

# Platforms

Orms Sustainability Group, January 2019

## Wellness Garden

The Wellness Garden bloomed this year thanks to our amazing team. We assembled five of our very own timber planters on the terrace, added some compost and some wee bulbs and seeds from both local and in-house sources.

After lots of care and love we had some beautiful flowers to attract bees and delicious tomatoes growing for everyone to enjoy during the summer months. We have planted some spring bulbs to bring a bit of colour to the terrace in spring!

We hope you enjoyed this and will continue this in the future.



## A Sustainable Office Lunch

The sustainability team hosted a Monday office lunch this year with the following key objectives:



### 1. Reduce our Environmental Footprint

We chose to produce a meat free lunch as meat has the highest carbon and water footprint of all foods.

### 2. Reduce Waste

All food was purchased with minimal packaging and without single use plastic. As a result, our lunch was almost dairy free because it is almost impossible to buy this without plastic.

### 3. Source Local

When developing the menu, we tried to source local produce to minimise the emissions from transport. By selecting seasonal produce, we minimised the use of heated greenhouses.

### Sourcing win:

Home grown tomatoes and local fruit

### Sourcing fail:

Exotic Fruit and Argentinian Lemons

This was both an educational and delicious experience. We hope that we raised awareness of the environmental impact of food production and offered tasty options for the conscious foodies amongst us.

## Materials: Sustainably sourced timber

Thanks to BREEAM, most of us are familiar with FSC (Forest Stewardship Council) certified timber, which is a prerequisite of the Mto3 credit. The FSC is an independent certification body, which outlines numerous requirements at all stages of logging, processing and manufacture, to ensure that the timber product is sourced and produced as sustainably as possible.

The FSC began in the early 1990's to tackle the ongoing problem of illegal harvesting of tropical hardwood. Due to its origins in regions where large areas of forests are owned by a single organisation, each organisation in the Chain of Custody must be assessed, which can be prohibitively expensive for small forest owners.

PEFC (Programme for the Endorsement of Forest Certification) is an endorsement organisation that assesses individual countries standards, against a set of international standards. It allows smaller forest owners, typical of the European industry, to demonstrate the sustainability of their organisation without the expense of obtaining FSC certification.

For projects targeting BREEAM, the prerequisite requires that all timber be sourced per the UK Timber Procurement

Policy, which recognises both FSC and PEFC as acceptable. Generally, specifying certified timber should not add any expense, but may increase the lead times. However, it is Orms policy to always specify sustainably sourced timber, so please ensure you include FSC and PEFC timber as a requirement in your specifications!

Further reading : O:\Sustainability Group\Materials Research\Timber

### The Menu:

Sweet Potato Falafel  
White Bean Falafel  
Red Pepper Relish  
Beetroot hummus  
Chickpea hummus  
Grilled red peppers

A selection of salads including tomato and cucumber, coleslaw and potato salad

Bread from the local bakery

Caponata  
Spanish Omelette  
Cake

## BREEAM 2018: The Main Changes

Rachel recently attended a Green Register talk on behalf of the Sustainability Group to learn about the upcoming changes in BREEAM 2018.

The standard has been adjusted to place greater emphasis on Wellness elements, with most change to the Energy, Transport, Materials and Ecology sections. As a result, this version is more closely aligned with the WELL standard to aid and encourage achievement of both standards.

Previous versions were designed so that BREEAM could be achieved through better design and earlier considerations of specification etc, with the intention of not increasing costs significantly. This has now changed, a Life Cycle Analysis model will be required, in addition to other soft costs which would probably be carried out by a BREEAM assessor or consultant (so their fees will increase)

Ecology credits now have two potential 'routes' for achievement of credits. Route 1 can achieve 6 credits and Route 2 achieving up to 12 credits. This means that it will be difficult to achieve an Excellent rating without opting for Route 2, which requires early stage survey and reports.

## Sustainable materials



The Sustainability team began a research exercise into construction materials, which will feed into the work carried out by the Technical group to inform future specification of the office.

### Further Reading :

O:\Sustainability Group\NEWSLETTER\Current\Further Reading

### Orms Sustainability group are:

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