



2018

[www.ecoopenhouses.org](http://www.ecoopenhouses.org)

# Eco Open Houses Worthing

INCLUDING LANCING  
AND SHOREHAM

Saturday and Sunday 21–22 April



Come and see real life examples of how to save energy and water, avoid flooding and create less waste



# Welcome!



Welcome to our fourth Eco Open Houses event for Worthing and Lancing, and this year including Shoreham, on **Saturday and Sunday, 21–22 April 2018**, tying in nicely with Earth Day on 22 April.

Thank you for picking up one of our brochures. Transition Town Worthing is delighted to once again be supported by our sponsors – Operation Watershed, Henry House and Worthing Homes – and our team of partners (see pages 28–31).

## What is Eco Open Houses about?

This weekend is all about sharing ways in which you can save money, learn new ways to live and help our local towns to become more resilient. Your neighbours have transformed their homes and businesses using all manner of water, energy and waste initiatives, from simple free-to-install measures, to high tech, high innovation measures – all of which have helped save money and the environment.

It is possible to live in today's world, feeling cosy and comfortable, yet still doing the best we can for our surroundings.

This year our focus will be on surface water flood prevention and water, plus how to save energy and what we do with our waste.

## Why focus on water?

Did you know of all the water that exists on our planet, less than 2.5% is actual freshwater and drinkable? Plus, much of that 2.5% freshwater is locked away in glaciers, rivers and groundwater.

Locally though, we are experiencing more surface water flooding in recent years and you or your family may have been impacted.

How then, do we adapt our lives to help reduce flooding, and amazingly save money at the same time? Would it be helpful for you to learn about easy measures you can do at home to reduce your water bill and consumption? If so, come along and learn from local people who are doing just that.

Obviously, water isn't the only thing that occupies our thinking these days. Energy prices are ever increasing and the amounts of waste we are continually bombarded with in the media are making us more conscious about our habits, particularly with plastic.

Would you like to understand what else you can do in your homes to reduce your bills? We believe here at Eco Open Houses we have some of the answers to these and other questions and changes you may want to make, so go on, come along, make a weekend of it for you and your family and friends.

Whatever interests you, look inside the brochure and on the website, find the houses that have done what you would like to know more about, and let the owners share their experiences as we journey to a better way of living.

## Workshop and tour

Maybe you want to do more than just looking and asking questions. At one venue we have a practical workshop and we also have a special tour on 12 April you can book to go on, so you can really see what is possible regarding water and waste management. Get yourself along to one of these – they are **free** – we really want to help you!

*Transition Town Worthing Eco Open Houses Team · [transitionworthing@gmail.com](mailto:transitionworthing@gmail.com)*

# Eco Open Houses Worthing 2018

<b>Opening times</b> . . . . .	4
<b>Visiting the venues</b> . . . . .	5
<b>Energy and water saving features</b> . . . . .	6–7
<b>Community and business resilience</b> . . . . .	14–15
<b>Map of venues</b> . . . . .	16–17
<b>About our sponsors</b> . . . . .	28–29
<b>The Eco Open Houses team</b> . . . . .	30–31

## VENUES

 <b>Special tour of Mechanical Biological Treatment Plant</b> . . . . .	8
<i>Thursday 12 April 10am. Must be booked in advance</i>	
 <b>30 Cavendish Close, Worthing, BN12 6DP</b> . . . . .	9
 <b>Maybridge Keystone Centre, Raleigh Way, Worthing, BN12 6JD</b> . . . . .	10–11
<i>This venue is running workshops as well as being open to visitors</i>	
 <b>46 Beechwood Avenue, Worthing, BN13 2HS</b> . . . . .	12
 <b>West Worthing Baptist Church, 45 South Street, Tarring, BN14 7LU</b> . . . . .	13
 <b>Henry House, 189 Heene Road, Worthing, BN11 4NN</b> . . . . .	18
 <b>The Cube, St Paul's, 55b Chapel Rd, Worthing, BN11 1EE</b> . . . . .	19
 <b>Portland House, 44 Richmond Road, Worthing, BN11 1HS</b> . . . . .	21
 <b>51 Northcourt Road, Worthing, BN14 7DT</b> . . . . .	22
 <b>62 Northcourt Road, Worthing, BN14 7DT</b> . . . . .	23
 <b>39 Downlands Avenue, Worthing, BN14 9HD</b> . . . . .	24
 <b>18 Archibald Road, East Worthing, BN11 2SL</b> . . . . .	25
 <b>62 Sompting Road, Lancing BN15 9LD</b> . . . . .	26
 <b>14 Juniper Walk, Shoreham by Sea, BN43 6JE</b> . . . . .	27

For more details about the improvements our venues have made go to [www.greenopenhomes.net](http://www.greenopenhomes.net) – or visit the houses themselves!



## Opening times

For details see the venue page in this brochure or go to [www.greenopenhomes.net](http://www.greenopenhomes.net)

All venues are closed 1–2pm apart from the lunch area on Sunday at Maybridge Keystone Centre (venue 2)

		OPENING TIMES				PAGE	
		SAT 21 APR		SUN 22 APR			
		AM	PM	AM	PM		
1	30 Cavendish Close		2–5		2–5	9	
2	Maybridge Keystone Centre	10–1	2–5	10–1	2–5	10–11	
	Workshop			11–1	2–5	10–11	
	Lunch available				1–2	10–11	
3	46 Beechwood Avenue		2–5	10–1		12	
4	West Worthing Baptist Church	10–1	2–5		2–5	13	
5	Henry House	10–1	2–5	10–1	2–5	18	
6	The Cube, St. Paul's	10–1	2–5			19	
7	Portland House	10–1	2–5			21	
8	51 Northcourt Road	10–1	2–5			22	
9	62 Northcourt Road		2–5	10–1	2–5	23	
10	39 Downlands Ave	10–1	2–5			24	
11	18 Archibald Road	10–1				25	
12	62 Sompting Road		2–5	10–1	2–5	26	
13	14 Juniper Walk	10–1	2–5	10–1		27	
		30 min talks	10.30	2.30	10.30		
			11.30	3.30	11.30		
			12.30	12.30			

SPECIAL TOUR		THURS 12 APR	PAGE
🏠	Mechanical Biological Treatment Centre	10 am	8

## Visiting the venues

The event is free and all are welcome. Visits to these venues are possible thanks to the kindness and generosity of the venue owners or managers. Please be respectful at all times and observe some basic rules.



