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RESTORE READY SABDEN

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20 April 2021

RESTORE READY SABDEN: BOOK OF PROCEEDINGS

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COST ACTION CA16114 RESTORE: RETHINKING SUSTAINABILITY TOWARDS A
REGENERATIVE ECONOMY, RESTORE READY PROCEEDINGS



RESTORE READY SABDEN PROCEEDINGS

AUTHORS

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INTRODUCTION

RESEARCH TOP SECRET

CHURCHFIELDS

INTRODUCTION TO RESTORE

Rethinking Sustainability Towards a Regenerative Economy

The RESTORE COST Action set out to affect a paradigm shift towards restorative sustainability for new and existing buildings and space design across Europe. Despite over a decade of built environment sustainability strategies and programmes based on climate change targets of capping global warming to 2° C, progress has failed to address key sustainability issues in a meaningful way. With the Paris 2015 Agreement of targeting global warming at 1.5 °C, the sector no longer has the luxury of being incrementally less bad: it requires an urgent shift to net-positive, restorative sustainability thinking.

The aims of the RESTORE Action are:

- To increase knowledge, collaboration and timely knowledge transfer between research centres, universities, education entities, companies, NGOs, and industrial sectors related to the built environment.
- To promote the pre-development of new compulsory design approaches, processes and technologies that can build and improve upon existing best practice.
- To create and to reinforce a European network of skilled professionals (architects, engineers, constructors, urban planners, academics, sustainability practitioners, etc.) capable of facing up to the complexity of a broader agenda of environmental strategies.
- To foster continued collaboration beyond the completion of the RESTORE action. The network members are agents for change.
- To work towards the inclusion of Restorative sustainability criteria within education curricula, thus preparing the next generation of building practitioners.



Rethinking Sustainability TOwards a Regenerative Economy

RESTORE READY EVENTS



EVENTS

RESTORE READY

ONLINE AND EVERYWHERE ACROSS EUROPE

- ATHENS 12.03
- WARSAW 16.03
- PARIS 19.03
- MADRID 26.03
- BELGRADE 09.04
- MALMÖ 16.04
- SABDEN 20.04

  www.eurestore.eu

READY (REstore Action Dissemination Yield) events have the aim to disseminate the results from the Action at a macro-regional level in Europe, opening the discussion on a regenerative approach to sustainability, and creating the conditions to do 'more good' for the built environment.

These workshops include the participation of RESTORE speakers and local experts, with the intent to ignite a conversation to compare local best practices with the guidelines and findings from RESTORE.

Typically in a hybrid format, the participation is open to attendees participating in person (depending on Covid-19 safety measures) or remotely connected from the region (the city and the country hosting the event, and the surroundings and bordering countries).

RESTORE READY SABDEN

Location: Sabden, Lancashire UK

Date: 20.04.2021

Venue: *Class of Your Own* - The Institute, St. Nicholas' Hall, Sabden, Clitheroe, Lancashire BB7 9EH - UK and online (upon registration)

Target group: architects, engineers, manufacturers, constructors, urban planners, academics, sustainability practitioners, researchers, policy makers, public officers, community managers.

Organisers and Hosts: Alison Watson (Class of Your Own), Martin Brown (Fair Snape), Anna Williamson and Ann Vanner (UCLAN)

A hybrid event combined with a Zoom Regenerative session, Restore Ready Sabden focused on key RESTORE themes:

- Education
- Earth Day 2021 RESTORE OUR EARTH
- Local Regenerative Practice

A SABDEN WELCOME

In November 2017, the first RESTORE Training School took place in the city of Lancaster in the county of Lancashire, north west England. Over 40 trainees came together for four days dedicated to Restorative and Regenerative Sustainability.



Four years later, we return to Lancashire for the UK READY event, and the village of Sabden, the home of RESTORE contributor Class Of Your Own, a social business and Built Environment education consultancy. It's not often a village gets to headline alongside Athens, Warsaw, Paris, Madrid, Belgrade and Malmö, but the new normal of online events means the world can now be anywhere - and Class Of Your Own was proud to play host in the village hall next to its offices and the much-loved landmark St Nicholas Parish Church.

Set in the picturesque Ribble Valley, this quiet, unassuming village of around 1600 residents dates back to as early as 1296, when the settlement was given the old English name "Sceppe Dene" (Spruce Valley). The village was primarily a farming and quarrying community until the arrival of calico printworks, cotton and weaving mills in the 19th century. Located in an 'Area of Outstanding Natural Beauty', Sabden lies at the foot of the infamous 'Pendle Hill' and is only a short distance from the geographical centre of the United Kingdom.



Sabden and its mysterious hill have a dark past that tie them back to the city of Lancaster, our 2017 RESTORE venue. The trials of the Pendle witches in 1612 are among the most famous witch trials in English history. Those accused lived in the surrounding area and were charged with the murders of ten people by the use of witchcraft. All twelve were put on trial and nine ultimately hanged at Lancaster Castle.

RESTORE OUR EARTH: EARTH DAY 2021

Earth Day 2021 could be expanded for the whole of that week in April, not just the 22nd.

Founded by Sen. Gaylord Nelson in 1970 as a response to an environmental disaster and spearheaded by Denis Hayes, Earth Day is credited with being the birth of the environmental movement, though eight years previously, Rachel Carson's *Silent Spring* highlighted public concern for living organisms, the environment and the inextricable links between pollution and public health.

This baton has been picked up by many - individuals and corporations alike - though those in the 'sustainability' arena could be forgiven for feeling frustrated at the lack of global action in the intervening years which has contributed to the situation the biosphere finds herself in, in 2021.

There are notable influencers in the form of the COST RESTORE action from the academic quarter, frameworks such as Living Building Challenge that prescribe solutions that can guide those in the built environment in their design and specification of construction materials and movements such as Extinction Rebellion that have environmental and social justice at their core.

Revived models in economics are putting the planet at their centre and Cornwall in the UK has become the most recent local authority to implement Doughnut Economics - with a commitment to become carbon neutral.

Conversations around embodied carbon, plastics, pigments, power generation and distribution and destructive industrial practices have never been more widely or openly discussed. Or are they? As a member of the sustainability community it's tempting to consider that everyone sees the objectives and goals in the same way. That intuitively, everyone will pull together in cohesive action, with the intention to reduce and mitigate the impacts of man-made climate change. Alas, we must act like this is not the case so that the environmental movements do not - cannot - lose momentum.

But it is happening. Applying Living Systems Thinking principles to regenerative practice is essential. At the RESTORE Action, we heard how from Ann Vanner that she 'banned the word sustainability' in her undergraduate architectural technology lectures. As a panel we explored this provocation, acknowledging that using language by its very nature is limiting and that imagery can be more useful. It is tempting to be glib here, architectural students are creative and visual creatures so this plays to their strengths... but the notion of banning the word 'sustainability' can take us far beyond a binary response of simply exchanging a word for an image. The concept encourages us to move from mechanistic systems thinking that encourages silos, keeps others at arms length, compartmentalises problems, to one of living systems thinking which by its very nature, encourages accountability and therefore, reciprocity. There is no quid pro quo in nature. This gives rise to this simple understanding that all that inhabit the biosphere are interconnected and interdependent. To hurt nature is to hurt ourselves and one of the takeaways from this COST Action underlines that, and delivers real world solutions to counteract less than ideal behaviours.

Perhaps it is the permaculture movement that is an ideal coda for living - principles to live by that don't require the spoken word - of even 'a' word. Simply an understanding and practice of the principles that acknowledge: Observe and Interact; Catch and Store Energy; Obtain a Yield; Apply Self-Regulation and Feedback; Use and Value Renewables; Produce No Waste; Design from Patterns to Details; Integrate Don't Segregate; Use Small, Slow Solutions; Use and Value Diversity; Use Edges and Value the Marginal; Creatively Use and Respond to Change.

During Earth Week, we have heard the call to action from the UK government who announced legislation to seek a reduction in emissions of 78% as compared to 1992 levels, and the US to cut Carbon by 50% by 2035 with the Green New Deal gaining traction.





SALES
MARKET

PROCEEDINGS

AGENDA

The Programme for the day had three goals. The first was to showcase the dissemination of learnings from the COST RESTORE research, with papers presented. The second was a group discussion, addressing the 'gap' between RESTORE goals and industry practice. The third was to showcase projects local to the north west of England that have referenced the RESTORE goals, and manifest them.

As the Sabden event was held in the same week as Earth Day, there was a symbiotic feel to the day - reinforcing that understanding that we are all interdependent and interconnected in the biosphere.

- 14:00-14:05 Host Welcome from Alison Watson - Class of Your Own, UK
- 14:05-14:15 Introduction to RESTORE from Martin Brown - Fairsnape, Lancashire, UK
- 14:15-14:35 Working Group 1- Restorative Sustainability from Blerta Vula - University for Business and Technology, Kosovo
- 14:35-15:05 Working Group 2 - Restorative Design Process from Lisanne Havinga - Eindhoven University of Technology, Netherlands
- 15:05-15:15 Coffee break - stand up, move, take a short walk, take some fresh air
- 15:15-15:35 Working Group 3 - Restorative Building and Operations from Indra Purs - Latvia Association of Landscape Architecture, Riga, Latvia
- 15:35-15:55 Working Group 4 - Rethinking Technology from Roberto Lollini - EURAC Research, Institute for Renewable Energy, Italy
- 15:55-16:15 Working Group 5 - Scale jumping from Jelena Brajkovich - University of Belgrade, Faculty of Architecture, Serbia
- 16:15-16:30 Coffee break - stand up, move, take a short walk, take some fresh air
- 16:30-16:50 Biodiversity in the Heart of Clitheroe from Richard Stephenson - YUDU, UK
- 16:50-17:10 COP26 COYO Challenge from Alison Watson - Class of Your Own, UK
- 17:10-17:30 "We banned the word sustainability" from Ann Vanner - University of Central Lancashire, Centre for Sustainable Development, UK
- 17:30-17:40 Coffee break - stand up, move, take a short walk, take some fresh air
- 17:40-18:00 Roundtable - discussion: RESTORE Gap Analysis - how far is the local situation from the RESTORE goals and practices
- 18:00-18:20 Round up: RESTORE and beyond: materials for dissemination from Jelena Bleiziffer - Faculty of Civil Engineering, University of Zagreb, Croatia

18:20-18:30 It's a Wrap - And a New Beginning - panellist and audience discussion

18:30-19:00 Dinner break - intermission showing a curated selection of "Earth Day" related videos

Zoom Regenerative - a twice monthly gathering of academics, practitioners and people generally interested in the principles of 'regenerative sustainability'.

