

THE **FUTURE** IS MADE OF
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SAINT-GOBAIN PUTS COMFORT FIRST

We spend roughly 90% of our time indoors or in vehicles, so it's fair to say that the buildings we live, work and play in everyday can have a significant impact on our comfort, health and wellbeing. Stacey Temprell, Residential Sector Director at Saint-Gobain, discusses how Saint-Gobain is improving people's health and wellbeing through building practice.

Buildings should provide us with a comfortable, healthy habitat in which to be successful, efficient and safe as we set about our daily routines. Imagine a building that's not just good for the environment, but good for you. Imagine a building that combines the highest level of thermal performance with excellent acoustics, visual comfort, superb indoor air quality and outstanding energy efficiency.

At Ecobuild this year, Saint-Gobain exclusively launched My Comfort – the Multi-Comfort building concept from Saint-Gobain – designed to deliver comfort for everyone in any type of building, whether it a school, hospital, office or home. My Comfort offers reduced energy usage and lower ongoing operational and maintenance costs, meaning you can actually save money while enjoying all the additional long-term benefits of a future-proofed, sustainable building that gives you improved comfort, health and wellbeing.

Ecobuild was an ideal opportunity to introduce the concept to those interested and passionate

about the built environment. Known for attracting some of the most well regarded industry experts to the show, visitors ranged from self-builders and architects to housing developers and contractors. Starting with a VIP reception on the first day of the show held on stand for key industry figures, it was also a great place to receive feedback from industry peers on our methods and answer questions from the public.

According to the World Health Organisation (WHO), health is a state of complete physical,



mental and social wellbeing, and recent research has shown that comfort levels in buildings can greatly increase health and productivity. For example, research found that improved ventilation could boost productivity by up to 11%*.

The relationship between people's wellbeing and their indoor environments are complex. As a result, controlling and improving indoor environmental factors has largely been dealt with in an individual way, taking factors one at a time and making recommendations for the improvement of each.

Taking a holistic approach to the importance of comfort, health and wellbeing in buildings is the way forward. By carefully considering all the different areas of comfort that a building can (and indeed should) provide, we are able to improve people's wellbeing within buildings – regardless of the types of buildings and the specific activities taking place inside them.

Through years of research and development, Saint-Gobain has identified five key factors that contribute to our comfort levels indoors: visual comfort (view, light quality, luminosity, glare etc.), indoor air comfort (fresh air supply, pollutants, odours etc.), audio comfort (outdoor noise, vibrations, etc.), thermal comfort (air temperature, humidity, draughts etc.) and economic comfort (the affordability of constructing, running and maintaining the building).

Ecobuild was also an opportunity to bring my comforts to life, with the stand comprising of

two experience pods – demonstrating the adaptability of the concept for residential and non-residential buildings. A dedicated Multi-Comfort website was launched, along with a detailed brochure on how the standard can be achieved using the breadth and depth of Saint-Gobain's product portfolio.

As we celebrate our milestone 350th anniversary this year, we are also looking at 350 reasons to believe in the future. The launch of My Comfort supports our belief that sustainable habitat is within our reach. By providing sustainable products and solutions, this vision can be made a reality.

Read more about My Comfort here: www.multicomfort.co.uk

To find out more about Saint-Gobain, visit www.saint-gobain.co.uk, or follow [@SaintGobainUK](https://twitter.com/SaintGobainUK)

* Loftness V. Hartkopf V. and Gurtekin B. (2003) 'Linking Energy to Health and Productivity in the Built Environment: Evaluating the Cost-Benefits of High Performance Building and Community Design for Sustainability, Health and Productivity,' – USGBC Green Build Conference, 2003.





HOW TO BOOST EDUCATION THROUGH BUILDING DESIGN

Saint-Gobain, the world leader in the sustainable habitat and construction markets, has identified five key elements that contribute to our comfort levels indoors; thermal comfort, audio comfort, visual comfort, indoor air comfort and economic comfort. Stacey Temprell, Residential Sector Director at Saint-Gobain, explains how it is bringing My Comfort, the Multi-Comfort building concept, to life.