- **Opening times/days vary.** See the page opposite or the venue pages for opening times.
- **Tours.** Some venues have informal tours that can last up to one hour – times are listed under each venue. They are led by the householder and are based around the eco features listed in this brochure on the next page.
- **Workshops.** One of the venues is hosting a workshop at specific times – these are listed at the bottom of the page for that venue and are indicated throughout the brochure by this symbol . There is no need to book this in advance, just turn up – but please be prompt or you will miss some of the information.
- **Opening times.** Times for open house sessions are between 10am–1pm and 2pm–5pm unless otherwise specified. Please do not visit between 1–2pm as this is the lunchbreak for householders and stewards – apart from one venue where lunch is included – please check the opening times on page 4 and each venue page for details.
- At some of the houses you may be asked to remove your shoes.
- Some of the houses may be in the process of having building work done on them. Please take care when visiting them.
- Children must be supervised by an adult at all times.
- Sorry no dogs (please ask the householder for permission to admit guide dogs).
- We encourage everyone where possible to travel to each venue by sustainable means. Details of buses and nearest train station are listed with each venue. To plan a journey see Traveline South East – [www.travelinesoutheast.org.uk](http://www.travelinesoutheast.org.uk)

# Energy and water saving features

## Water saving features

### Green roof

A roof that absorbs water, influences variation and biodiversity and is created from a waterproof membrane covered with a growing medium and vegetation.

### Grey water recycling

Collecting waste water from sinks, showers and baths and reusing it for toilet flushing or watering the garden. Grey water is waste water that has not been mixed with sewage.

### Low water goods

Taps, showers or toilets that are designed to use less water than typical plumbing fittings, typically by aerating the water.

### Rain garden

Creating a 'rain chain' with as many opportunities as possible to catch, store and use rainwater – preventing it from becoming runoff into storm drains. This relieves potential flooding whilst enhancing one's garden.

### Rainwater harvesting

Collecting water that falls on a roof and using it at home for washing clothes, flushing a toilet or watering the garden.

### Solar thermal panels

Using the sun's energy to directly heat water. Can be a flat plate system or evacuated tube system. This system allows you to have heated instant water directly from the sun helping to minimise your water bills over the long term.

## Energy saving features

### Biomass boiler

Wood-fuelled heating systems, also called biomass systems, burn wood pellets, chips or logs to provide warmth in a single room

VENUE	PAGE	WATER SAVING FEATURES						ENERGY SAVING FEATURES																					
		Green roof	Grey water recycling	Low water goods	Rain garden	Rainwater harvesting	Solar thermal	Cavity wall insulation	Biomass boiler	Condensing boiler	Draughtproofing	Electric car charging	Food growing	Ground floor insulation	Heating controls	Double / Triple glazing	Lifestyle changes	Low energy appliances	Low energy lighting	Loft insulation (270mm+)	Natural materials	Powerwall battery	Renewables	Solar PV	SWI external	SWI internal	Underfloor heating	Woodburning stove	
1 30 Cavendish Close	9		☹	☹	☹	☹		☀							☀	D	☀	☀	☀				☀	☀					
2 Maybridge Keystone Centre	10-11	☹	☹	☹	☹	☹									☀	☀							☀						☀
3 46 Beechwood Avenue	12	☹		☹	☹			☀		☀	☀				☀	D	☀	☀	☀	☀			☀	☀			☀	☀	
4 W Worthing Baptist Church	13			☹	☹					☀					☀	D	☀		☀										
5 Henry House	18		☹			☹	☹			☀					☀	D	☀	☀	☀					☀					
6 The Cube, St Pauls	19			☹														☀											
7 Portland House	21			☹							☀					D	☀	☀	☀					☀					
8 51 Northcourt Road	22	☹		☹	☹	☹				☀	☀				☀	D	☀	☀	☀	☀	☀			☀					
9 62 Northcourt Road	23			☹	☹	☹				☀		☀			☀	D	☀	☀	☀		☀				☀	☀			
10 39 Downlands Avenue	24		☹	☹	☹	☹		☀		☀					☀	T	☀	☀	☀	☀	☀			☀	☀	☀	☀		
11 18 Archibald Road	25					☹			☀						☀	D	☀	☀	☀	☀									
12 62 Sompting Road	26			☹	☹	☹				☀		☀	☀		☀	D	☀	☀	☀	☀		☀		☀	☀	☀	☀	☀	
13 14 Juniper Walk	27			☹	☹			☀		☀					☀	D	☀	☀	☀	☀		☀	☀	☀					

or to power central heating and hot water boilers.

### Condensing boiler

A type of boiler that captures more usable heat from its fuel. Its efficiency is made possible by the design of the condensing boiler's larger (or dual) heat exchanger. Most modern boilers are condensing boilers.

### Draughtproofing

Lots of heat is lost through draughts so this is a priority for saving money. Typical draughty areas of a house include chimneys, loft hatches, windows and doors, around skirting boards and floors.

