

THE POST

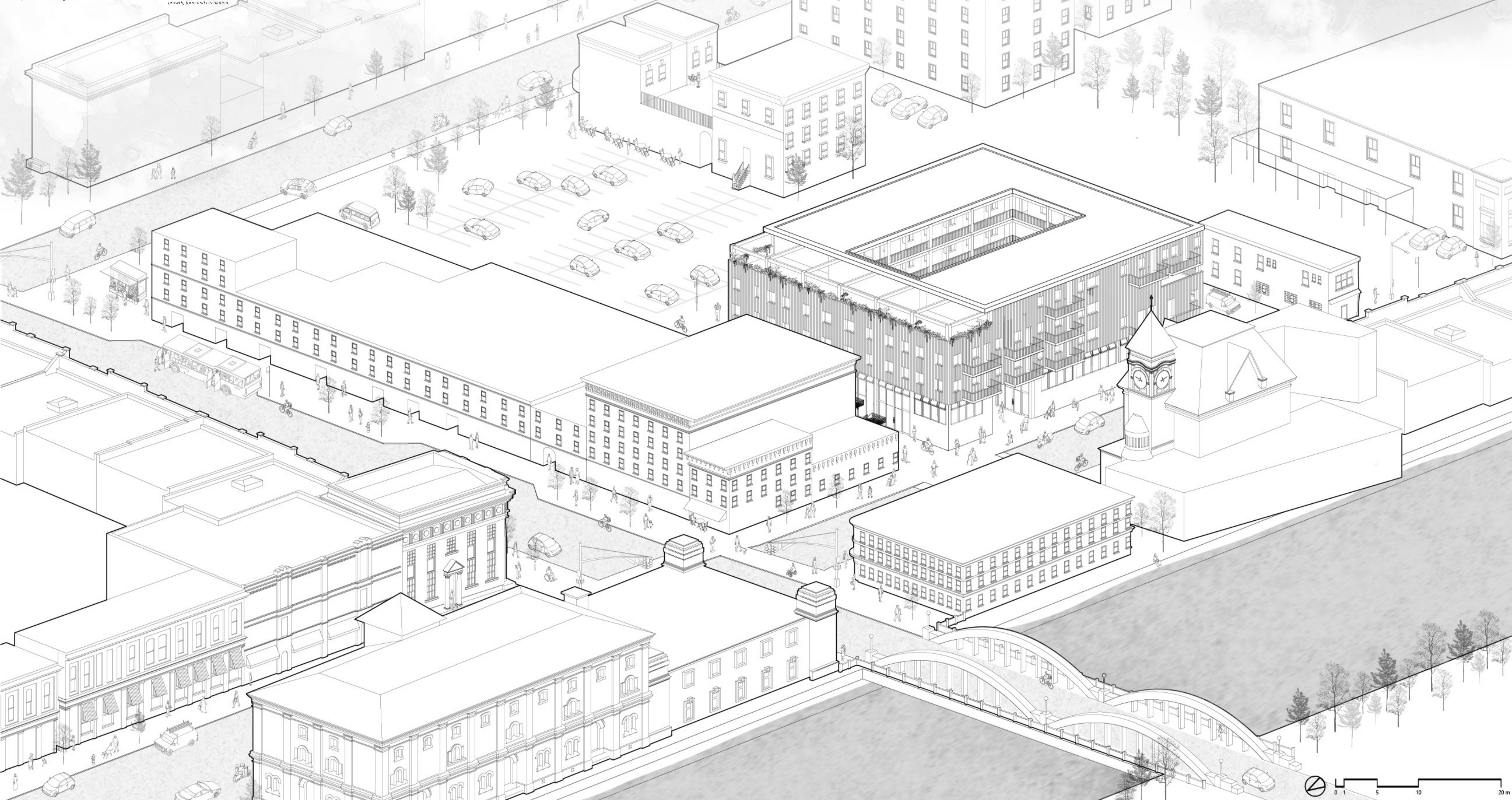
MASS-TIMBER SOCIAL HOUSING PROPOSAL

AVERY HOME

The Post is a mass-timber, affordable cohousing proposal to address housing alienation in Cambridge, Ontario. Located in the city center, the Post project will be a gathering place not only for the inhabitants but the broader community as well. The project primarily houses seniors and families and features a daycare and co-working space. The concept of the Post is sharing resources and services while maintaining a sense of autonomy in a social living environment. The social spaces and shared programs initiate informal encounters and spontaneous conversations to battle loneliness.

