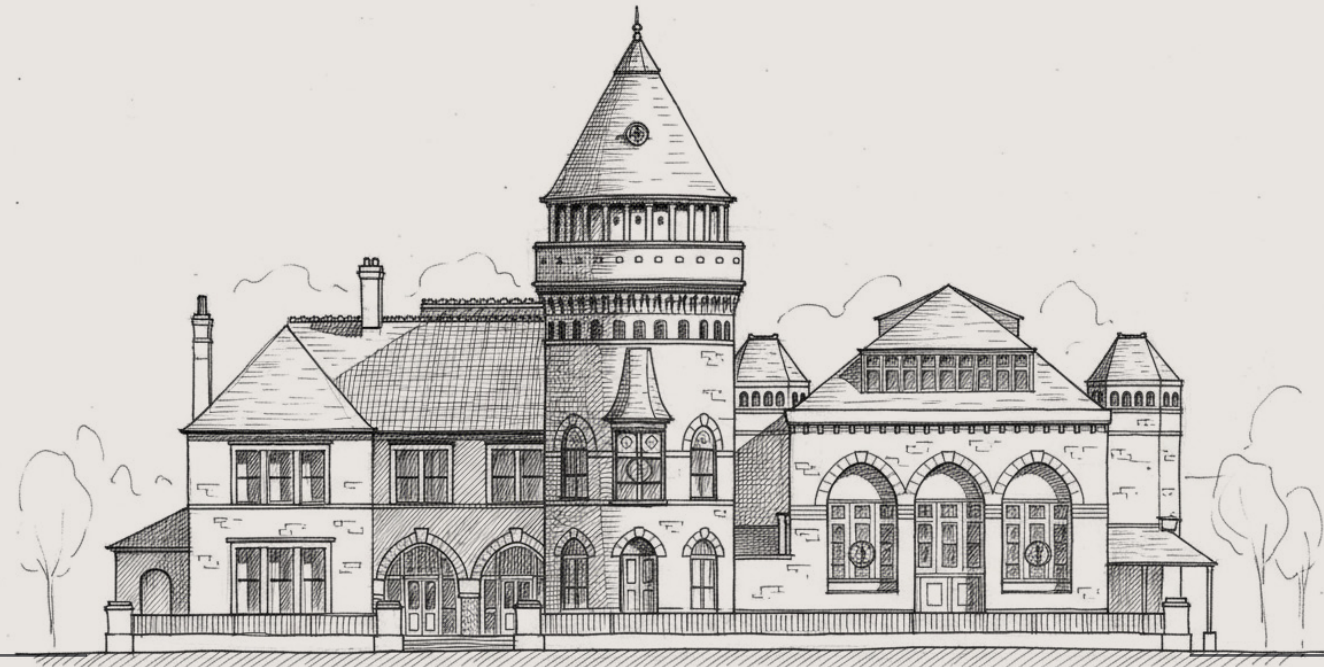




THE LADYWELL ARTS & WELLBEING HUB

A Cultural & Wellness Sanctuary for Lewisham

Design & Restoration

Our Design Approach

The Ladywell Arts and Wellbeing Hub will be an inclusive multi-use space open to the public from morning till night all year round, with membership schemes and discounts to residents. It encompasses the Ladywell Playtower, the adjacent Coroners Court and Mortuary within the St Mary's Conservation Area, currently and historically dedicated to health and wellbeing.

Following the principles of inclusivity, wellbeing and innovation, the proposal delivers a heritage-led, community-focused and sustainable reuse of the Grade II-listed sites centred on water-based well-being with these proposed facilities:

Hydrotherapy pools - Two sites for hydrotherapy pools, where Liquid Listening's unique Musical Hydrotherapy can be experienced. **The Baths** - Public access to hydrotherapy services using our pioneering underwater music systems and **SEN Baths** - Access for people with special needs and disabilities. Musical Hydrotherapy available for local specialist schools and residents, offering sensory-regulated aquatic-sonic therapy and filling a huge gap in provision. **Saunas** form part of The Baths area with a plunge pool, gardens and an external pool, in partnership with **Community Sauna**.

