windows, with brise soleil dividing the balconies into private, though linked, external spaces, and mitigating summer overheating. The design has been developed to ensure that there are no north facing studios.



NURSING CARE CLUSTERS



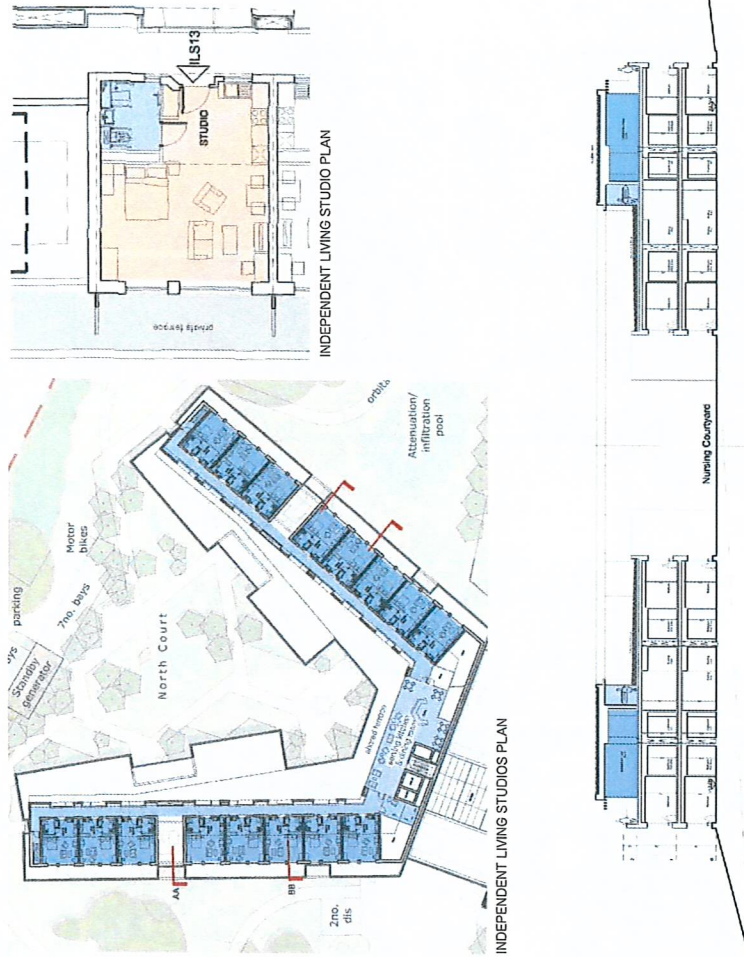
The Independent Living Studios cater for those residents who do not need full nursing care but do require more support than those in Independent Living Flats. It is anticipated that some residents will move from Independent Living flats, perhaps on the death of a partner, as well as suiting the old and frail who do not need the size and expense of a flat, but have no nursing care requirement.

Located above the two floors of nursing care, they allow Independent Living residents to have as much independence as possible in the knowledge that the Nursing Care catering and care facilities are immediately available should they be required.

Cooking facilities are provided, although the Independent Living residents are likely to take most meals in their rooftop dining room, perhaps using its communal terrace in fine weather, or socialising in the ground floor restaurant.

Bathrooms are wheelchair accessible wetrooms, fitted out to a care-ready specification with a domestic appearance.