We typically spend 90% of our time indoors or in vehicles, so it is fair to say that the buildings we live, work or play in every day, have a significant impact on our comfort, health and wellbeing. We rarely consider whether a building really meets our needs, unless it suddenly isn't working for us or it makes us feel uncomfortable. How many of us have been at our

children's schools, and have thought how the rooms echo and what impact this could have on our child's learning? It's when we notice these sorts of things that we begin to question just how comfortable our buildings are.

When designing and constructing buildings, Saint-Gobain believes that a holistic approach is the best way to guarantee user comfort, combining the four comforts of thermal, audio, visual and indoor air comfort that deliver considerable economic benefit as well as all-round positive wellbeing effects for occupants.

Together with Speller Metcalfe and Associated Architects, Saint-Gobain is putting Multi-Comfort into practice and has begun construction of The Barn, a new £1.2m multi-purpose sports and drama hall.



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The 450sqm development at King's Hawford Junior School, in Worcester, will include:

- Main sports hall;
- Office;
- Store room;
- Kitchenette;
- Male and female changing rooms;
- Accessible toilets.

The Barn, which will replace the existing sports hall, is due for completion December 2015. It will be used for games, assemblies, drama, music & dance and external lettings. With a unique design and character, The Barn has strong sustainability credentials. The Multi-Comfort building concept surpasses existing Building Regulations, incorporating the energy efficiency and thermal comfort standards set by Passivhaus and introducing new standards in audio, indoor-air and visual comfort to give the teachers and students an ideal place to work and learn.

Located in between parkland and playing fields, with a beautiful listed Georgian building

at the heart of the facilities, there is an eclectic architectural history on site. With this in mind, the project has been designed to consider its fit in the rural environment of the school site, while drawing heavily on rich historical tradition of vernacular timber-framed buildings in the county. The proposal is based on a timber post and truss frame, set out on a regular grid of 2.1 metres. However, a crisp, modern appearance is incorporated into the design, with roof lights running throughout the building. The natural palette of materials chosen will help the building sit comfortably within the countryside landscape.

During the building's operation, Saint-Gobain is working with the team to implement a series of monitoring systems that will collect data, which will prove useful in demonstrating the differences that both the teachers and children will experience within the Multi-Comfort building.

At Saint-Gobain, we believe that sustainable habitat is within our reach, and by providing sustainable products and solutions, this vision can be made a reality.

To follow the progress of The Barn at King's Hawford and to read more about Multi-Comfort, visit: www.multicomfort.co.uk

Saint-Gobain brings birthday celebrations to Ecobuild.

my comfort
by Saint-Gobain

Saint-Gobain, the world leader in sustainable habitat, will be celebrating its 350th anniversary at Ecobuild 2015, as well as launching its Multi-Comfort concept at this year's show.



Sharing its vision for the future, Saint-Gobain will unveil its Multi-Comfort building concept. Multi-Comfort buildings not only save energy but can improve your health, wellbeing and productivity.

Visitors will be able to experience Multi-Comfort first hand at Saint-Gobain's Ecobuild stand, which will feature experience pods, allowing guests to feel the individual elements that contribute to comfort – indoor air quality, thermal, audio and visual comfort.

A dedicated website and brochures will accompany the launch at the show, while experts for each comfort dimension will be on hand to put theory into practice and explain the fifth comfort element that Multi-Comfort brings – economic comfort for the long term.

Visit us at Ecobuild, held at ExCeL London from 3rd – 5th March on stand N6o5o/N6o6o and in the main Boulevard.

Richard Halderthay, Director of Communication for Saint-Gobain UK, Ireland & South Africa, said: "Saint-Gobain UK & Ireland is pleased to be returning to Ecobuild in our 350th anniversary year.

"As we celebrate our milestone birthday, we are also looking at 350 reasons to believe in the future. The launch of Multi-Comfort supports our belief that sustainable habitat is within our reach. By providing sustainable products and solutions, this vision can be made a reality.

"Ecobuild is an important event in our calendar, as it's a place for the industry to come together to discuss key issues and showcase innovation. We have a number of exciting events and surprises planned for Ecobuild, and we look forward to welcoming visitors to our stand and introducing them to Saint-Gobain's vision for the future."

For more information, visit www.saint-gobain.co.uk, like the Facebook page or Tweet @SaintGobainUK using #sgcobuild to get involved.

www.saint-gobain.co.uk
www.multicomfort.co.uk
www.isover.co.uk