The Grand Hall - The restored splendour of the original swimming pool hall, available for community-led events, fairs, co-produced activity with promoters, to promote work developed at the Centre's facilities and for private hire.

The Well - The only site of its kind in the UK. A dive tank for underwater music and underwater performance experiences designed and promoted to draw visitors from outside the borough.

Listening Room - A space for immersive listening programmes, hosting live Sound Bath (gongs and bowls) sessions and sessions developed from the research at the BioSonic Lab.

The BioSonic Lab - A cutting-edge research and development centre working with researchers and students at *Goldsmiths University and Greenwich University* on the intersection of health, sound and technology.

Cafe - A welcoming, public-facing café and sunny courtyard. A social space, open to everyone without requiring access to or participation in any of the facilities.

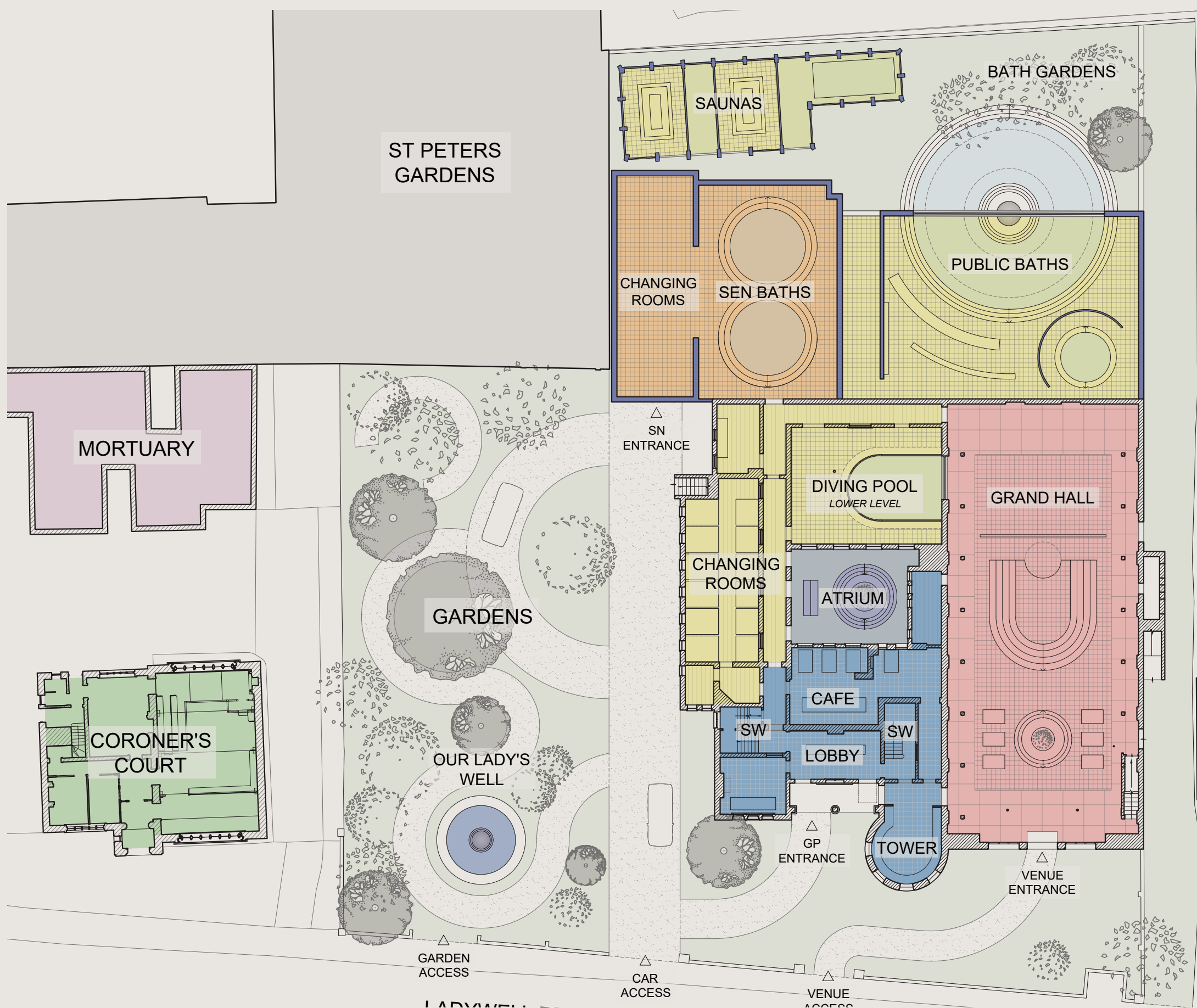
Heritage Gallery - Celebrating the documented heritage of the Ladywell Playtower and heritage focused curatorial programme.