19:00-19:15 A mindful welcome back - the Benefits of Transcendental Meditation from Anna Williamson (Zoom Regenerative - UK) and John Renwick (TM teacher)

19:15-20:45 Introduction to the Zoom Regenerative group, followed by 'Regenerative North-West. A series of Pecha Kucha - showcasing regenerative practices and projects in North West England'

20:45-21:00 The Famous Regen Conversation and thanks to all attendees and contributors

Organisation: Eurac Research, Italy

Local Organiser: Class of Your Own

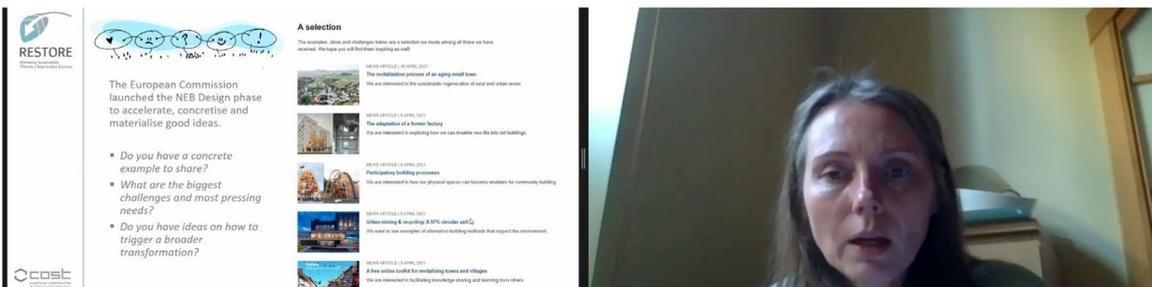
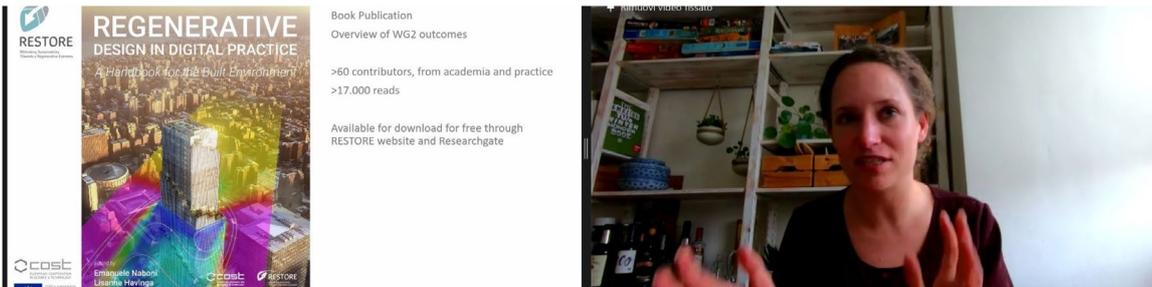
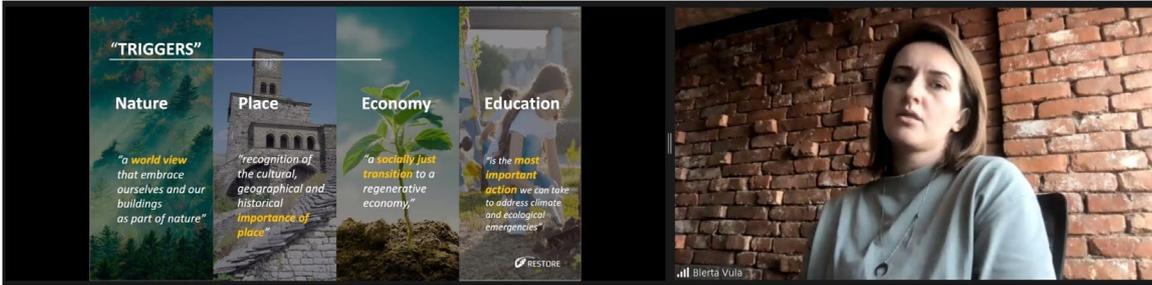
RESTORE



**RESTORE
READY
SABDEN**

RESTORE WORKING GROUP

Dissemination Presentations



RESTORE WGO

MARTIN BROWN

PROFILE

Provocateur at Fairsnape. VC RESTORE VP Living Future Europe.

Supporting, counselling and provoking clients, designers, contractors, academic and industry groups along their regenerative journeys, discoveries and approaches. A connector of ideas, people and movements. A commentator and communicator of sustainability, regenerative and the built environment. Author FutuREstorative and many sustainability papers and articles. Blog at www.fairsnape.com

OVERVIEW (ABSTRACT)

RESTORE set out to affect a paradigm shift in sustainability thinking in practice, academia and education through a series of interventions (working groups, STSMs, training schools papers, dissemination events). The paradigm shift is one that moves from business as usual to one that is regenerative.

KEY MESSAGE

Key in the rethinking of sustainability will necessitate greater awareness of whether our decisions, or designs, our construction, buildings and the lifestyles we live are either Degenerative or Regenerative. We will know in our minds and in our hearts, what is right for people and our planet. The next 5 years will require a transition, a reversal from upward trends (CO₂, temps, biodiversity loss) to a downward trend to a regenerative future that is thriving, is socially just and ecologically robust.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

PRESENTATION Restore Ready Sabden Presentations can be found here:

<https://www.eurestore.eu/publications-and-articles/>

VIDEO RESTORE Animations and Recordings can be found here:

<https://www.youtube.com/channel/UCNypx4aEhXx7bejh21gwo7w>

WEBPAGE www.eurestore.eu

RESTORE WG1

Sustainability - Restorative to Regenerative

BLERTA VULA

PROFILE

Blerta Vula Rizvanolli is an architect and researcher who works at the Department of Architecture in the University for Business and Technology in Pristina, Kosovo and as a CEO at Anarch Company. She also works as a consultant for the World Bank and EU projects with a special focus on Construction and Energy Management. She holds a Master of Science Degree in Architecture and Project Management and a MBA from the University of Sheffield. She is certified by the International Project Management Association.

OVERVIEW (ABSTRACT)

Important elements from the WG1 dissemination presentation included:

- The vision of the WG1 - "wellbeing and love from the awareness of our planet"
- The introduction of the "Seva philosophy", Seva being a Sanskrit word meaning selfless service for the planet
- The transition from Ego to Eco to Seva as a necessity

KEY MESSAGE

Every one of us is responsible for enabling social and ecological systems to maintain a healthy state and evolve.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

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<https://www.eurestore.eu/publications-and-articles/>

VIDEO RESTORE Animations and Recordings can be found here:

<https://www.youtube.com/channel/UCNypx4aEhXx7bejh21gwo7w>

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RESTORE WG2

Regenerative Design

LISANNE HAVINGA

PROFILE

Lisanne is Assistant Professor at the Building Performance group at Eindhoven University of Technology (TU/e) in the Netherlands. She is also Principal Scientist of System Integration of the Eindhoven Institute for Renewable Energy Systems, and part of the management team of the institute. Her team focuses on developing modelling and simulation strategies to support decision-making in the energy transition of the built environment. A holistic assessment of environmental impact, incorporating life cycle assessment and circularity, is a priority in her work. She was leader of WG2 (together with Emanuele Naboni) and in this role chief editor of the book publication 'Regenerative Design in Digital Practice'.

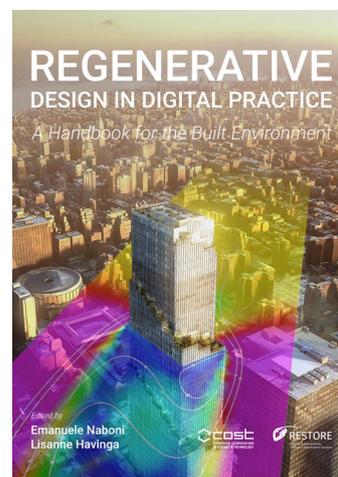
OVERVIEW (ABSTRACT)

The presentation presents the main outcomes of Working Group 2, and introduces the key contributors and their expertise. In addition, it describes the pillars of regenerative design, being Climate & Energy, Carbon & Ecology and Human Health & Well-Being, and focuses on the digital tools and processes that can be adopted to achieve regenerative design targets.

