

SUS TAIN ABLE

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WELCOME

Welcome to the fourth issue of Sustainable – Derwent London's tenant sustainability newsletter.

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In this edition we focus on the subject of health and well-being, looking at how we as a landlord and developer are using building design, technology and community collaboration to improve the physical, social, intellectual and emotional wellbeing of our tenants, visitors and staff.

We also share some of the practical ways some of you are promoting health and wellbeing in your offices to ensure staff are as engaged, productive, healthy and happy as possible in the workplace.



A day out with Fetch from Tea Building

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Any feedback or comments? Please do get in touch with our Sustainability Team:

sustainability@derwentlondon.com

ONLY A FEW MORE STEPS TO GO!



Imagine arriving at work to be confronted by a series of signs urging you to take the stairs instead of the lifts? How would you respond?

When we trialled this at Savile Row, Greencoat Place, Middlesex House and TEA Building, workers took to the stairways in their droves!

The Design Council created the posters for our 'take the stairs' campaign as part of the launch of its 'Active by Design' initiative that promotes good design in buildings and spaces to encourage people to be more physically active and integrate healthy lifestyles into the workplace.

As part of our development approach we are committed to applying Active by Design principles to all new developments, which includes making staircases more accessible and creating common areas that are more

conducive to physical activity. *See our features on White Collar Factory and StepJockey at Tea on the following pages.*

Integrating physical activity into our daily work routine without noticing it has been the hot topic of recent research which confirms its health benefits. We've taken this on board in a number of ways at our HQ. For example, everyone now has to get up to throw something away as all personal rubbish bins have been purposefully removed! We are now working on the redesign of our entire HQ working layout to integrate further ideas like a new staircase as a focal point, meeting areas where you stand up, a flexible IT system and healthy food in a new staff café.

For more information about [Active by Design](http://www.designcouncil.org.uk) click here: www.designcouncil.org.uk



TAKING STAIR CLIMBING TO THE NEXT LEVEL



Again, following Active by Design, the campaign to take the stairs instead of the lifts is to be stepped up with the trialling of StepJockey at Tea Building in early 2016.

StepJockey comes with an array of signs that gently remind passers-by to use the stairs, which according to research should result in at least a 20% increase in stair usage. People can also interact with the signs using the special free smartphone apps, enabling them to track their stair climbing performance and set themselves goals – making it suitable for all fitness levels.

However, the biggest jump in stair usage of over 500% is expected when stair challenges and competitions are introduced, resulting in fitter workers, shorter lift queues and less energy consumption!

The StepJockey signs will give the exact calorie count for the stairs in the Tea Building and incorporate a range of evidence-based health messages to inform and inspire people to get climbing.

The signs also come with integrated QR (Quick Response) and NFC (Near Field Communication) technology so they can be read by the free apps, enabling participation in challenges and competitions so that stair climbing becomes a habitual part of people's everyday working lives.



For more information click here:

www.stepjockey.com

WHERE A SMART APP TELLS YOU TO OPEN A WINDOW

White Collar Factory, our latest development at Old Street in the heart of the London's Tech Belt, is our first building developed in line with the Active by Design principles.

Once completed later this year, it will provide sustainable, healthy and light-filled office space with a roof-top running track and windows you're actually allowed to open!

The design of this unique 16-storey building works with the thermal mass of the building's concrete structure to absorb the heat generated in the office. The heat is transferred by a network of chilled water pipes embedded in the concrete, which radiantly cool the building.

A smart app will give tenants the power to customise their own working environment. For example, it will tell you when you can open a window on a hot summer's day.

White Collar Factory is designed to use up to a quarter less energy than conventional offices. Facilities will include basement-level secure parking for more than 250 cycles, showers, lockers and a roof-top running track to promote physical activity, health and well-being.



ACTIVE IN THE GREAT OUTDOORS

Green-fingered tenants at Angel like to get active in the great outdoors growing vegetables in the building's very own allotment.

