

Building & Construction Review




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Integrity, knowledge, experience

Since its formation in 1992, The Guild of Builders and Contractors has set the standards of quality and integrity in the UK's building industry. Created by a team of 14 builders, the Guild was founded with the aim to create a group of reputable firms and individuals who are actively involved in the building industry, and who boast the highest levels of experience, knowledge and integrity.



The Guild also wanted to provide appropriate services to members and ensure costs of membership were considerably less than other trade organisations. It features two levels of membership. The first of these is Corporate Membership, which is open to builders, specialist contractors, construction consultants, builders' merchants, and building component suppliers. These members can use the membership badge or logo on their stationery, signboards, vehicles and any other promotional materials, to advertise the fact they feature the high levels of quality and integrity that are synonymous with being a member of the Guild. The second type of membership is Personal, which is open to those who are actively engaged in the building industry.

As well as being able to feature the Guild's badge on your company's digital and physical materials, membership also offers a vast range of additional benefits. Apart from providing professional status and ensuring you are instantly recognised as a reliable, experienced, and knowledgeable professional, members also receive a certificate and promotional material free of charge. Furthermore, the Guild's experienced staff can offer advice on a wide range of subjects associated with the building industry and commerce.

Moreover, corporate members' full details are available on the Guild's website, which is regularly used by potential clients, meaning members can benefit from increased numbers of business referrals. The Guild also represents the collective views of members when speaking to the press, and provides regular news and information updates on its website.

In addition to this, members can take advantage of a members' advice service, which provides help with a range of issues including health and safety, terms of trading, employment, insurance and much more.

Firms and individuals are readily invited to apply for membership, and membership forms can be obtained from the website or via telephone, email or fax.

Contact
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www.buildersguild.co.uk



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ROSSO MANIGLIE

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Comprehensive building solutions from B&Lonzer Construction

At Building and Construction Review, we are dedicated to showcasing companies who offer the highest quality services in their field and who have an acute focus on excellent customer service. This is why we are proud to feature B&Lonzer Construction for our **BCR Recommends Award**, for its outstanding renovation and extension services for its ever-growing client base.

A home is a key part of your identity; it is where you pass the majority of your hours, where you socialise, relax and spend time with your family, so when you are thinking of renovating your space, it is important to make sure your dreams are in the right hands.

This is where B&Lonzer Construction can help, and turn your vision into a reality with a comprehensive and versatile renovation and extension service.



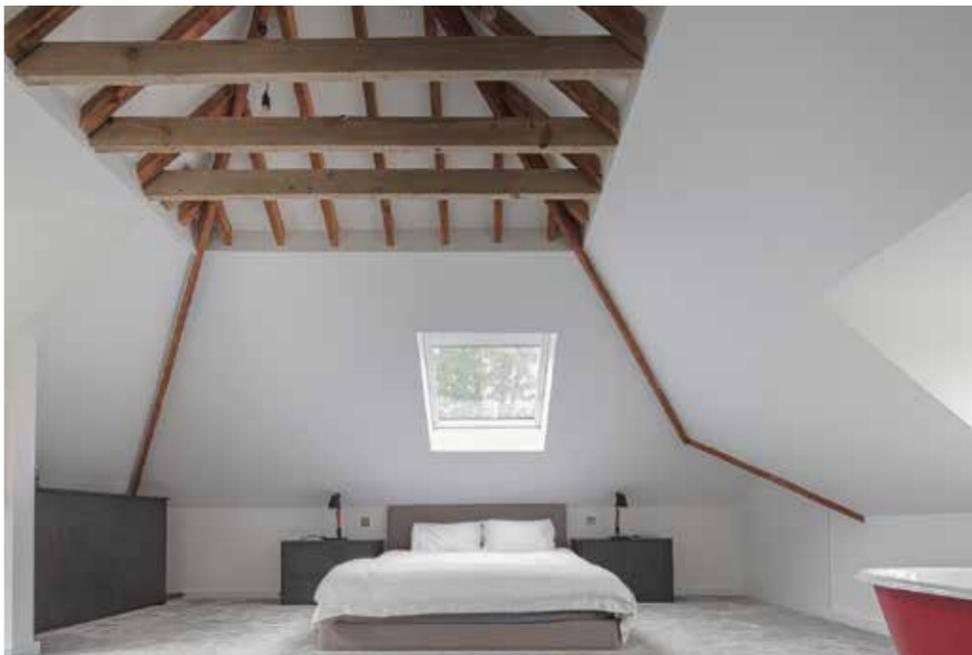
with, ensuring the very best standards of building solutions on the market.

With the dynamic pace of modern day life, our everyday needs have changed and so too have the requirements of our homes. Now, we need multi-functional spaces to cope with busy family lives and the growing tendency to work from home. This is where extensions can help to revolutionise your domestic space, and B&Lonzer Construction can help you every step of the way and support you to optimise your home life.

Included within their services are stunning kitchens, with most of their designs coming from Italy, showcasing modern and sleek finishes. B&Lonzer Construction also offers beautiful traditional British kitchens, ensuring they are encompassing a wide range of

B&Lonzer Construction was established over 10 years ago by Bart Lonzer, offering a full range of services and specialising in home expansions, loft conversions, and kitchen and bathroom renovations. "We provide multifaceted work on properties, and can really turn a house upside down to achieve your dream home design," Bart tells us. Indeed, the company's high rate of repeat customers year on year is a testament to the quality of B&Lonzer Construction's service and stunning finished renovations. In fact, their customer base is continuing to grow as the company garners a stellar reputation for an efficient and hassle-free customer experience.

Committed to offering a comprehensive service to their customers with a complete building solution, B&Lonzer Construction can help with initial design stages, working with architects to revamp both interior and exterior environments, and can apply for planning permission for extensions. What's more, the company is able to get in contact with kitchen and bathroom suppliers and offer excellent discounts to their clients, sourcing complex equipment to ensure the highest possible quality finish. Indeed, B&Lonzer Construction boasts an intricate network of various specialists to work



future plans. "The construction side of the business has developed a lot in the last two years, and we're looking to continue to expand in this area," he explained. "As a more long term goal, we're hoping to develop our teams and complete some bigger projects, moving from renovation to development, hopefully starting to develop houses in about five to seven years' time."

Without a doubt, the number of services B&Lonzer Construction can provide is manifold, and they are an expert in making the renovation process as simple as possible, eliminating the hassle of communicating with numerous different consultants by acting as a single point of contact for everything the customer needs. They are a true one stop shop for efficient and superior building solutions.

It is clear that B&Lonzer Construction's combination of industry expertise and commitment to providing the best customer experience possible puts them in prime position for offering superior building solutions for an array of projects. If you would like to take a look at some of their fantastic past projects, head over to their Facebook page where you can find an abundance of spectacular interior designs and extensions. Alternatively, get in touch using the contact details below.

preferences and visions for the perfect homely environment. They are committed to working closely with their customers to unleash the full potential of their house, offering expert support and guidance through the initial planning stages right through to final completion. We had the pleasure of speaking to Bart about some of the company's

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Bespoke, waterproof and long lasting basements



In this issue of Building and Construction Review, we will be featuring the basement specialist company Glatthaar-Fertigkeller for our **BCR Recommends Award**, looking at how the company has managed to build up a reputation as one of the UK's leading prefabricated basement specialists.

Glatthaar was set up in 1980, and now has almost 40 years of experience in the industry. The company delivers 5,000 basements a year all over



Europe and it has just celebrated its 60,000th basement installation, an impressive milestone and proof of Glatthaar's unparalleled industry experience. From its headquarters in Germany, Glatthaar is able to develop innovative and bespoke basements which offer the very best in reliability and durability. The company operates across the whole of Europe, with its basements installed in homes and buildings far and wide.



Here in the UK, where Glatthaar has been working for 13 years, the company has completed projects all across the country with self-builders and home architects, helping to build the best basement for the home in question, whether it is a new build or for an extension. There are a number of reasons homeowners seek basements. In addition to massively increasing the amount of available space and interior design options, they also significantly increase the value of the property.

Unlike your typical contractor, Glatthaar is dedicated to providing the best service for its customers and ensuring the basement is as long lasting and stable as possible, and of course able to fit the needs of the homeowner. Whether it is for an extra room, a storage space, a DIY workshop space, Glatthaar can build the best basement to suit your needs.

