

TEAM NEWSLETTER



Architects Benevolent Society

For this week's Rise and Shine, we will be joined by Jess from The Architects Benevolent Society (ABS).

The Architects Benevolent Society offer confidential advice, support and mental health support to those working in an architectural practice and their families in time of need.

They provide a range of services including confidential advice, mental health and wellbeing and financial assistance to help people experiencing challenges such as illness, accident, unemployment or other personal difficulties. ABS aims to empower people in the architectural community to flourish and live full and rewarding lives whilst following their passion for architecture and design.

Since 2017, they've seen a 265% surge in new beneficiaries and an 89% rise in annual assistance. Recent years have presented numerous challenges, not least the effects of the pandemic and cost of living crisis, impacting many, especially within the architectural community.

During 2022 – 2023, ABS has supported 1155 people with 71% of all cases closing with a positive change.

The presentation will cover ways you can get involved with the work of ABS, including joining their national Ambassador programme.

RISE AND SHINE

Practice

FOOTPRINT+

Written by Pete

Last week saw James, Pete, Dom, Ben Webb, Greta and Mark head to this year's Footprint+ at the Old Billingsgate Market on the north bank of the Thames, having moved from its birthplace of Brighton.

Footprint+ is the development and built environment's decarbonisation, climate and sustainability conference. It is a smaller (and so more effective and informed) gathering than UKREiiF or MIPIM, and brings together designers, developers, local government and specifiers to explore and debate the environmental challenges of our times.

This year saw the more prevalent use of the term 'Regenerative' – in many contexts, from building reuse, to leadership and ultimately nature. The struggles we are all having with the Biodiversity Net Gain Metric were debated with one of its founders from Natural England and our own James King on a panel brought together by RSK.

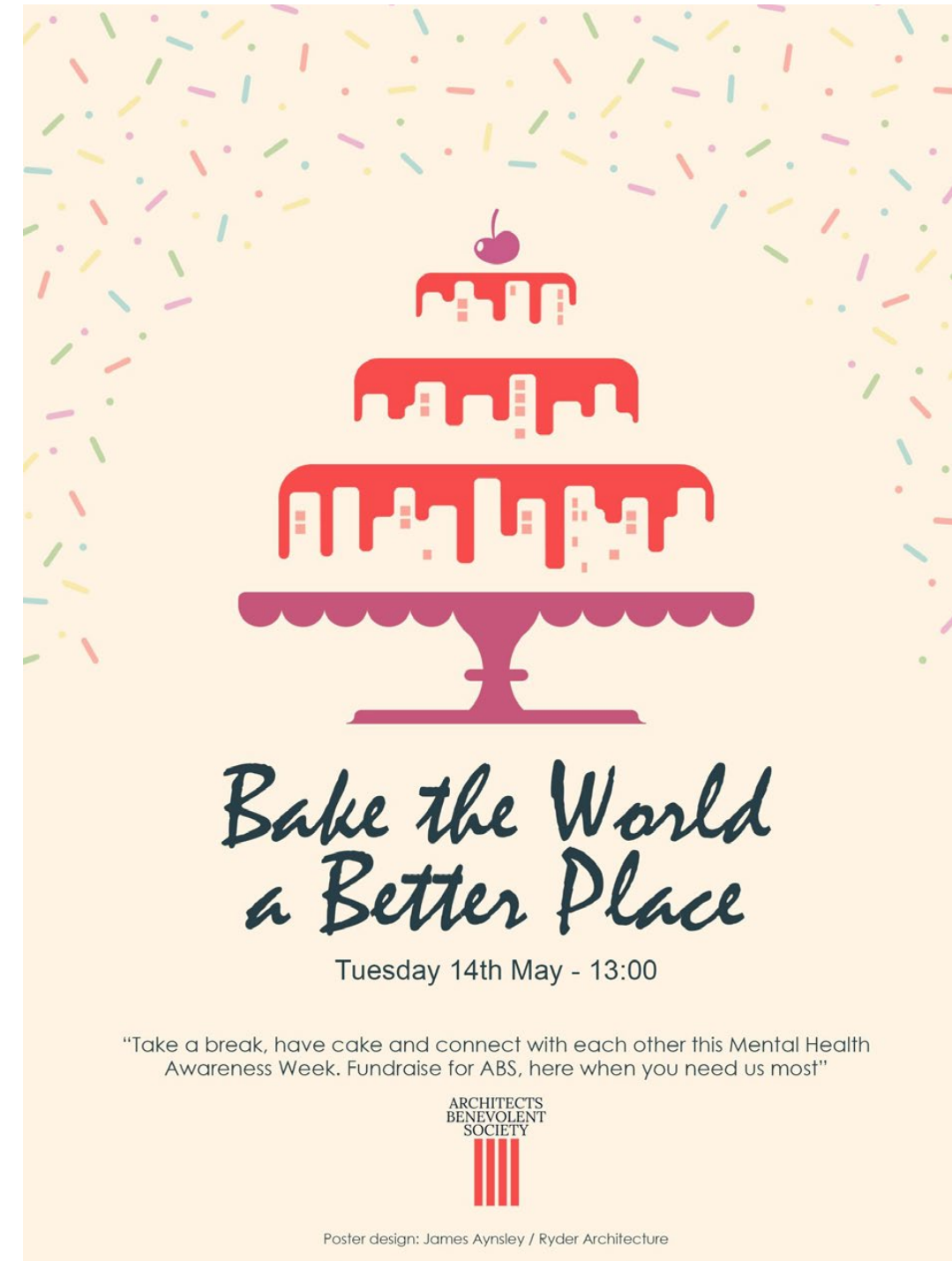
I was lucky enough to be invited by Buro Four to join a round table session on how to evolve leadership to have a 'retrofit first' mindset.