Juice Bar - At The Baths serving juice mocktails and smoothies to guests.

Gardens - A physic garden surrounding the restored historic Lady Well and a Japanese garden outside the Saunas, available for volunteering and recovery programmes as well as visits from the adjacent nursery.

Training Hub - Helping develop new skills and employment for music teachers, aquatic practitioners and training scuba divers, free divers and horticulture enthusiasts.

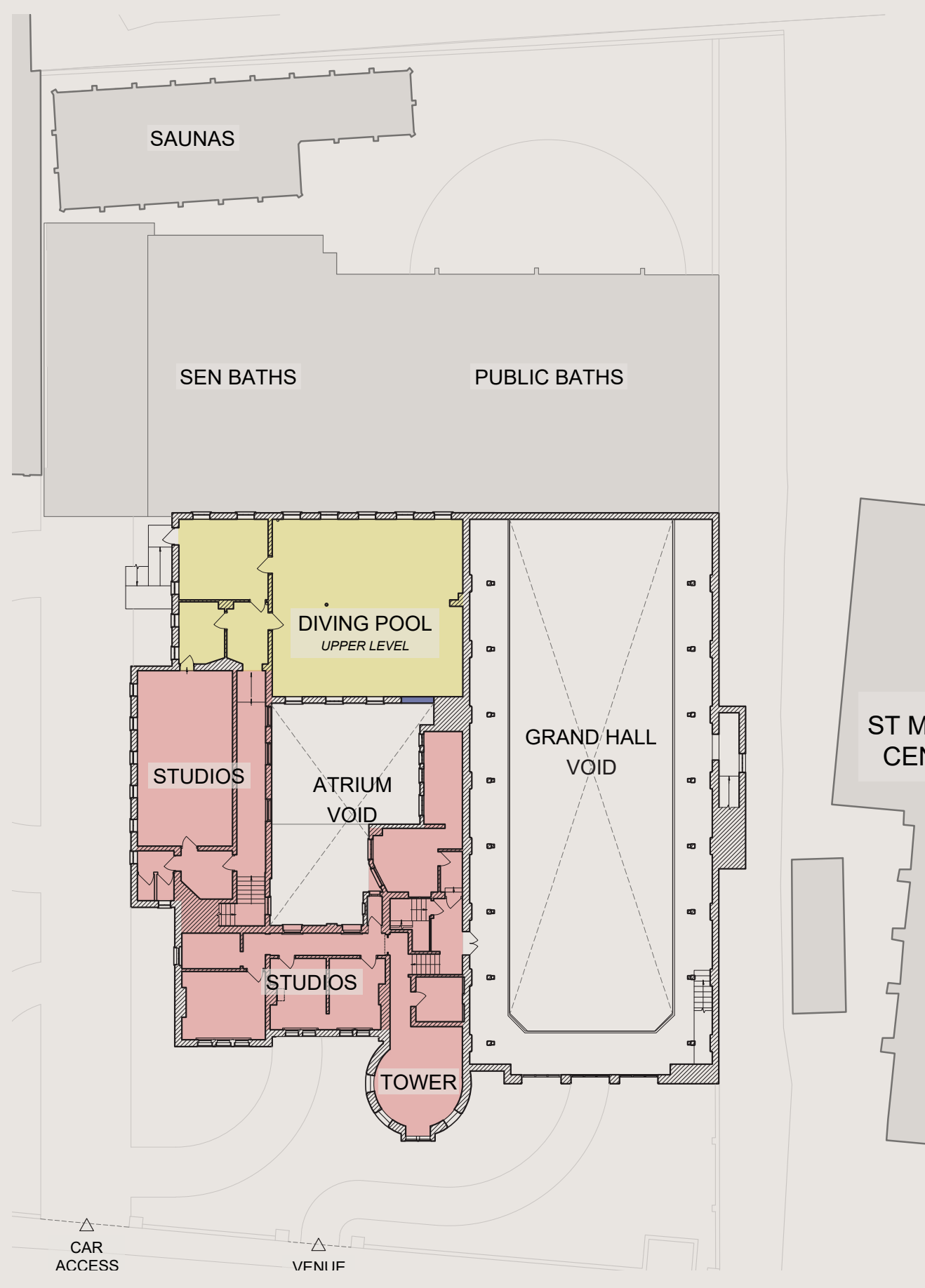
Studio hire. A space for group activities such as Yoga or Pilates.