As the leading prefabrication basement specialist in the UK, Glatthaar has a whole host of benefits that sets it apart from its competition. Perhaps the most important one is its ability to provide an insurance backed warranty against water ingress for self-build projects. Water ingress is a basement's worst nightmare. Most commonly entering through the wall to floor joints, water entry can cause water stains and leaks within

the basement, and worse yet, once inside, repairing and preventing further ingress can often be complicated and costly. Glatthaar offers a ten-year company warranty against water ingress, and in addition to this, last year Glatthaar finalised an agreement with the insurance company Buildzone Insurance to offer an insurance-backed warranty against water ingress for the Glatthaar AquaSafe® basement.

The waterproof and entirely bespoke AquaSafe® basement features precast concrete panels, additional tanking of external joints to prevent seepage, and a number of optional additions. However even without the extras, the AquaSafe® basement is already 100% guaranteed waterproof. For those who are really curious, Glatthaar even has a floating house where you can see the basement in action.

In addition to the AquaSafe® basement, Glatthaar also has the Baby Basement, and the Twin Baby Basement (now known as the Practical Basement), the company's only standard basements. These provide additional space at a fraction of the typical cost. Ideal for those seeking a storage or utility room, they feature a basement slab, twin panel external walls and a reinforced concrete ceiling. Quick and easy to set up, inexpensive, and providing the perfect extra space for everything from storage to wine cellars to study space, the Twin Baby Basement has proven highly popular across the country.

On top of its expert basements, Glatthaar also prioritises great delivery of service, with speedy installation and in house engineering. We spoke to Anthony Spinney who explained, "Here at Glatthaar everything is done by our highly trained and long experienced engineers. From design to fabrication to installation of

the basement through to after sales, only Glatthaar employees are involved in this process, we do not use external contractors, Glatthaar takes care of everything that the customers need."

During the entire process, Glatthaar works closely with the customer to ensure the basement is coming along exactly as they envisioned. Whether it is a basement that mirrors the floor space of the entire house, or is larger, or even shorter, the end goal is always

complete customer satisfaction. Better yet, Glatthaar also provides a personal point of contact for each customer, meaning they can stay updated and in the know regarding the progress of their basement from one well-informed source. They are also given knowledgeable advice before, during and after the basement is fabricated and installed.

As the leading prefabricated basement company, Glatthaar attends a number of tradeshow every year where it is able to showcase the innovative design

and construction that goes into its basements, as well as connect with the industry at large and potential clients. Some of the ones they have attended include Grand Designs, Eco Build and the Home Build and Renovation Show.

If you would like to find out more about Glatthaar and how it can help you build the basement of your dreams, be sure to get in contact with the team using the details below. More details on its many different basement styles and bespoke service can also be found online.

T +44 (0)1932 344454
www.glatthaar.co.uk



Rapierstar: Giving you the edge



STARDECK specially developed exterior decking screws and STARPIN and STARNAIL stainless steel polymer headed pins and nails.

Currently, Rapierstar is developing its 100,000 ft² warehouse in Cheshire further in order to incorporate a teaching and seminar centre, proof of its dedication to adding true value to the industry. Indeed, since its inception, the company has strived to establish and maintain a position of leadership in the supply of fixings and building products throughout the UK and Ireland, a

feat which Rapierstar is in no doubt achieving, and will continue to achieve in the coming years.

If you would like to find out more information on the company's full range of products and services, head to the website or get in touch using the contact details below.

T +44 (0)1260 223311

info@rapierstar.com

www.rapierstar.com



Building and Construction Review is proud to announce that Rapierstar has received our **BCR Recommends Award**, for its outstanding range of market leading fasteners and fixings.

Established in 1992 by David Furness, Rapierstar is based in Macclesfield, Cheshire, supplying specialist screws and fixings to the UK and Ireland fenestration industry. This covers around 70% of window and door manufacturing, installation and refurbishment, with clients ranging from small independent companies to large multinational distributors and manufacturers. Committed to maintaining only the highest standards, Rapierstar specifies and sources from well-respected ISO accredited manufacturers, in order to distribute high quality and competitively priced products.

"Rapierstar is the only specialist fastener supplier in the UK window and door industry, with over one billion items held in stock in our 100,000 ft² warehouse," explained David Furness, Managing Director. "This keeps window and door suppliers on stream with the fasteners they need across their different products types, with coated carbon steel, martensitic stainless steel and the high performing austenitic stainless steel fasteners all available to meet every application."



"Products are designed and manufactured to exacting quality standards. In addition to manufacturers' commitment to excellence, Rapierstar also invests in a comprehensive in-house UK test centre with specialist fixings available next day for customers."

Without a doubt, Rapierstar is synonymous with experience and quality, offering outstanding services underpinned by an industry-leading technical support team which boasts a collective experience in the fastener market of over 150 years.

Some of Rapierstar's specialist branded fixings include STARPVCU high corrosion resistant carbon and stainless steel window screws, which are specified on numerous leading fenestration systems, and STARALU self-tapping stainless steel fixings for aluminium systems. The company's high quality product range also features STARFIX plug-free masonry fixings, STARTURN universal timber screws,



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International

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gained a great reputation for his ecological services. Richard has been acknowledged by various organisations, including the Chartered Institute of Ecology and Environmental Management for his outstanding contribution to the profession of ecology and environmental management. Richard has gained recognition on a global scale and is regarded as an expert in bat ecology and bat surveys.

In terms of services, Richard Graves Associates covers before, during and after development consultancy. Advising on ecological issues and helping its clients maintain compliance and meet environmental regulations,

Richard Graves Associates assists its clients to implement and accomplish ecologically approved development planning. Using their years of knowledge and expertise,

these laws and provides an ecological assessment of clients' developments to assess, pre-empt and formulate an effective environmentally compliant solution.

Offering an array of services ranging from pre-purchase and pre-application surveys and information, to obtaining ecological accreditations, licenses, evidence and implementing solutions such as green infrastructures and management plans – Richard Graves Associates provides in-depth consultancy services to assist their clients throughout the whole process. In addition to these services, the company also provides an independent expert witness service with the aim to provide professional ecological advice to be put forward on behalf of its clients to judges, inspectors and recorders. Within this service, the company provides documentation, evidence, written submission and rebuttal to support clients' applications, for different cliental including proposers, objectors and appellants.

Within this issue of Building and Construction Review, we are proud to feature leading consultancy company Richard Graves Associates for their ongoing commitment and work within the development and construction industry.

Richard Graves Associates is an ecological consultancy company for the development/construction industry. First established in 2012 by Richard Graves, the company delivers an all-encompassing consultancy service that provides expert advice and assessments on its clients' developments, to produce the most compliant ecological development possible to eliminate and minimise the impact on the surroundings and wildlife.



Richard Graves began his journey into ecological consultancy in 1999, and with 20 years of experience and knowledge Richard has

"We provide information on protected species, habitats and wildlife." Richard continued, "We can help clients by looking into a site before even buying the land. We can assess the ecological requirements of the site and help our clients start to think about what they will need to do and what they can put in place to help them remain ecologically compliant."

Richard Graves Associates also advises on incorporating green infrastructure designs into their clients' developments. These innovative natural designs come in various designs including: green living walls, roofs, green bridges and tunnels, wildlife corridors and many more.

Green infrastructures hold a plethora of benefits for the wildlife and biodiversity and Richard Graves Associates has ample experience in advising on the requirements in terms of planning permission and schemes.

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Website: www.richardgravesassociates.com

the team at Richard Graves Associates provides a dedicated service for clients and advises on various ways to incorporate, prove and sustain ecological compliance.

"Between the two of us and our network of associates, we hold a wealth of experience in Ecology and we pride ourselves on delivering a trusted service. Most of the clients we work with are on a repeat basis and we work closely with clients to provide the best service for them," said Richard Graves.

Due to human intervention and the increase in population, many species are dependent on the preservation of certain lands to maintain the plants' and animals' habitat. Through their dependence on the preservation of certain sites and habitats, many species are protected in the UK and/or subject to biodiversity action plans.