KEY MESSAGE

Working Group 2 - in the book Regenerative Design in Digital Practice - introduces the fundamental design principles of regenerative design and demonstrated the potential and the need to integrate science, big data and digital tools in the design process to attain a truly integrated evaluation of regenerative targets.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

Download the book: https://www.researchgate.net/publication/336121907_Regenerative_Design_In_Digital_Practice_A_Handbook_for_the_Built_Environment

PRESENTATION Restore Ready Sabden Presentations can be found here: <https://www.eurestore.eu/publications-and-articles/>

VIDEO RESTORE Animations and Recordings can be found here: <https://www.youtube.com/channel/UCNypx4aEhXx7bejh21gwo7w>

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RESTORE WG3

Regenerative Construction and Operations

INDRA PURS

PROFILE

Indra combines economics and finances with the creative industry of landscape architecture. She is a DrArch candidate in Landscape Architecture and holds an MSocSc in Business Administration, a professional BLArch and a BEcon in financial management. She is a board member and delegate of several international associations and groups in the Baltic area and the owner of Purs consulting Ltd., dealing with landscape architecture and financial and tax consulting. Her past working experience is in the Central Statistical Bureau of Latvia and EY Latvia. Her research interests and publications are in climate, weather, air, water and the circular and regenerative economy.

OVERVIEW (ABSTRACT)

HOW...

... can a building be built and operated in a regenerative way?

... can regenerative principles be integrated into the construction and operation process?

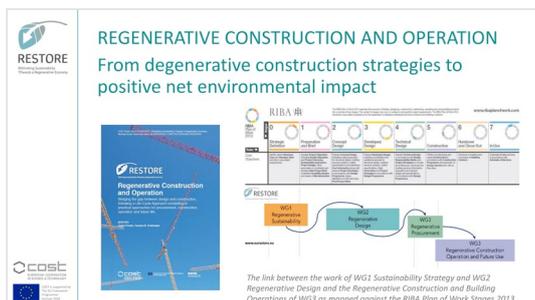
... to realise the paradigm shift from "business as usual" to a regenerative construction process?

Construction is the bridge or transition between the regenerative design vision and the realisation of that vision. The procurement process has to be seen as an **invaluable tool** to raise awareness and force change throughout the supply chain.

KEY MESSAGE

Early Contractor Involvement (ECI) is a critical approach where a contractor's skills are introduced early into a project to bring regenerative sustainability and design 'buildability' and cost efficiencies to the preconstruction phase. It is essential to **establish collaborative principles** as early as possible. And develop procurement for a circular economy.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

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VIDEO RESTORE Animations and Recordings can be found here:

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RESTORE WG4

Regenerative Technologies & Interior Environments

ROBERTO LOLLINI

PROFILE

Roberto Lollini is responsible for the research group “Energy Efficient Buildings” within the Institute for Renewable Energy at EURAC Research in Bolzano/Italy, with a background in methodological approaches for the assessment of building performance, building stocks management and definition of renovation strategies. User satisfaction and building value are the drivers of the architectural, constructive and technological solutions he works on, in particular with regard to complex façade systems, zero energy and flexible buildings.

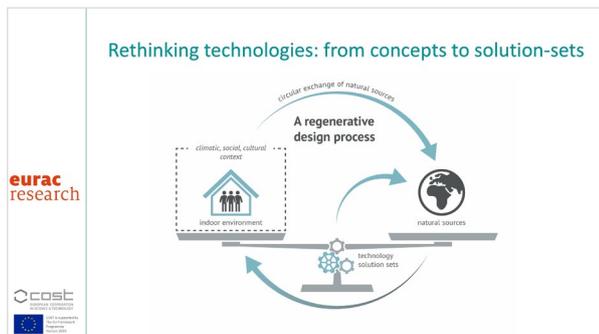
OVERVIEW (ABSTRACT)

Proper technology solution-sets can enable a regenerative indoor environment for building users and for the planet, thereby ensuring occupant wellbeing and health. Key technologies can promote a paradigmatic shift in building design from “less bad” to “more regenerative”. However, proper technologies need a dedicated evaluation framework for conscious selection within a comprehensive decision-making process.

KEY MESSAGE

Technology solutions can contribute to the achievement of a regenerative indoor environment and their effects must be evaluated through measurement and verification, including standardised approaches for post occupancy evaluation. The best introduction of advanced technologies for regenerative indoor environments will need a deep integration of building value chain players, ensuring a continuous commitment throughout the whole process: concept-design-implementation-commissioning-O&M-end of cycle.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

Download the book: https://www.researchgate.net/publication/336121907_Regenerative_Design_In_Digital_Practice_A_Handbook_for_the_Built_Environment

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RESTORE WG5

Scale Jumping

JELEANA BRAJKOVIC

PROFILE

Researcher, General Manager, Architect and Designer. Specialising in new media architecture and environments - expanded boundaries of architecture at the intersection of technology, science and art. Interested in application of nature-inspired solutions and biophilic principles in designing new media spaces, environments and landscapes - merging of biophilic and new media design. Besides her academic accomplishments, holds rich experience in architectural practice and management, as well as design. Awarded prizes for design achievements.

OVERVIEW (ABSTRACT)

Working Group Five explored the scale jumping potentials for neighbourhood and society-wide level regenerative sustainability with a focus on Interactions, Tools, Platforms and Metrics.

KEY MESSAGE

Scale jumping from product, to building to city is vital for a regenerative future. However, to scale jump without an understanding of systems thinking, of where to initiate interventions within the city eco system, will not be effective. Facing the climate and ecological crisis as we do, we should place the nature, human, built environment nexus at the centre of all we do, constantly asking the question: Are we part of the problem or part of the solution?

KEY IMAGE / SLIDES

WG5: SCALE JUMPING >>

Interactions > Tools > Platforms > Metrics

#mission
Exploring scale jumping potentials for neighbourhood, city and society-wide level regenerative sustainability including analysis, solutions, and implementation.

#scale jumping
In size: Upscale area >> Think beyond building scale
Upscale reach >> Influence more people, target new audiences
In quality: Upscale research potentials >> New directions & interactions
Upscale market potentials >> Enhance market interest
Upscale networks >> Develop interdisciplinary / Intersectoral connectors

#subtasks
TASK #1 - INTERACTIONS
Subtask #1 Human - human
Subtask #2 Human - built environment
Subtask #3 Nature - built environment
Subtask #4 Nature - human - built environment
TASK #2 - TOOLS, PLATFORMS AND METRICS
Subtask #1 Digital tools for supporting design
Subtask #2 Smartness
Subtask #3 Emerging technologies
Subtask #4 Assessments, ratings and diagnostics
Subtask #5 Legislation

#milestones
Timeline: SEPT 2020 (Workshop), OCT 2020 (Workshop), NOV 2020 (Workshop), DEC 2020 (Workshop), FEB 2021 (Workshop)

#training school
Apply for our Training School: 21-25th September 2020, Vienna
Training seminars, discussions and groupwork following the key topics of >>
Legislation, Urban Planning & design, Tools

#outcomes
WG5 BOOKLET
• Topics following the WG topics
'SUSTAINABILITY SPECIAL ISSUE'
• Special issue focus on scale jumping
• Topics: education, humans, components, buildings, cities, energy systems, water, materials, transportation, design tools, platforms, metrics
SHORT TERM SCIENTIFIC MISSIONS
• Continuity within assessment tools
• Digital techniques to support design in different scales and focuses
• Digital tools in regenerative processes
• New economic models
• Innovative methods, paradigms and strategies

#people
WG5 Lead: Andria Balts
ABTS, Budapest
University of Pecs - Faculty of Engineering and Information Technology
WG5 Vice Lead: Jelena Brajkovic
University of Belgrade - Faculty of Architecture

WG5 Working Field
Pie chart showing: University (50%), Company (30%), NGO (20%)

Think, platforms and metrics
Diagram showing the relationship between 'Think', 'platforms', and 'metrics'.

REFERENCES AND LINKS

PRESENTATION Restore Ready Sabden Presentations can be found here:

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VIDEO RESTORE Animations and Recordings can be found here:

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LOCAL



RESTORE
READY
SABDEN

REGENERATIVE LOCAL

Dissemination Presentations



BIODIVERSITY IN CENTRE OF CLITHEROE

RICHARD STEPHENSON

PROFILE

Richard Stephenson is an Investor, Entrepreneur and CEO of YUDU Media, a global leader in Digital Publishing, with offices in Clitheroe Lancashire, London, Boston and New York.

He is Chair of the Primrose Community Nature Trust, which owns and manages Clitheroe's Primrose Nature Reserve for the benefit of the local community and wildlife. Following its extensive restoration work over two years, the site is already listed as a Biological Heritage Site.

OVERVIEW (ABSTRACT)

Richard tells the story of the transformation of the lodge (reservoir) at historic Primrose Mill, a former cotton spinning mill and latterly a calico printworks in the Lancashire market town of Clitheroe.

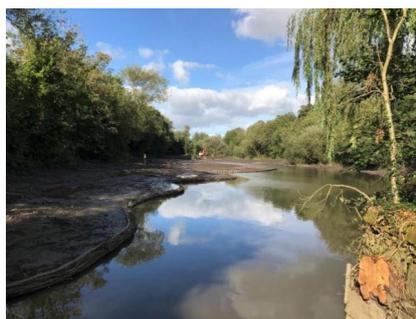
KEY MESSAGE

Habitats created include woodlands, wetlands, seasonal ponds, habitat piles, deadwood and rivers.

Work undertaken includes:

- 4000 cubic metres of silt dug out
- Public access including footpaths, a boardwalk and bridges
- Installation of a fish pass, accessing previously unreachable fish breeding grounds

KEY IMAGE / SLIDES



REFERENCES AND LINKS

WEBPAGE <https://www.primrosecommunitynaturetrust.org>

WE BANNED SUSTAINABILITY

ANN VANNER

PROFILE

Ann is an architectural technologist (MCIAT), architect (ARB), an academic (SFHEA), a practical researcher and educator.

