



out(fit)

Elands - Community Health Centre



[outfit.org.au](http://outfit.org.au)

## ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, out(fit) respectfully acknowledges the traditional custodians of the lands within our campus footprint areas: Awabakal, Darkinjung, Biripai, Worimi, Wonnarua, and Eora Nations; as well as the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay respect to the wisdom of our Elders past, present and emerging.

Sovereignty has never been ceded. It always was and always will be, Aboriginal land.

### OUT(FIT)'s THREE FOLD MISSION:

to promote and support women who are seeking careers in the built environment professions

to provide a supportive place for students to learn hands-on design and building skills

to make a difference in the lives of underserviced community groups, particularly women and children, through improving their built environments

## out(fit)

out(fit) is an award-winning community engagement initiative running out of the School of Architecture and Built Environment at the University of Newcastle. In collaboration with our industry partners and community clients, our student, staff, and external volunteers' deliver a variety of projects that benefit the Newcastle, Hunter, and regional NSW communities. Formed in 2015 to improve equity, diversity, and inclusion outcomes for women in the built environment, out(fit) aims to provide our volunteers an opportunity to develop, practice and showcase their skills while engaging in projects that make a real difference.

Our projects typically focus on spaces for women, children and underrepresented community groups, including renovating community support centres, the design and refurbishment of playground areas for schools that cater for students with special needs, and various landscape works. We also coordinate and support community engagement events such as activation pop-ups and presentations, both internal and external to the University of Newcastle.

out(fit) strives to build strong and enduring relationships with our volunteers, clients and local industry partners.

## Equity, Diversity and Inclusion

out(fit) are attempting to address certain experiences and roadblocks that contribute to gender inequity. Our volunteers are able to practice and showcase relevant skills that can raise their profile within industry, promoting confidence, a sense of belonging and support amongst peers.

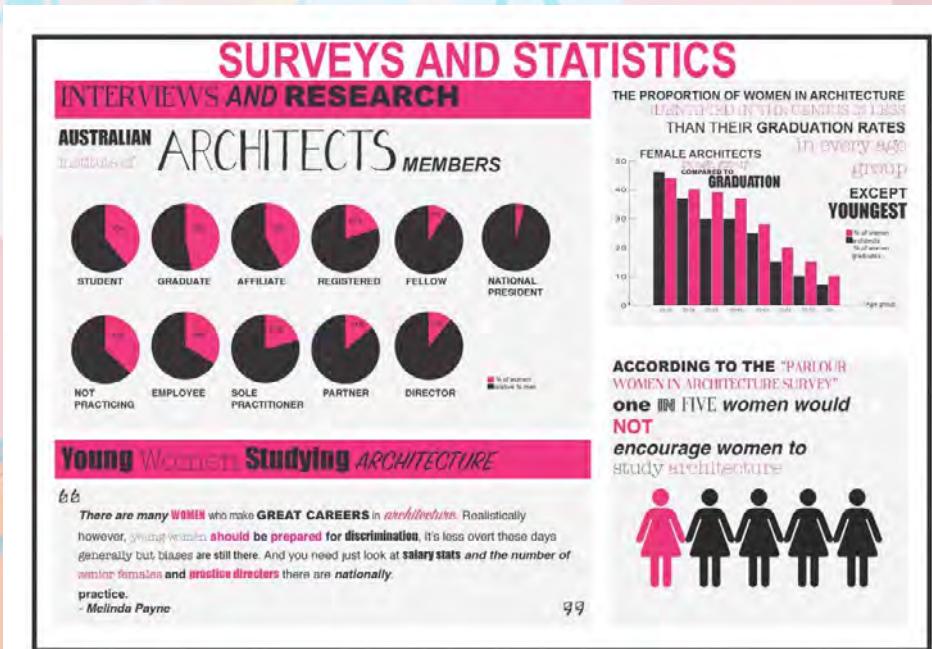
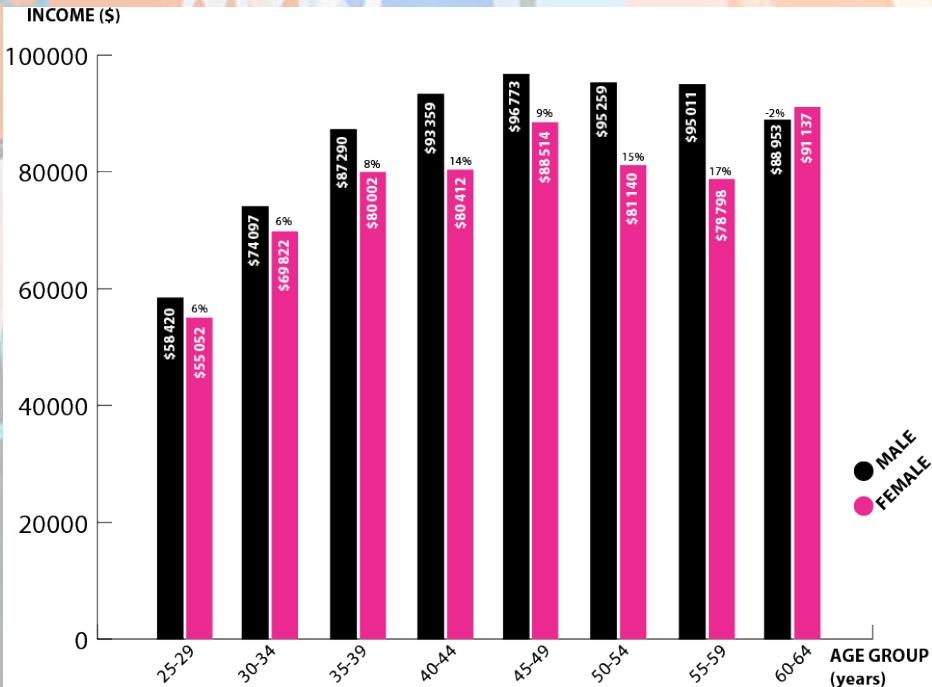


Figure One: Percentage of female identifying students, graduates and registered architects compared to males; Sofia Gamblin, April 10th 2018, Not Just a Numbers Game.



## Elands Community Health Centre (ECHC)

Elands Community Health Centre is a publicly managed community center building located centrally in the remote village of Elands, on the Bulga Plateau.

Elands Community Health Center was built by dedicated locals, including women who had completed carpentry training through Wauchope Tafe.