The importance of maintaining a clear ecological plan for developments is fundamental for developers, within UK legislation there are strict regulations on the conservation and protection of certain wildlife and habitats. Richard Graves Associates assists their clients in identifying these certain species and habitats that are regulated under

Ensuring his company maintains a professional, efficient and trusted service, Richard ensures that all of his staff are members of the Chartered Institute of Ecology and Environment Management and provide the high standard of professionalism within their work that the institute presents.

For any more information, please feel free to visit the website on the details below. Alternatively, give them a call on the number below.

Contact
T 02032 861419
www.richardgravesassociates.com



Internationally acclaimed and innovative loaders

AVANT[®]

Building and Construction Review is proud to announce that Avant Tecno UK has received our **Landscaping Company of the Year Award**.

Since 1991, Avant Tecno has been manufacturing high quality multi-purpose loaders and attachments at its manufacturing plant in Finland. Importing into more than 55 countries, Avant Tecno was first introduced to the UK in 1994 with the appointment of a national distributor. In 1999, a wholly owned subsidiary was established based in Norfolk, and it has now sold thousands of compact loaders to an extensive range of users. In recent years, the company has seen impressive levels of growth in its sales, thanks to an ever-expanding network of regional dealers which now covers the entire country.

"It's been the best ever year for us in the UK and worldwide," explained Raimo

Ala-Korpi, Managing Director. "There have been lots of positives, we've been learning a lot, and it's been a record-breaking year. Our sales are 26% up from previous years so we have exceeded our targets, which is a remarkable achievement in this industry. We've always had a strong dealer network, and we've been developing this further over the past five years, with plenty of strong partnerships in key areas of business."

Indeed, this network is highly valuable, helping to promote the numerous benefits offered by Avant Tecno's multifaceted machines, and the extensive range of tasks they are able to complete when equipped with any of the 200 different attachments. Avant Tecno pioneered the compact machine sector nearly 30 years ago and has been innovating ever since, constantly launching new products and advancements to continue to help its broad customer base.

In line with this commitment to innovation, Avant Tecno UK will soon be launching the company's latest development, the Avant 800 Series. "This is our biggest and most powerful model," explained Raimo. "It is currently in development and will be released in the UK early next year." This new series will have the highest lifting capacity,



pulling force and drive speed of any of Avant Tecno's machines, with the ability to run all Avant attachments to maintain the company's flagship versatility.

Another of Avant Tecno's innovations is its range of electric machines. The E Series are battery powered electric loaders, with zero emissions, extremely low noise and low operating costs.

"These will help our customers to meet strict environmental policies," Raimo explained. "Electric is the future, and we are pioneers in this wave." As well as boasting environmental benefits, the E Series is also especially suitable for indoor use, where ventilation is limited or non-existent and there are strict noise restrictions.

"I think the key benefit of our products is their overall concept – the fact that you can get one machine and then have a vast range of attachments to choose from to allow you to do a lot of different things. We are constantly developing new attachments in response to our customers' feedback, to make sure we are helping solve their problems and needs as much as we can.

"We also do our best to offer a comprehensive service. We support customers throughout the lifetime of the machines, if they need repairing or servicing, providing excellent aftercare support. We want our customers to see that we are a reliable brand through the way we work with them before, during and after the sale."

With many successful years behind it, Avant Tecno UK will be building on this



success as it looks to the future. "We will be investing in our operations more year on year, along with investing in our daughter company. We want to grow our brand recognition across the UK, to make people aware of the quality machines and attachments we are bringing to the marketplace.

"We are over the moon to have won your Company of the Year award. We hope this will increase our visibility and recognition, and people will see this and know that we are a reliable brand of high quality machines."

Avant Tecno UK attends numerous trade shows throughout the year, where it offers demonstrations of its products and always looks forward to meeting future clients. In 2020, the company will be attending the LAMMA Show in January, BBC Countryfile Live in August, and APF Exhibition in September, to name a few.

If you would like to find out more information on Avant Tecno's full range of machines and attachments, head to the website or get in touch using the contact details below.

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Architectural hardware at its best

Building and Construction Review is proud to announce that Zoo Hardware has been chosen to receive our **Door Hardware Company of the Year Award**, for its outstanding range of top quality architectural door hardware offered at the most competitive prices on the market.

Founded in 2010, the company has grown rapidly over the last nine years and now features a team of over 40 expert staff members. "It's been an excellent 12 months for us," explained



Jonathan Clarey. "We're the best we've ever been and we've introduced lots of new products, updates and improvements to our ranges and our sales are well up on forecast."

"I think one of our key advantages is our excellent customer service. We work with our customers and we are highly responsive. We're a friendly team centred on good service, and this is what customers keep coming back for time and time again."

One of the company's notable new ranges is the Flexifire intumescent ironmongery protection products, which add an extra level of protection in the event of a fire. These are ultra-thin and flexible high performance intumescent sheets which feature high levels of expansion and insulation,

preventing heat transfer on ironmongery rebated into timber doors. These sheets are safe to handle, with no fibres or irritants, and are only 0.8–2mm thick, ensuring minimal rebating is required. What's more, Flexifire products are flexible and clean to work with, with the ability to bend without cracking. They are also easy to cut into shape with household scissors and can be provided with or without adhesive backing. Finally, Flexifire intumescent sheets are unaffected by moisture, humidity, atmospheric pollution, and other common industrial and household chemical substances.

As well as this, Zoo Hardware will soon be releasing a new range of designer level door hardware, Vier Premium. "This is due to launch in January, and is the reason we attended the 100% Design show in September earlier this year. It's a great range of stainless steel door hardware and we received a lot of interest from design trade customers at the event."



Vier Premium is the latest range from Vier Precision Design, which uses premium materials to create high quality products which look and feel like no other. This new designer range will be perfect for those who wish to make a bold statement with their interior design while maintaining the leading quality associated with Vier products.

"This will be released in phases," Jonathan elaborated. "It's modular, so people can change the feel of the products with different finishes. They're also magnetic so they are quick and easy to install."

"We've got some more new ranges coming out next year, which are currently in development with the design team. It's been a very busy year for us, and we're launching a brand new catalogue in 2020."

If you would like to find out more information on Zoo Hardware's full range of products, head to the website or get in touch using the contact details below.

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Zoo Architectural Hardware

Zoo Hardware Ltd are designers and suppliers of architectural door hardware including door handles, knobs, locks, cylinders, door closers, hinges and more. All of their products are produced to the highest quality in aluminium, brass, steel and zinc.



Every item they produce is selected for its quality and value for money and they never compromise quality for cheaper prices. Zoo Hardware are confident in their belief that they can offer some of the highest quality products at the most competitive prices on the market.

Their in-house design team is fully qualified in all aspects of design and production and they constantly aim to supply innovative, stylish and cost-effective hardware solutions settling for nothing less than top quality. Design facilities at their head office means they can create, manufacture and deliver state-of-the-art products to stay in-tune with current design trends and ahead of the competition.

The Zoo Hardware product ranges cover all aspects of architectural ironmongery, including: **Vier** – a precision design range of levers, hinges, door closers, DIN locks and cylinders created for the exacting needs of Architects, Specifiers and Contractors; **Fulton & Bray** – traditional and classic brass door hardware and accessories ideal for period and contemporary properties; **Rosso Maniglie** – an Italian inspired zinc designer lever and accessories range perfect for home owners and housebuilders; and **Foxcote Foundries** – a wide range of traditional black antique door furniture and window fittings.

View their full range of products at:
www.zoohardware.co.uk or call one of their friendly sales team on: +44 (0)1228 672900 to discuss your requirements or to request a catalogue.

Leading services in the water industry



H.D. Services Ltd was first established in 1984 by current company Director, Frank Harris. Based in Buckinghamshire, the company operate throughout the South East and specialise in the design, supply, installation and maintenance of sewage treatment systems, open-loop ground source heat pump systems, water supply boreholes, soakaways and drainage – all the utilities a self-builder may require.

Customer service is at the forefront of the company which is why they provide on-hand advice and support on dealing with the Environment Agency, applying for the domestic Renewable Heat Incentive, and in regards to the several different services they provide. H.D Services have been recognised for their exceptional products and services, receiving regional awards at the South East Green Deal and ECO Awards 2015, the Energy Efficiency and Retrofit Awards in 2016, the Energy Efficiency and Health Homes Awards 2017 and the Energy Efficiency Awards 2018.