### Energy controls

Heating systems with simple controls in an accessible place

can be more efficient as people are more likely to use them. Typical controls include thermostatic radiator valves for each radiator, room thermostats – and programmers, which enable more control.

### Ground floor insulation

For suspended floors, mineral wool or rigid insulation boards are installed between beams. For solid floors, rigid insulation board is placed on top of the solid floor and under a finishing layer. Installing thicker carpets and/or insulated carpet underlay may also help reduce draughts.

### LED lighting

A very low energy form of lighting (light-emitting diode) which uses significantly less energy, is long-lasting and cheap to run. LEDs are now available for most light fittings.

### Low energy appliances

All appliances are rated from A to G, with appliances rated A to A+++ for refrigeration using the least energy. Washing machines and dishwashers are also rated for the amount of water they use per cycle.

### Natural materials

Products that comes from plants or animals – including sheep's wool insulation, sweet chestnut cladding, sustainably sourced timber paints and clay plaster. Natural materials tend to be more sustainable than artificial materials and allow breathability and movement of moisture.

### Photovoltaic (PV) panels

Panels usually mounted on a south-facing roof that convert

sunlight into electricity.

Electricity generated using PV panels attracts a payment known as the Feed in Tariff (FIT).

### Powerwall battery

Powerwall, with built-in battery inverter, is a rechargeable home battery system that stores energy from solar or from the grid and makes it available on demand.

### Renewables

Switching to a company that sources its energy from renewable sources is easy these days. Transition Town Worthing provides an energy switching service – see page 20.

### Solid wall insulation (SWI)

Solid walls can be insulated externally or internally. Walls

are usually insulated externally by fixing insulation boards to the wall and then finished with rendering or cladding.

Walls are internally insulated by fixing rigid insulation boards to existing walls or by building a stud wall filled with mineral wool or equivalent which is then dry lined with plasterboard.

### Woodburning stove

A simple measure that can substitute low carbon heat from wood for a large proportion of fossil fuel space heating.

For more detail of the work done on each venue see the case studies on our website [www.greenopenhomes.net](http://www.greenopenhomes.net)



## Mechanical Biological Treatment Plant, Warnham

Free tour of Brookhurst Wood Waste Site – Thursday 12 April • 10am

You've done your bit, you've put your recycled and normal waste into the blue and grey bins, you've put your bins out to be collected and that's it over for another week – but what happens next? Where does your recycled rubbish really go and what really happens to all that black bag rubbish?

West Sussex have some of the most state of the art waste and recycling plants and processes in the whole of the UK. In June 2010 West Sussex County Council and Biffa West Sussex Ltd signed a 25 year waste management contract. The aim was to create a partnership to treat the county's 'black-bag' household, and commercial waste and to reduce the volume of waste going to landfill.

The website [www.westsussexwaste.co.uk](http://www.westsussexwaste.co.uk) offers information on what happens to residents' waste, how the facility works, what is produced from the waste which is processed here, and best practice when disposing of waste at home.

As a society, we are caring more and more about plastic, waste and trying hard to reduce what we use. We are lucky

that here in West Sussex all this great stuff is happening, and this year as part of the Eco Open Houses, the local facility at Brookhurst Wood are opening their doors for you to have a look round.

Speaking with people who have already been there, done this – the clear message is, 'there is so much to learn, and it is incredibly interesting'!

The tour can take up to 20 people and if demand is there we can organise more than one visit. The first tour is booked for 12 April at 10am and there is no charge but you need to book your place at:

[www.eventbrite.com/e/visit-to-wscc-mechanical-biological-treatment-plant-warnham-tickets-42840904298](http://www.eventbrite.com/e/visit-to-wscc-mechanical-biological-treatment-plant-warnham-tickets-42840904298)

### KEY FEATURES

Learn what happens to your waste

### TOUR DATE

Thurs 12 April 10am

Must be booked in advance – see above

### TRANSPORT

Nearest train station: Warnham



## 1 30 Cavendish Close, Worthing, BN12 6DP

Do you want to learn more about solar energy? Michael and Gay have both solar powered photovoltaic (PV) and solar thermal. If you want to understand the difference, this house must be visited.

They receive an annual income of over £1500 from their panels which more than covers their energy bills. While the higher Feed In Tariffs (FITs) are no longer available, an income can still be made and the cost of installing solar has reduced dramatically.

The PV panels generate around 3200kWh per annum which, together with the hot water from solar thermal and the insulation measures, give them a very low carbon lifestyle. This was their primary motivation, but they have gained so much more along the way. They have a life ethos, which is, 'We live simply so that others can simply live'.

You can also learn about Pilkington reflective glazing and Rockwool insulation here.

In their back garden, they have an extensive vegetable and fruit plot which uses water from their water butt, ensuring most years that no mains

water is needed for their crops. They also produce their own compost from recycled organic waste.

Giving it a go is how Michael and Gay have got to where they are now. They are an inspiration if you are looking for new ways of doing things in your own home, and making changes that not only save money, carbon or water, but also help to educate your family.

### KEY FEATURES

Solar PV

Solar thermal

Rainwater harvesting

Insulation and glazing

### OPENING TIMES

Saturday 21 April 2–5pm

Sunday 22 April 2–5pm

### TRANSPORT

Buses: Stagecoach 9, 10 (stops on The Strand)

Nearest train station: Durrington (4 mins walk)

No parking at the entrance of the cul-de-sac. Please park in the public parking spaces within the cul-de-sac, or on the house drive.



