NEPEAN HOSPITAL MASTERPLAN
KINGSWOOD NSW
LANDSCAPE SSDA
AUGUST 2018
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**SITE | LOCATION + SCOPE**

**CONTEXT**

The site is located on the eastern approach to Penrith on the Great Western Highway. It is bounded on its west by Parker Street, north by Richmond Road and the east by the University of Western Sydney. Caddens Road is its southern boundary.

Kingswood is one of the oldest suburbs within the Penrith Local Government Area. It is an academically rich suburb with both a university, a TAFE, along with private and public schools within its boundaries. The Kingswood State Archives and the Penrith City Council Archives are a haven for researchers in Western Sydney.

Nepean District Hospital, located in Kingswood, is a major focal point for many residents in the Penrith LGA.
KEY OBSERVATIONS

The Blue Mountains National Park lies directly west of the Nepean Hospital and is the dominant landscape feature in the region, providing a natural outlook and distinct identity for the Penrith cityscape. A geomorphological marvel. The blue mountains striking topography and highly textured and stratified rock faces stand in stark contrast to the soft undulating carpet of green, which at first glance appears almost monocultural in its consistency, concealing the ceaseless processes of succession and adaptation occurring within the incredible variety of ecological communities growing within the microclimates of the forest.

Acting as a natural boundary between the urban build-up of Penrith and its surrounding suburbs, and the Blue Mountains National Park, lies the Nepean River. The river also demarcates a significant transition in topography, microclimate, and vegetation type. Little remains of the great Cumberland Plains Woodland within the urban fabric of Penrith. However, remnants remain in proximity to the Nepean Hospital, harkening back to a time when great stands of gum trees soared above dense understoreys of endemic shrubs and grasses.

Historically, the Nepean Hospital and the surrounding suburb of Kingswood would have been inhabited by Cumberland Plain Shale Woodland, which is now classified as a critically endangered ecological community of the Sydney Basin Bioregion. It typically occurs on flat to undulating terrain, at elevations up to 350m ASL, on clay-based soils. The community typically has several vegetation layers in its natural state, with the tree canopy usually dominated by Eucalyptus moluccana (grey box), Eucalyptus tereticornis (forest red gum), and Eucalyptus fibrosa (red ironbark), complemented with other locally dominant species depending on variations in the landscape. Smaller trees and shrubs make up the understorey layer, with the ground layer consisting of a mix of grasses and herbs. This community is of great importance, being a key example of coastal grassy woodland, and is key to maintaining connectivity between vegetation corridors allowing seasonal migration of native fauna.
SURROUNDING INFLUENCES...

An intricate network of creeks and wetlands make up the nearby Nepean River in Penrith valley. The river acts as a natural barrier to the blue mountains escarpment which sits in the background, shaping and framing the bushland character of the site.
Penrith was first inhabited by the Mulgoa tribe of the Darug. The Darug people lived in makeshift huts called gunyahs, hunted native animals such as kangaroos, fished in the Nepean River and gathered local fruits and vegetables such as yams.

They used stone axes quite extensively and strong ties of kinship, often surviving as skilled hunter-fisher-gatherers in family groups or clans. The Nepean River, located west of the site, was once a significant food source for the local indigenous clan. The banks provided a natural haven for local flora and fauna and a place for hunting and gathering.

The first hospital in Penrith opened in 1860 in the street now known as Cox Avenue. This hospital had 6 beds for in-patients and accommodation for the live-in wards-person and his wife, who between them nursed the patients, cooked the meals, cleaned the hospital and anything else that was required. Unfortunately, after ten years of providing this service, there was an economic depression and public support fell away, making it financially impossible to keep the hospital open. It was closed in 1870. Patients then had to be taken either by train or by cart over a rough dirt road to the hospital at Parramatta.

A temporary hospital opened in 1890 in High Street, Penrith. The first matron was an experienced nurse but lacked formal training. The second matron was a trained nurse by the name of Miss Emma Hawk. Miss Hawk also employed a young probationer nurse.

The new Cottage Hospital officially opened in 1895 at Lemongrove (now known as RSL Life-Care Governor Phillip Manor). The Cottage Hospital divided into three sections; the male ward, the female ward, and the infectious ward. When this hospital was opened the existing staff transferred across to the new site. However, Miss Hawk found it too lonely out of town in the bush and resigned.