Having won awards for their renewable heat installations, we asked Rebecca Taylor (Business Development Manager) what the benefits were. "We strongly believe that the open-loop ground source heat pump systems we design and install are not only the most efficient way to heat your home in our operational area, but also do less damage to the aquifers than drilling for closed-loop borehole systems, as predominantly these use the rotary drilling method. We aim to provide the highest quality open-loop ground source heat pump service available in South East England."

T +44 (0)1494 792000
enquiries@thehdgroup.co.uk
www.hdservicesltd.co.uk



Hadspen Quarry Ltd

Hadspen Quarry is a supplier of British Blue Lias Limestone used traditionally for walling, Hadspen Quarry has now launched a range of Blue Lias flooring, worktops, wall tiles, cobbles and much more. Excavated directly from one of their two quarries in Somerset, Hadspen Quarry is a family run business with a keen eye for attention to detail ensuring you get the quality needed for your project.

The versatile and luxurious qualities of British limestone means it can be combined with an array of other materials throughout any project to create spaces that are unique, organic and well designed.

Natural stone can be used as a finish not only on the exterior as a walling or cladding stone but also lends itself incredibly well to interiors. It never goes out of style and the recent boom in the return to the use of natural British stone is the proof in the pudding.

Hadspen Quarry's range of Blue Lias Flooring, Wall Tiles, Flagstones, Walling Stone and Cobbles have been used extensively at the prestigious new development The Newt In Somerset, as well as other projects both big and small. They supply and deliver custom-made Blue Lias flooring for customers across the UK.

For a rustic cottage look the leathered blue lias is a good match for time worn flagstones, while the flamed & brushed finish is a new flagstone look.

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If you need expert advice to help choose the perfect stone for your project, don't hesitate to get in touch with the team on 01963 351205 or email info@hadspenquarry.co.uk





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AJ Products creates a happy workplace

Building and Construction Review believes in rewarding businesses that have been consistent in their dedication to bringing customers the most innovative and beneficial products. Whether it's office, warehouse or industrial based business, the strains of the 9-5 can often take their toll on the health and wellbeing of an employee. AJ Products has for over 40 years dedicated its time, energy and money to finding solutions that improve the general happiness of workers worldwide, and subsequently we are proud to announce the company as the winner of our **Product Innovation Award**.



Established in 1975, and now celebrating its 44th year in business, AJ Products is a leading manufacturer and supplier of office, warehouse, industrial and educatory furniture and accessories, boasting an inventory consisting of over 15,000 products. Products range from desking and seating, to racking and shelving, to moving equipment, all of which has been manufactured to standards that greatly surpass adequacy. The company ensures that the products it offers are of the highest quality and are as aesthetically pleasing as they are practical and functional.

The depth of the company's product line is one of the many aspects of AJ Products that gives it its edge. There are few businesses that offer such diversity of product as AJ Products. Despite being primarily furniture manufacturers, the company offers a wide and comprehensive range of accessories and convenient nick-knacks that both



compliment and convenience a variety of home and professional situations.

AJ Products' impressive ability to supply every necessary ingredient for a functioning business all from one source is another advantage the company brings. By cutting out the middle man, and the need to have to source individual items from individual companies, AJ Products relaxes the process of purchasing business furniture and accessories. The importance of remaining destressed is something fluent throughout AJ Products' business practice, with the company placing notable focus on health and wellbeing.

UK Managing Director David English explains, "Of all the products we manufacture, our main UK focus is on health and wellbeing in the workplace. Our complete range of electrical sit-stand desking, anti-fatigue mats and active seating (stools which make you sit upright in the correct position) have now just been complimented by a sit-stand conference table, shortlisted for the European Office Product of the year awards. By standing for meetings, they become shorter, more productive and healthier. Standing for three hours a day burns as many calories as completing 10 marathons a year!"

AJ Products' UK Head Office is based in Farnborough, Hampshire, with the company's International Head Office and National Distribution Centre sitting on Sweden's west coast, in Halmstad. Furthering on from the two aforementioned locations, AJ Products has offices in 19 countries, alongside two European Manufacturing Plants. The magnitude of the company, and the exponential growth it has seen over the years is undoubtedly a testament to its reliability and innovative nature.

"One of our advantages is that our product range covers everyone," says David English. "I am very proud of the fact that we do not have any main clients or customer groups. We help individuals, through to SME's, through to global corporates. Everyone is equally important to us, and we strive to improve each and

every day."

AJ Products has just invested £1m in its metal factory with hopes that this will enable the production and manufacturing of improved products at an improved speed. Along with the investment in facilities, the company has invested heavily in its UK staff and has subsequently seen a 40% sales growth so far this year. The growth is one that is consistent year on year, and has given the company a solid foundation on which to plan for further investment and business development.

David English adds, "We are a one-stop-shop for our clients and potential clients. We offer floor space planning and design consultation services, along with free delivery with no minimum order throughout



the UK to homes and businesses. We hope that AJ Products can help make your place of work a happier, healthier, more productive place to be. We will also be sponsoring the Elite Ice Hockey league for



the next season in the UK. We sponsor the Ice Hockey World Championships, and believe supporting the UK Elite League is a great for our business, and continues the message of fitness and wellbeing, linked with success."

AJ Products regularly attends trade shows, with a notable mention being The Facilities Show at London's ExCeL, which acts as an excellent platform upon which to showcase new and exciting products. Throughout the next 12 months AJ Products will be very present within the trade show circuit, with plans to exhibit at the IHMX show in September at Birmingham's NEC. Make sure to book yourself a visit and catch them there! For more information on AJ Products, get in touch via the details listed below, or visit the company website.

T 01252 359760
info@ajproducts.co.uk
www.ajproducts.co.uk



Licence to Grill



Outdoor cooking is growing in popularity, and for good reason. There are few things that compliment a late summer afternoon as generously as that fragrant smoky aroma of a barbecue. However, don't for a second believe that alfresco cooking has to be limited to the warmer months, a hot meal is just as welcome on a cold winter evening as a grilled burger is on a sunny Saturday in July.

Having an outdoor kitchen gives you the opportunity to indulge in preparing and cooking delicious food in a fun and unique setting all year round.

Cooking outdoors is an ideal way of entertaining guests, with the kitchen itself being as much of a conversation piece as it is a tool. Patio heaters, furnishings and lights can all be added to the kitchen to produce an outdoor living area perfect for parties and social gatherings. By cooking outdoors you also keep any unwanted smells out of the home, not to mention enhancing the taste of your food.



When grilling meat, fat drips off the protein creating a not only tastier outcome, but a healthier one too. Aside from grilling, outdoor kitchens offer cooking equipment such as teppanyaki plates and wood fired ovens, plus so much more.

Helping you achieve the outdoor kitchen of your dreams, is Kitchen in the Garden, a leading seller of the best brands of BBQs and outdoor cooking equipment with a product range broader than any competing company. The Surrey based company, incorporates all outdoor cooking technology to offer you a kitchen that works for you.



The company offers a free design service, wherein bespoke solutions can be found that compliment you, your lifestyle and your garden. Kitchen in the Garden has moved on from the American style outdoor kitchens popular in the 90s, and now offers European designs, greater in both aesthetic and

material quality.

Kitchen in the Garden is unique in not only the breadth of its product range, but the attentive approach it adopts towards its customers. The company listens to you, and works with you to achieve an outcome that

you won't be disappointed with. For more information on Kitchen in the Garden see the details listed below.

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Hauraton drainage systems at Bonus Arena – Hull Venue

Built on brown-field land located on the edge of the main shopping district in Hull and adjacent to Princes Quay, the Bonus Arena – Hull Venue and its associated multi storey car park were opened in August 2018. The £36 million development progresses the legacy of the social and economic impact generated by Hull's 2017 UK City of Culture status.

The Arena, designed by AFL Architects, is a state-of-the-art music and events complex with a flexible capacity of up to 3,500 people. The facility can provide a venue for concerts or corporate conferences in an 800 seat auditorium. A 2000m² adaptable space can be utilised for sporting events or exhibitions and trade shows. Surrounding the Bonus Arena is a public realm laid with grey stone paving and landscaped by reform Landscape Architecture Limited with trees, lawns, flowerbeds and permanent stone seating.