She has for the last 10 years taught on the Bsc (Hons) Architectural Technology Programme at UCLan, fostering an idea of learning through doing and ensuring that the next generation entering the profession have a wide and diverse knowledge base and a thirst to continue learning. She is passionate about the importance of design detailing - believing that for a building to function well, so must its details.

OVERVIEW (ABSTRACT)

Banning the word "sustainable" from work forced us all to think about how to better describe what we wanted to do and question what others are doing.

KEY MESSAGE

Listening and question everything.

KEY IMAGE / SLIDES



CLASS OF YOUR OWN

ALISON WATSON

PROFILE

Alison Watson is a former land surveyor and the founder and Chief Executive of social business Class Of Your Own. She created the innovative "Design, Engineer, Construct!" (DEC) accredited learning programme for secondary school students aged 11-18, supported by some of the UK's leading companies, professional bodies and universities through the groundbreaking 'Adopt A School' scheme.

A true collaborator, Alison and her COYO team create world-leading, STEM-focused Built Environment and Infrastructure learning programmes that deliver genuine social, economic and environmental impact.

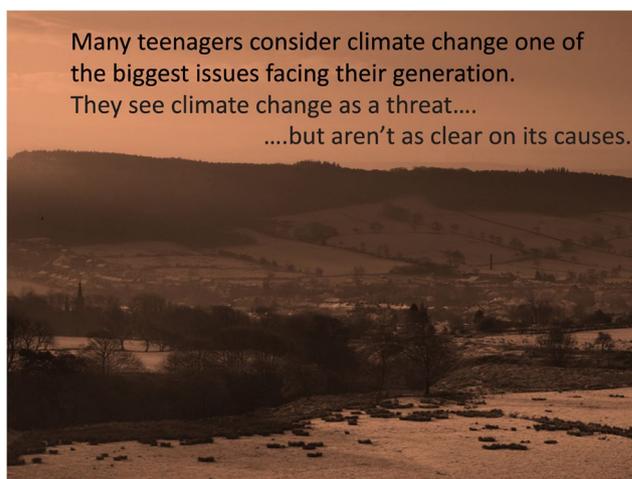
OVERVIEW (ABSTRACT)

Each year, COYO launches a challenge to engage secondary school-age children in real-world issues. To coincide with Glasgow's COP 26 conference In November 2021, and in an effort to help children and young people explore the science of climate change In the context of the built environment, this year's challenge is to 'Design The COP' - the Centre for Our Planet'.

KEY MESSAGE

Young people are concerned about the future of their planet, but for many, climate issues lack relevance and connection to their everyday lives and the science can be complex. Young people are the most vulnerable to the effects of climate change and as such, we have a huge responsibility to help young people understand. There is an even greater imperative if we are to attract the brightest and best emerging STEM talent to secure the future of a decarbonised industry.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

WEBPAGE <https://designengineerconstruct.com/designthecop/>

RESTORE
READY
SABDEN

DISCUSSION

WHAT IS POSSIBLE



"We stand now where two roads diverge. But unlike the roads in Robert Frost's familiar poem, they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road – the one less travelled by – offers our last, our only chance to reach a destination that assures the preservation of the earth."

– Rachel Carson, *Silent Spring*

Written in 1962, Carson's words are very appropriate to today's fork in the road - to be regenerative, the road less travelled, or to remain on the dominant superhighway that is degenerative.

Only through a refocusing of our approach to sustainability, to a Seva worldview, will it be truly possible to address the climate, ecological and social crisis that we face. Over four years, over 160 members from over 40 countries, in 5 working groups, have produced 6 publications, many papers and articles, and countless dissemination presentations. We now ask, what then is the legacy of the RESTORE action that set out to Rethink Sustainability and set the agenda for a Regenerative Economy in the Built Environment? The volume of outputs will undoubtedly inspire and encourage others, individuals, academic and business organisations alike, serving as a route map, from Sustainability to Restorative to Regenerative, seeking a future that becomes socially just, ecologically sound, and culturally rich.

Yet, since we have lost the capability and capacity to think outside of our boxes, we are losing the skill to imagine what a future could look like. And as Rob Hopkins notes in *From What Is To What If* - if we cannot imagine a future, based on what we think good should look like, then we will have great difficulty in getting there. If we knew where 'there' was. As the old saying goes: if we do not know where we are going then any road will get us there.

One of the powerful legacies of RESTORE is the concept of Seva, and that progress towards a regenerative future is dependent on the correct worldview. Regenerative thinking, the Seva mindset, developed in WP1, and promoted through RESTORE, is focused on developing capacity and capability for systems evolution. It is not about sustainability that maintains what is or attempting to restore something to what it was by only reducing impacts. Rather, it is about creating systems (places, buildings, communities, organizations) that have the capacity to evolve toward states of health that thrive over time.

The first four RESTORE working groups and their publications, papers and outputs have demonstrated that we have the tools, the metrics, the approaches, and the solutions for a symbiotic Human Nature Built Environment relationship. What we arguably lack in our mindset is the jump in scale that is to be applied. The mindset scale jump to where nature is seen as both a stakeholder and mentor is for some a big scale jump, but one of necessity. The degenerative discourse and path we are on are too dominant.

As demonstrated within the final WG5 Book, a collection of perspective papers, articles, and thoughtful pieces from WG5 Sub-group looking at the Human-Nature-Built Environment nexus, is how new regenerative paradigms can be applied, not to be in competition or opposition to the current paradigms, but to be so obvious, so rewarding and effective that the old ways of doing things become redundant. Within the context of buildings and cities, we pull on definitions from Working Group One and in particular, to scale jump the definition of the regenerative building, as the key concept, that regenerative buildings exist to enable all life to thrive.

Behaviour theory notes that for change and tipping points to occur, we need to reset the conditions to enable the regenerative paradigm to become easy, commonplace and rewarding. To do so, RESTORE work has to date set out tools, methodologies, and approaches; their effective application within this process is vital.

Watch the What is Possible discussion via the Restore Sabden recordings via the Restore website here:
<https://www.eurestore.eu/restore-ready-sabden/>

RESTORE COMMUNICATIONS

JELENA BLEIZIFFER

PROFILE

Jelena Bleiziffer is Assistant Professor in the Structural Engineering Department at the University of Zagreb, Faculty of Civil Engineering. Her main research interests include maintenance management and sustainability of structures and bridges. She has published over 100 papers, is the co-author of Guidelines for Green Concrete Structures and is co-editor of conference proceedings Concrete Engineering in Urban Development and Networks for Sustainable Environment and High Quality of Life.

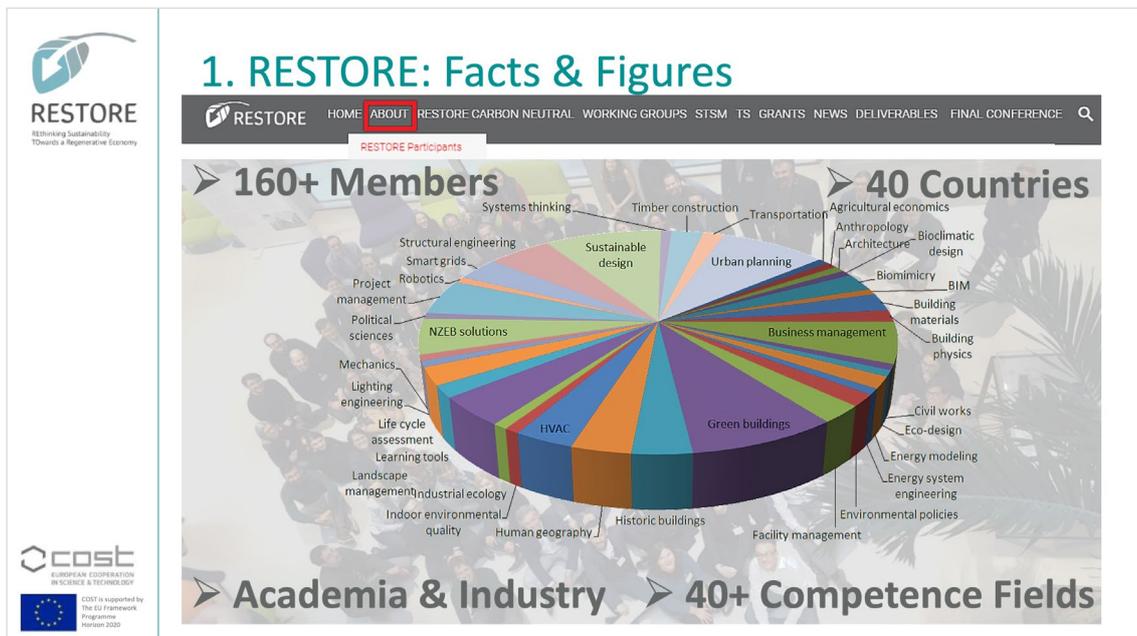
OVERVIEW (ABSTRACT)

One of the main tasks of research is to disseminate scientific results quickly and in a way that is highly target group oriented. Dissemination had a special significance within the RESTORE Action, because the Working Groups started chronologically and sequentially with the topics, so they always had to pass on their results to the next Group. Like a hermeneutic circle, the focus of the Action was thus increasingly shifted from the general to the specific. Over four years, over 160 members from over 40 countries, through 5 working groups, have produced a significant volume of publications, videos, papers, articles, newsletters, dissemination events and presentations. All this is available through the RESTORE website at <https://www.eurestore.eu/publications-and-articles>