## 2 Maybridge Keystone Centre, Raleigh Way, Worthing, BN12 6JD

There is a lot happening this year at Maybridge Keystone Centre for you to see and get involved with. On both days you can see various energy and water saving features of the Centre, as well as inspiring and informative exhibits from various organisations. You might also like to spend some time amongst the spring flowers in the beautiful Welcome Woodland Garden created by Breathing Spaces and see the water harvesting and solar lighting that has just been installed there. On Sunday there are three extra things to get involved in – see opposite page for details and please don't miss the Rain Garden Workshop!

### Exhibits in the main hall

#### Southern Water

With ever-increasing downpours, our storm drains are under more pressure and understanding how this impacts us will become critical for our locality. This year we are fortunate to have a large display that explains all about water, how it gets to your home, how it is processed and will hopefully answer your water

questions. There will also be free offers and giveaways for you to use in your home to save money and save water.

#### Worthing Allotment Management (WAM)

Operation Watershed, who are the principal funders for this event, also funded a flood prevention project for WAM at Chesswood Allotments in Pages Lane, Worthing. See some interesting photos that they took during this project on their Facebook page: <https://goo.gl/P7GExd>

#### Springfield School

What can you do when your school playground keeps flooding? Springfield School came up with a great idea and Operation Watershed are supporting their creative proposals. Maybe you know a school that has similar issues who might like to find out more.

#### WSSC Waste Team

Have you ever wondered what happens to your waste? We are very fortunate in West Sussex to have state of the art facilities for waste processing and the Waste Team will be happy to chat to you

about what happens locally. You might even be inspired to go on a tour of the waste sites at either Ford or Warnham.

### Sunday only

#### Rain Garden Workshop

If you are wondering how you can prevent the water that lands on your property from contributing to surface water flooding risk, then get hands-on with Breathing Spaces. They will show you how to construct a simple rain garden, from water butt to storm-water planter to planting bed. Learn how to calculate sizes, what materials you need, and which plants will thrive. This will happen in the field to the left of the Centre building and the workshop will start at 11am, continuing throughout the day with a break for lunch 1–2pm.

#### Solar power for light and watering

There will also be regular demonstrations in the Welcome Woodland Garden of its solar-powered features. Rainwater harvested from the Centre's roof is piped into the garden. A solar-powered pump allows it to be used for watering, making the garden independent of mains water and reducing water going to the drains. The solar panel also powers lighting in the yurt and floodlighting for the garden. Follow the signs from the main entrance driveway to the right.

#### Food Pioneers Lunch

We Are Food Pioneers CIC will be creating lunch with a healthy twist, using a selection of UK harvested seaweeds such as dulse and kelp. There will also be freshly made salads and snacks, with gluten free and vegan options. Proceeds

will go towards the social cookery events they run with vulnerable communities across Worthing.

### AACE

A new group being set up to work towards creating local clean-energy, low-carbon technologies, particularly looking at geothermal energy. They will be there to share ideas with visitors.

### KEY FEATURES

Automatic sensory lighting and taps, natural light flume, sedum roof

Southern Water display, give-aways and free water saving offers

Chesswood Allotments' Flood Action Scheme display

Springfield School's rain garden plans

West Sussex Waste Prevention Team display and information

#### Sunday only:

Workshop – How to build a rain garden

Demonstration – Using solar power for light and watering in the garden

Lunch with a taste of the sea!

### OPENING TIMES

Saturday 21 April 10am–1pm, 2–5pm

Sunday 22 April 10am–1pm, 2–5pm (lunch available in Welcome Woodland Garden 1–2)

#### Workshop Sunday only:

Sun 22 April only, from 11am – just turn up

### TRANSPORT

Buses: Stagecoach 9, 10 (stops on The Strand)

Nearest train station: Durrington on Sea (5 mins walk)

### DIRECTIONS

The Centre is at the junction of Grenville Avenue/ Raleigh Crescent and Way. See [www.mkcworthing.com/contactus.html](http://www.mkcworthing.com/contactus.html)



### 3 46 Beechwood Avenue, Worthing, BN13 2HS

What would you define as a water efficient property? How about starting with a water monthly direct debit of £17? This is the actual cost for water here at Beechwood Avenue, as their approach to water and energy conservation is impressive. It is a two-bedroom bungalow with both Pauline and Alan at home for a fair bit of the day most days, but their water consumption is equivalent to less than one person in a one-bedroom property. So how do they do it?

Go along and see just how simple it is to achieve, through eco appliances and settings, water butts and a conscious choice to use mains water at a minimum.

They also have solar PV panels, which will be paid back by 2021 and were only installed 4 years ago, allowing them the luxury of being guilt and carbon free as they power their home needs. What would you like to power without having to worry about the long-term costs?

And let's not forget their zero-cost built shed, and their home-made pond, costing them just the liner as the rest was created from materials left

around the property, from other home improvements.

This is a cosy, comfortable and environmentally positive home that exudes efficiency and yet has come together from a make do and mend philosophy using and reusing everything. A family home anyone would want to visit and stay in!

Come and talk to Pauline and Alan. Be wowed by simplistic efficiency. You will want to do what they have done.

#### KEY FEATURES

Water efficiency

Innovative waste practices

Solar PV

#### OPENING TIMES

Sat 21 April 2–5pm

Sun 22 April 10am–1pm

#### TRANSPORT

Bus: Stagecoach Bus 5 (to Stone Lane)

Nearest train station: West Worthing (1.5 miles)



### 4 West Worthing Baptist Church, 45 South Street, Tarring, Worthing, BN14 7LU

#### Interactive flood prevention exhibition

There can be nothing more devastating for a property than flood or other natural disasters, yet with our climate becoming less predictable these can sometimes catch us out, as some of the residents in Worthing have discovered in recent years.