An effective surface water drainage system was essential to ensure all weather access to the venue. 140 metres of Hauraton RECYFIX[®] PRO 100 channels with FIBRETEC[®] heel-safe gratings were chosen for the job which blended well with the stone paving and would resist damage from applied grit rock salt in freezing weather.

The material, PA-GF used to make the FIBRETEC[®] grating, was especially developed by Hauraton; the tough, UV resistant, fibre reinforced moulding offers high stability and huge strength for its weight.



Complying with loading category Class C250 (BS EN 1433) the grating can easily take the weight of commercial delivery vehicles. The design is a real innovation as its non-corrosive material provides a visually appealing surface finish that retains its colour. The slots are super smooth, elliptical openings with the moulded bars having slightly raised triangular bosses along their outside edges. As well as providing an elegant appearance, the feature ensures surface water is directed into the slots.

The RECYFIX[®] channel component is made from 100% recycled PP. The PRO 100 model is factory fitted with the FIBRETEC[®] grating and only weighs 4.6kg, so the unit was easy to handle and quickly installed on site.

For more product information go to www.hauraton.com.

For other Case Studies go to www.drainage-projects.co.uk.

SPORTFIX[®] components installed at redeveloped UCC Mardyke Athletics Track

Excessive rain water has to be removed quickly and reliably from sports fields and competition areas. The SPORTFIX[®] drainage channels and other components offered by Hauraton comply with the latest standards and also meet IAAF requirements. It is essential sports facilities are designed and equipped to prevent serious injury to sports people if falls or accidents occur.

The University College Cork (UCC) has redeveloped their Mardyke Athletics Track in Cork City, Republic of Ireland. The new facility is part of a €10 million budget included a new synthetic eight lane, fully floodlit, running track built to the IAAF standard with an additional 3720 m² (40,000 ft²) added to the original arena. The arena now includes an indoor 60 metre running track, a performance analysis suite, two additional gym areas with over 140 additional pieces of the latest gym equipment and three additional fitness studios.

Hauraton SPORTFIX[®] drainage channels with



aluminium finishing edges were installed around the perimeter of the IAAF, 400 metre track and along its straight. A steeple chase water jump kit was also installed plus Hauraton SPORTFIX[®] Sand traps and soft edging were installed around the long jump pit.

Tim Connolly, Managing Director of Hauraton Limited points out, "Our SPORTFIX[®] range offers products that not only meet the requirements of the IAAF for athletic tracks, there are drainage components for artificial turf playing fields, service channels and retractable shafts for cable management with drainage systems for grassed football fields".

Specification information for the SPORTFIX[®] range, showing sizing and installation details, is available digitally on www.hauraton.co.uk – under the SPORT tabs.

SPORT – SPORTFIX[®] Digital catalogue available on request via sales@hauraton.co.uk For case studies go to www.drainage-projects.co.uk.



Hauraton high capacity channel system drains extensive car park at Skypark, Exeter

The Skypark Business Park is located just North of Exeter International Airport, Devon and East of the M5 off Junction 29. The Park is a Joint Venture Partnership between St.Moden, the UK's leading regeneration specialist and Devon County Council.

The development, when complete, will cover 130,200 m² (1.4 million ft²) and comprise of office, industrial and manufacturing premises. Ancillary retail development and a hotel are also planned as part of the scheme. Set in landscaped grounds, it includes numerous car parks requiring effective surface water drainage.

In this phased development, three sizes of the Hauraton RECYFIX[®] MONOTEC high capacity surface drainage system have so far been installed in the extensive asphalt car parks servicing Skypark Units 10 and 20. 145 metres of MONOTEC 100/230mm, 136 metres of 100/280 and 45 metre of 100/380. 100mm is the channel grating width and the internal dimension. The 230mm (overall height) channel model has a cross-section of 190.5cm², the 280mm, 245.5cm², and the 380mm, 355.5cm². The 326 metres of channel supplied provide a total hydraulic capacity of just over 7717 litres.

Hauraton Limited introduced the MONOTEC system just over two years ago. Skypark joins the numerous installations successfully completed in the United Kingdom.

The MONOTEC one metre long channel component is of a sturdy monolithic design where the HEELSAFE grating and the tongue and groove linking system are integral to the channel moulding. The whole unit



is made of tough, virtually unbreakable polypropylene (PP) formulated to be very resistant to daily temperature fluctuations from frost conditions to strong sunlight, including the Ultra Violet (UV) spectrum. PP is naturally resistant to de-icing salt. Complying with



the requirements of EN 1433, the PP is given its UV resistance by adding just sufficient stabiliser so that the structural strength of the material is unaffected and a consistent appearance is maintained. The MONOTEC channels have a loading category of up to Class D400.

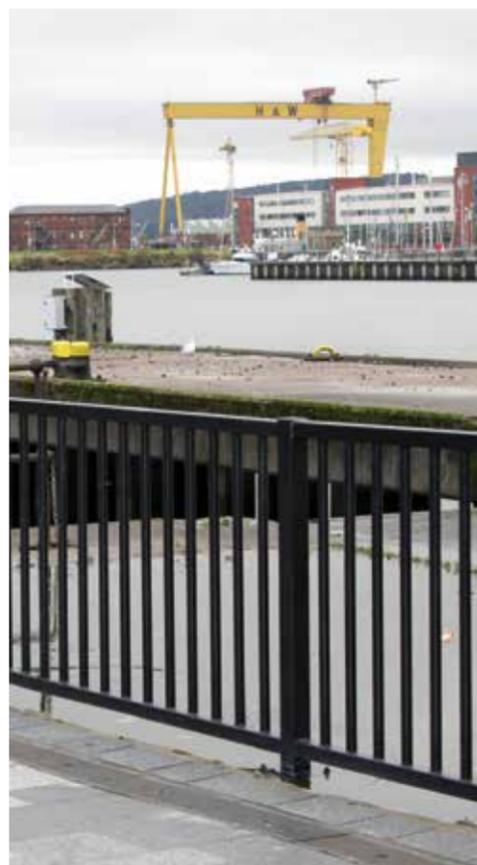
Cat Jones, Hauraton's Project Manager for South West UK was particularly pleased with the comments she received from Sam Reed, Site Manager for G Works Construction "Sam was surprised how strong and sturdy these MONOTEC PP channels were. Cutting mitres was easy on site and no accidental damage to any component was experienced. The tongue and groove features on the channels provides easy assembly of the moulded components and facilitates the alignment of the channel run so reducing installation time for the groundwork contractor".

All Hauraton surface water drainage systems' comply with European Standards (hENs) and carries the CE mark".

For RECYFIX[®] MONOTEC product specifications go to www.hauraton.co.uk. CIVILS section

For other case studies go to www.drainage-projects.co.uk

Hauraton RECYFIX[®] PLUS drains the new City Quays in Belfast City Centre



Once complete it is planned the City Quays project will achieve a BREEAM Excellent standard, one of the highest sustainability rating for new developments.

At about 250 metres long, the new City Quays promenade is laid with a two tone granite block pavement which is drained with 230 metres of Hauraton RECYFIX[®] PLUS 200 channels fitted with Class D400, HEELSAFE ductile iron gratings.

The RECYFIX[®] PLUS channel unit is made of tough, virtually unbreakable recycled polypropylene (PP) formulated to be very resistant to daily temperature fluctuations from frost conditions to strong sunlight, including the Ultra Violet (UV) spectrum.

The channel unit also features galvanised steel top edges which house the ductile iron gratings.

Complying with the requirements of EN 1433, the PP is given its UV resistance by adding just sufficient carbon black as a stabiliser so that the structural strength of the material is unaffected and a consistent appearance is maintained. The PP is also naturally resistant to de-icing salt.

Andy Beirne, Area Project Manager for Hauraton Limited was pleased the project went so smoothly, "The channels were delivered to site with their gratings factory fitted, yet as each one metre unit weighed less than 25kg ground-workers Earney Contracts Limited found them easy to handle and install. As with all Hauraton surface water drainage channels, the performance of the RECYFIX[®] PLUS range complies with European Standards (hENs) and carries the CE mark".