A 6m x 1.8m area was cleared, topsoil put down, gardening tools acquired and a shed erected so that members of Angel Allotment Society could get digging, planting and growing.

The health benefits of allotment gardening are huge:

- Just 30 minutes can burn around 150 calories, the same as doing low impact aerobics
- Spending as little as 15 minutes a day out in the summer sunshine if you are fair skinned and 90 minutes for those naturally darker, can build up your levels of vitamin D and ward off some illnesses
- Being physically active in the open air and the camaraderie enjoyed raises your serotonin levels - making you happier and healthier!

If you are interested in joining the allotment society, please contact Graham Jones, Building Manager buildingmanager@angelbuilding.co.uk

The Angel gardeners enjoy a semi-rural feeling at this central London building. When the building was refurbished existing mature trees were retained and new semi-mature trees and a new meadow habitat were added to the landscape around the building to create an agreeable micro climate between street and building. Bat flight corridors were also protected, a number of bird boxes and bird feeding stations erected and pollinating bee logs and log piles installed to create invertebrate habitats.

Such measures are all helpful for wildlife and workers' health and well-being alike.



KEEPING CYCLISTS ON THE MOVE

To help the thousands people who are now cycling to and from work each day, we have started to install bike maintenance stations at a number of our buildings.

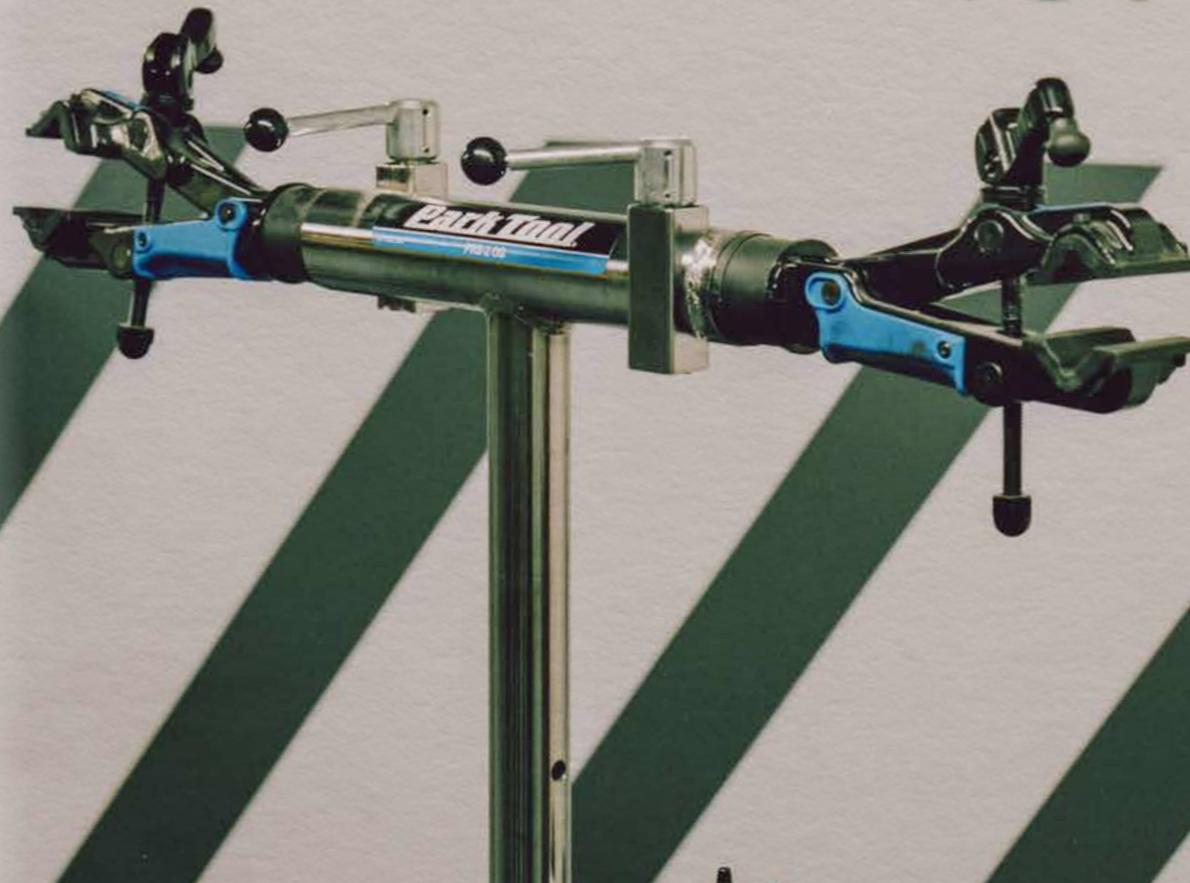
These stations are an all-in-one repair facility that includes a pump, a stand and tools. The stand provides a stable mount for any bike and makes adjustments and repairs easy - saving you time and money!