The center was initially built to provide a safe and central space for Eland's locals to come and receive visiting medical consultations and treatment, particularly a safe, comfortable and sanitary space for local women to give birth (as Elands in the 80's was approximately 2 hours from the closest hospital).

Elands today is still a remote township, being over an hour's drive from the local hospital, and at times completely isolated from neighboring town-centers due to road closures.

The scope of services and uses of the Community Health Center has expanded since the 80's, and today provides a wide range of services and hosts a myriad of essential events and activities for the community.

Elands and the surrounding region were devastated by the 2019/2020 bushfires. Elands Community Health Centre provided an integral marshalling venue for emergency services, families and individuals needing safe refuge when evacuating their homes, and ongoing amenity to those needing shelter and access to resources as they rebuilt their burnt homes.

Elands Community Health Centre has a public access laundry, provides a reception hot-spot for those needing to access the internet and phone service, provides accommodation to both locals and visitors to the area who need a place to stay, provides a venue for visiting health practitioners and hosts various community events, markets and fundraisers at minimal costs to their members.

Elands Community Health Centre received a small amount of bush-fire relief funding in mid 2021, and wish to see that money contributed towards the building of an outdoor kitchen facility. The purpose of the outdoor kitchen is to provide cooking and dining facilities for a range of users, including large events, campers and emergency services.

## Phase 01: Outdoor Kitchen Upgrade

Date: Early 2022 (as Covid restrictions allow)

Duration: 2 Weeks of 3 day working bees.

Location: Elands, NSW

Cost: \$3000

Participants: out(fit) UoN volunteers + Elands Community Members

Details: Design phase/ community consultation September 2021  
Construction early 2022

## Phase 02: Masterplanning and Grants for broader works

Date: Sep 2021 - Early 2022

Duration: On-going

Location: out(fit) office

Cost: out(fit) services provided Pro-Bono

Participants: out(fit) Staff + Intern

Details: Design Response for Landscape (ECHS Park-land) Brief + Grant funding goals set for mid-late 2022 implementation.

## Phase 03: Staged landscape upgrades as finances allow

Date: TBC

Duration: On-going

Location: Elands Community Health Centre

Cost: TBC

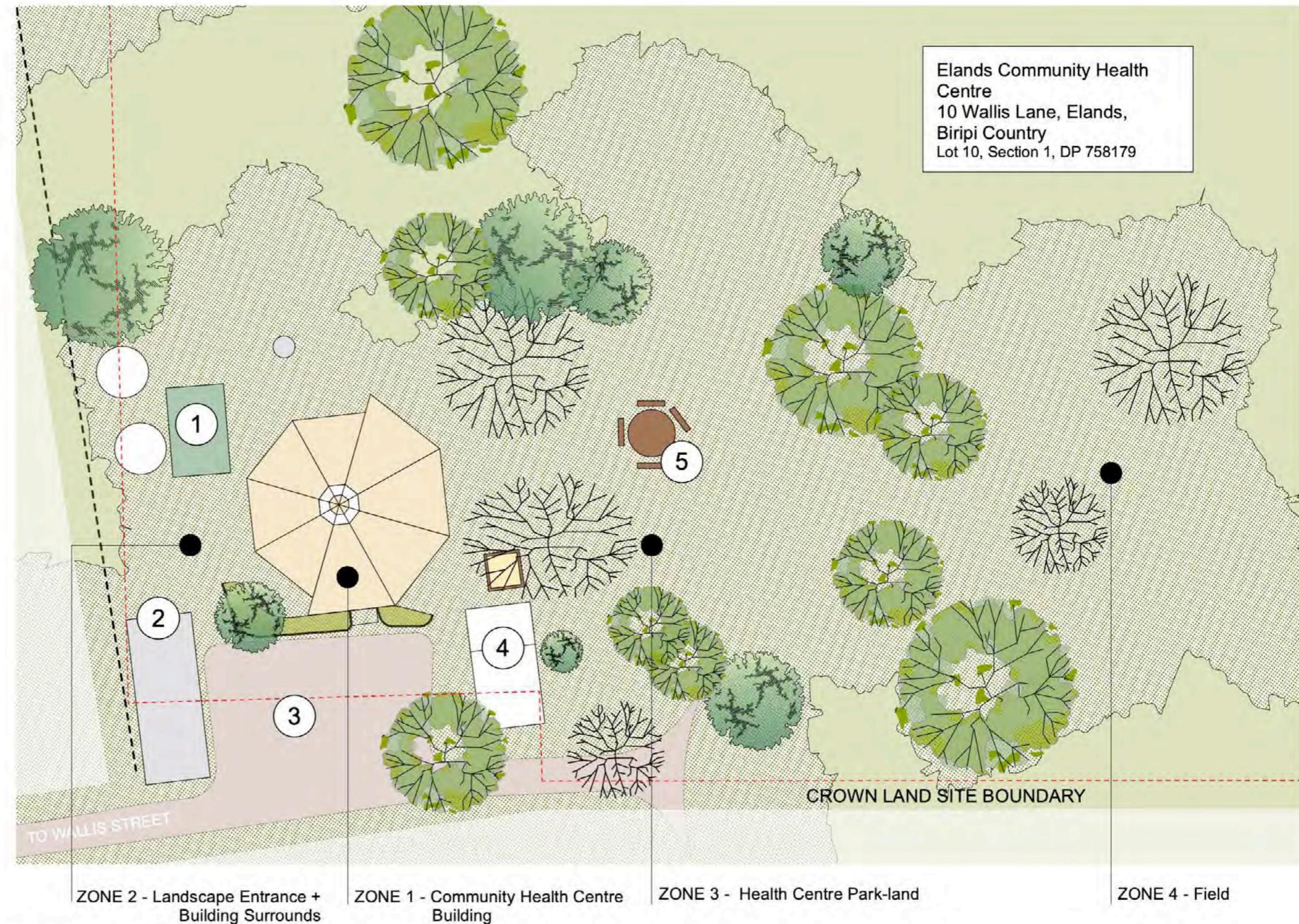
Participants: out(fit) Staff, volunteers and Elands Community Members

Details: TBC

## The Brief

Elands Community Health Centre received a small amount of bush-fire relief funding in mid 2021, and wish to see that money contributed towards the building of an outdoor kitchen facility. The purpose of the outdoor kitchen is to provide cooking and dining facilities for a range of users, including large events, campers and emergency services.