Technical information for all the RECYFIX[®] ranges, showing sizing and installation details, is available digitally on www.hauraton.co.uk – LANDSCAPING tab, as is a video "Why is RECYFIX[®] break-proof".

For case studies go to www.drainage-projects.co.uk.

The City Quays development, currently under construction, is a £250 million investment to regenerate 20 acres of unused dockland in Belfast City Centre. The development will eventually include 'Grade A' office space, residential blocks, leisure facilities, a large hotel and retail complex all with designated car-parking.

Stay safe with Energetics Technology



Established in 2010 by Dr Peter Jemmett, Derbyshire based Energetics Technology Ltd (ETL) is very active in creating new products for the security and counter terror industries. ETL centres on the research and development of energetic materials, and pyrotechnic products for the successful integration of its products into ordnance systems. The company offers the design and manufacturing of specialist energetic products and research and development into pyrotechnic compositions and explosives, CIED training and the supply of EOD equipment.

Flexible UK manufacturing facilities render ETL capable of providing fast responses and able to cater for any level of specificity the customer may require. With the specialist defence product market increasing notably, ETL have grown to offer a variety of solutions.

ETL's experience and knowledge in energetic compositions also enables the company to create products that protect against such compositions. This knowledge is used in the development and manufacture of its blast protection products. ETL's Kevin Springthorpe tells us that "Every product we design and manufacture has been physically tested with the explosive charge we market the product as protecting against."

ETL has recently launched its HALO 80 Plus, an all-new blast resistant litter bin, an improvement on the HALO 80, an already popular product for dealing with public area threats. The HALO 80 Plus offers an improved protective performance against explosions and overpressures. It also has increased protection from high velocity primary fragments and is reshaping the blast protection capabilities of a small sized bin.

The bin does not need to permanently fixed to the ground, thus saving on expensive installation costs and rendering the bin easily transportable should the location of the threat change. The HALO 80 Plus provides seven star rated blast mitigation and it is functional and easily emptied. It incorporates SABREMAT technology which, enables all-round horizontal protection. Additionally, the Halo 80 Plus has very low maintenance costs, all equating in the bin being vastly superior to other similar products.

As well as being excellent in its function, the HALO 80 Plus can be fitted with accessories and optional extras. It can be fitted with a powder coated sleeve that can meet any standard RAL colour, or a perforated stainless steel sleeve. Buyers can also choose from recycling lids, section dividers and rain cover lids, vinyl labels for recycling information, logos or branding and cigarette stubber plates.

ETL can also offer standard isolation units and threat mitigation units for use in airport baggage areas, police stations, commercial offices, academic institutions and embassies. ETL also offers bespoke solutions to customers needing security or counter terrorism products tailored to specific needs. The bespoke options are usually based on pre-existing designs in order to adhere to an already proven level of safety, durability and reliability.

The company plans on future expansion, with a new manufacturing facility opened recently and the continuous release of more energetics products and blast protecting products as a result of the company's extensive research and development. For more information on ETL, its products and services, visit its website below.

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Screwshop

NE Fasteners Limited is a family owned company with over 30 years' experience, primarily specialising in screws fixings & fasteners for the DIY, hardware, building, joinery and furniture manufacturing sectors. NE Fasteners prides itself with offering expertise, competitive prices from local and internationally sourced standard and bespoke products.

More recently, Screwshop has evolved from its established sister company, NE Fasteners and has also proven a huge success with its online shop.

Situated in a 7,000sqft warehouse in Cradley Heath in the West Midlands, we are able to provide a wide range of finishes, including zinc, electro brass,

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Screwshop has a trade counter which is open daily 8am-4.30pm. Have a look at our online shop www.screwshop.co.uk, or give us a call on 0121 559 8866 with your enquiries and we will give you our best attention and prices at all times.



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UK based wind turbine manufacturer, FuturEnergy Ltd have met the challenge of producing the first remote controllable micro wind turbine.

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Example applications: battery charging - water heating - remote lighting - space heating

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What's bugging you?



With the launch of Bond It's new 3 in 1 Wood Treatment in to their Drive Alive Range of products, you certainly won't be bothered by woodworm or termites.

A ready to use, 3 in 1 microemulsion universal wood preserver that kills active woodworm and termites, 3 in 1 Wood Treatment protects against re-infestation and wood rot.

This latest addition to the company's Drive Alive range of surface treatments, not only boasts zero volatile organic compounds (VOC's), but is water-based, non-flammable and quick drying. Based on a combination of fungicide and insecticide formulations it effectively eradicates and prevents attack by wood boring insects and wood rotting fungi.

Supplied ready to use in an eye catching 5 Litre metal tin, it is also certified to European and British Industry standards.

Commenting on the subject of new products, Kirstie Cooper, marketing manager, said: "Bond It continue to focus on developing more products to complement our existing range and we felt this was a good fit with the treatments from our Drive Alive range currently on the market. We felt now, during the summer months, was the perfect time to launch this new addition as woodworm is most active between May and October. This is a fabulous DIY product for anyone concerned about wood infestations!"

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Your spares solution



Building and Construction Review is proud to announce that UK Spares has been chosen to receive our **Spares Solutions Company of the Year Award**, for establishing itself as one of the leading suppliers of spares for the electrical market.

Based in Bristol, UK Spares ships its products nationwide, offering next day delivery to its extensive range of trade, retail and wholesale customers. Established in 1993, the company is owned by UK Electric Ltd, providing UK Spares with a strong foundation and financial stability to ensure reliable and unbeatable services. These are also underpinned by UK Spares' sister companies, which are involved in a diverse range of activities associated with electronic, mechanical, lighting and controls. This wealth of experience and expertise means that UK Spares' services are not only efficient, but incredibly well-informed, guaranteeing it will provide the right part every time.

Over the last 26 years, UK Spares has become a premium supplier of spares within its main area of expertise: electric water heating and space heating. As well as its excellent stock levels, UK Spares boasts a team of unrivalled experts, some of whom have over 20 years of experience in the industry. "Some of our competitors have less experience and knowledge than us, and may not carry out the necessary work and research to ensure the customer receives the correct part," explained Ross Graham, Manager. "We are confident we have the knowledge, skills and experience to ensure we find the correct solution first time, every time."

The last 12 months have seen immense change for UK Spares. "I've been with the company for six months now," explained Ross. "We've reassessed the business and put structures in place to improve our services,

and we are now looking at taking on more people to help support our growth. It's been a fairly busy time for us and it's looking to be a very successful second half of the year."

To support this growth, UK Spares has invested heavily in its website, looking to increase engagement and accessibility for its customers. Soon, it will allow trade users to log into an account and order spare parts 24/7, ensuring they can in turn support their own clients more efficiently. The website will also show live stock levels to allow customers to see an up to date overview of what is available for them to purchase.



"We've also increased our stock levels in preparation for the winter. This is always a busy time of year, so having more products on the shelf means we can continue to ensure next day delivery, which is a highly valuable benefit of our services and means customers can get the parts they need more quickly than ordering directly from the manufacturer."

Indeed, in the coming months UK Spares is looking to



hire someone who will specialise in the running of the website, making it a focus for the company rather than pushing it to the side. "It's all about increasing customer engagement and building better relationships with them, which will only serve to benefit both the company and our customers going forward. Our customer service is the key thing for us, and we're always looking to improve."

As well as investing in its website, UK Spares is also looking to hire new staff in its sales department, to help develop the commercial side of the business. "We have also recently started offering spares for air conditioners, as well as expanding our range of shower spares. This is an area we will be focusing on in the future as we work to enhance the selection of parts and accessories we can offer to our customers. We have seen huge success in regards to our heating products, and we are hoping to replicate these achievements in more areas."

With access to over 100 suppliers, UK Spares is undoubtedly a leading stockist and distributor of top name and genuine spares, and looks set to achieve even greater successes in the coming years. If you would like to find out more information on its full range of products, head to the website or get in touch using the contact details below.

