



Health, Wellbeing and Building Design
Tuesday 15 September 2020
9.00am - 11.30am

Seminar programme

Chair's opening remarks

Ruth Slavid, architectural writer, editor and consultant

Happy by Design: exploring how architecture and design can make us happy and support mental health

Ben Channon, head of wellbeing, Assael Architecture

Case study: Maggie's Place, Cardiff

Biba Dow and Alun Jones, Dow Jones founders

Health, wellbeing & space versatility – the key to the saleable work space of the future

Ben Hancock, managing director, Oscar Acoustics

Refreshment break / interlude

The wholistic workplace

Ben Allen, founder, Studio Ben Allen

Case Study: Inclusive design for wellbeing

Debbie Bathurst-Elliott, sustainable architect & director, Studio BE

Using technology to capture health and wellbeing during the creative process

Diba Salam, principal & founder, Studio DS

Daylighting: How insulation specification can impact natural light levels

Danny Greco, business development southern regional manager, Kingspan

Chair's closing remarks

In association with:



Speaker biographies



BEN ALLEN
Founder
Studio Ben Allen

Ben Allen founded Studio Ben Allen, a multidisciplinary design practice, in 2014. The practice operates at the intersection of architecture, design and art. It has a reputation for creating unique and engaging spatial sequences and using simple materials for striking effect. Ben has worked for Fletcher Priest Architects and Jonathan Tuckey Design before moving to Berlin where he collaborated with Olafur Eliason for almost a decade on projects including Your Rainbow Panorama, Aarhus, the 2007 Serpentine Pavilion and Harpa, the Icelandic National Concert Hall, which won the Mies van der Rohe European Union architecture prize. In 2016 Studio Ben Allen, working with engineers Cundall on the design of their new London offices, received the first European Well Standard accreditation. In 2017 Studio Ben Allen participated in the Folkestone Triennial and in 2018 the practice was listed as one of the top 20 emerging architects globally by Dezeen. With its background in the art world, one of the practice's core beliefs is that a sensory approach to our built environment is key to making better surroundings in which to work and live.



DEBBIE BATHURST-ELLIOTT
Sustainable Architect & Director
Studio BE

As a Chartered Sustainable Architect, Debbie designs and implements energy efficient, healthy and comfortable buildings. She takes a holistic and 'fabric first' approach to design with a focus on health and wellbeing. In 2017, Debbie launched; Studio BE. Architecture for Wellbeing, an RIBA Chartered Practice in Stroud, Gloucestershire. The practice delivered their first project on-site which provides therapeutic and accessible living accommodation for the client. Debbie believes that listening to the client and working collaboratively with the project team from the outset is the key to successful, and 'sustainable' project delivery.



BEN CHANNON
Head of wellbeing
Assael Architecture

Ben Channon is an architect, author, TEDx speaker and mental wellbeing advocate. He is head of wellbeing at Assael Architecture, where he heads up the practice's research into this area and advises all teams on how to design healthier buildings. He developed an interest in design for mental health, wellbeing and happiness after suffering with anxiety problems in his mid-twenties. This led him to research the relationship between buildings and happiness, which formed the basis of his first book: Happy by Design. Ben now speaks on this subject to businesses and universities around the world. Ben then went on to qualify as WELL Accredited Professional, broadening his knowledge to encompass design for physical wellbeing. He now works with developers and consultants to improve how buildings support mental and physical health. In January 2020 he was invited to join the WELL Mind Advisory panel, using his expertise to raise the bar for healthy buildings worldwide. In 2017 Ben co-founded the Architects' Mental Wellbeing Forum, which is focused on improving mental health within the industry. He is also an accredited mindfulness practitioner with the Mindfulness Association, and is interested in how buildings can help us to be more mindful, and present every day.



DANNY GRECO
Business development
southern regional manager,
Kingspan

Business development manager (SEN) at Kingspan Insulation Danny has 15 years of experience in the construction industry. Six of those years have been spent working in insulation distribution concerning roofing technical sales and the latter six years in various roles at Kingspan Insulation, including roofing specifications, surveys and sales, and business development in the Midlands and South East regions of the UK.



ALUN JONES
Founder
Dow Jones architects

Alun was born in Caerphilly and studied architecture at the University of Bath, and at the University of Cambridge. In 1994, he wrote an MPhil on reconstruction of Alberti's Church of San Sebastiano in Mantua, which formed part of a research project on Alberti's work at the Palazzo Te in Mantua led by Robert Tavernor and Joseph Rykwert. After graduating, he worked for Caruso St John Architects as project architect for the New Art Gallery, Walsall, before establishing Dow Jones Architects in 2000 with Biba Dow. He has led many projects including Maggie's Cancer Care, the Garden Museum and Peter von Kant Gallery in Deptford. Alun has taught extensively at schools of architecture, including fifteen years teaching a diploma unit at the Cass and at Kingston School of Architecture. He has been a visiting critic and lecturer at numerous universities including the University of Bath, Queen's University Belfast, DIT and the University of Cambridge. He is currently an RIBA external examiner at Dublin School of Architecture. Alun is a Civic Trust Award assessor and sits on the South Downs National Parks Design Review Committee.



BEN HANCOCK
Managing director
Oscar Acoustics

Ben Hancock is involved in all parts of the business. With a design background, an eye for detail and extensive product knowledge, he has assisted architects and contractors in bringing concepts and designs to fruition whilst building lasting relationships. Past projects include Warner Bros Film Studios & Harry Potter Studio Tour, Blavatnik School of Government, Hampton Court Palace, Tate Modern, Britain & St. Ives.



DIBA SALAM
Principal & Founder
StudioDS

Diba Salam is the founding Principal and Creative Director of StudioDS, a dynamic London based architectural studio with bureaus in Dubai and Bangkok. She founded the practice in 2012 after leading national and international projects such as Imperial Collage, White City, London and Aldar's Yas Island Hotels in the United Arab Emirates. Diba has made research a key part of her entrepreneurial business by analysing place-making, smart designs, and neuroscience in architecture. The studio's core values are to create efficient, adaptive, and effective communities through design by establishing stakeholder needs. Each solution is uniquely tailored to maximise the social economic and environmental potential of each individual site, celebrating exceptional detailed craftsmanship through modern methods of construction. The studio actively participates in research papers, Diba has written for the British Council and participated in government research papers. As a member of the RIBA International Committee and Leaders Network at UK Green Building Council, Diba is an active voice in promoting sustainable innovation and diversity in the built environment. Diba's participation with the Department of International Trade, where she has been selected as an Export Champion, has developed an appreciation of domestic and global trade and diversification issues.



RUTH SLAVID
Architectural writer, editor and consultant

Ruth Slavid is a freelance architectural writer, editor and consultant. Since becoming freelance in October 2008, she has written for a wide range of magazines and organisations about architecture, landscape, construction and lighting. She is the author of seven books on architecture. Ruth worked for The Architects' Journal for 15 years. She has a degree in metallurgy and materials science from the University of Cambridge.

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