Operation Watershed were the major funder for this event and our exhibition follows in the footsteps of some of the projects that West Sussex County Council funded through this invaluable support for local communities. On display will be examples of how this fund was used to help resolve surface water flooding issues in West Sussex through initiatives taken by local people making a difference to their environment. This ties in with the rain garden workshop and exhibits at Maybridge Keystone Centre over this weekend.

Come and help us map the flooding hotspots in Worthing and Adur and share your stories through our story table. Maybe 'adopt a drain' if you happen to live in an area where flooding occurs

regularly, like Tarring, whose flood action group have come up with some really creative solutions to a very local problem.

Also find out how the community-minded church that is hosting this exhibition won an Eco Church award and continues to do their bit to help the planet. There will also be information available about Community Resilience plus local wetlands projects.

#### KEY FEATURES

Interactive flood mapping exhibition

Historical maps of local water courses

Tarring Flood Action Group project

Local wetlands project – EPIC

Community farm project – Sustainable Sussex

#### OPENING TIMES

Sat 21 April 10am–1pm, 2–5pm

Sun 22 April 2–5pm

#### TRANSPORT

Buses: Stagecoach No 10 stops in South Street, Tarring

Nearest train station: West Worthing (2 mins walk)

# Community and business resilience

Local services to help people cope with emergencies

## Community resilience

Community resilience is about empowering local people to help themselves and the vulnerable to prepare, respond and recover from events that disrupt the community from life as normal. Local communities are able to adapt to adversity using local resources in a way to meet the challenges of a changing society. Dealing with extreme weather is one example where individuals, community groups and small and medium enterprises can do a wide variety of things to help reduce impact, provide local assistance during and support recovery.

### Further information

General Information on what you can do to be prepared:

[www.westsussex.gov.uk/areyouprepared](http://www.westsussex.gov.uk/areyouprepared)

Free Training: [www.westsussex.gov.uk/whatif](http://www.westsussex.gov.uk/whatif)

Or email [what.if@westsussex.gov.uk](mailto:what.if@westsussex.gov.uk)

## What If?

### Free Training Programme for Community Groups

Events can happen within the local area to cause short term disruption and the emergency services or local authority may consider as a low priority but they can have impact on local community life.

This programme works with communities to be prepared, have the knowledge, skills and confidence to support its residents and local businesses during these occasions.

The free training locally tailored to local community groups, aims to provide information on developing community resilience. Encouraging a confident approach to supporting each other in reducing the impact before an emergency occurs and this is bolstered by strengthening existing community networks.

A number of training elements are delivered, comprising:

- First Aid
- Personal Safety
- Identifying and supporting the vulnerable
- Team leadership and community welfare
- Factual information on health and safety and the law.

Each element is supported with the provision of basic safety equipment to allow communities to prepare, respond and recover, using local skills, knowledge and assets.

Community volunteers in Felpham were the first groups to complete the training and received their equipment in November. You can read about it at [www.bognorregispost.co.uk/2017/11/helping-keep-felpham-safe/](http://www.bognorregispost.co.uk/2017/11/helping-keep-felpham-safe/)



## Business resilience



*Are you a local small or medium sized enterprise? Are you prepared for disruptions?*

This strand supports small and medium sized enterprises raising awareness of the importance of having a business resilience and continuity plan to prepare for disruptions and to put plans in place to cope and recover in times of crisis.

### What is business continuity?

Business continuity is about ensuring your business can continue to trade in the event of some kind of disruption.

Disruption can come from the external environment, such as flood or snow, or from within your business, such as an IT failure or loss of power. This process anticipates these risks, by putting in place contingency plans will ensure that your business can continue to trade in the event of a disruption.

### The importance of business continuity

- Assists in minimising impacts if disruption happens.
- Helps protect reputation and meet customer requirements.
- Enables return to normal operations more quickly than otherwise possible.
- Helps to cope with the immediate effects of an incident on employees.
- Improves the understanding of risks to the organisation.

- Ensures compliance with legal requirements.
- Provides a competitive advantage.

Further information and an online checklist form can be found at [www.westsussex.gov.uk/protectyourbusiness](http://www.westsussex.gov.uk/protectyourbusiness)

**What if?**

**Resilience & Emergencies Team**

**Make a difference**

**Resilient young people**

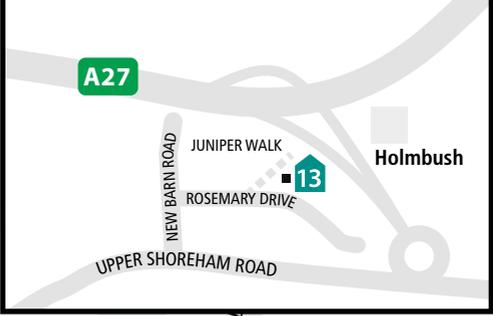
**Stronger communities**

**Business resilience**

**Health & Wellbeing**

**Making West Sussex stronger, safer and more resilient**

west sussex county council



- 1** 30 Cavendish Close, BN12 6DP
- 2** Maybridge Keystone Centre, BN12 6JD
- 3** 46 Beechwood Avenue, BN13 2HS
- 4** West Worthing Baptist Church, BN14 7LU
- 5** Henry House, BN11 4NN
- 6** The Cube, St Paul's, 55b Chapel Rd, BN11 1EE
- 7** Portland House, 44 Richmond Rd, BN11 1HS
- 8** 51 Northcourt Road, BN14 7DT
- 9** 62 Northcourt Road, BN14 7DT
- 10** 39 Downlands Ave, BN14 9HD
- 11** 18 Archibald Road, BN11 2SL
- 12** 62 Sompting Road, BN15 9LD
- 13** 14 Juniper Walk, BN43 6JE

Site map for special tour on 12 April (not shown) will be sent when you book your place, which needs to be done IN ADVANCE – see page 8

APPROXIMATE SCALE



## 5 Henry House, 189 Heene Rd, Worthing, BN11 4NN

If you are wondering where to start, but don't know how, but know you want to improve your home, not only to save money but because it's important to you, come to Henry House as they have it all covered.