Our first stations have been installed at: 1-2 Stephen Street, Charlotte Building, Angel Building, Johnson Building and 25 Savile Row. We are identifying more buildings to install them in.

For more information click here:

www.cyclehoop.com

Bike Maintenance



FRESH AIR IN FITZROVIA

Derwent London has been an active member of The Fitzrovia Partnership Air Quality Engagement Project for a while. The aim of the project has been to raise awareness of air quality through intensive engagement and support for businesses in Fitzrovia. Businesses have been encouraged to sign up to Air Quality Pledges and become Air Quality Champions, demonstrating the health and financial benefits of adapting lower emission operations.

As a signatory to The Air Quality Pledge, we commit to:

- Communications
Raising the profile of air quality
- Transportation
Promoting walking and cycling to staff
- Supply Chain
Reducing the number of deliveries servicing the business to improve local air quality

To further assist in air quality, special air purification units (APU) with vertical vegetation are being installed on our hoarding around our 80 Charlotte Street site this spring. Each unit can produce almost a million litres of purified air every 24 hours.

For more information click here:
www.fitzroviapartnership.com



Visual of typical APU

DERWENT LONDON TENANTS LEAD THE WAY



Fetch

That's enough of what we are doing to promote health and well-being, now it's time to turn the spotlight on you, our tenants! Here are some examples.

Tea Building: First prize goes to Method at Tea Building where fun team-building activities are designed to attract and retain good staff as well as build in a more active lifestyle at work. On the sports front, they go swimming and bowling and participate in the Hackney Half Marathon. Away days are a big part of Method life. For example, they recently downed tools and went to Margate for the day where activities included visiting the Turner Contemporary art gallery, roller disco and fun fair. Past adventures have been to Snowdonia and Dartmoor. On Wednesdays the Method team has lunch together cooked by chefs within the company.

Albion holds a wellbeing week in their unit each January, providing fresh smoothies, yoga, Pilates and massages. Fetch Media stages an annual eco-day in Greenwich where they tidy leafy green areas to provide places for local kids to play. Buckley Gray Yeoman (BGY) fields sports teams in football, netball and softball. They also organise clothes swap shops and 'BGY Bake Off', with proceeds going to charity. Staff at Monkey Kingdom field a football team and enjoy Thursday team drinks.

Qube: Cisco are a very active bunch who take part in marathons, triathlons and even Channel swimming challenges! Data2Decision hosts an annual sports day and they play rounders in the summer.

Network Building: Vectos workers cycle from London to Cannes in aid of charity each March for the annual MIPIM property convention. UCL and UCLB hold regular beer and pizza events.

Angel Building: As well as the Allotment Society, all tenants are invited to attend thrice-weekly yoga sessions – on the terrace in the summer and in the terrace lobby when it's cooler.



Data2Decisions





Eco day out with Feich