

# Future use of Lapinlahti Hospital – draft of the operating concept

## THREE DESIGN POINTS

I Social sustainability: the importance of cultural heritage, accessibility and inclusion

II Ecological sustainability: sustainable renovation and diverse local nature

III Economic sustainability: a self-sufficient ecosystem

### I Social sustainability:

#### The importance of cultural heritage

The history of mental health work in the area and the civic and cultural activities open to city residents are an important part of the area's intangible cultural heritage. Mental health services and arts activities will continue this tradition.

Lapinlahti Park has considerable recreational value for ordinary city residents and tourists. The aim of activity located at Lapinlahti Hospital will be to support the wellbeing of residents and visitors to the city by offering a variety of services open to all, such as cafés, saunas and events.

The identity of the historic area will be fostered through the development of services that promote well-being.

*The historic Lapinlahti area combines mental health work, civic activities and culture.*

### II Ecological sustainability:

#### Sustainable renovation

Renovation will be based on the conservation values of the buildings. The aim is to avoid excessive renovation and to keep the unique aspects visible. The hospital still retains its original structure, which is being preserved by, among other things, restoring the two old main staircases. The later stages of change in the hospital may also be visible if necessary. Many beautiful details such as the old door knobs will be saved.

Structural and indoor air surveys of the buildings are ongoing. The results can be used to ensure good indoor air quality and healthy structures. Damaged structures and services will be repaired in accordance with the original construction method.

The use of the building will be planned according to its durability.

*The renovation will result in a safe and healthy Lapinlahti area.*

## **II Ecological sustainability:**

### **Diverse local nature**

Lapinlahti Hospital Park is a City of Helsinki park and will remain so. It will be open during the renovation project. No further development is planned for the park, but the development will be carried out in a way that preserves and enhances the unique natural values of the area, in line with the principles of sustainable development.

The park will be developed as a slow-mobility zone by integrating activities into the buildings that do not require much car traffic. Car traffic and parking will be restricted in the area.

Lapinlahti Hospital Park is of great importance to the recreation of the residents of the surrounding area. We are not in favour of a Harbour Rail-type project that would be carried out at the expense of the local environment.

*The park area development will be open to all citizens in a peaceful atmosphere and based on natural values.*

## **III Economic sustainability:**

### **A self-sufficient ecosystem**

A self-sufficient entity made up of entrepreneurs and associations supporting the identity of the area, offering both commercial and non-commercial well-being services.

The buildings on the site will be leased on market terms, ensuring that they remain in use and are maintained in an economically sustainable way.

*Lapinlahti Hospital will offer a wide range of activities around the clock, every day of the year.*

## **Workshop 1: observations**

### ***activities and facilities needed***

## **WORKSHOP I - OBSERVATIONS:**

### **Mental health services**

#### **LOW-THRESHOLD MENTAL HEALTH SERVICES**

Maintaining low-threshold mental health services is seen as a priority to ensure that everyone has access to the support they need. It is also important to provide all citizens with a wide range of wellbeing services that can promote mental health and wellbeing. The services should be available to all, including those who cannot afford to pay for them.

## **PEACE AND QUIET**

Peace and quiet are important factors for well-being, especially for those suffering from mental health disorders. Providing safe spaces where people can meet each other and participate in community activities is important. A separate area in the building where people can withdraw in peace and quiet is important.

### **INCLUSION OF PEOPLE WITH DISABILITIES**

Employing the partially able-bodied in hostels and cafés, for example, is a good way to accommodate people with disabilities and provide meaningful activities and interaction between different people.

### **ACTIVITIES AND THE REQUIRED FACILITIES**

Mental health services

- therapists' appointments, including for groups
- guided rehabilitation activities such as art and music
- light exercise and other physical activities
- other well-being services such as massage

Mental health services

- therapy appointments
- group work spaces
- facilities for rest and peace

### **WORKSHOP I - OBSERVATIONS:**

#### **Art and culture**

#### **STUDIO FACILITIES 24/7**

Studio facilities are important for professional artists, writers and other creative professionals. These facilities must be properly equipped and allow for working at different times of the day.

#### **HOBBY FACILITIES**

It is also important to enable hobbies so that different users can engage in their own creative activity. In this case, the group facilities must be versatile and suitable for different purposes.