T 01454 620500
www.uk-spares.com



ThinCats supports The Marine & Property Group Ltd with £10m+ funding to enable further expansion

The Marine & Property Group Ltd (The Marine Group), the largest marina business in Wales has secured a £10.4m funding package from ThinCats, the leading alternative finance lender to medium-sized businesses. Headquartered at Cardiff Marine Village, The Marine Group was established in 2007 and has grown to become the largest owner of marina berths in Wales located across four premium marinas: Cardiff, Burry Port, Port Dinorwic and Aberystwyth.

Led by founders Christopher Odling-Smee and Drew McDonald, The Marine Group's main services include marina berthing with more than 1,200 berths based along the Welsh coast, 70,000 square feet of commercial property, boatyard services, boat refit and repair, and mobile mechanical engineering. The funding from ThinCats will be employed to consolidate a number of existing loans and

to support further expansion including acquisitions and greater diversification into activities such as dredging. The transaction represents the largest funding by ThinCats so far to a business whose activities are solely based in Wales.

The transaction was led by Christopher Odling-Smee on behalf of The Marine Group and introduced to Business Development Director Kash Moghul of ThinCats by an Essex based adviser.

Christopher Odling-Smee, Executive Director of The Marine Group "We reached a stage in our development where we needed a clear funding strategy to support our longer-term growth ambitions. Up until now we had accumulated a range of tactical loans from a variety of lenders including the high street banks. Having made contact with Kash and the

ThinCats team, they recognised our potential and helped shape an approach that will allow us to expand our existing activities and diversify into newer areas such as increasing our dredging capacity."

Kash Moghul, Director Business Development, ThinCats "The Marine Group has a clearly defined growth strategy, high barriers to entry, diverse income streams and an excellent leadership team in Chris and Drew. ThinCats is keen to support regional entrepreneurs with strong links to their local communities, so this transaction ticks all our boxes."

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Global Survey Equipment Ltd

Established in 2011 by Mark Owen and Matthew McGuire, Global Survey Equipment (GSE) is a constantly growing company within the survey and safety sector of the construction industry. Based in Atherton, Global Survey Equipment are ideally located in the heart of the North West of England, enabling the company to have access



to extensive motorway networks and delivering the most efficient delivery service possible for their customers. Global's four main areas of services they provide are: hire, sales, repair and calibration, although they also provide instrument and cable location training.

GSE offers a broad range of products, all of which are kept up to date with the latest technology. The survey equipment the company supplies are extensive to say the least, and undoubtedly cover all aspects of the surveying process. GSE offers everything from auto levels to robotic instruments & GNSS, all of which are under the manufacturing brand of GeoMax (part of the Hexagon group).

GSE also presents a range of detection devices, including Cable Avoidance solutions, Environment Meters, Drain Cameras and Gas Detectors. Cable avoidance products include CATs, Gennys and Accessories. The company also provides a half day C.Scope training course on the intricacies of cable avoidance. Environment Meters include Light Meters, Moisture Meters, Sound Meters, Thermometers and Air Flow Meters, and Gas Detection solutions.

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Furthermore, our reports for steel rooted columns are firmly rooted on a 'risk assessment process' that allow results to be warranted to specified 're-test periods', something that should underpin any proactive cost-effective Asset Management Programme.

However, Intratest compliments this by also offering

- ▲ Electrical Testing – Periodic testing due every 6 years by regulations, for lighting columns, signs, illuminated bollards and beacons

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Here's why you should become a Mental Health First Aider



At any given time 1 in 4 people will suffer a mental health problem. That means every day you will meet someone at work, bump into someone at the supermarket or be sat next to someone on public transport who is

dealing with depression, anxiety or stress just to name a few. You are likely to be totally unaware that someone will have a mental or psychological condition, as unlike most physical illnesses, the signs of poor mental health aren't always easy to spot.

That's why Total Training delivers Mental Health First Aid (MHFA) England training courses to teach people to spot the signs of mental health issues, offer initial help and

guide a person towards support. The course won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis, and even potentially reach out to someone before a crisis happens.

Total Training's quality mental health training will give people the tools to keep themselves healthy and support each other, while also offering five core benefits for any workforce:

- ▲ Build employees' confidence to have open conversations around mental health and break the stigma
- ▲ Encourage people to access support early when needed, for a faster recovery
- ▲ Empower people with a long-term mental health issue or disability to thrive in work
- ▲ Promote a mentally healthy environment, stopping preventable issues & allowing people to thrive & become more productive
- ▲ Embed a long-term positive culture across the whole organisation, where employees recognise that their mental and physical health is supported as equal parts of the whole person

Upon successful completion of the course, you will gain a range of valuable skills, including an in depth understanding of mental health and the practical skills to spot the triggers and signs of mental health issues. The course will also give you the confidence to step in, reassure and support a person in distress, enhanced interpersonal skills, and the knowledge to help someone recover their health by guiding them to further support.

"The course was very insightful, and a huge eye opener. With the level of course detail, the content started to hit home as I began to notice symptoms I knew people had," said Liam Jacob, Employer Engagement Officer. "I opted to complete the course due to having worked with people with mental health issues and knowing people personally within my family who also struggle with poor mental health. I now have a greater understanding of mental health and I'm able to support those around me".

Every MHFA England course is delivered by a qualified instructor, who has completed a MHFA Instructor Training Programme accredited by the Royal Society for Public Health.

A two-day course, it can be undertaken at one of Total Training's network of training centres or at your premises. The learning takes place across four sessions, involving an interactive mixture of group activities, presentations and discussions.

On completion of the course, you will receive a manual to refer to when needed, a workbook including a helpful toolkit to support your own mental health, and an official certificate of attendance to say you are a Mental Health First Aider.

If you would like to find out more information on becoming a Mental Health First Aider head to Total Training's website. Alternatively, get in touch using the contact details below.

Contact
T 0121 706 0851
www.total-training.uk.com

1 in 4 people will suffer from a mental health problem.

Become a qualified Mental Health First Aider

With our Mental Health First Aid course you will become part of a community of over 350,000 people in England who are trained to recognise mental ill health and help people find the support they need to stay well.

Developed by MHFA England, this two-day course will qualify you as a mental health first aider. You will gain a deep understanding of what mental health is and what factors can affect wellbeing. The course will teach you practical skills to spot the signs of mental illness and will give you the confidence to step in and support a person who needs assistance. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. At Total Training we have a course running every month, so you too, could be part of mentally healthy working work. To get involved, and for more information contact Total Training today.

Contact Us
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Major MoD office site gets drain downpipe clean

Drainage teams from Lanes Group plc have cleaned downpipe stacks at one of the UK's largest office complexes. They were supporting commercial fit-out specialists Beacon Business Interiors who have been refurbishing toilet blocks at MoD Abbey Wood. The site, at Filton, near Bristol, is home to Defence, Equipment and Support (DE&S), the Ministry of Defence's procurement organisation. Drainage engineers from the Lanes Bristol depot worked for 12 weekends to clean 29 downpipe stacks in the award-winning building.

Lanes Bristol Area Development Manager Matt Banks said: "The toilet refurbishment project was the ideal moment to clean the stacks. It ensured the internal drainage system was fit for purpose and would be operating at full capacity when the new facilities had been installed. Regular

cleaning of downpipes is essential as they can become clogged with scale, hair, and residues from sanitation gels and detergents. Pipes in downpipe stacks can also be compromised by items wrongly flushed down toilets, such as wipes and sanitary products."

The drainage engineers used electro-mechanical cleaning equipment to scrub the insides of the 225mm-diameter cast-iron pipes built into the three and four-storey building. The electric-powered device has a rotating head on the end of a flexible cable which removes debris as it is lowered through pipes. While this was being lowered from above, a drainage engineer used a water jetting hose to flush debris from the pipe from below.

The Lanes team used a van-based water jetting unit as

cobbled access road could not take the full weight of a jet vac tanker. A remote hose-reel was deployed to reach several isolated stacks. This is a water jetting machine on a tracked unit for working off-road.

Lanes also carried out CCTV drainage surveys of the downpipes to check their condition and show the cleaning had been effective.

The MoD Abbey Wood offices were opened by The Queen in 1996. It has 1.63m² of building space on a 402-acre site. More than 9,000 people work on the site which, in 1997, won a RICS award for ecological design.

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Why do we need MVHR?