- Renovate the existing “kitchen structure” to better accommodate the catering needs of various user groups.
- Utilise and re-use the materials available from the existing kitchen structure. The existing materials have wonderful aesthetic and nostalgic value.
- Keep costs to a minimum, and buildability to a maximum, as the project will be completed by volunteer labour with materials paid for by grants and donations.
- Increase the hygiene and safety of the outdoor kitchen - with appropriate provision of services (electricity, plumbing and food storage).
- Durable materials that can withstand the climate of the area (subject to a lot of rain, but also heat and ember attack).
- Consider the landscape grading and drainage needs.
- Consider the need for a pizza oven.
- Appliances to accommodate include: Camp style gas cooker, pizza oven, sink, fridge, sandwich toaster, microwave, kettle/ water boiler.
- Storage for crockery, cutlery, utensils, cups, glasses, pots and pans, basic cooking ingredients (salt, oils etc).
- Undercover dining space for up to 15 people, and bench servery to cater for more.
- Potential to have a smaller fireplace suitable for camp-cooking



## The Existing Site

Existing Site



Image 1: Site Boundary. Source sixmaps.nsw.gov.au

Elands Community Health Centre is located on Crown Land, at 10 Wallis Lane Elands. The large block slopes down from the Health Centre to the West until it reaches a small creek tributary that runs into the Ellenborough river.



Image 2: View east of existing outdoor kitchen and sandpit.



Image 4. View north-west over open park-land and existing bon-fire area.



Image 6. View east from field to the existing laundry and outdoor bathroom facilities.



Image 3: View west to existing community center building veranda.



Image 5: View north from the community centre looking over park-land to the bon-fire in use.

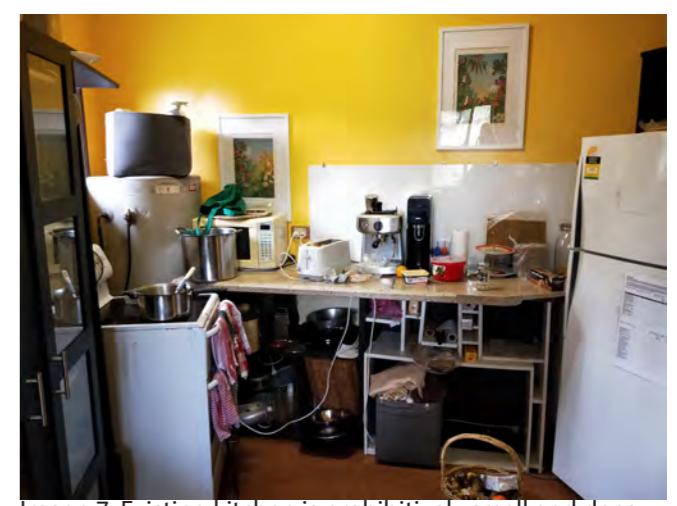


Image 7. Existing kitchen is prohibitively small and does not provide functional catering space.

# Phase 1 - Outdoor Kitchen Renovation

## Option 1

Phase 1

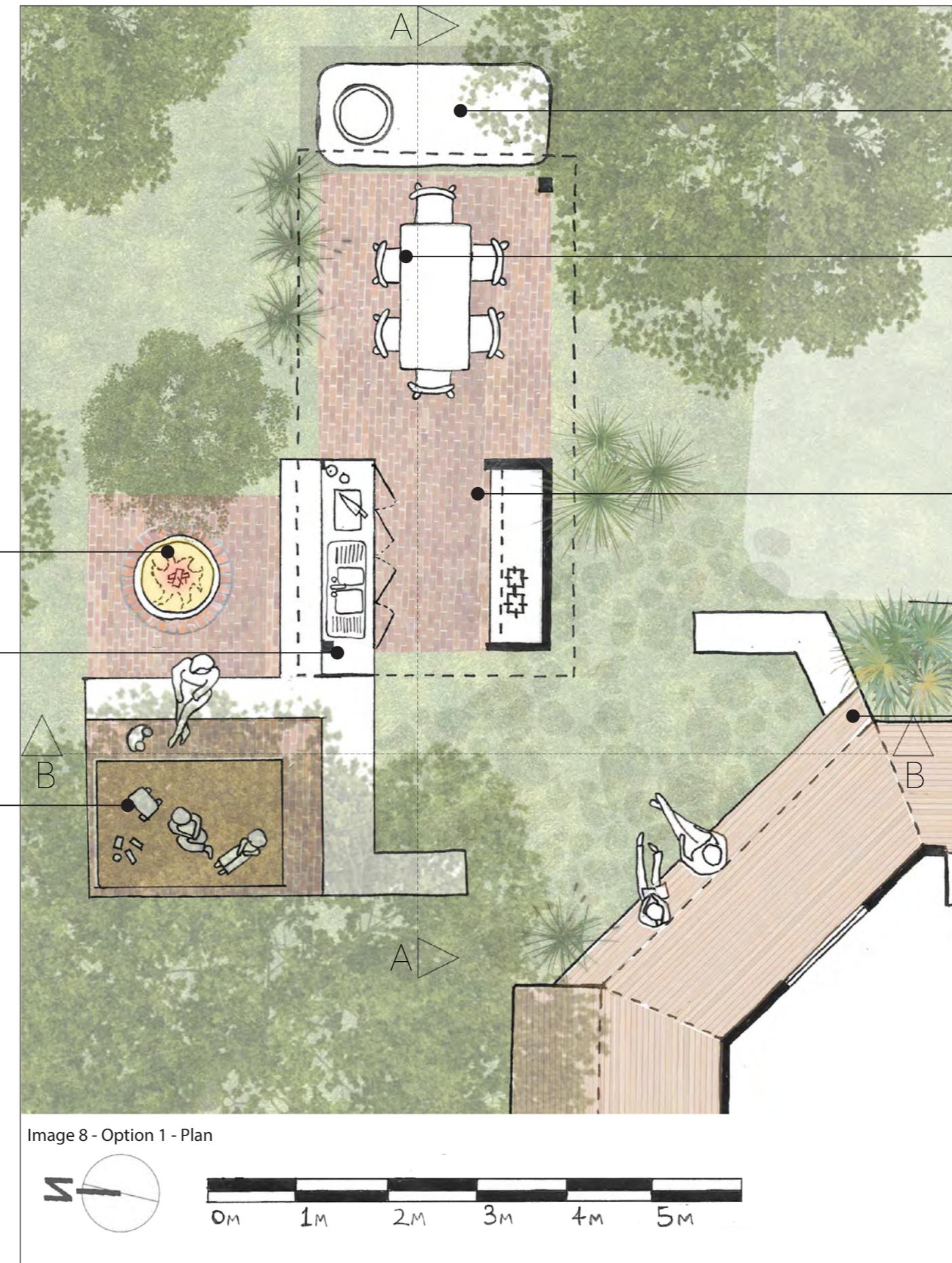
Outdoor kitchen remains in original location, and sees the following changes and upgrades:

- Level platform created with sub-surface drainage, new roofing with larger eaves and gutters which divert rain into tank.
- Floor surface made level and paved.
- Enclosed kitchen appliance bank with power supply.
- Better lighting provided to both cooking and seating areas.
- Small cooking fire with seating around.
- Relocate sandpit for better access into kitchen.
- Outdoor seating adjoining the extended health-centre deck.

New small cooking/ kitchen fire suitable for cooking on and sitting around when in small groups or large bonfire is inactive.

A one and a half sink and preparation space is created, preventing the need for campers to take dishes to the laundry or inside the health centre kitchenette.

Relocated sand-pit to allow better through-access into and across the kitchen. Bench seating surrounds for play and watching over children.



5000L Water tank provides water for hand and dish-washing, and captures rain water from the roof of the building, preventing ground saturation and excess run-off.

Trestle tables can be set up to seat up to ten people under the protection of the roof. Stacking chairs and trestle tables can be packed away when not in use to open up more space.

Utility bench provides a water-proofed, appliance hub where cooker, under-bench fridge, kettle and storage cupboards are located. Power points can be located here for both kitchen appliances and phone/ light recharging.

Existing veranda deck to be extended by approximately 500mm, and is met with new timber bench seating to create an informal outdoor 'room' that leads out from the kitchen.

# Phase 1 - Outdoor Kitchen Renovation

## Option 1

Phase 1

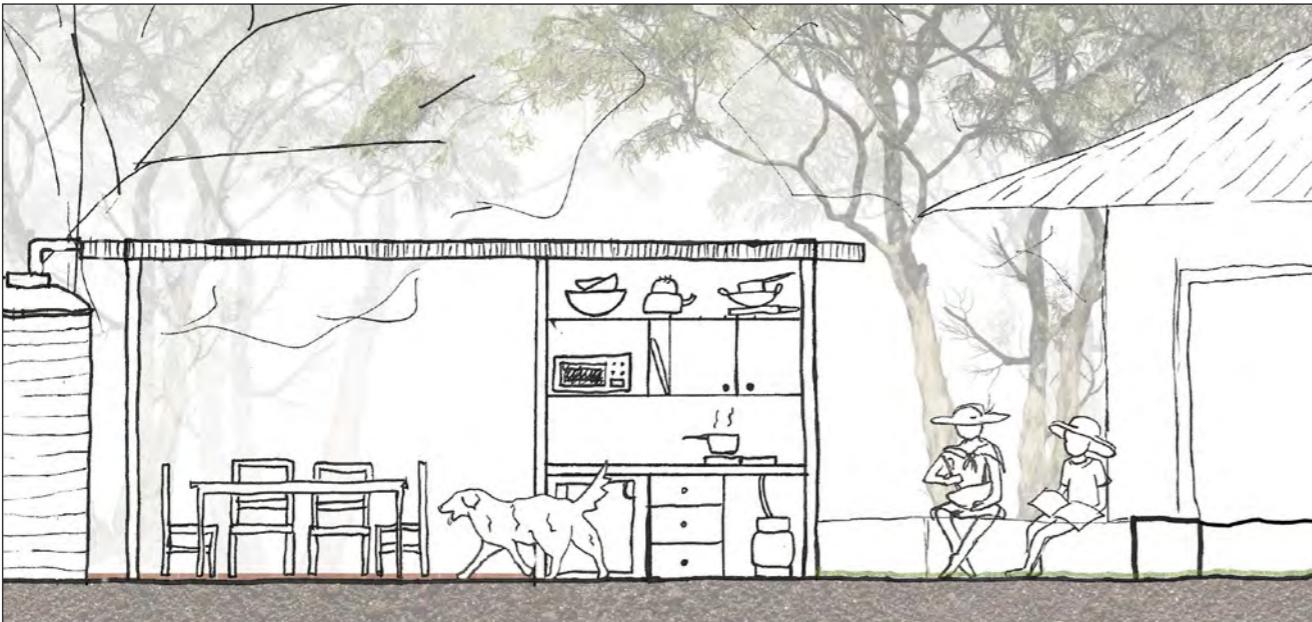


Image 9 - Option 1 - Section A-A - View South through out-door kitchen



Image 10 - Option 1 - Section B-B - View East through kitchen and sand-pit



Image 11 - Option 1 - Site Plan - Indicating location of proposed outdoor kitchen (NTS)

Outdoor Kitchen Option 1 is proposed to be located within the same footprint as the existing structure.

It is to have better connectivity to the existing centre through a series of paths, and intentional seating off of the edge of the main veranda.

