



**BricksandBread.com**

**SAVE MONEY  
JOIN THE GREEN ECONOMY  
FIND NEW IDEAS**

### **Join Us**

Registered members of our free loyalty card scheme are offered priority access to our products and services

Everyone is welcome to join the Bricks and Bread Loyalty Card

To join email us your contact details or go onto our website

**Email: [centre@bricksandbread.com](mailto:centre@bricksandbread.com)**

**Website: [www.bricksandbread.com](http://www.bricksandbread.com)**

## **Bricks and Bread Sustainable Living Centre CIC**

Created by experts to make it easier for everyone to access the knowledge they need to live, work and build sustainably

It's a collaborative social enterprise that connects people with experts and sustainable businesses in their local area

A source of independent advice, products and skills training for eco building, self sufficiency and low carbon business

Where experts meet and share their knowledge by hosting networking events, advice workshops and training seminars

### **Opening Times**

**Open by  
appointment  
until  
1<sup>st</sup> March 2010**

**Monday to Friday  
9.00 am - 5.00 pm  
Saturday  
9.00 am - 12 pm**



# Our Aims

**Find solutions and offer realistic ways to reduce carbon emissions**

**Act as a hub for independent information, products and skilled people**

**Encourage people to reduce their dependence on fossil fuels  
by promoting alternative transport/renewable fuels**

**Support enterprise, research and careers in sustainable business**

## Our buying and selling policy

We use natural materials rather than synthetic chemicals and want to recycle everything. We don't want to buy or sell anything in packaging that can't be reused, recycled, or taken back by the manufacturer. We want to create a sustainable, low supply chain.

These are the guiding principles making this business sustainable. We accept that not every product or business can meet our criteria now, but they could in the future.

- Does the product harm the environment?
- Contain any harmful or synthetic chemicals?
- Is it being transported the minimum distance?
- Can it be re-used or recycled?
- Made from natural or recycled materials?
- Can it reduce carbon emissions?
- Sourced from our local area?
- Does the company have a low carbon emissions policy?
- Ethically produced or fair trade product?
- Does it help people to learn to be self sufficient?
- Good value for money and good quality?
- Proven to work efficiently for a reasonable length of time



## Products

### **Eco building products**

We supply eco building products to trade and retail customers.

At the Centre we have samples and demonstrations of the eco building materials we have verified for sale. This business was created by experts in eco building with experience of the process from start to finish, we have the knowledge to help customers select the most suitable products and systems.

### **Architectural Salvage**

We have a range of salvaged and reclaimed products. We sell architectural salvage for a commission or it is donated to help us provide subsidised training courses to local people.

### **Locally grown produce**

Food and drink supplied by local producers, most also provide training, advice and locations for our self sufficiency courses.

### **Household and home living products**

From locally made pet food made from natural ingredients to cleaning products and cosmetics without chemicals, local pottery, charcoal, books and energy saving devices.

## Services

### **Consultancy**

The Centre is a hub for experts who share their knowledge. We offer a full range of consultancy services and advice workshops for eco building, low carbon business and self sufficiency.

### **Training**

We run courses and events to suit all ages and abilities. We do approved installer courses and practical skills training events.

### **Events**

We host open days to inform local people about sustainable issues and eco building, low carbon business or self sufficiency.

### **Guest speakers**

We can provide guest speakers to give presentations and talks about eco building, sustainable business and self sufficiency.

### **Venue hire**

The centre offers room hire and full conferencing services. We also provide locally grown food and drink catering service.

# Events at the Centre in March

To attend any of these events you will need to reserve your place first please email or call the centre on 01252 314060

## Low carbon business training course

On Tuesdays – see website for available dates

Adapt your business to become a low carbon business  
Learn how to adapt your business, or home office to become more eco friendly and sustainable

- £50 a person each session (£175 if you book all 4 sessions)
- 4 x two hour seminars

Businesses attending all the four sessions will be presented with a certificate to assure their customers and staff they are seriously trying to adapt their business to join the low carbon economy.

Talks from leading sustainable business experts, find out what are the benefits of becoming a sustainable business what will happen to those who are not adapting to the low carbon economy.

Everyone who attends these seminars will find out how to identify their carbon emissions. We will show how to cut emissions by doing the things that don't cost money along with those that will save and make money. We put people in touch with experts who run sustainable businesses and work alongside us at the Centre to help them with advice, products and services to help them become low carbon businesses.

In the final seminar we will recalculate the carbon emissions and sustainability of their business to show what can be achieved in the short term to inspire people to work towards achieving more in the long term.