MVHR & Indoor Air Quality

Modern energy efficient houses are being built with ever increasing levels of airtightness (with a Passivhaus being an extreme example). This minimises the amount of energy lost through a leaky structure but without ventilation it would mean that the accumulation of humidity, VOCs and smells would make a house unliveable. Traditionally ventilation is provided by trickle vents and single hole-in-the-wall fans but this leads to heat loss as it is uncontrolled, unreliable and inefficient.

Mechanical Ventilation with Heat Recovery (MVHR) provides a continuous supply of fresh warmed air by extracting the warm, damp, smelly air from wet rooms and kitchen. This air is passed through a heat exchanger and exhausted to the exterior. Simultaneously, fresh air is drawn in from outside and passed through the heat exchanger in the opposite direction where it is warmed by the extract air going out.

The argument for MVHR is an economic one as it can provide fresh air with minimal heat loss, thus making a well insulated, airtight house habitable. However it is becoming increasingly apparent that there is equally important case for maintaining Indoor Air Quality



(IAQ). The removal of stale damp air means condensation and mould are eliminated and the house is so much cleaner as all incoming air is filtered. We receive regular comments from occupants of houses with MVHR saying what huge difference it makes to IAQ and that it alleviates symptoms of asthma and eczema. Once you have lived in house with MVHR, you wouldn't want to live in one without it.

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Breathe Easy



Thermal insulation isn't only about keeping buildings warm in winter; a quality system will also ensure walls remain pleasingly cool in the summer heat.

This dual performance is essential to creating year-round interior comfort for the long-term health and wellbeing of occupants.

The most effective method for creating a healthy living space is to optimally insulate the façade – the better the insulation, the more comfortable the space will be. The specification of quality External Wall Insulation (EWI) can help achieve this desirable level of interior comfort. It's a solution that is particularly effective in multi-occupancy properties.

Applying a non-breathable renovation system to a building causes what might be referred to as the 'plastic bag effect' – walls can become cloaked in condensation from non-escaping vapour. To create a breathable outer layer for buildings, an EWI system topped with a silicon-based finish render preferable. Water-repellent, stain and weather resistant, such a system provides a robust white or coloured façade, whilst optimising occupants' living environment. Silicon-based finish renders are also suitable for use without EWI, and can easily applied to mineral renders old and new, providing a decorative, vapour-permeable topcoat that makes for an attractive exterior.

There are a couple of very good reasons for choosing EWI over interior insulation.

Unlike the interior option, floor space isn't compromised with exterior insulation. A few millimetres less living room in a building containing multiple flats and potentially hundreds of walls, for instance, amounts to a sizable loss of space, which for private landlords could mean a reduction in income.

EWI also removes the dew-point from the inside of a building to prevent condensation forming. Systems containing unique perforated Expanded Polystyrene (EPS) façade insulation boards ensure high vapour permeability, resulting in the release, rather than the entrapment, of water vapour. This has the added benefit of having no effect on a building's airtightness.

The development of innovative self-cleaning topcoat renders containing 'photokat' photocatalysis technology provide optimum protection against contamination using the power of light.

Such systems, when enhanced with a superior quality primer for pre-treatment of hard or non-absorbent mineral substrates, and the aforementioned EPS boards, increase a structure's 'breathability'. This collective solution also offers outstanding levels of insulation when applied as part of a new-build or refurbishment project. In short: EWI improves the aesthetics on the outside and the building's thermal performance without affecting the interior space.

If you need any help with your next project, get in touch:

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which is why we designed our doorsets to ensure that they are available across all internal doors within our range.

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Doorsets also offer a range of safer options, meaning that there is less risk of accidents to site installers. The frames, when supplied,

are knocked down and have machined joints, enabling ease of fit and simple assembly, resulting in less risks during the installing process.

Cost effective

Installing doorsets also saves a substantial amount of money, making it a more cost-

effective alternative. Sourcing separate, multiple materials, such as the door, lining, hardware and paint adds unnecessary costs, time and effort. However, a doorset provides all of these at one simple price point, taking out additional work and costs.

www.xljoinery.co.uk

XL Joinery, the market-leading suppliers of doors and associated joinery products, has recently launched its expanded range of in-house manufactured doorsets in order to meet customer demand after significant investment in its state of the art premises.

Timber doorsets are no longer just being used in commercial projects and are becoming increasingly popular in residential settings. The new range boasts quality controlled and engineered doors and frames all of which arrive accurately sized and morticed for hardware, which helps saves time on delivery and installation.

Time is of the essence

Whether you are working on a new build or refurbishing an existing property, reducing time on the project is always a positive for everybody involved, starting from the supplier providing the product, right down to the customer's end experience. Opting for a manufacturer that offers one source of supply for a compatible door, frame, hardware, seals and glass means the length of time spent purchasing and installing the door should not be an issue.

Personal preference, whatever your style

It's of no surprise that when it comes to interior design, there are many varying opinions regarding styles and aesthetics,



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The Van Insurer is committed to listening to its customers' feedback, allowing for the continual improvement of its services. In fact, the company has maintained a highly impressive 4.6 out of 5 on reviews.co.uk, proof that The Van Insurer is continuing to move in the right direction.

As well as this innovation and high-quality customer service, The Van Insurer also understands that some customers prefer a personal touch, so it provides a telephone quotation service for van owners with specialist van insurance requirements.

The company also ensures it remains present and engaged across its social media profiles and has been growing its following in recent months. Undoubtedly, The Van Insurer is aware that the van community likes to be part of the conversation, and its regular 'Myths of the Road', 'Transit Tuesday' and 'Throwback Thursday' posts are becoming increasingly popular as its community of van owners expands.

Indeed, readers are likely to have seen one of the company's articles in the press, whether it's covering insurance hotspots, quirky van driver occupations, or Top 10 Vans; rather than just a price comparison company, The Van Insurer is



there to encourage lively debate and keep its customers up to speed with what's occurring in the industry. "We work with a lot of trade specialists whose vans are their lifelines, but we also work with hobbyists and have a big modified van customer base that's continuing to grow," explained Ed.

"We recently launched a dedicated service for modified van owners. We know that these vans can be tricky to find insurance cover for, so this bespoke service means they can call a dedicated telephone number and speak directly to a member of a specialist insurance team. Once they've discussed their unique needs, they'll receive a quick and competitive quote. We think it's another good example of how we like to listen to the needs of our customers." Without a doubt, The Van Insurer has a proven record of listening to and addressing its customers' needs and will only continue to improve and expand upon its services in the coming years.

"We're constantly evolving to meet the needs of the van owner community", concludes Ed. "We're committed to improving the overall customer experience of purchasing van insurance and the competitiveness of the quotes provided."

For more information, on The Van insurer, including terms and conditions and details of the Cheapest Price Guarantee, visit www.thevaninsurer.co.uk or follow on social media via Facebook @VanInsurer, Twitter @Vaninsurer and Instagram @thevaninsurer.



of our quotes for builders, so it's great to know that we're helping to keep the wheels of the industry turning. We also have a fairly even split between commercial and private quotes, which shows how accessible we are to all van owners and drivers," explained Ed.

Although the van insurance market is small in comparison to the car market, it is one of the fastest growing sectors. For this reason, The Van Insurer ensures it maintains a programme of constant innovation to establish and uphold its competitive edge.

What's more, The Van Insurer's 'Cheapest Price Guarantee' helps the company to remain a market leader, guaranteeing that if owners

Building and Construction Review is proud to announce that The Van Insurer has been chosen to receive our Commitment to Excellence Award. "To be recognised in this way is really fantastic!" said Ed Bevis, Commercial and Marketing Director. "It's proof that we're heading in the right direction and bringing a service to our customers that is second to none."

Established in 2009 following the successful launch of its sister site, The Bike Insurer, The Van Insurer is an online insurance price comparison website, offering quotes for almost any type of van and cover requirements. Using its comprehensive broker panel, which comprises some of the UK's best-known commercial vehicle insurance providers, The Van Insurer aims to make organising van insurance easy, quick and cheap.

Its website uses some of the industry's most advanced software, and the company is constantly improving the user experience in order to provide customers with the most competitive prices available.

"We aim to help any and every van owner with their insurance needs. We provide the majority



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