1. COMMUNITY HUB
2. DEMENTIA DAY CENTRE
3. NURSING CARE
4. INDEPENDENT LIVING APARTMENTS



INDEPENDENT LIVING STUDIOS PLAN

INDEPENDENT LIVING STUDIO PLAN

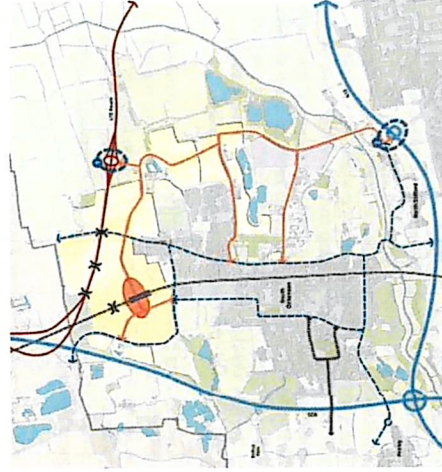
SECTION THROUGH THE NURSING CARE WINGS, INDEPENDENT STUDIOS HIGHLIGHTED

4.0 Dilkes Wood/Whiteacre Site






South Ockendon is located in the Borough of Thurrock in the County of Essex. There is good access to Central London via the C2C rail line and A13 main road, and to the national motorway network via the nearby M25.

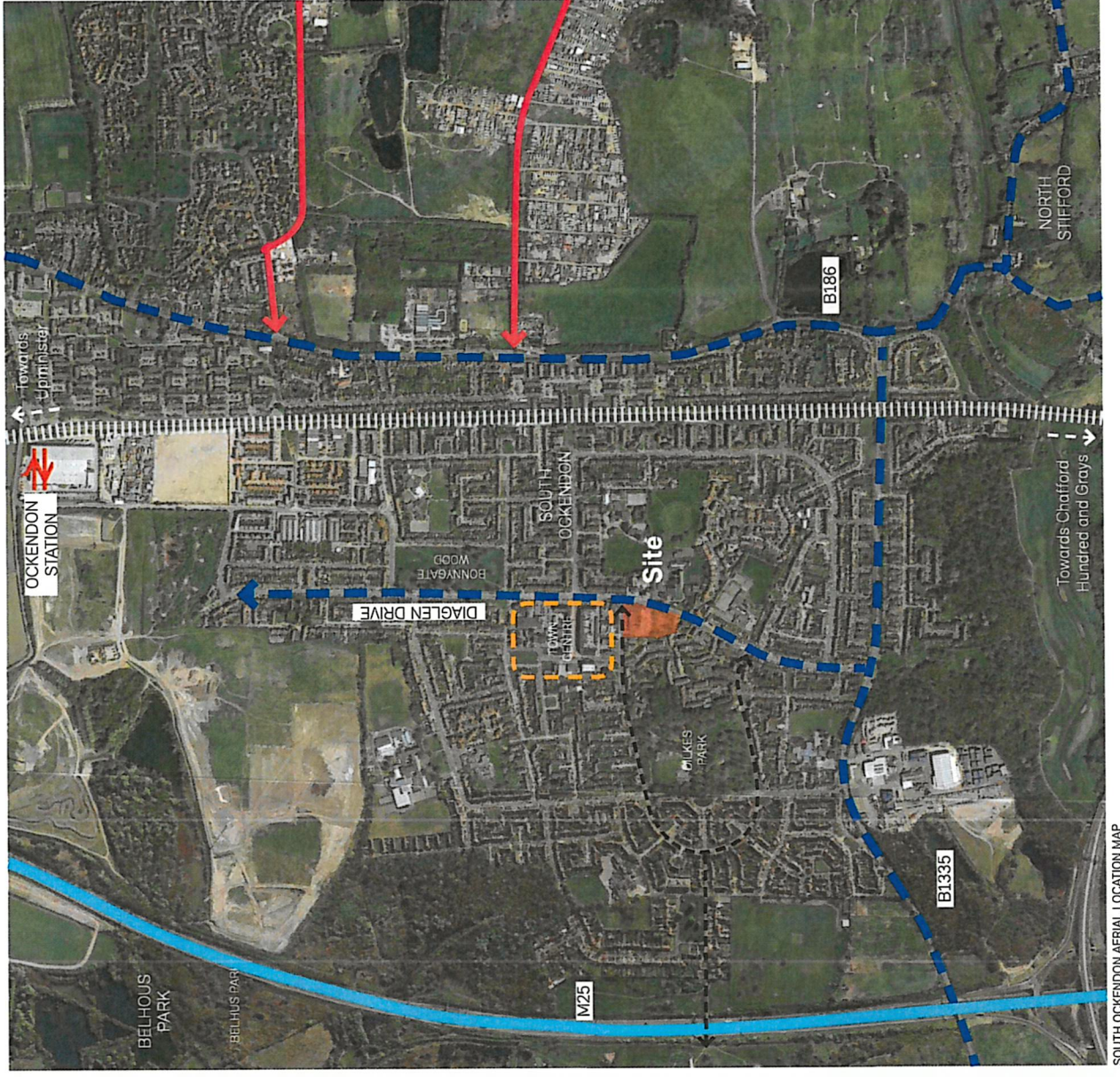
The South Ockendon Concept Development Framework (July 2017) included proposals for the new Lower Thames Crossing, and a focus on regeneration specifically around the train station, with the potential to draw activity away from the existing Town Centre.