# Phase 1 - Outdoor Kitchen Renovation

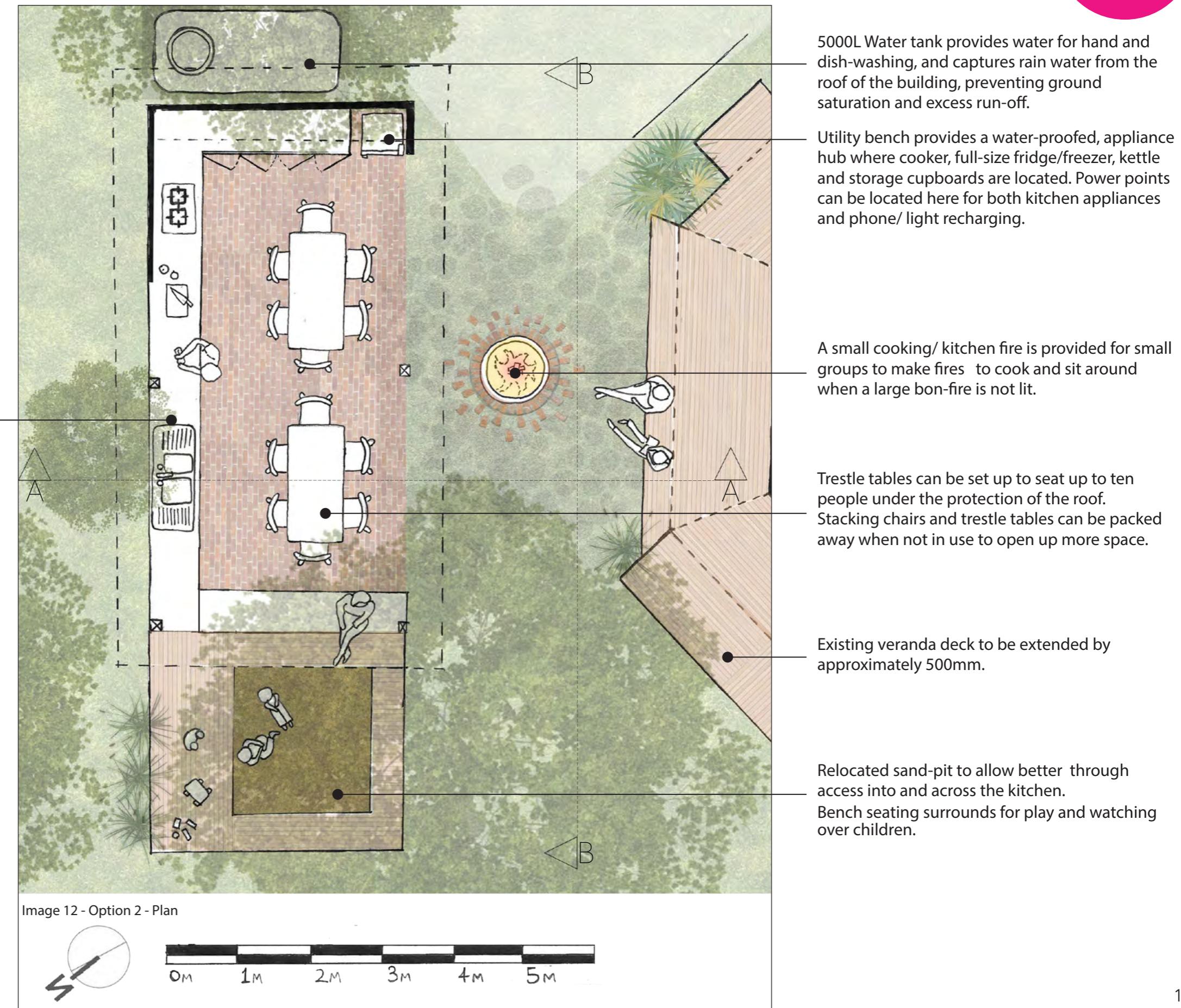
## Option 2

Phase 1

Out-door kitchen is pivoted to lay parallel to the existing health centre veranda, and includes the following details:

- Level platform created with sub-surface drainage, new roofing with larger eaves and gutters which divert rain into tank.
- Floor surface made level and paved.
- Enclosed kitchen appliance bank with power supply.
- Better lighting provided to both cooking and seating areas.
- Small cooking fire with seating around.
- Relocate sandpit for better access into kitchen.
- Wrap around bench tops for plenty of preparation surface.

A one and a half sink and large preparation space is created, which can act as both cooking prep space and servery.



## Phase 1 - Outdoor Kitchen Renovation Option 2

Phase 1

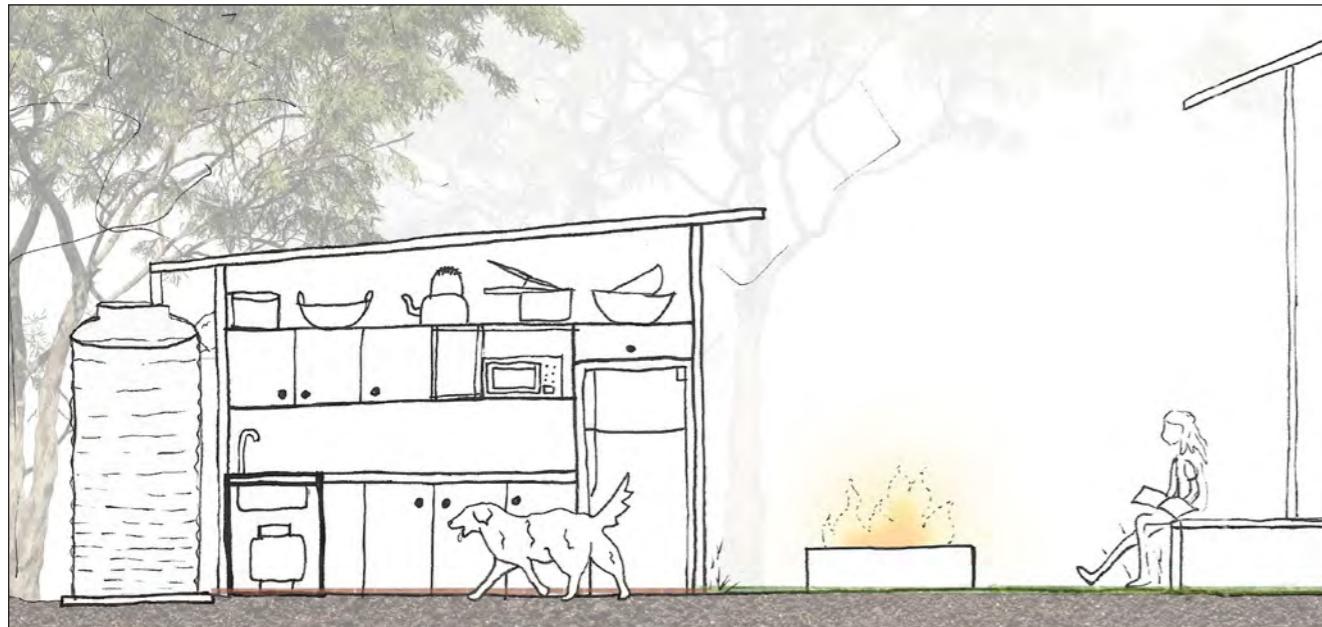


Image 13 - Option 2 - Section A-A - View South through out-door kitchen



Image 14 - Option 2 - Site Plan - Indicating location of proposed outdoor kitchen (NTS)



Image 15 - Option 2 - Section B-B View East showing cooking fire and kitchen benches

Outdoor Kitchen Option 2 is proposed to be located parallel to the existing health centre building. Wrap around walls and benches create an enclosed outdoor 'room' which is completed by the edge seating on the health centre veranda.