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## Sustainable Construction Advice Clinic

On Fridays – see website for available dates

*If you want an expert to visit your property or building site we offer this service throughout the month, please contact us to book an appointment.*

Book into our Advice Clinic to access expert help and support to solve issues with your sustainable construction project  
Standard rate £75 per hour  
- Discounted rate for our Loyalty card members £60 per hour

They can answer most questions at the time and provide achievable solutions for trying to meet the requirements of the Code for Sustainable Homes or providing independent advice on renewable energy systems.

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## Networking event

On Thursdays – see website for available dates

Introduction to the Bricks and Bread Sustainable Living Centre

- £10 a person
- 30 minute presentation
- followed by half an hour networking session with other local businesses
- lunchtime (from 12.00pm)

## Volunteering With Us

Are you unemployed, or looking for a new challenge? - Would you like to do some volunteering work?  
We run recruitment seminars every Wednesday to discover those people who can work with us.  
At these events we give a presentation about us, tell you about the services on offer here at the centre.  
To book a place at our events email us at [centre@bricksandbread.com](mailto:centre@bricksandbread.com)

# Training courses

*Learn how to build, bake, mend and make it sustainably*

## **We teach practical and theory training courses**

There are no term times to fit around. All of the people who can teach these courses work here or alongside our activities. If you would like to know about a particular subject we can find the people who can teach you, one-to-one, or in small groups.

## **Learn the skills you need to be more self sufficient**

We offer basic skills workshops at the centre, many events are also held at local producers premises to show you how to be more self sufficient, grow your own food, build homes, or run a farm.

## **Learn while you work**

Supervision service for builders from an approved installer who can give you help and guidance on site, you won't get a qualification but it will help you learn the right skills whilst you get the job done correctly, first time around!

## **Become an approved installer for our products**

Train with us and become an approved installer for any of the products stocked at the centre. If you are registered with us and qualify to become an approved installer, we will put your labour charges into our quotation system and provide you with sales leads.

We can offer qualifications and certificates for all the courses at every level. Tell us what you want to learn and we can tailor a course to your needs.

Our priority is to share the information and skills we have, so other people can discover the knowledge they need to create a low carbon, sustainable economy.

Whilst we sell training courses we also run free awareness events for local people. We will always try to find funding support for people on lower incomes.

One to one tuition is offered for most of these courses, or you can bring your own group of people and obtain a discount.

People who cycle, walk or catch the bus/train to the training course will be given £5 off their booking fee.



Awareness/introductory events	- Free
Seminars half/full day	- from £45 / £95
Practical skills training and workshops	- from £50
Approved installer courses	- from £300
Professional course full day	- from £400
Day of supervision from approved installers	- up to £500

# Training courses

## **Sustainable construction and landscaping**

Solar PV/ Solar Thermal  
Green roofs & living walls  
Under floor heating  
Eco kitchens  
Eco bathrooms  
Rainwater harvesting  
Lime, clay plaster, natural paints  
Sun pipes and roof lights  
Mechanical heat/ventilation  
Biomass heating  
Ground/Air/Water source heating systems

## **Theory and training for building professionals**

Project managing eco building work  
- overcome issues before you're on site  
Architects - eco buildings from the basics to Passive houses  
Structural engineers - how to avoid over engineering structures  
Builders - eco building from start to finish  
Dealing with construction waste – for everyone in the trade  
Eco Commercial retrofitting buildings  
Creating eco landscaping for wildlife and people  
Using recycled aggregates and waste materials in building/landscaping

## **Practical skills training and workshops**

Using natural materials with traditional crafts  
A life without MDF and toxic glues  
Building with recycled materials  
Natural paints, lime and clay plastering  
Earth houses & rammed earth walls  
Green oak carpentry & timber frame building  
Hedge laying and fencing  
Straw bale building  
Willow fencing and living structures

## **Essential low carbon business skills**

We teach sustainable business skills at the centre or at your premises  
Adapting your business to the low carbon economy  
Take steps to reduce fossil fuels in your business  
Understanding waste, its value & recycling methods  
Reducing energy and resources used at work  
Commercial buildings

## **Survival skills for a modern world**

Learning about food, money and great life skills  
Growing your own food  
Cooking the basics - baking bread to making jam  
Managing money  
Find a new career with sustainable living  
Single persons survival weekend  
The teenagers survival weekend  
Disabled but not unable survival weekends  
Unemployed but not unemployable survival weekends