The Dilkes Wood Whiteacre site is located due south of the existing town centre, located along Diaglen Drive, highlighted as a key structural street in the town in the previous study.



EXTRACT FROM SOUTH OCKENDON CONCEPT DEVELOPMENT FRAMEWORK, JULY 2017

-  Primary Infrastructure Street
-  Existing Key Structural Street
-  Existing Motorway
-  Potential Link over M25
-  Railway



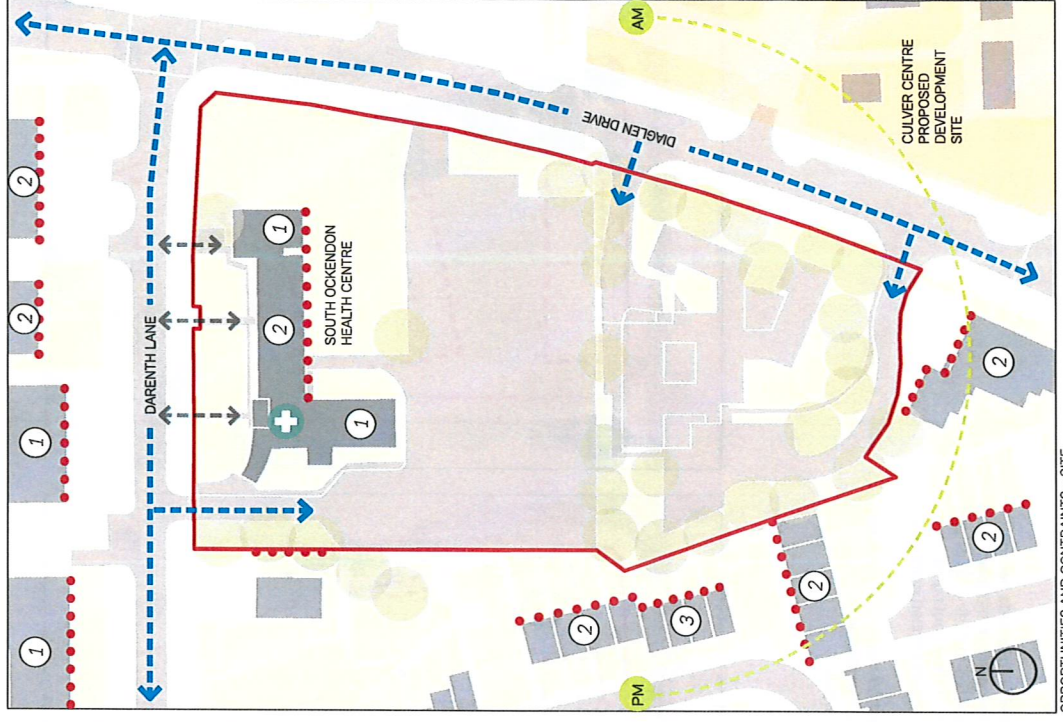
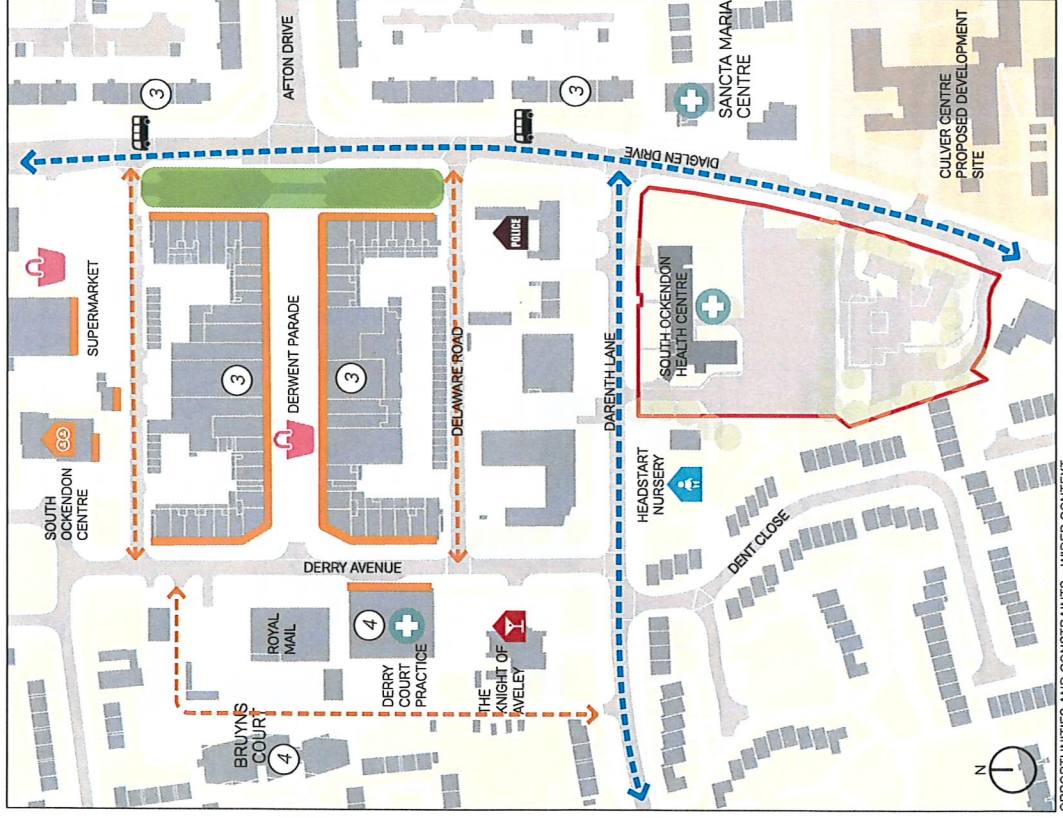
SOUTH OCKENDON AERIAL LOCATION MAP

5.0 Opportunities & Constraints

The town centre is focused around Derwent Parade. The main vehicular routes are along Diaglen Drive and Darent Lane. The built form of the town centre consists of a series of low-rise stand-alone buildings in the round, with the backs of the 3 storey Derwent Parade shopping streets defining poorly overlooked back streets.

The Dilkes Wood/Whiteacre site is currently derelict, with the existing South Ockendon Health Centre occupying the north of the site on Darent Lane. There are existing trees to the south.

The site is overlooked to the west by 2 and 3 storey houses. The buildings surrounding the site are predominantly low rise.



6.0 Site Development Options

The Dilkes Wood/Whiteacre site offers an opportunity to provide exemplary residential accommodation for people with varying levels of need, while creating a new community-led focus to the town centre.

The scheme also unlocks the potential for a new community facility to replace existing provision in the South Ockendon Centre on the other side of the town centre.