Whether it be water or energy efficiency, or urban bee hive management, you really must make a visit here.

Water is needed for everything here, both for business and personal use, as is energy. The relationship created by these, through Karen's and Rolf's innovative DIY ways of reducing their consumption, in turn positively impacts something else, such as saving money, water recycling, not using mains water, generating income and energy from their solar panels.

The bee hive is brand new, and a wild local swarm is due to arrive in March. Just like us, bees need water, so the hive is situated right next to the pond, which is perfectly safe for all to get a good view of the garden's increasing diversity of dragonfly, damsel flies, frogs and toads.

A great synergy has been created by

Karen's long-term passion for ecology and her engineering background. Henry House is a perfect learning environment for parents and children, which can be easily replicated.

And to top it off Rosa, Karen's 7-year-old granddaughter will be on site on Saturday to answer your questions as well as help you have fun with bumble bee dress up!

### KEY FEATURES

Beehive

Deep flow guttering

Digital water monitoring systems

Rainwater harvesting and grey water recycling

Solar PV and thermal

### OPENING TIMES

Saturday 21 April 10am–1pm, 2–5pm

Sunday 22 April 10am–1pm, 2–5pm

### TRANSPORT

Buses: Stagecoach 10, Compass 7 (Sat), 7A (Sun)

Nearest train station: West Worthing (4 mins walk)



## 6 The Cube, St. Paul's, 55B Chapel Rd, Worthing, BN11 1EE

### Free Energy Switching Advice and St Paul's Upgrade Transition Town Worthing Energy Team

St Paul's is a treasure trove of history and enjoyment. It was originally opened in 1812 as a chapel and was relaunched in 2010 as a community centre. It has become a vibrant community hub in the heart of Worthing. Now, with the help of the local Energy Switching and Energy Efficiency Service run by Transition Town Worthing, the building is going through an energy efficiency transformation, which should save St Paul's thousands of pounds in running costs in the years to come.

We want to offer you that service too, so come and chat about how to save energy – all you will need is your energy bill and your questions. The service is completely free and impartial, so if you are one of the 66% of the population who has never switched your energy bill, or you just want advice, come along and let us help you save money and energy at the same time. Funding is available for businesses and homes.

For example, in Worthing over recent months, the energy team has saved

customers a collective £5,000. One customer was able to save over £700! Another ended up with their smallest bill ever of just £167.

What have you got to lose? Come and see St Paul's plans for their upgrade, have a chat about energy saving and maybe share what you have done yourselves to upgrade your home. You could grab a drink and something to eat at the same time, it's a great community café! See [www.stpaulsworthing.co.uk](http://www.stpaulsworthing.co.uk) for details.

### KEY FEATURES

Save money on energy bills

Impartial free advice

Your questions answered

### OPENING TIMES

Sat 21 April 10am–1pm, 2–5pm

St Paul's Café will be open for lunch

### TRANSPORT

Buses: Stagecoach Pulse, 1, 5, 9, 10, 16

Compass 11, 69 Metrobus 23

Nearest Train Station: Worthing (10 mins walk)

# Need help getting on top of your energy bill?

## Not to worry, we're here to empower you to take control

Come along to one of our drop-in advice surgeries. We can provide you with information, guidance and way-finding on:

- Switching energy tariff or supplier to get a better deal; even changing your payment method could help you save.
- Eligibility checking for Warm Homes Discount, Priority Service Register and/or the Energy Company Obligation.
- Low cost energy efficiency measures for your home, business or public space.
- Building Energy Assessment Service; what you need to know.
- Discuss options for generating your own green energy.

### Attend our free, impartial consultation sessions at:

The Cube, St Paul's, 55b Chapel Rd, Worthing, BN11 1EE

on Sat 21 April 10am–1pm and 2–5pm

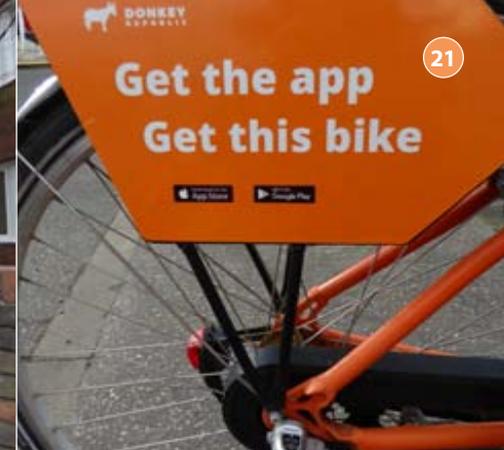
or visit the Energy Desk in St Paul's any Wednesday 10am–3.30pm



Powered by Transition Town Worthing  
visit us at [www.ttworthing.org](http://www.ttworthing.org)

**COMMUNITY  
ENERGY  
LOCAL**  
WORTHING & ADUR\*

\*and surrounding areas



## 7 Portland House, Adur & Worthing Council 44 Richmond Road, Worthing, BN11 1HS

Did you know that Adur and Worthing Council are committed to ensure they are as environmentally focussed as the rest of us?

Would you like to learn more about what they are doing now?

The 154 solar panels installed on the roof of the Portland House building are on course to smash their 40,000 kWh of generated energy by their year one anniversary date of 7 April 2018.