#### **ADAPTABLE GALLERY SPACES**

High-quality gallery spaces are important for both professionals and amateurs. In this case, the gallery space must be adaptable and suitable for all varieties of exhibitions. A wide range of exhibitions and events is important to attract culture lovers to the area.

#### **HOSPITAL MUSEUM**

A permanent exhibition about Lapinlahti Hospital is an excellent way to contribute to the preservation of the cultural heritage of the area. A permanent exhibition will offer a unique opportunity to discover the history of mental health work, the buildings and the park.

## **ACTIVITIES AND THE REQUIRED FACILITIES**

### **Art and culture**

- offices for professionals, shared kitchen, toilets and showers
- space for enthusiasts and people with mental health problems to participate in guided activities
- from auditorium to multifunctional space: debates, films and other events
- gallery space in the first floor lobby and corridor
- on the second floor, a walk-through hospital museum
- space for quiet work, but also for meeting people

### **Exhibitions**

- the existing gallery corridor for temporary exhibitions by amateurs and rehabilitators
- a flexible exhibition/event space at the main entrance, including a handicraft shop

### **Culture- and event activities**

- cinema hall for screenings and discussion
- multifunctional space for events and hobbies
- in the "piano room" at the main entrance, for example, refreshments can be served during events, and the serving area can also extend to the inner courtyard
- the "piano room" could be used as a parallel hobby space
- toilet facilities and cloak room, accessible
- inner staircase through the "piano room"

### **Work and hobby facilities**

- studios suitable as facilities for arts and culture professionals
- group spaces for creative hobbies
- service facilities • toilets and showers, shared kitchen

### **Culture- and event activities**

- the versatile event and hobby facilities on the first floor will continue up to the second floor
- accessible
- inner staircase through the back room

### **Corridor gallery about the history of Lapinlahti Hospital**

- from the second floor of the hostel, there will be access to the second wing of the main building through a corridor used as a gallery
- a permanent exhibition is proposed for the corridor gallery about the history of the Lapinlahti area and mental health activities
- the old rooms will be kept as they are

### **WORKSHOP I - OBSERVATIONS:**

#### **Services**

#### **SERVICES THAT PROMOTE WELL-BEING**

A range of wellbeing services have been thought up to attract more visitors to the area. There is scope for more events, but it is hoped that they will be appropriate to the serene atmosphere of the area in terms of visitor numbers and concept.

Services should be sustainable and promote the values of nature, such as the development of a local food restaurant and café. Nature activities such as bird walks and guided tours would also be encouraged.

Wellness services will include a spa, yoga, sauna and massage. Other ideas the services include a waste food shop, a florist and a library. The development of services must take into account the specific needs of different groups, including the elderly and children, so that everyone can enjoy the area. The aim is to create openness and opportunities for the different users of the area to meet each other, through interlocking activities.

#### **INFORMATION FLOW**

In cooperation with the City of Helsinki, information on the progress of the project and how to use the services and facilities should also be provided, for example through a separate information point.

## **ACTIVITIES AND THE REQUIRED FACILITIES**

### **Services**

- restaurant and café services
- accommodation and residents' activities
- work and event spaces for rent
- wellness services: massage light exercise, sauna
- information point – also during the renovation work

### **Well-being services**

- light exercise, e.g. yoga
- rehabilitative motor activity
- massage, physiotherapy, etc.
- ancillary facilities: changing room, toilets and showers

### **Restaurant and café services**

- the most prominent service in the main building would be a quality café-restaurant split into
- the D wing of the building
- the restaurant and café will share the same kitchen
- the back room of the restaurant can also be booked for private functions
- a modern waste sorting point in the new part and a public toilet serving the area's users
- and outdoor events
- the upper part of the new section will serve as ancillary space for the restaurant
- direct passage between the restaurant and the café is being investigated
- customer seats will continue into the basement bar

### **Accommodation services**

- hostel-type accommodation is planned for the building, which could also make use of the areas well-being services. The concept of the hostel will be integrated with other activities at Lapinlahti.
- toilet and shower facilities shared between hostel guests

### **Accommodation services**

- hostel rooms will continue up to the second floor
- in addition to the accommodation rooms, it is also possible to create more open plan living spaces on this floor
- toilet and shower facilities shared between hostel guests

### **Event spaces for rent**

- the most central and impressive rooms on the second floor will be available for meetings and private events.
- the furnishing and use of the premises will respect their original structure and interiors
- entrance from the museum corridor, which will also be used as distinctive break room