South Ockendon Centre

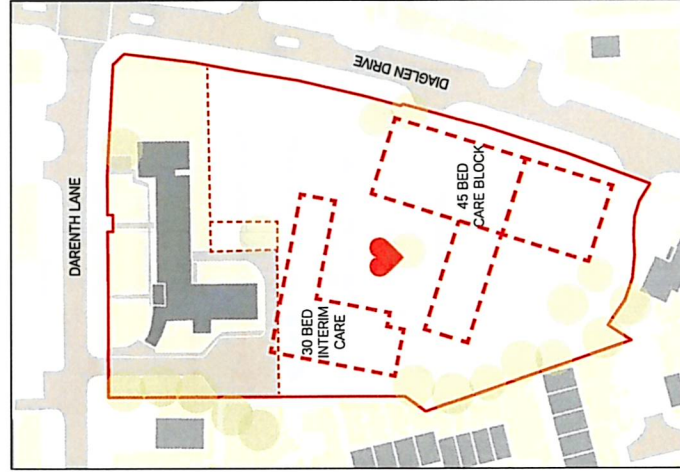
The existing centre is popular with residents. It has a wide range of services and activities and creates a strong community focus. Its location is currently disconnected from the town centre.

The proposal re-provides an improved version, offering better fit-for-purpose accommodation. The location adjacent to the new HAPPI accommodation, alongside the existing nursery provision, provides better connections and opportunities for inter-generational activity.

South Ockendon Health Centre

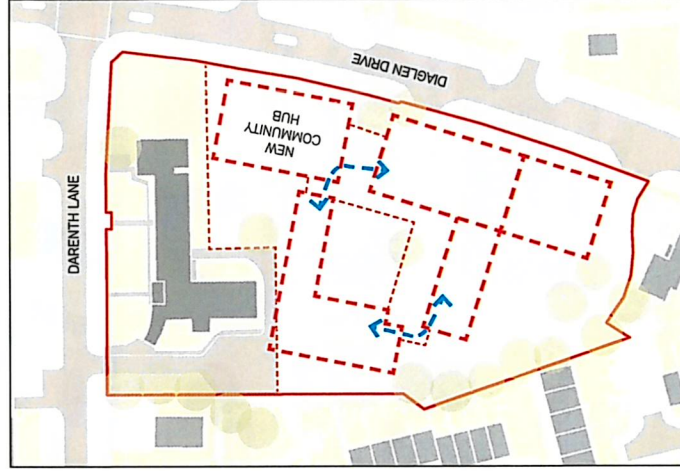
The new development has potential to provide new and improved medical facilities in the centre of the town. This could include re-provided GP facilities for Derry Court and South Ockendon Health Centre. This is contingent on buy-in from the NHS and may require phased demolition.

In this scenario, the new health hub could be progressed as a community hub/integrated Health Centre, and a new Health Hub for this area of Thurrock.



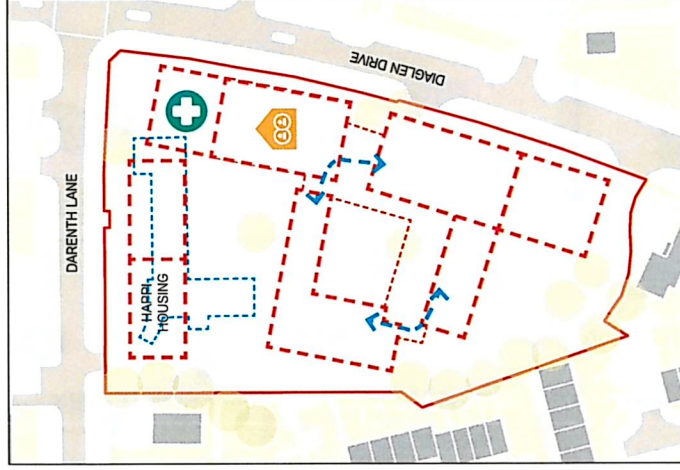
Phase 1

- 45 new HAPPI flats to replicate Collins House provision – independent flats which are care-ready – built on Dilkes Wood/Whiteacre site;
- 30 bed interim Care provision – short term care
- Two buildings could be arranged around a secure central resident garden