The name of the hospital changed to Nepean District Hospital in 1926. Planning for the next hospital commenced in 1938. However, the hospital continued on the same site at Lemongrove until the present hospital opened in 1956.
SITE | LANDSCAPE ANALYSIS

VEGETATION
- Existing Trees to be Retained where possible

HYDROLOGY
- Water Movement
- Major Water Movement

CIRCULATION
- Existing Bus Shelter
- Hospital Driveway Entry
- Secondary Roads
- Primary Roads

KINGSWOOD TRAIN STATION

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ARCADIA

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Health Infrastructure NSW

PREPARED BY

August 2018

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SITE | LANDSCAPE ANALYSIS

**PEDESTRIAN CIRCULATION**
- Secondary Movement
- Primary Movement
- Street Edge Circulation

**MICROCLIMATE**
- Mostly Sunny Micro-climate
- Mostly Shady Micro-climate

**LANDFORM**
- Contours
- High Point
- Depression

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RECOGNISED CONSTRAINTS...

- Lack of planting + soft edges
- Existing mature trees
- Vehicular dominant
- Poor pedestrian connections
- Wayfinding through planting
- Poor entry experience

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ENHANCE POSITIVE ATTRIBUTES...

ENHANCE SPECIES THAT ARE FLOURISHING

PREERVE EXISTING RICH LANDSCAPE CHARACTER

CONNECT TO WIDER PEDESTRIAN NETWORK

TELL A STORY OF THE SITE AND PEOPLE

SIGNAGE STRATEGY IN PLACE

OPEN GREEN SPACE
VISION... The landscape master plan sets out a series of philosophical principles to ensure the creation of a world class health precinct. These will be achieved through the application of a series of concept strategies. It is our vision to create a responsive landscape that reflects the local climate, character, identity and sense of place while supporting a compact, accessible, active and healthy community. We intend to draw upon the sites history, geology and biology to create an integrated, resilient landscape that is both engaging, healthy and in balance with its natural and cultural systems.
PROMOTE HEALTH + WELL BEING...

EXPOSURE TO NATURE       EQUALS       HUMAN HEALTH + WELL-BEING

“...patients with views of trees in their rooms had much shorter post-operative stays than others in the study that had views of brick walls”, Dr. Rodger Ulrich.

“...designing hospitals so that patients have access to nature and other positive distractions will reduce their recovery time”, Dr. Rodger Ulrich.

SOCIAL
- Facilitated social interaction
- Enables social empowerment
- Reduced crime rates
- Reduced violence
- Enables interracial interaction
- Social cohesion
- Social support
- Feelings of unity
- Sense of Community and Belonging
- Increases generous behaviour
- Desire to help others

PHYSICAL
- Facilitates physical exercise
- Stress reduction
- Reduced blood pressure
- Reduced heart rate
- Reduced muscle tension
- Reduced headaches
- Reduced mortality rates from circulatory disease
- Faster healing
- Addiction recovery
- Perceived health/well-being

MENTAL
- Attention restoration and recovery from mental fatigue
- Increased self-esteem
- Improved mood
- Reduced anger/frustration
- Psychological well-being
- Reduced anxiety
- Improved behaviour positive emotions
- enhances the ability to cope with and recover from stress
- Enhanced ability to relax and focus

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SITE | MASTER PLAN PHILOSOPHY

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CLIENT Health Infrastructure NSW
ARCHITECT BVN
DATE August 2018
SCALE ISSUE 4

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Prior to development and population growth in the Kingswood area, the site was scattered with the endangered ecology, Cumberland Plain Woodland. Over time, the density of this community on site has significantly decreased with habitat lost following extensive farming, industry and housing. Today, less than six percent remains in small fragments scattered across the Western Suburbs of Sydney.

The community typically occurs on flat to undulating or hilly terrain up to about 350 m elevation but may also occur on locally steep sites and at slightly higher elevations. Cumberland Plain Woodland comprises an open tree canopy, a near-continuous groundcover dominated by grasses and herbs, sometimes with layers of shrubs and/or small trees.