### **Offices**

- office space leased to a single operator
- service facilities Toilets and showers, shared kitchen

## **VENETSIA**

### **Café-restaurant and event facilities**

- the café's primary clientele will be local people
- kitchen serving both the restaurant and café
- the restaurant will be a destination restaurant serving dinner
- the café will sell bakery products
- the café will also extend to the seashore
- both family parties and other events will be organised on the upper floors

## **WORKSHOP I - OBSERVATIONS:**

### **Accessibility**

*The aim is to make the facilities as accessible as possible.*

Permanent ramps and automatically opening doors at accessible entrances will be needed for people with reduced mobility. The number of accessible entrances will be increased.

Lifts will be installed in the main building, allowing unobstructed access between the different floors.

Corridors and doorways should be wide enough, and thresholds low enough to allow easy wheelchair access.

The needs of visually impaired people will be taken into account in the design of the interior spaces, for example in terms of lighting and the colouring of surfaces.

Effective signposting and up-to-date information will be key factors for the accessibility of the area. It will be important to communicate services and their accessibility, both electronically and through signposting on key routes.

As these are old listed buildings, they cannot be made fully accessible.

Accessibility must also be taken into account in the design of the outdoor areas.

Lapinlahti Hospital is well connected to public transport and pedestrian and bicycle routes. It is hoped that opportunities to develop minibus and waterway services will facilitate access to the area from more directions.

## **WORKSHOP I - OBSERVATIONS:**

### **Use of park and beach areas**

#### **SEASIDE RECREATION AREA**

The aim of the area is to provide a recreational place where people can enjoy the peace of nature and experience the seascape of Helsinki. There are no plans for further development in the area, so the landscape is easily accessible for city residents.

#### **URBAN FARMING**

The aim is to make heritage visible in the park, such as traditional vegetation. This, combined with ecological gardening allotments and local food production in an urban environment, will provide an opportunity to contribute to the management of the area's appetite for self-sufficiently produced food.

#### **NATURE GUIDES**

Nature walks and nature guides open to all will be organised in the area, giving people the chance to learn about bird life, for example. The area will also focus on natural solutions such as rotting trees, insect hotels and composting.

## **TRANQUILITY**

Tranquillity will be emphasised by silence and a sensory garden that offers multi-sensory experiences. In addition, the area will provide the opportunity to try urban farming and participate in year-round activities that follow the natural cycle.

Overall, the aim is to maintain an oasis of tranquillity where people can relax and enjoy the bounty of nature. At the same time, the area will offer opportunities to participate in community activities and learn about nature.

## **ACTIVITIES AND THE REQUIRED FACILITIES/EQUIPMENT**

### **Park and beach areas**

- Nature guides and urban farming
- Courtyard building dedicated to tranquillity
- A speakers booth, open-air dance floor, stage
- An accessible, functional sensory garden
  
- Toilets in the park, more waste bins and park benches
- Clear and easily accessible thoroughfares, well-maintained
- Bicycle paths, proper bicycle racks outside buildings
- Electric scooter and city bike stations wanted
  
- Accessible sauna (and pier), also ice swimming possibilities
- Changing rooms and toilets
- Water sports centre (e.g. SUP, kayaks)
- A pier for scheduled boat traffic

### **AREA**

- More active event and restaurant serving areas
- a fitness trail, recreational park areas
- beach activities
- nature and cultivation
- more peaceful courtyards, rehabilitation activities

- (functions)
- open-air dance floor
- beach and changing rooms
- outdoor serving at the restaurant
- swimming pier, water sports
- scheduled routes
- gardening allotments
- recreational park areas
- water sports equipment storage
- sauna
- public toilet
- “nature house”
- store room for allotments
- English garden
- event yard
- outdoor event area
- accessible sensory garden
- “chapel of silence”

## **WORKSHOP I - OBSERVATIONS:**

### **Renovation**

Renovation is based on the conservation values of the buildings. The aim is to avoid excessive renovation and to keep the unique aspects visible. The hospital still retains its original structure, which is being preserved by, among other things, restoring the two old main staircases for public use. The later stages of change in the hospital will also be visible. Many beautiful details such as the old door knobs will be saved.

Structural and indoor air surveys of the buildings are ongoing. The results can be used to ensure good indoor air quality and healthy structures. Damaged structures and services will be repaired in accordance with the original construction method.

The use of the building will be planned according to its durability.