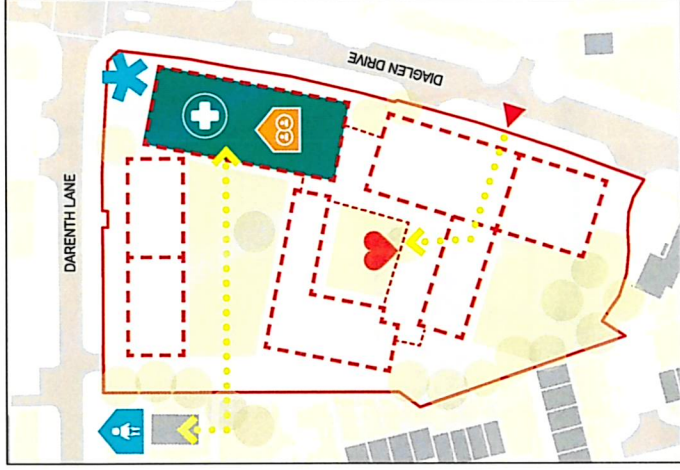
Phase 2

- New Community Hub/Health Hub building located toward junction between Diaglen Drive and Darent Lane
- Community hub with connections to new 75 bed residential scheme
- Could be built without need to decant South Ockendon Health Centre



Phase 3

- Dependent on South Ockendon Health Centre buy-in, new Community Hub could provide provision as integrated Medical Centre
- New HAPPI housing could be built on site of SOHC creating frontages on to Darent Lane



Phase 4

- Integrated HAPPI community-led site within South Ockendon town centre, providing new community hub focus, residential homes and provision for interim care
- Intergenerational opportunities with the existing nursery

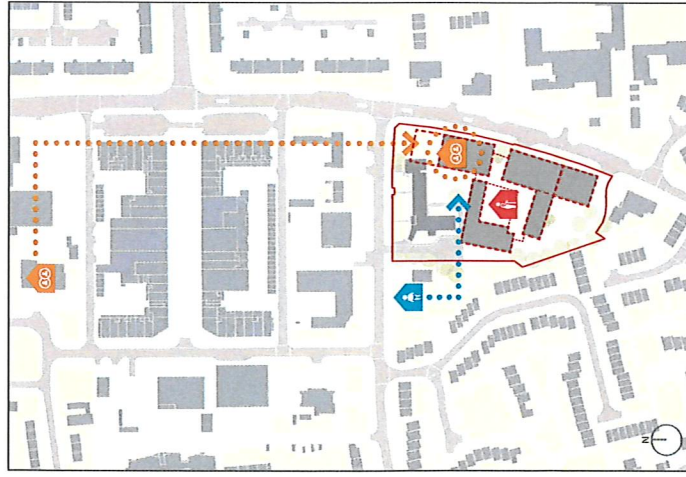
7.0 South Ockendon Hub options

Development of the Dilkes Wood/Whiteacre site potentially provides further opportunities for the regeneration of South Ockendon town centre.

The creation of a new community hub, focusing on health, well-being and community, and the careful redevelopment of key sites in the town centre could act as a catalyst for the regeneration of the town centre and bring a focus back to the commercial hub of the town.

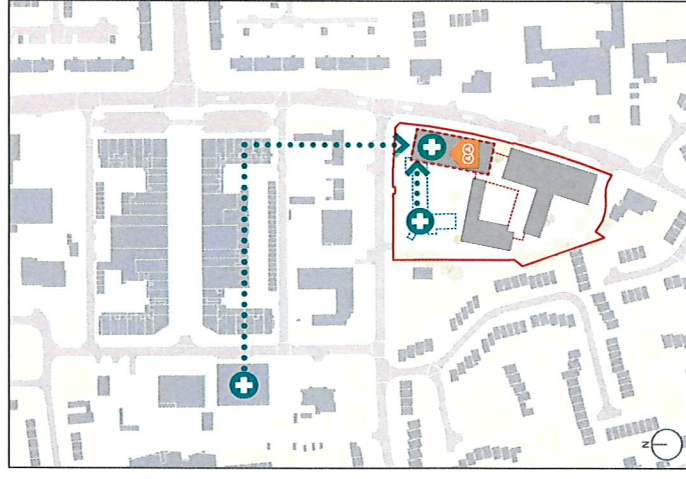
Thurrock has identified a series of sites which could be brought forward as part of this wider regeneration scheme. New residential for the older population within the town-centre could provide much needed accommodation, while encouraging life and activity in the town centre during the day.