Ground Floor Plan



Visualisation



First Floor Plan



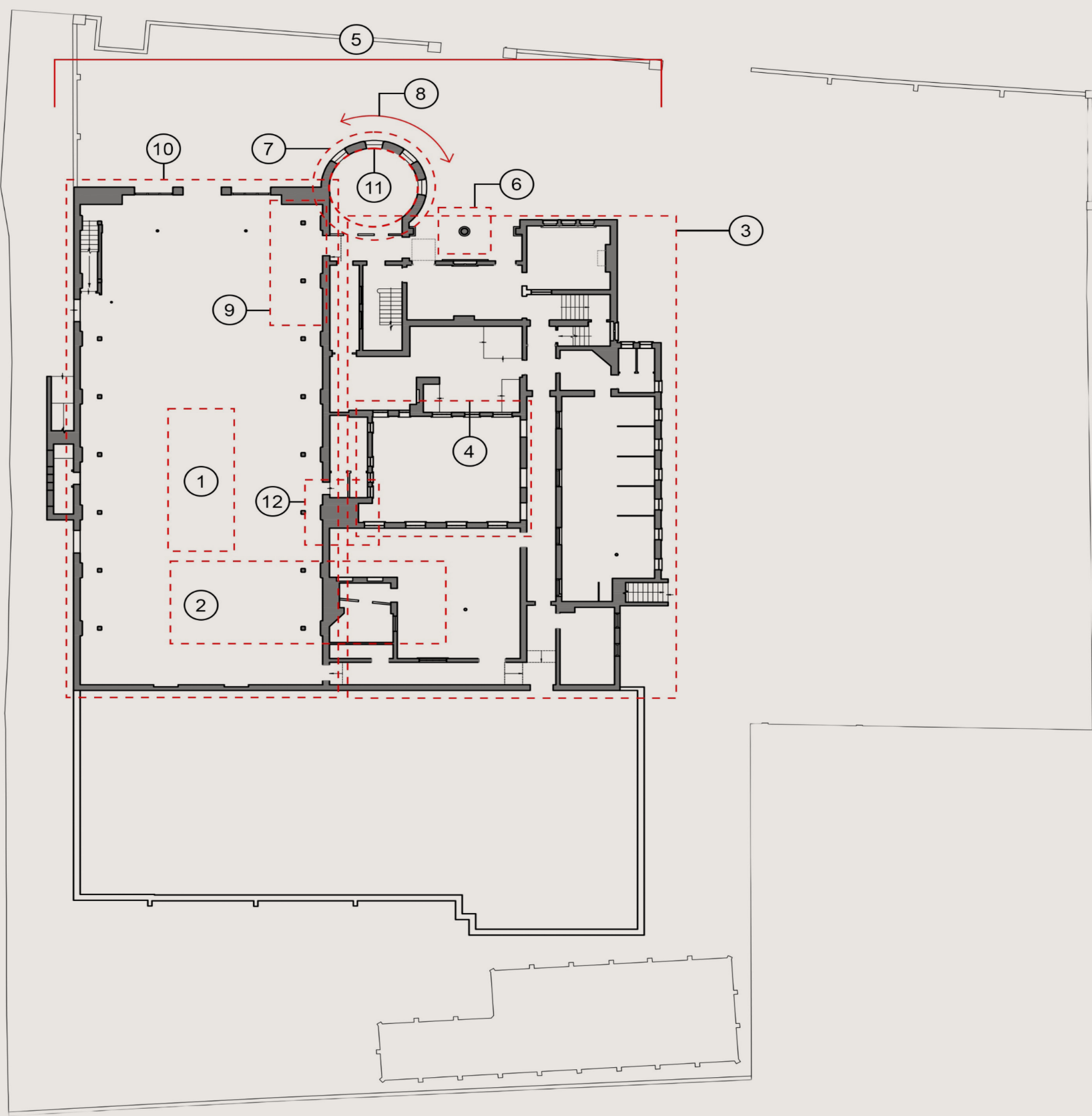
Coroner's Court & Mortuary

We will create:
A Bistro and tea room at the impressive Court Room: Light food for lunch and dinner, offering acoustic music sessions.
Treatment Rooms and offices: offering space to practitioners such as osteopaths

and physiotherapists and office space for local cultural organisations, some have already expressed interest.

Local music hub: A space for music workshops in the Mortuary led by *Lewisham Music, Fairbeats and Heart n' Soul* offering music services for young people of all abilities and backgrounds, also available for schools who lack facilities. A music studio available for public use.

- 1 The central lantern will be repaired for the full length of the former swimming pool, providing dramatic natural light to this highly significant space
- 2 The slate roofs will be repaired using traditional materials
- 3 The historic room beyond and wall pattern will be largely retained within the new scheme
- 4 The central courtyard will be rediscovered, to become a key focal space within the building
- 5 The front facade will be carefully restored with the graffiti removed, the stone and brickwork repaired, and the windows re-installed
- 6 High quality and historically significant fabric will be carefully restored. Historic paint schemes will be researched



- 7 The original conical roof form will be reinstated
- 8 'Penny-scrapes' left by queuing visitors will be retained
- 9 The galleries, including handrails, will be reinstated
- 10 The former swimming pool hall will be retained and repaired as a single space preserving the volume and dramatic views into the roof structure
- 11 The round rooms to the ground and first floor of the tower will be carefully reinstated - the ground floor becoming a welcoming area for visitors
- 12 The Central Boiler Room Chimney, repaired and restored, along with the other chimneys, to re-establish the lively roof scape

Restoration of the Historic Buildings

We will carefully repair the Ladywell Playtower, rediscovering and restoring key architectural gems, such as the Tower, the Chimney, the lofty vaulted ceiling and galleries to the Main Hall, and the wonderful brick and stonework of the external elevations.