KEY MESSAGE

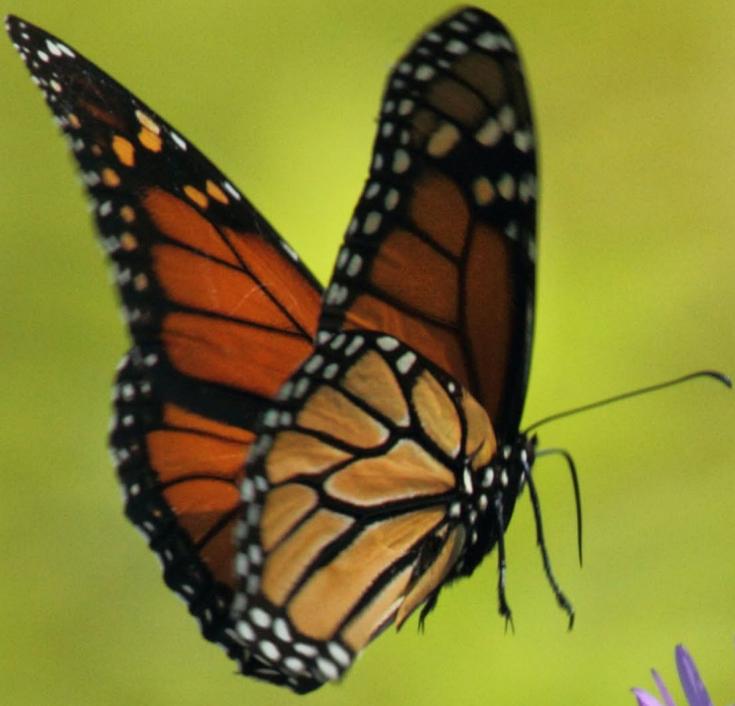
The outputs from RESTORE serve as a body of knowledge for a paradigm shift towards a regenerative built environment future.

KEY IMAGE / SLIDES



REFERENCES AND LINKS

WEBPAGE <https://www.eurestore.eu/publications-and-articles>



**RESTORE
READY
SABDEN**

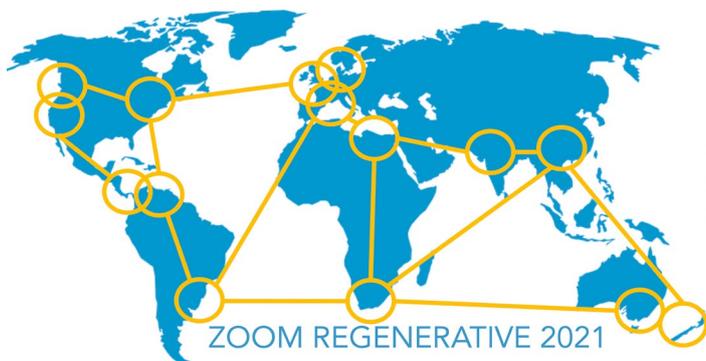
ZOOM REGENERATIVE

INTRODUCTION TO ZR

Zoom Regenerative began in April 2020 by Martin Brown as a response to the COVID lockdown restrictions, and a way to keep in touch with friends and colleagues working on regenerative projects in the built environment and beyond.

Weekly 45 minute Zoom gatherings showcasing regenerative sustainability insights in a laid back atmosphere quickly moved to two hour sessions showcasing one or two presentations with a vibrant Q&A and chat box—still in a laid back atmosphere.

In December 2020, Zoom Regenerative made it to the final of the Alliance for Sustainable Building Products Innovation Awards, as a platform that aimed “to showcase exceptional commitment to delivering sustainability communicated through building projects” as it had become apparent that the members who attend regularly, find it useful to not only learn something new, but also showcase their work, network and meet new people—with one participant stating she has ‘found her tribe’, and from late 2020, Anna Williamson joined as co-host.



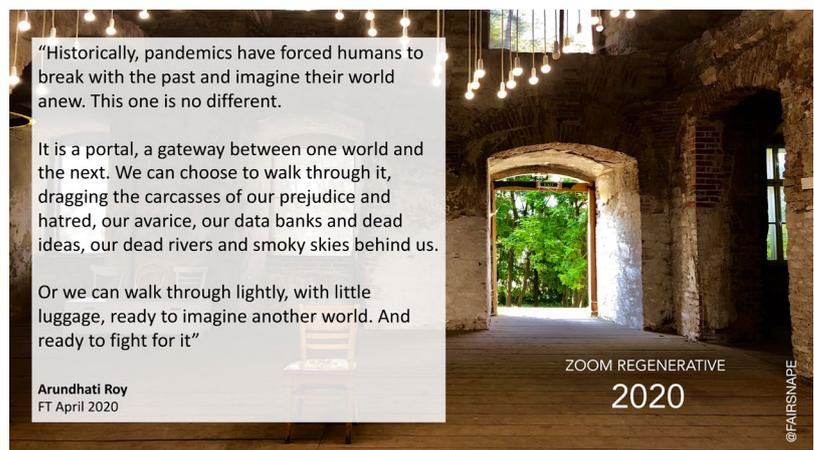
With a truly global reach, each session (now twice a month in 2021) is reaching further and further. In the truest ‘living systems’ way of thinking and acting, the series is growing and responding - akin to an ancient forest or mycelium network, supporting the reciprocal sharing of experiences and information, nurturing new talent and nourishing existing practitioners, reaching out beyond the built environment into sectors such as fashion, engineering, manufacturing and the wider

business community. Ongoing gratitude is expressed to all attendees who give of their Tuesday evenings (evenings to allow for those in Australia to attend at a reasonable hour).

As response to this organic growth, the online sessions now enjoy a companion newsletter curated and authored by Martin, taking a ‘sideways look’ at the issues of the moment, that impact at the level of ‘regenerative sustainability’.

Taking the format further still, members had expressed a need for a tutorial series -and so the Pollinator Series has been developed so that attendees can brush up on and reinforce their sustainability knowledge and understanding, or begin their journey into sustainability in a welcoming and nurturing online space. The Pollinator Series will run each quarter for three sessions.

And further still.... the Zoom Regenerative will be replicated in Costa Rica and will have a Latin America focus on exemplars of regenerative sustainability.



INTRODUCTION TO MEDITATION

Anna Williamson and John Renwick



To say 'I meditate' has become socially acceptable. Businesses are focusing more and more on the mental health and wellbeing of employees (their biggest asset, after all) and so to incorporate Transcendental Meditation into the day, twenty minutes in the morning and twenty minutes in the evening, is to access a profound level of 'calm' which brings manifest benefits, in my experience, from day one.

TM is a branch of Vedic science, the knowledge revived by Maharishi Mahesh Yogi in the mid-20th century which began a movement that continues to this day. Once learned, the simple technique allows the meditator to access levels of creativity, intelligence and calm that are limitless— essential skills for me to not just survive in a busy work and family life, but to thrive.

To effortlessly transcend is to go beyond the level of my awareness, to expand consciousness, to connect to something bigger than me, to enjoy a deep inner silence which allows me to clear some stresses for the day and

attend to my various tasks with a lightness and pleasure. Intrusive thoughts naturally move into the background and over time one becomes naturally more attuned with the laws of nature, so that daily life is increasingly effortless, the ego retreats and the goal -if there is one -is to relish in the bliss that is there for the taking.

On an individual level, although I came to TM as a way to deepen my spiritual awareness and practice, there are many evidence-based studies on the impact of meditating on depression, insomnia, addiction, PTSD and ADHD, stress, anxiety, heart disease and high blood pressure. Clarity of mind, greater energy, creativity and awareness are the only side effects I have experienced.

But what of the impact at a business level? What can this simple technique do to benefit leaders and managers?

Through the expansion and mastery of consciousness, accessing this field of infinite creativity (the Unified Field Theory in physics) builds peak performance, which grows effective leadership into invincible leadership, grows effective organisations into invincible organisations. Tools to improve performance, decision making and time management support and encourage this transition.

A rustic shelter made of sticks in a forest. The shelter is a conical structure built from numerous long, thin, light-colored sticks or branches, leaning against each other to form a pointed roof. It is situated on a forest floor covered with dry leaves and pine needles. The background shows a dense forest of tall, thin trees with sparse foliage, suggesting a late autumn or winter setting. Sunlight filters through the trees, creating dappled shadows on the ground.

RESTORE
READY
SABDEN

PECHAKUCHA

PECHA KUCHA SESSIONS

SCOTT MCAULAY

Scott coordinates the Anthropocene Architecture School, an agile, architectural education platform. Launched at 2019's Architecture Fringe - protesting architecture's inertia following 2018's IPCC Report, the AAS actively supports architects, students, and educators by creating educational spaces to respond to the Climate Emergency, with a focus on cultivating Climate Literacy in the construction industry. Since graduating in 2019, Scott has lectured and run workshops on built environment Climate Literacy and architectural climate action for 15 schools of architecture across Europe and Canada and this work has featured in Archinect, the Architects Journal and in TIME's recent "Climate is Everything" issue. He sits on the RIAS Sustainability Working Group, is a coordinator of the Architects Climate Action Network's Climate Literacy Working Group and placed in the RIBA Rising Stars cohort of 2020.