Opportunities to improve connectivity, bringing in health and well-being facilities alongside key community offers, and providing intergenerational activities could provide a vibrant balanced community focus to the town.



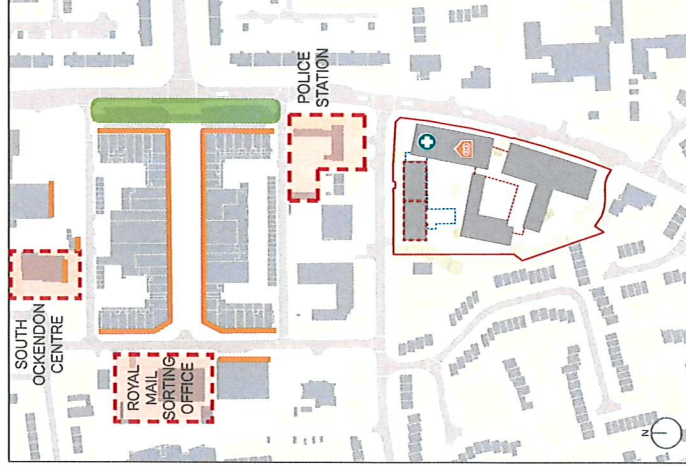
Phase 1

- 75 new HAPPI homes to Dilkes Wood/Whiteacre site, including 45 independent care-ready homes and a 30-bed interim care provision
- Potential provision of existing South Ockendon Centre into new Community Hub as part of new development
- Potential connections with Headstart nursery and new residential/community hub for intergenerational opportunities



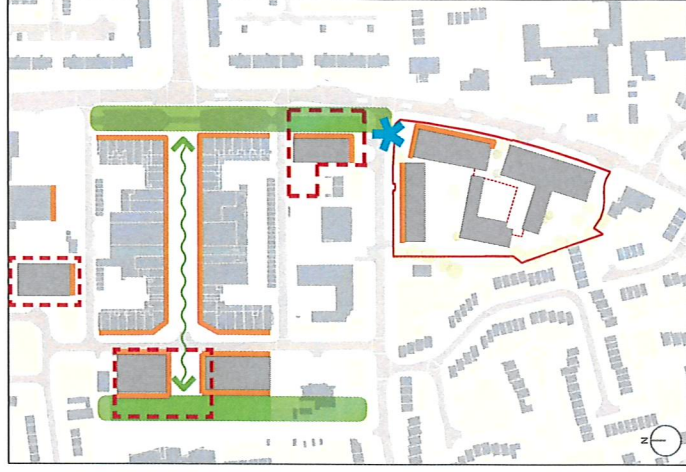
Phase 2

- Potential development of Community Hub into integrated Medical Center and Health Hub
- Decant of existing South Ockendon Health Centre and Derry Court practice into new Medical Centre to release land for development



Phase 3

- Identify potential development sites in the town centre
- South Ockendon Centre occupies a back-street site behind the Derwent Parade shopping precinct
- Derwent Parade culminates in single storey Royal Mail Sorting office - no destination - with Bruyans Court hidden behind accessed only by a laneway
- South Ockendon Police station occupying key site on green route to new Hub



Phase 4

- Potential new development on site of Royal Mail sorting office to create more active frontage and a better setting for Bruyans Court.
- Development on the Police Station site could extend active frontage along enhanced public realm, leading to new Community Hub