The energy produced is being used by the Council during working hours and any generated while the offices are shut is being charged back to the grid.

The Waste Teams are working hard with residents to find innovative ways to encourage improved ways of recycling. Why not ask them what you can do with those items you are not sure what to do with? The Recycling Together program is working with local communities and has brought about improved understanding and a community spirit at the same time.

Electric cars are on their way in and the Council want to help make it easier for us all to transition to them. Come and ask

about where the charging posts are, how they work and what's happening next.

Of course, if you don't have a car, or would rather use your own steam, then the Donkey Bikes are just for you! Come along to Reception and learn all about them and how easy it is to move around Worthing.

### KEY FEATURES

40kWh solar panels

Recycling and waste advice (Recycling Together)

Electric vehicle charging posts

Donkey bikes

### OPENING TIMES

Sat 21 April 10am–1pm, 2–5pm

### TRANSPORT

Buses:

Stagecoach Pulse, 1, 5, 9, 10, 16

Compass 11, 69

Metrobus 23

Nearest Train Station: Worthing (10 mins walk)



## 8 51 Northcourt Road, Worthing, BN14 7DT

Have you ever really wondered how much water (and money) you can save off your water bill with every flush you make? Probably not, but here at Claire and Ryan's home they save approximately 10 pints of water every time they flush their DIY solar powered toilet!!

If they use their toilet say six times a day, that is a whopping 60 pints of water a day, or 21,900 pints of water saved a year. Imagine that reduction on your water bill.

They are passionate about saving water and energy and have all manner of low tech, low spend solutions in their home and as a result are a leading example of how easy it is to save this precious commodity and save themselves money at the same time.

Both their front and rear gardens showcase effortless ways to collect rainwater, ensuring it doesn't add to surface water flooding and waters their plants at the same time.

Not only can Claire and Ryan share about water solutions they are part of a hedgehog corridor, provide a frog

habitat, and are part of a growing number of people who are switching their energy supply to a 100% renewable supplier that is cheaper than the larger energy companies.

If you are wanting to be more water and energy conscious and learn about creating a rain water garden, have kids that love wildlife or you want to know more about growing your own fruit trees this home is well worth a visit!

### KEY FEATURES

DIY solar powered toilet

Rainwater garden

Water and energy saving measures

Frogs and hedgehogs

### OPENING TIMES

Saturday 21 April 10am–1pm, 2–5pm

### TRANSPORT

Buses: Stagecoach 1, 5, 7 Compass 16, 23

Nearest train station: Worthing (5 mins walk)

## 9 62 Northcourt Road, Worthing, BN14 7DT

By 2040 no more petrol and diesel cars will be produced or sold, which means potentially, anyone born in the next few years may only ever drive a carbon free powered car.

What would make you decide to buy an electric car next time around?

If you are interested, have questions, or are just intrigued to see or sit inside an electric vehicle, come to No 62 and see their Hyundai Ioniq, one of the latest models to be released. You may also have the opportunity for a 15-min ride in it too. It drives like a dream, its nippy, powerful, smooth, and so quiet, 'I'll never go back to a petrol car', says Alesia. It also has plenty of technology inside, including Apple Car Play.

It's been on plenty of short journeys to Guildford and back on one charge and even had a visit to York and back. It also only takes 4 hours for a full charge on their overnight freely installed charging point.

However, if cars are not your thing, but solar, solid wall insulation or other household energy efficiency measures are, there is still plenty to see and learn about here. There are very few examples

of external solid wall insulation that are available to see and for those homes where insulation in the loft and cavity wall is not an option, then seeing first-hand what it is like to live in a home that has extensive Solid Wall Insulation is a rare opportunity.

Don't miss this forward thinking, future proofing lifestyle home here!

### KEY FEATURES

Electric car (possible rides)

Electric car charging post

External solid wall insulation

Solar PV

### OPENING TIMES

Saturday 21 April 2–5pm

Sunday 22 April 10am–1pm, 2–5pm

### TRANSPORT

Buses: Compass 16 (Mon–Sat), 7A Sundays

Stagecoach 1, 5 both days (Broadwater Rd)

Nearest train station: Worthing (5 mins walk)



## 10 39 Downlands Avenue, Worthing, BN14 9HD

If you want to know how to live with water and energy consciousness, Richard and Merry's house is well worth a visit. Some reasoning may not be obvious to start with but speaking with them you start to understand how concerned they are about living at one with nature, conserving water and reducing their CO<sub>2</sub>.

They have a small, but efficient rainwater garden at the front, fed via an old beer keg and an extensive rain water harvesting system in the back that feeds three of the small ponds that are dotted around. They have buckets in place to capture all the water from their washing machine, kitchen sink, bath and upstairs basin, proving that grey water recycling can be super easy.

Their latest energy feature is an Apollo Gem solar power management system, which can direct surplus generated solar electricity to various uses. The main advantage is that the hot water tank immersion heater is activated when free solar electricity is available.

Their house is triple glazed with wooden frames keeping the natural materials in use wherever possible. Their

whole house is very well insulated. As a result, they barely need any heating and keep the thermostat at a mere 16 degrees. Effectively their home is carbon neutral.

Their garden design is elegantly simple, working with nature, feeding the wildlife and letting it grow how it evolves. There is much to explore and learn about and you will be surprised to see how much is consciously thought about and how that works in tandem with the surroundings.