# Phase 1 - Outdoor Kitchen Renovation

## Option 3

Phase 1

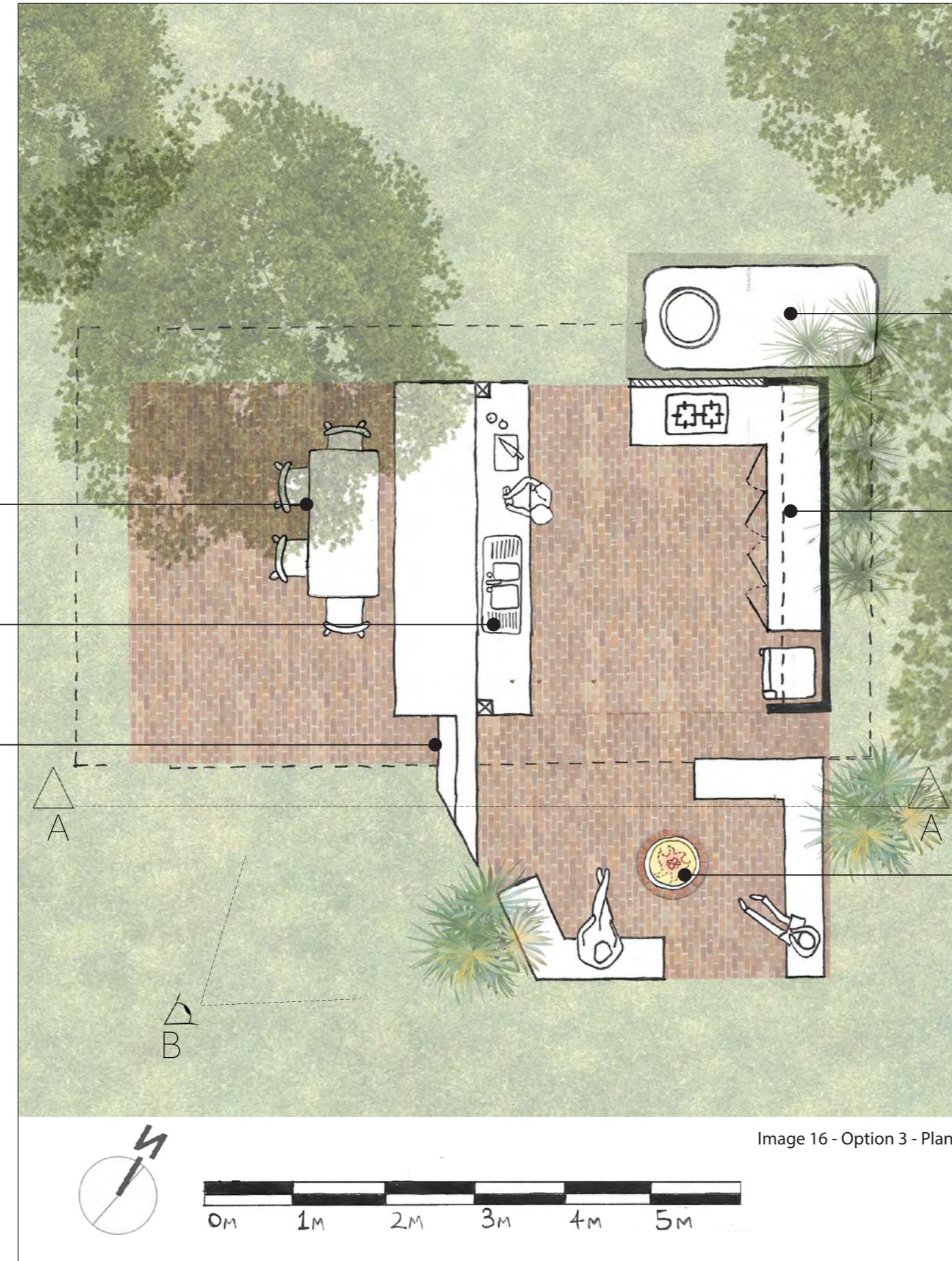
Out-door kitchen is located further north on the site to better service the proposed camping area, and includes the following details:

- Level platform created with sub-surface drainage, new roofing with larger eaves and gutters which divert rain into tank.
- Floor surface made level and paved with steps taking up change in gradient - step also provides seating for dining.
- Enclosed kitchen appliance bank with power supply.
- Better lighting provided to both cooking and seating areas.
- Small cooking fire with seating around.

Trestle tables can be set up to set up to ten people under the protection of the roof. Stacking chairs and trestle tables can be packed away when not in use to open up more space.

A one and a half sink and large preparation space is created, which can act as both cooking preparation space and servery.

Two steps up into kitchen area accomodate the natural fall in the land. A single step also provides additional seating for dining and space for people to access the servery bench.



5000L Water tank provides water for hand and dish-washing, and captures rain water from the roof of the building, preventing ground saturation and excess run-off.

Utility bench provides a water-proofed, appliance hub where cooker, full-size fridge/freezer, kettle and storage cupboards are located. Power points can be located here for both kitchen appliances and phone/ light recharging.

A small cooking/ kitchen fire is provided for small groups to make fires to cook and sit around when a large bon-fire is not lit.