The Post empowers people to embrace their neighbors and nurture a philosophy of community. The Post users are essentially a large family whose support reaches beyond that of neighbors.

Morphological Diagram
 Shows how the building's form and structure grow from the site and context.



EXPLODED AXO 1:1000 SOCIAL & PRIVATE SPACES | EAST ELEVATION 1:100 | SECTION 1:100

Addressing Housing Alienation

Creativity: There is a social stigma that cohousing is a temporary solution and not an ideal living environment. These negative connotations with social living limit its popularity and potential. Living in affordable, co-housing facilities can strip people of their individuality and creativity. The Post challenges this notion by ensuring the autonomy and enabling the creativity of users. The floor plans are open, essentially blank canvases for the occupants to express their individuality. With the simple parameters of a column and beam grid structure, occupants can create their own spaces using partition walls. These divisions can be added, removed or altered to suit the user's needs, budget or family situation. This adaptability allows the occupants to realize their own floorplans and the opportunity to adjust them over the years. The Post project supports a diverse range of families with different social needs. By offering the flexibility to design individual spaces, a sense of autonomy and self-expression is restored in the co-living house.

Social World: Social living is a vital element of the Post's philosophy and impact. The Post is not only a gathering place for the inhabitants but the broader community as well. The median household income of Cambridge is \$27,792, far below the average in Canada. Additionally, the median age is 40 years old, indicating a high number of seniors and families with young children. The Post's intended usage by seniors and families with young children perfectly addresses the demographics of the area. The programs featured in the Post, primarily the daycare, shared kitchen and dining and co-working space, provide users with essential elements to their paths in life. Parents can leave their children at the daycare where services can supervise, then work in the co-working space nearby. At meal times, parents can cook in the community kitchen and provide food to the daycare and seniors. Then in the evening, all users can take advantage of the shared spaces designed to get the ages of their users. This system of sharing resources and services is a foundational aspect of the Post's co-living house.

EXPLODED AXO 1:1000 SOCIAL & PRIVATE SPACES

EAST ELEVATION 1:100

SECTION 1:100

FLOORPLANS 1:400 | USER PROFILES & AXIS DEMONSTRATING FLEXIBILITY OF UNITS | STRUCTURAL AXO 1:500

FLOOR ONE

FLOOR TWO

FLOOR THREE

EXTERIOR VIEW

MEZZANINE

BASEMENT

STRUCTURAL AXO 1:500

DAYCARE

USER PROFILES & AXIS DEMONSTRATING FLEXIBILITY OF UNITS

Shared Social Spaces

Shared spaces are embedded within the plans of each floor. From a meditation room, laundry room, exercise facility and more, the users benefit from a variety of programs that they may not have in traditional housing. These programs have been carefully selected to best suit the intended users' needs.

Shared Kitchen/ Dining

The shared kitchen allows users to cook for themselves, each other and the broader community, intended to battle loneliness, users can enjoy meals together in the dining areas. This space is located adjacent to the co-working area to also supervise their children in the daycare through the large windows. This initiates a sense of safety and restores autonomy to the users of the Post.

Courtyard

The courtyard is a space to gather, for the children at the daycare to play, and the community dining to extend outdoors. All units have windows or doors facing the central courtyard as well as the exterior of the building. This offers both North and South facing windows to maximize sun exposure and views. The lack of a roof above benefits the courtyard by allowing sunlight into the space mid-day.

SITE SECTION 1:400 | SITE SECTION 1:150

SITE SECTION 1:400

SITE SECTION 1:150

Daycare

The daycare provides an enormous convenience to the users of the Post. Having affordable, nearby childcare is an asset to living in the co-house. Parents can drop their children off at the daycare and easily commute to work, or work in the co-working space. Seniors and children are well connected at the Post. They may choose to volunteer their time to teaching the younger generation which benefits both them, and the children. At meal times, parents can cook in the community kitchen and provide food to the daycare and seniors. This intergenerational connection is vital to the social ecosystem of the Post.

Shared Kitchen/ Dining

Courtyard

Shared Social Spaces

SITE SECTION 1:400

SITE SECTION 1:150

Daycare

SECTION 1:100