Friends from Civic Engineers, Max Fordham, JTP and our Albert Dock client Ben Cross (the pin-up boy of Footprint!) talked about how we are all trying to equip our colleagues with a more challenging and inquisitive mindset. The Planit examples of 'deep retrofitting outside' were a welcome contrast to conversations around steel and embodied carbon tools.

On the final day (the final session!) I chaired Alan Carter, CEO of the Land Trust and Joe McIndoe, Head of Partnerships at Groundwork, to share our thoughts on community and biodiversity. Focussing on Festival Gardens, NOMA and the PLANT CIC in particular, it was clear that rather than 'Enhancing community through biodiversity improvements', the opportunities lie the other way round.

Footprint+ remains a vital event to share and explore our regenerative mission and we look forward to seeing some new faces next year for what is a fascinating event.



← Take a Break; have some cake!

Some of our studios are Baking the World a Better Place this Mental Health Awareness Week, 13th to 19th May for the ABS and their Mental Health and Wellbeing Support services.

We're asking teams to bake or contribute a cake or savoury bake or just enjoy some treats (or all of the above)!

So why not grab a cuppa, have some cake, connect with your colleagues and make a donation, however big or small.

If you have any questions, please refer to your Social Committee or a Mental Health First Aider or ask Alison or Maria

Your donation makes a huge impact:

- £30 could cover the cost of an annual student membership of AUK
- £80 could pay for one-hour of therapy for someone struggling with their mental health
- £240 could pay for a wellbeing assessment with AnxietyUK
- £500 could cover the cost for Renovo job coaching for one person

People

CONGRATS ON 5 YEARS MYRIAM!

As if it has been 5 years since Myriam rang our office doorbell in Liverpool, with her portfolio under her arm and asked if we have any jobs going. Not many of Planit's employees can boast about that first impression!

Myriam has been challenging and pushing forward the Liverpool studio since day one. As someone who is embedded into Liverpool's community culture, Myriam's clear thinking is vital to cut through project briefs, challenge our clients and ourselves and deliver meaningful work for everyone who has the potential to be influenced by one of our projects. It is for this reason that she is also a key team member in influencing the direction of Planit's regenerative journey.

Myriam has been instrumental in delivering some big projects for the Liverpool studio, namely Liverpool Waters s73, Port Sunlight Public Realm Strategy, Energy Transition Zone Vision, Gateshead Quays Development Framework, Sandymoor and Littleport Station Gateway to name just a few.

Beyond our project work, Myriam has been our Lille tour guide extraordinaire, studio coffee making connoisseur and is always entertaining us by learning our colloquialisms and sometimes doodling pictures of the project team on long teams calls!

Joyeux anniversaire Myriam!



Did you know?

It's Mental Health Awareness Week?

And this year's theme is *"Movement: Moving more for our mental health"*

We all recognise the importance of staying active for our mental well-being. However, in the midst of our daily routines, finding time for exercise can be a challenge.

Below are a few suggestions of things you can do at your desk or at work on a regular basis, many of which help alleviate stress and tension in your shoulders and neck after sitting at your desk for a period of time.

Desk Stretches

- **Neck Rolls:** Slowly roll your neck in a circular motion, first clockwise, then counterclockwise.
- **Shoulder Shrugs:** Lift your shoulders towards your ears, hold for a few seconds, then release.
- **Wrist Circles:** Rotate your wrists in circles, first clockwise, then counterclockwise.
- **Seated Spinal Twist:** Sit up straight, twist your torso to one side while holding onto the back of your chair, then repeat on the other side.



Tips to Encourage Movement

- **Set reminders for short breaks** throughout the day to stand up, stretch, or take a quick walk around the office.
- **Take the stairs** instead of the lift, or (if you have time) parking farther away from the office to incorporate more movement into your daily routine.
- **Set Work Hours:** Define your work hours and stick to them, resist the urge to check emails after hours
- **Allocate Break Times:** Take regular breaks to recharge throughout the day and schedule in time for activities that help with stress release, it's OK to give yourself time for breaks.
- **Prioritise Self-Care:** Make self-care a non-negotiable part of your daily routine, whether it's exercise, meditation and prioritise activities that replenish your energy.

**We design for the living world.
For today, tomorrow and the next 200 years.**

As a B Corp, we envision a global economy that uses business as a force for good; that is purpose driven and creates benefits for all stakeholders, not just shareholders.

We believe that we must be the change we seek in the world. That all business ought to be conducted as if people and place matter. That, through products, practices, and profits, businesses should aspire to do no harm and benefit all.



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