Image 16 - Option 3 - Plan

## Phase 1 - Outdoor Kitchen Renovation Option 3

Phase 1



Image 17 - Option 3 - Perspective of South Western corner of the kitchen shelter

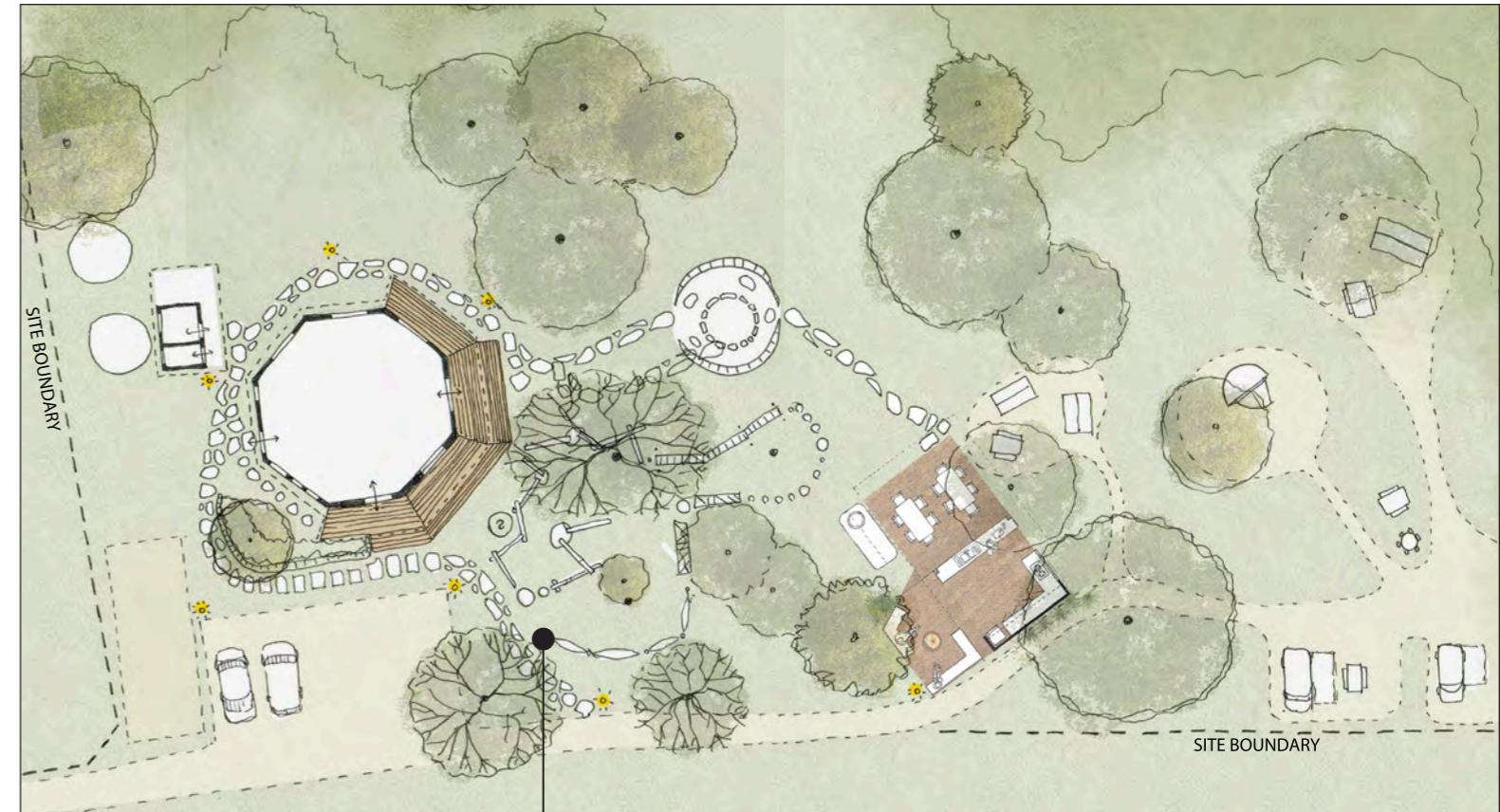


Image 18 - Option 3 - Site Plan - Indicating location of proposed outdoor kitchen (NTS)



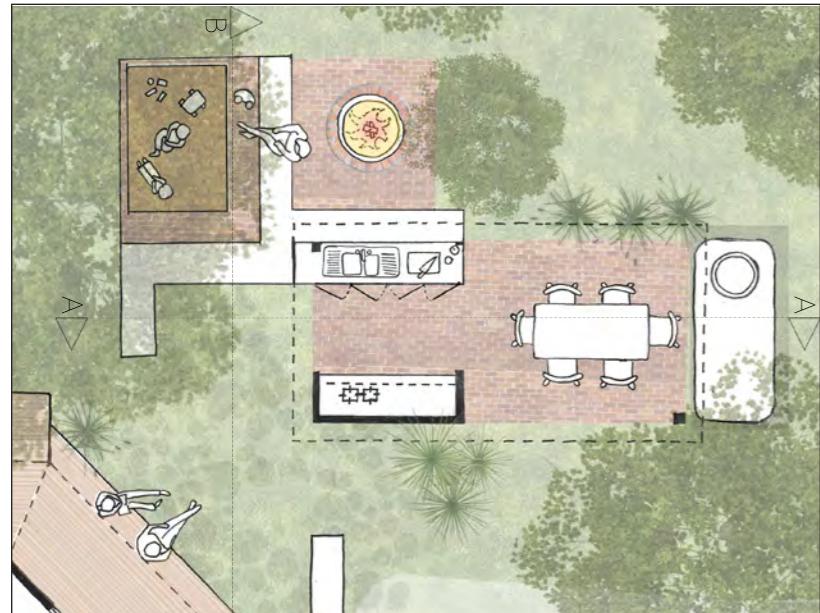
Image 19 - Option 3 - Section A-A View North through kitchen and cooking fire - indicating level change

Outdoor Kitchen Option 3 is proposed to be located further north on the site - allowing more space and privacy to be given to the health centre, and better service the future plans of accomodating campers to the North of the site.

# Phase 1 - Outdoor Kitchen Renovation - Comparing the Options

Phase 1

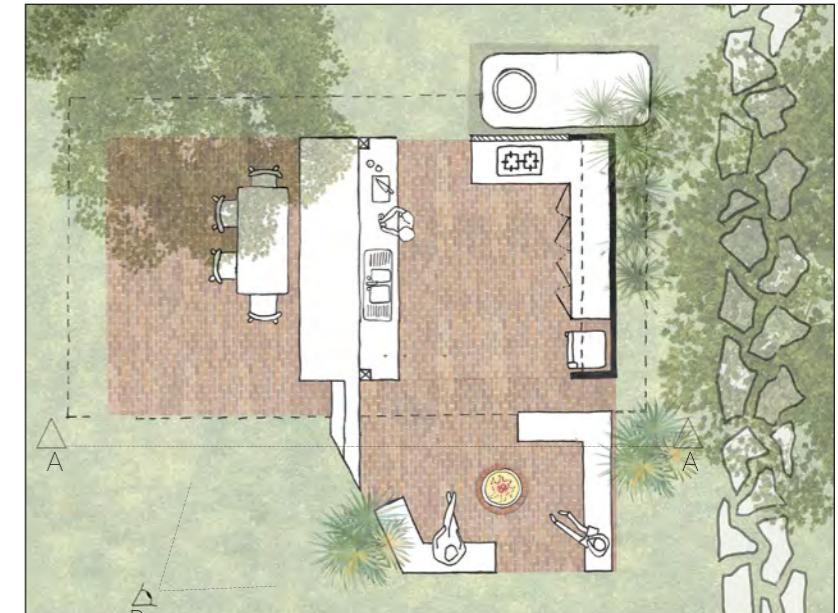
Option 1



Option 2



Option 3



## General Features

- Located in existing outdoor kitchen footprint.
- Seating relationship connected to extended health centre veranda.
- Sandpit relocated and formalised with seating.
- New cooking fire with seating.