We will respect the historic floorplan, making the best use of existing spaces, and only modifying the layout where essential to achieve the functional requirements of the Ladywell Art and Wellbeing Hub.

The historic Tower Lobby, with its restored conical roof, forms the main civic entrance. Inclusivity is built into the floor plan, with a dedicated wellbeing wing for Special Educational Needs (SEN). Accessibility is a key driver for us, and we will ensure that the most vulnerable members of the community have equal access to the building's revitalised mission.

Plan showing key conservation and restoration objectives

Community Benefit



The Ladywell Playtower, with its long history and special place in local community memory, is currently "at risk". Action is essential now, in order that its heritage, and the potential for being a community asset, is preserved for the future. The benefits are:

- Wellbeing is accessible by design: making community engagement with the facilities a normal and regular event, not occasional and premium-only. A strong approach to become a centre for personal preventative treatment and care regimes, nourishing body and mind.
- Regular aquatic provision for SEND families and special schools in Lewisham and beyond, establishing a continuous public setting for structured water-based practice and sound-related activity, designed to support regulation, participation, social and creative engagement.
- Heritage stewardship

- Providing spaces and opportunities for young people, especially through arts, culture and skills pathways.
- The Listening Room, a multi-channel sound site for repose and sanctuary is a much needed social amenity.
- Adding to the local economy through providing spaces for treatment rooms, new businesses, flexible hire space as well as creating a nationally unique centre attracting visitors from outside the borough, developing skills and creating jobs.
- Adding value to the public realm through the restoration and the accompanying gardens whilst **maintaining vehicle-neutral access** in the already congested road.



Alan Baxter



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