The **Anthropocene Architecture School (AAS)** is an agile, educational platform that creates spaces to proactively engage with climate change around the built environment. We actively cultivate climate literacy in architectural education and the wider construction industry. The **AAS** was formed at the beginning of 2019 and launched that July as part of Scotland's Architecture Fringe, and has since engaged with over 3000 people. The project's work in climate literacy has featured in various international architectural press releases. These include The Architects' Journal, Archinect, and placed in the RIBA Rising Stars cohort of 2020. The **AAS** has delivered workshops and lectures to 14 institutes of higher education within and beyond the U.K: including London's Architectural Association, the Amsterdam and Rotterdam Academies of Architecture, the Mackintosh School of Architecture at the Glasgow School of Art, and The University of Toronto <https://www.patreon.com/AnthropoceneArchitectureSchool>



PECHA KUCHA SESSIONS

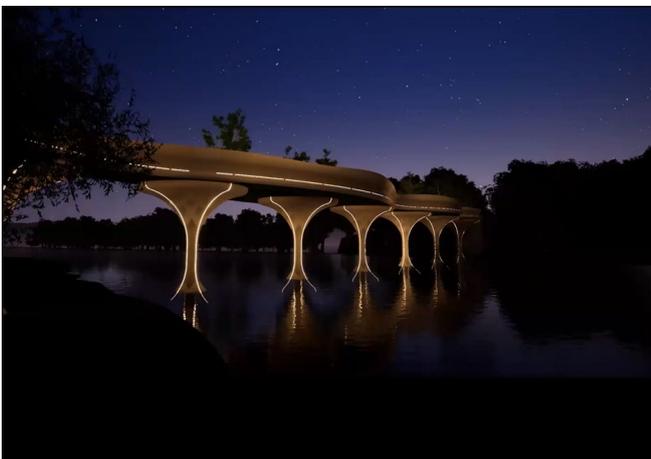
JOHN BRIDGE

John Bridge is a graduate from UCLan Bsc Architectural Technology Programme and has many years of experience in Preston. He is passionate about architecture and regeneration of the City of Preston and came up with Preston's Living Bridge idea for the The Old Tram Bridge. The original Tram Bridge linking Preston and South Ribble was a popular and well used pedestrian link crossing the River Ribble. The bridge was blocked off at short notice on 27th February 2019 after an inspection concluded that it could collapse without warning.

Studio John Bridge set about coming up with a conceptual project to not only ensure this important link was to remain, but also to enhance the user experience.

The proposal called Preston's Living Bridge would be built out of engineered timber, stronger and tougher than its historic predecessors. It would harness energy through water turbines, given the strong current in the River Ribble, which provides excess electricity to power Avenham Park and Old Tram Way lighting. This makes it not only safer in the evening, but hugely attractive and likely to become an 'evening walk' sensation. Elliptical viewing ports allow visitors / commuters to see the river and columns below them.

John: "Our home in Preston is more than just our base of operations. Our sense of place is a proud part of our identity, and a driving force in our approach. It's central to who we are. The work we do offers an opportunity to take a leading role in the regeneration of Preston, and beyond - bringing purpose and life to environments that were once overlooked or forgotten." Having won a civic award from the Mayor of Preston for his work on the New Market Facilities, it's a role that John has taken on throughout his whole career.



PECHA KUCHA SESSIONS

NOOSHIN AKRAMI

Nooshin has a background in the construction industry in Iran, Turkey, and the UK and has worked her way up, starting as a trainee draftsman, to a senior architectural technologist before achieving her first academic qualification in architectural technology.

After completing a master's degree in Planning Sustainable Environment, Nooshin joined the University of Bolton as a senior lecturer and course leader for 7 years before moving to the Motorsports Department for a year and then joining the management team at the university as strategic property project officer and leading the sustainability agenda and supporting some of the other strategic projects. A chartered member since 2013, Nooshin has been actively involved with the Chartered Institute of Architectural Technologists in the North West since 2012 as a regional CPD officer and now as a regional councillor and a trustee at the CIAT Executive Board.

Nooshin is currently a freelance sustainability consultant at Envis Consultancy Limited. Nooshin presented her insights into the Chartered Institute of Architectural Technologists and her manifesto for furthering the discipline across all educational sectors.

#PROMOTE THE AT DISCIPLINE



PECHA KUCHA SESSIONS

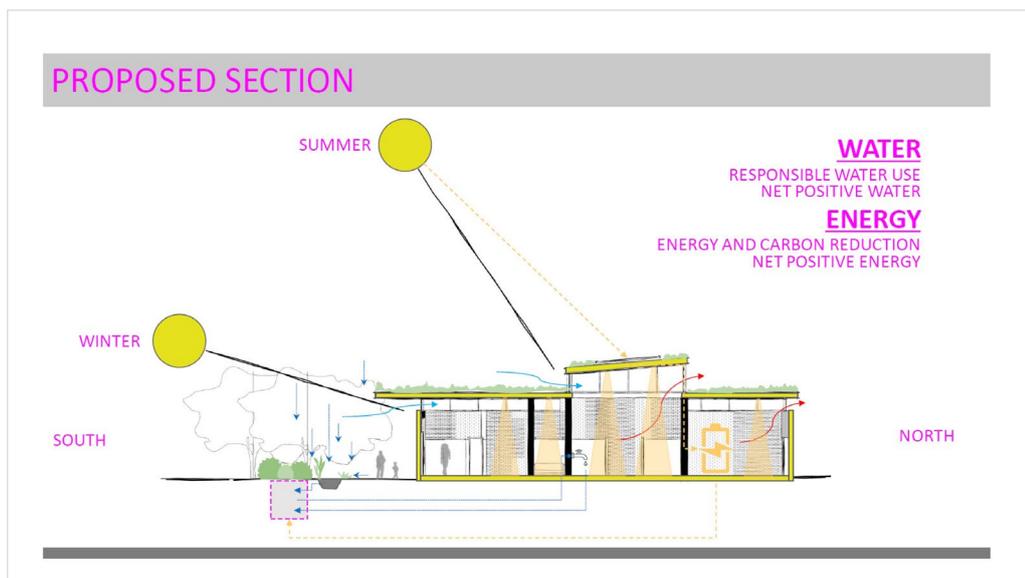
ANN VANNER and the B.Sc. (Hons) Architectural Technology Final Year Students

Practical Creativity is our starting point and approach within the course. This fosters the idea of learning through doing and inspirational pragmatism. Within the final year of the B.Sc. Hons Architectural Technology there is an unconventional and unwavering passion for the built environment, detailed construction knowledge, and a desire to make a positive change in the environment and as such, each year a live project is undertaken.

MOOR PARK CYCLE HUB

The brief was a simple one - to provide the necessary accommodation to an inclusive cycle group who required addition secure storage space within a building that dated in parts back to the Victoria era, while also retaining its current use as the changing rooms for the football group, on a very limited budget.

We looked at the Living Building Challenge Framework and used that to help and encourage conversations. The framework was amended by the students to look like the spoke of a wheel, but also to highlight the interconnectivity of the issues that users were facing. The ability of the building to provide for its own needs however was a message that the client and the end user found inspiring as well as pragmatic and sensible.



PECHA KUCHA SESSIONS

ALISON WATSON

Each year, COYO launches a challenge to engage secondary school-age children in real-world issues. To coincide with Glasgow's COP 26 conference in November 2021, and in an effort to help children and young people explore the science of climate change In the context of the built environment, this year's challenge is to 'Design The COP' - the Centre for Our Planet'.

DESIGN THE COP
AN EDUCATION CENTRE FOR OUR PLANET

We want you to design The COP - an exciting educational building where young people can explore the STEAM* of climate change.

A place for young people to highlight and drive the youth response to the global climate emergency.

It will be Glasgow's most sustainable, energy-efficient building - integrating smart sensor technology to monitor itself and the local environment.

Multi-functional, it will offer a wide range of activities, enabling children

and young people of all ages to develop knowledge and skills as ambassadors and custodians of Planet Earth.

The COP will provide creative ways for young people to focus on the key scientific themes discussed at COP26:

Clean Transport **Nature Solutions** **Adaptation & Resilience** **Energy Transition**

PROJECT TEAM
Find out about the roles below and how they get involved in the design of a building.
Architect, Architectural Technologist, Structural Engineer, Civil Engineer, Building Services Engineer, Facilities Manager, Interior Designer, Landscape Architect, Project Manager & Quantity Surveyor.

Focus on them when designing The COP
Collaborate in real life, or online - after all, your digital life is now part of your everyday life!

[Click to FIND OUT MORE](#)

classofyourOWN CHALLENGE 2021 - Design 'The COP'

*Science, Technology, the Arts, Engineering and Maths

PECHA KUCHA SESSIONS

RICHARD STEPHENSON

Richard's session here describes the conversion of an industrial 19th century turbine building, at the junction of two rivers - the Merely and Pendleton - into his home at Otter's Rest in Clitheroe, with the ambition to be zero carbon.

The creation of Otter's Rest

- Location: Clitheroe Lancashire at the junction of Merely and Pendleton rivers
- Contaminated Land, collapsed roof basement full of mill waste.
- Objective: to create a low to zero carbon architecturally pleasing retreat that embraces the rivers and creates a feeling of well-being.
- Objective: to recycle all existing materials and used sustainable materials wherever possible.
- Objective: To maintain the industrial heritage.



The creation of Otter's Rest



PECHA KUCHA SESSIONS

JOHN RENWICK

John began his career as a structural engineer with Woods Warren Consulting Engineers in Milton Keynes in 1980. From 1984 until 1988, now a teacher of Transcendental Meditation, he became the Director of the Ideal Village at Skelmersdale in Lancashire, utilising vedic technologies in construction (Vastu) to create the Maharishi School and deliver a housing scheme. The project was the winner of the British Urban Regeneration Association Award in 2000, for Best Practice.

From 1986 to date John has been the Director of the Beacon Construction company, with the responsibility for the design and build of 58 private dwellings, an office building and the school, in the Ideal Village.

John is a Vastu consultant and has advised on and designed twelve self-build homes in the UK and Ireland.

In 2004, John began his role as Director of MSV Homes, with technical responsibility for the design and build of 57 private homes and a community facility at Rendlesham in Suffolk.