## General Features

- Kitchen rotated to align parallel to health centre veranda.
- Accommodates more undercover seating.
- Provides ample bench space for preparation and servery.
- Sandpit relocated and formalised with seating.

## General Features

- Located further north on the site to better cater for potential future camping users.
- Accommodates more undercover seating.
- Provides ample bench space for preparation and servery.
- Former outdoor kitchen location can be utilised for more play activities.
- New cooking fire with seating.
- Stepped design takes up the gradient change from the site and provides opportunity for seating.

## Phase 2 - Landscape Masterplan

phase 2

1 Upgrade car-park surface.  
Remove tree-stump.  
Provide signage to driveway  
restricting car entry.

2 New path network - pavers or  
stones that can be easily mown  
over with way-finding lighting.

3 Replace existing decking,  
upgrade to fire-resistant material  
and increase width in some  
places. Add ember resistant  
screens to clear-story windows.

4 Enclose existing outdoor laundry  
to protect from weather.

5 New nature/ adventure/  
imagination play course.

6 Upgrade existing bon-fire area.  
Create level terrace on the site,  
utilising earth retention for  
seating.

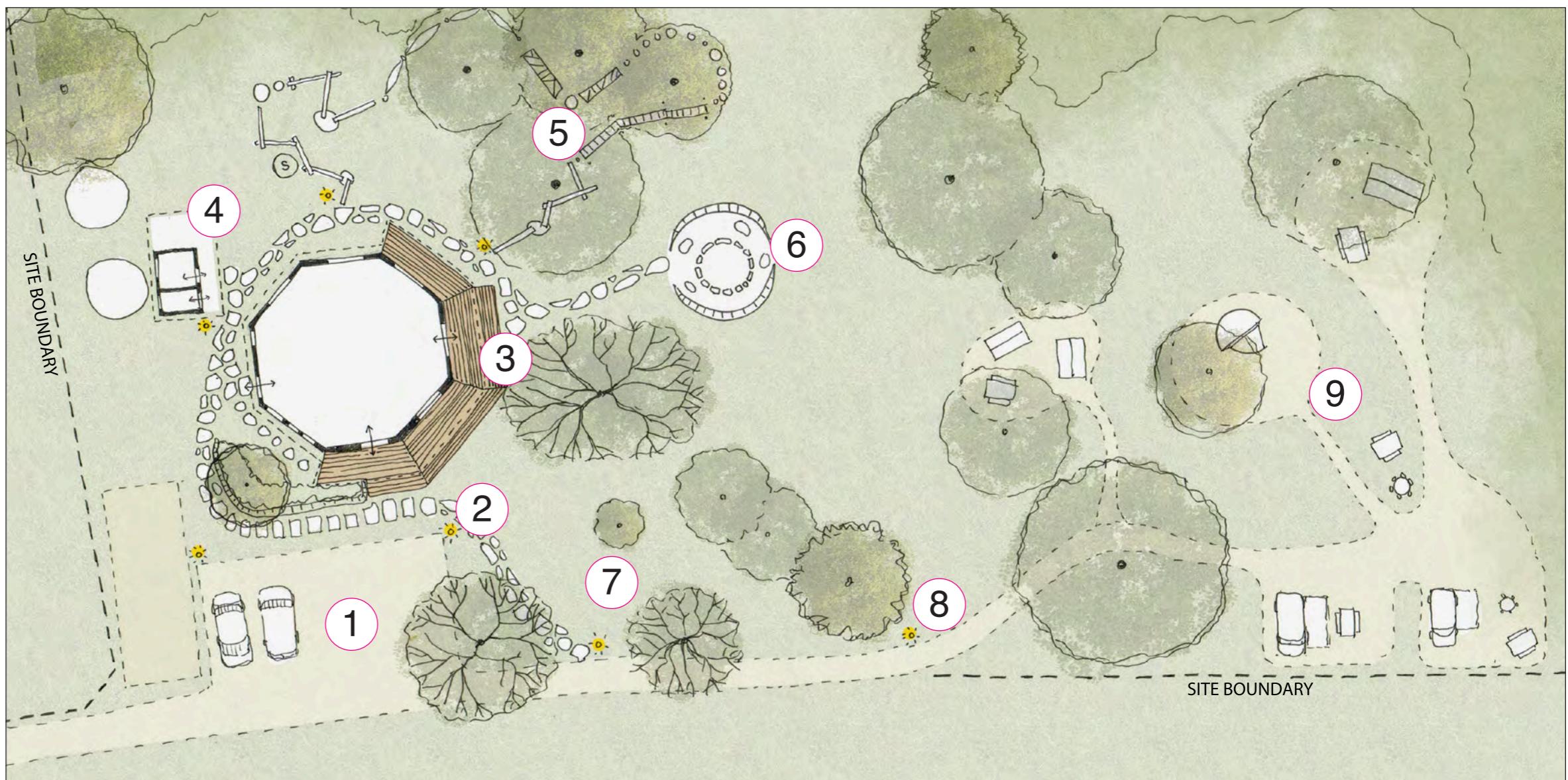


Image 20: ECHS Parkland Landscape Concept Design

7 Outdoor Kitchen up-grades.  
Include better weather-proofing, upgrade power  
sockets to outdoor grade.  
Roof with larger eaves and  
guttering to new tank.  
Dedicated bench tops for  
food preparation and servery.

8 Formalise driveway,  
creating vehicle access to  
camp-grounds.  
  
Clear signage indicating who  
is permitted to access.

9 Level van + tent camping  
space with basic utilities.

## Landscape Concept Design

phase 2