## **Self Sufficiency – skills training and workshops**

Every Saturday we run a half day workshop to highlight a major area of self sufficiency. Many of our courses are taught by the people who sell us their local produce or crafts, if you want to learn something beyond these subjects, just ask us;  
Shopping – how to shop wisely/sustainably  
Learn how to light a fire, tie useful knots and make shelters  
Gather a meal from the countryside  
Make your own clothes, pottery and basket making  
Basic joinery, metalwork, plumbing techniques  
Designing a domestic dwelling for self building

# **Becoming a low carbon business** - we can help you do this at the Centre

**Join the low carbon economy** - Without doubt this must be the number one resolution for every business this year. You need to drastically reduce your carbon emissions. Take a walk around your premises, one of your first tasks will be to accurately identify your carbon emissions, make sure you record this value to assess how you are doing. Your energy use is a major area where you can reduce your CO<sub>2</sub>, there are grants, loans or cost savings you can benefit from.

**Learn new skills** - Training to learn a new skill or update your knowledge will help your company grow, give you a competitive edge, save money on outsourced services and become more efficient or respond to change quicker, especially if you learn a sustainable 'green' skill to join the low carbon economy.

**Create a sustainable supply chain** - Buy from local independent suppliers, choose your products carefully for their environmental performance, watch out for products that are just green washed and don't fool your customers about your green credentials.

**Waste - reduce, reuse or recycle** - Consider how it could be reused before recycling. Putting mixed rubbish in a bin and sending it to landfill is no longer a responsible business practise. Encourage your staff to recycle ink cartridges and mobile phones by joining a scheme that benefits a local charity. If you have organic waste it can be used to create energy or compost, paper can be shredded for animal bedding or packaging. If the product you sell creates waste for your customer to dispose of you need to make your packaging recyclable there are alternatives that don't cost more and will help improve the image of your business – show your customers you care by using a printing company that can print on 100% recycled paper and uses vegetable inks.

**Use plants to improve wellbeing and performance** - The office environment can be vastly improved by adding a few plants, they will do more than brighten up the place, the health benefits are considerable, they will improve the air quality and reduce the impact of sick building syndrome. Consider creating a green roof on your office building as a leisure space for staff or just for wildlife, the benefits are considerable; from reducing your heating and air conditioning costs, to reducing flood water run off. If you have outside space why not grow some vegetables?

**Look at your transport** - Now is the time to make major changes to your transport use as the cost of motoring is going to seriously rise this year. There are tax incentives and financial benefits if you choose more efficient vehicles and money to be saved by reducing your fuel costs. Consider using more public transport, try walking or cycling it will make you fitter and save you money. Working from home, using video conferencing or just planning your transport use can make a huge difference to your efficiency and quality of life.

**Use your networking skills** - Apart from having great customer service, your business contacts are the key to a successful business. Good contacts are easy to create by regularly attending networking events, but choose the events you go to wisely, go for ones with leading expert speakers who will teach you something useful or connect you with sustainable businesses.

**Inspire your employees** - A team building event or a staff competition can do wonders to improve staff motivation and morale, especially after the unsettling credit crunch. It doesn't have to cost a fortune to reward loyalty.

## **Work With Us** - Collaborate your business with us, to create awareness about reducing co2 and living sustainably

### **Website Advertising**

Link on our site - £50

Banner advertisement - £75

Sponsored page - £500

### **e-Newsletter**

Link to your website - £50

Banner size advertisement - £100

Editorial 100 words with a link to your website - £200

The Bricks and Bread e-newsletter is sent out to our customers, suppliers and members of our loyalty card. The prices quoted are for a month of advertising, we also offer 3, 6 and 12 month advertising packages.

### **Leaflets**

Printed on 100% recycled paper and using vegetable inks by a local printing business. We can supply all types of literature printing, newsletters, brochures and flyers. We can also provide artwork design services from the local graphics designers who work alongside the centre and specialise in sustainable design.

### **Guest Speakers - £500 a talk**

Our Experts share their knowledge by giving talks and presentations. Bookings from businesses enable us to fund the free talks we give to community groups and schools.

### **Training Courses - sponsorship - from £500**

Sponsor us to provide subsidised training places. Subsidised places are offered to local people who qualify for discounted courses.

### **Sponsor a training course - from £500**

We offer courses and seminars to suit all ages and abilities. These range from vocational and accredited approved installer courses, to workshops which teach skills training in self sufficiency, low carbon business and sustainable construction.

### **Awareness Campaign Events - from £1000**

We run awareness events at the Centre and other venues about the major issues facing mankind and our environment.



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