John's presentation focused around the Vastu design and build method which weaves into human architectural design the intelligence of the Cosmos. John highlighted how this scientific approach also roots a building in its place - usually designed by a practitioner who comes from generations of practitioners before them, and that the resultant home is demonstrably harmonious with nature and produces a profound compatibility between the built environment and the natural environment. John can be reached at:

john.renwick@naturalbuildingdesign.co.uk



PECHA KUCHA SESSIONS

RICHARD SHIRRES

Richard is a retired chartered engineer with a second degree in applied environmental science and a member of the United Nations Association UK. Richard's decades of experience cover overseas development and civil society roles and, in the last few decades, experience relating to urban & landscape-scale climate adaptation. He can be reached at richardshirres@gmail.com

Richard delivered a presentation on wetlands and river management.



PECHA KUCHA SESSIONS

MARTIN BROWN

A REGENERATIVE JOURNEY

Martin's Pecha Kucha took a timeline approach to his regenerative journey, from his early career as a project manager, through business improvement into environmental management roles and to today's regenerative sustainability 'provocateur' role with his practice, Fairsnape. And into his advocacy roles that include the founder of Zoom Regenerative, as vice-chair of RESTORE, vice president of Living Future Europe.

Throughout his regenerative journey, there has been deepening connectivity with nature, from early days mountaineering to the naming of his business after the local hill: Fairsnape). And as his approach to nature and mountains has matured, inspired by Living Mountain by Nan Shepherd, of going into the mountain not up, of being with the mountains not conquering, so has his sustainability approach matured to one that is regenerative and mindful, based on Seva and reciprocity. Throughout his consultancy, Martin has worked with many built environment clients, through bid writing or strategic sustainability support, which has enabled a rich sharing of regenerative seeds.

"Martin has been a guiding light and great collaborator in more ways than one can list. His gentle weaving of connections and threads helps to support a vast network of people who want to do good for the planet. Open-minded while being supportively provoking, he is a valued ally."





CONCLUSIONS

RESTORE
READY
SABDEN

CONCLUSIONS



MARTIN

To be able to bring together the dissemination work from RESTORE, the inspiring hub of regenerative practices and projects within NW England and the global Zoom Regenerative community, within my home area - the outstanding Forest of Bowland - has been an honour and a privilege. I am truly grateful for the support of Anna, Ann and Alison in bringing this event together, and to the vibrant communities in Restore, the Regens and our local hub in setting the foundation and direction for a just and regenerative future.

ALISON

It's not often a village gets to headline alongside Athens, Warsaw, Paris, Madrid, Belgrade and Malmö, but the new normal of online events means the world can now be anywhere - and Class Of Your Own was proud to play host in the village hall next to its offices and the much-loved landmark, St Nicholas' Church.

ANN

Being part of this event in the heart of Lancashire, for a true Lancastrian was inspiring, validating and fun. I see myself as a conduit. Reaching out and learning from those both near and far and taking this knowledge and passion back to the Architectural Technology studio at UCLan, but also the other way round, being able to show a wider audience the work that the next generation of professionals within the built environment are already undertaking to ensure a just and regenerative future for all here in Lancashire.

ANNA

I am honoured to have been involved in a small way with this conference which has shared findings from so many very intelligent and very capable people, delivering groundbreaking research for the benefit of the built environment and the users of it. To be able to share local projects that, independent of the COST Action, have incorporated the spirit and intent of the RESTORE findings was heartening and I look forward to playing a part in furthering the implementation of the findings from the working groups as a practitioner.

QUOTES AND COMMENTS

RESTORE
@CostRestore

7 events 90+ amazing speakers 400+ attendees 40 hours of inspiring insights between nature, science, technology, architecture, engineering, wellbeing, materials **#CostRestore** is **#RestoreReady** :-)
A shout-out to the speakers, organisers, attendees !

RESTORE READY Thank you
7 events 90+ amazing speakers 400+ attendees 40 hours of inspiring insights between nature, science, technology, ...
youtube.com

9:52 AM · Apr 22, 2021 · Twitter Web App

2 Retweets 3 Likes

<https://twitter.com/CostRestore/status/1385154533853220867>

Alison Watson MBE
@ClassofYourOwn

A great **#RestoreReady** evening - so proud to host here in **#Sabden** and bring a little **#Lancashire** to all our friends at **@CostRestore**



RESTORE @CostRestore · Apr 20

#CostRestore #RestoreReady #Sabden **UK** running full speed ahead :-)) w/ a lot of great insights thoughts and findings from **@COST** programme Restore and **#regenerativedesign** local UK cases. Stay tuned :-))

8:21 PM · Apr 20, 2021 · Twitter for iPhone

1 Retweet 5 Likes

<https://twitter.com/ClassofYourOwn/status/1384588014270177282>

RESTORE
@CostRestore

We started **#CostRestore** 4 years ago with **#CO2** at 404.64, we are now at 421.21. So what? Are we **#brave #bold #disruptive #clever #passionate** enough, for a the needed paradigm shift? - says **@fairsnape**



COST and 7 others

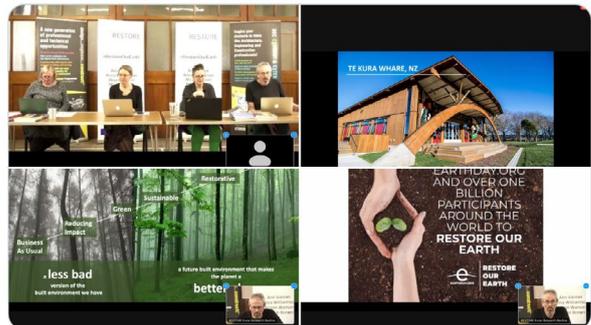
2:21 PM · Apr 20, 2021 · Twitter Web App

6 Retweets 8 Likes

<https://twitter.com/CostRestore/status/1384497520416464898>

Russell Hogarth
@RussHogarth

What an amazing **#EarthDay** conference and thank you for the invite -Russ **@AllanMargolin @ProfStrachan #regenerative** insights with **#RestoreReady** and **#ZoomRegenerative** from **#Sabden #Lancashire @CostRestore @ClassofYourOwn #RestoreOurEarth #CircularEconomy @annvanner @fairsnape**



7:17 PM · Apr 20, 2021 · Twitter for iPad

9 Retweets 3 Likes

<https://twitter.com/RussHogarth/status/1384571887011909632>

CARBON FOOTPRINT

In line with the RESTORE ambition to be carbon neutral, the RESTORE Ready Sabden event will adopt the ARRO approach (To Avoid, Reduce or Replace and then to Offset) to ensure that not only is the event carbon neutral but through offsetting more than emitted we are carbon positive.

CARBON ELEMENTS

Carbon emission elements at RESTORE Ready Sabden included:

- Travel to and from venue
- Collection and delivery transport
- Energy used
- Seven hours of streaming and internet connectivity/access
- Remote presenters streaming
- Remote users viewing
- Post-event recordings editing
- This publication about the proceedings

OFFSETTING

Offsetting through Gold Standard (<https://www.goldstandard.org>)

Project supported: Vichada Climate Reforestation, Colombia

Social benefits

Creation of regional job opportunities and reduced migration

Promotion of education and financial support for different schools in the project area in order to stop child labour

Focus on building a diverse and multicultural team with equal rights for all participants

Integrated capacity building and environmental education programs for local communities

Ecological benefits

Soil erosion prevention to protect the nutrients and soil microelements

Creation of shelter for migratory and native animals and insects due to reforestation activities

Forest conservation creates natural corridors and ensures the connectivity of regional native ecosystems

Home to 6 endangered flora and 35 endangered fauna species

Carbon Offset: 6.0 Tonnes CO₂



**RESTORE
READY
SABDEN**

REFERENCES

VIDEOS SHOWN DURING INTERVALS (LISTING)

All RESTORE videos and animations are available to view on the RESTORE YouTube Channel:

<https://www.youtube.com/channel/UCNypx4aEhXx7bejh21gwo7w>

VIDEO	LINK
Earth rotating and 'waking up'	https://bit.ly/3t5H2JT
RESTORE WG0 Animation	https://bit.ly/3xO7YRT
RESTORE WG1 Animation	https://bit.ly/2QFOo9O
The Call of the Curlew	https://bit.ly/3e2ubUB
Noticing Nature in the 1st lockdown- local	https://bit.ly/3t3ehgX
Cuerden Valley Park Visitor Center	https://bit.ly/3nx3hHk
Air & Light - Jenny Sturgeon	https://bit.ly/3e52HOd
UK In 100 Seconds - Dan Raven Ellison	https://bit.ly/32Wtp54
Intro to TM	https://bit.ly/32XR4Sy
Restoration of Crosby Peat Bogs	https://bit.ly/3t8dg77
Google Forest	https://bit.ly/3sXPkn2
Google Cities	https://bit.ly/3aOYpID
COYO in San Jose	https://bit.ly/3e26Geg
UCLAN Students	https://bit.ly/3u4qweu

SUGGESTED READING

THE LIVING MOUNTAIN

Nan Shepherd, 1977

Published in 1977 but written during World War Two, the Living Mountain is a deep engagement and meditation on high places: a walking into rather than up mountains, a caress rather than a conquer of peaks, with a "let's see closer" approach. Shepherd who deeply immersed herself in the Cairngorms, Scotland's eastern Highlands, swam in streams, watched wildlife, and slept outdoors, often went "stravaigin" (wandering). Today, Shepherd's writing is justifiably experiencing a renaissance, with her portrait featured on the Royal Bank of Scotland's £5 note.

LET MY PEOPLE GO SURFING

Yvon Chouinard, 2005

Three books in one: biography, a sustainability philosophy and business. A book that regularly features on the 'book I give away to inspire others' listings.

SAND COUNTY ALMANAC

Aldo Leopold, 1949

Recognised as the classic for land ecology. It is from here that the inspiration vision for Restore WG1 and the first training school in Lancaster was taken. "Teach the student to see the land, to understand what they see, and enjoy what they understand."

ECOHOUSE 2 - A DESIGN GUIDE

Sue Roaf with Manuel Fuentes and Stephanie Thomas, 2001

An influential book when it was released, that has stood the test of time - addressing materials, insulation, thermal mass, natural ventilation, infiltration, solar design systems and water conservation.

CHASING THE SUN

Linda Geddes, 2019

A beautiful book on the human circadian rhythm and how sunlight impacts wellbeing - also how light at specific times of the day has specific qualities.

MY NAME IS CHELLIS AND I'M IN RECOVERY FROM WESTERN CIVILISATION

Chellis Glendinning, 1994

Climate change and the discussion around it can be overwhelming and could trigger a human response to just 'freeze' and not do anything - hopeful that someone will sort it all on our behalf. This book discusses the importance of feeling destabilised and how to draw strength from that. Move through the uncertainty to find growth, dynamism and action.

TOO EARLY, TOO LATE, NOW WHAT?

David L Hawk, 2019

Challenging the argument for maintaining 'business as usual' because of the complexity of a problem, Hawk applies systems thinking to living systems, advising us to stop relying on two dimensional regulations, as based on one dimensional thoughts and ideologies arising from pointless wants for individual power.

HOW TO BUILD VASTU HOMES AND CITIES

Maharishi Vastu

Institute of Vedic Architecture and City Planning of Maharishi University of Management, 2019

The book shares some of the most important information that exists in the field of architecture and urban planning. It introduces Vastu building, the world's most ancient and powerful system of construction, which is based on Natural Law.

RESTORE

There is a vast body of knowledge for a regenerative built environment, for free download from the Restore website: <https://www.eurestore.eu/publications-and-articles/>

HOSTS

FAIRSNAPE

Fairsnape is the regenerative sustainability consultancy business of Martin Brown. Supporting, counselling and provoking clients, designers, contractors, academic and industry groups on their regenerative journeys, discoveries and approaches. Martin's own approach is mindful, based on Seva and reciprocity.

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CLASS OF YOUR OWN

For more than a decade, UK education consultancy and social enterprise Class Of Your Own (COYO) has inspired children to experience the digital Built Environment and Infrastructure through the 'Design, Engineer, Construct!' (DEC) Learning Programme. Class Of Your Own is a social business and Built Environment education consultancy. <https://www.classofyourown.com/> <https://designengineerconstruct.com/about-dec/>

AT

The Architectural Technology at UCLan brings together all aspects of the design process, from concept through to completion, to develop key problem-solving skills which are ideal for employability.

The course focuses on the making of detailed decisions about the design and construction of buildings and their immediate surroundings. It looks at both new and existing buildings.

<https://www.uclan.ac.uk/degree-apprenticeships/courses/architectural-technology-bsc/>

ANNA WILLIAMSON

Anna is a carbon literate architectural technologist and project manager, working towards Living Future Accreditation and researching Life Cycle Assessment methodology to assist in delivering low-carbon-manufacture solutions.

She is a practitioner of Transcendental Meditation and a Vedic Sciences student, specifically in relation to housebuilding.

Passionate about robust, resilient and equitable housing solutions, she incorporates living systems thinking, permaculture and regenerative principles into everything she does, believing that housing is not a partisan issue - everyone has the right to a robust, warm, dry home with access to good daylight, outdoor space and within a vibrant and safe community.

PHOTOGRAPHY CREDITS

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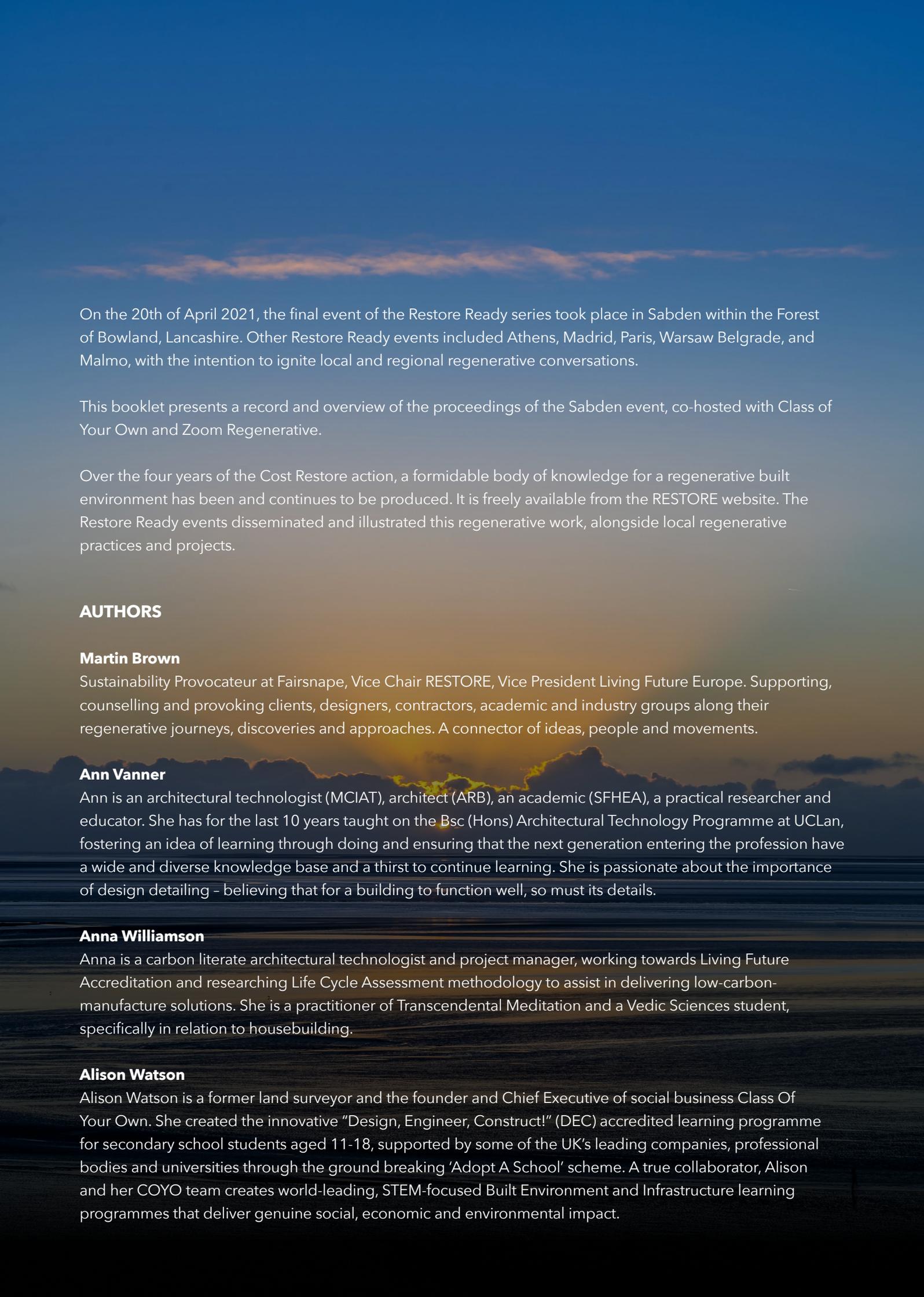
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On the 20th of April 2021, the final event of the Restore Ready series took place in Sabden within the Forest of Bowland, Lancashire. Other Restore Ready events included Athens, Madrid, Paris, Warsaw Belgrade, and Malmo, with the intention to ignite local and regional regenerative conversations.

This booklet presents a record and overview of the proceedings of the Sabden event, co-hosted with Class of Your Own and Zoom Regenerative.

Over the four years of the Cost Restore action, a formidable body of knowledge for a regenerative built environment has been and continues to be produced. It is freely available from the RESTORE website. The Restore Ready events disseminated and illustrated this regenerative work, alongside local regenerative practices and projects.

AUTHORS

Martin Brown

Sustainability Provocateur at Fairsnape, Vice Chair RESTORE, Vice President Living Future Europe. Supporting, counselling and provoking clients, designers, contractors, academic and industry groups along their regenerative journeys, discoveries and approaches. A connector of ideas, people and movements.

Ann Vanner

Ann is an architectural technologist (MCIAT), architect (ARB), an academic (SFHEA), a practical researcher and educator. She has for the last 10 years taught on the Bsc (Hons) Architectural Technology Programme at UCLan, fostering an idea of learning through doing and ensuring that the next generation entering the profession have a wide and diverse knowledge base and a thirst to continue learning. She is passionate about the importance of design detailing - believing that for a building to function well, so must its details.

Anna Williamson

Anna is a carbon literate architectural technologist and project manager, working towards Living Future Accreditation and researching Life Cycle Assessment methodology to assist in delivering low-carbon-manufacture solutions. She is a practitioner of Transcendental Meditation and a Vedic Sciences student, specifically in relation to housebuilding.

Alison Watson

Alison Watson is a former land surveyor and the founder and Chief Executive of social business Class Of Your Own. She created the innovative "Design, Engineer, Construct!" (DEC) accredited learning programme for secondary school students aged 11-18, supported by some of the UK's leading companies, professional bodies and universities through the ground breaking 'Adopt A School' scheme. A true collaborator, Alison and her COYO team creates world-leading, STEM-focused Built Environment and Infrastructure learning programmes that deliver genuine social, economic and environmental impact.