### KEY FEATURES

Rainwater garden/harvesting

Grey water recycling

Cavity and solid wall insulation

Triple glazing

Wildlife garden and woodland

### OPENING TIMES

Saturday 21 April 10am–1pm, 2–5pm

### TRANSPORT

Buses: Compass – 7 (hourly), 16 (hourly) to bottom of road, 1,5, 23 to Broadwater Green (10 mins walk)

Nearest train stations: Worthing or East Worthing (1 mile)

## 11 18 Archibald Road, Worthing, BN11 2SL

Sometimes we need reminding that life is a journey, not a destination. Nicky and Damien's home is just that. They are both on a journey through the process of living in a more sustainable way and their home is a reflection of their careful choices. It's a work in progress so you won't necessarily see it all finished, but you can explore their journey with them.

They've found storage heaters to be clumsy, inefficient and costly to run but rather than just go for a gas combi boiler they have really done their homework and come up with, for them, a much better solution – they've decided to give a biomass boiler a go, so hope to have a brand new boiler to show you for this event! This will provide heating in the cooler months for the whole house and hot water at the same time. In the summer, when they don't want a boiler belting out heat all day, their solar thermal will provide hot water and will be backed up by an immersion tank if needed – nice combination.

Nicky is a keen gardener and wanted to be able to grow vegetables to feed her family. This has definitely been

challenging and Nicky is looking forward to this Spring to apply some of the lessons learned from last year's failures and successes. She is particularly excited as has just spread her homemade compost on the vegetable patch to fertilise this year's crops. She says 'It's so exciting seeing all of our mouldy vegetables and garden waste turn into this amazing rich brown compost. Nature is truly amazing!'

### KEY FEATURES

Biomass boiler

Solar thermal

Rainwater harvesting

Vegetable growing

Loft insulation

### OPENING TIMES

Sat 21 April 10am–1pm

### TRANSPORT

Buses: Pulse stops at the end of the road or the 700 stops on seafront opposite Ham Road.

Nearest train station: East Worthing (7 mins walk)



## 12 62 Sompting Road, Lancing BN15 9LD

If you want to see attainable, innovative and practical family living all under one roof, you would like visiting Lydia and David's home. Through embracing opportunities, technology and being a bit brave, they have managed to combine their desire to be planet-friendly with all the comfort and practicality of a busy, modern family lifestyle.

What's different? They have installed a solar energy battery which stores energy directly from their nine solar panels and they are putting the finishing touches to their stunning front garden rainwater system.

The rain water garden has been designed to be aesthetically pleasing as well as providing rain water for all planting. It ensures no rain water is lost, and is enabling them to challenge the perception of how to make best use of your front garden. The high-end design collects rainwater from the house and garage roof, channelling it into a beautiful stone water feature that then acts as a storage and irrigation system.

Battery energy storage is a game changer. Would you like to know more?

Imagine never having to worry about the rising cost of your energy tariff ever again. The battery stores unused solar energy, which is then fed back into the house when the panels are unable to generate. Their solution is saving them money, allowing them to be in full control of their energy generation and use, while reducing their footprint all at the same time.

If you are looking for inspiration, come along.

### KEY FEATURES

Rainwater garden

Powerwall, solar energy storage battery

Solid wall insulation

### OPENING TIMES

Sat 21 April 2–5pm

Sun 22 April 10am–1pm, 2–5pm

### TRANSPORT

Buses: Stagecoach Pulse

Stagecoach 9 to Tower Rd

Nearest train station: Lancing (6 mins walk)

## 13 14 Juniper Walk, Shoreham by Sea BN43 6JE

If you want to get your head around solar PV, home batteries, electric cars, and how they work with each other, Warren's your man! His philosophy is 'make the future we want' and he and his wife Bairbre want to make their daughter's future as secure as possible by being ahead of the game in self-sufficiency. Warren loves technology and he has a wealth of information about solar PV, home batteries and electric cars, which all feature in their home, and would be delighted to show you exactly what energy is being generated from the 6.27kW solar array on the roof!

Warren's enthusiasm is so infectious that you will soon be as hooked, as were two of our home owners at our last Eco Open Houses event. They were so sold on solar and Powerwall that they soon became proud owners of their own system!

Last year he added a 14kW Tesla Powerwall 2 battery, one of the first in this country, to their house. The Powerwall stores energy produced by their solar PV and is used to power the house when there is no sun. This,

coupled with a home that is energy efficient, means that Warren's aim to be 100% energy self-sufficient for the summer months should be achievable, and that includes running an electric car!

Come to our first venture into properties in Shoreham and be seriously impressed!

### KEY FEATURES

Large solar PV Array

Tesla Powerwall 2 battery

Electric car and 32A charging point

### OPENING TIMES AND SHORT TALKS

Saturday 21 April 10am–1pm and 2–5pm

Talks at 10.30, 11.30, 12.30, 2.30, 3.30 (30 mins)

Sunday 22 April 10am–1pm

Talks at 10.30, 11.30, 12.30 (30 mins)

### TRANSPORT

Bus: Brighton and Hove Buses – No. 2

Nearest train station: Shoreham by Sea (25 mins walk)

If driving, please park on the junction of Tarragon Way and Rosemary Drive. Juniper Walk is the grassed/paved area off Rosemary Drive and no. 14 is at the far end

## Eco Open Houses 2018 sponsors

This event would not have been possible without the continued collaboration of Transition Town Worthing members and our very committed sponsors – Operation Watershed, Henry House Therapy Centre and Worthing Homes. We can all make such a difference when we work together as a supportive team.



Huge thanks to our major funder for this year - **Operation Watershed.**

This wonderful support for communities was set up by West Sussex County Council after floods in 2012 affected local communities. Between 2013 and 2018, Operation Watershed has awarded funds to 150 local community groups initiating in excess of 360 community flooding projects around the county, and directly supported 30 Flood Action Groups, which are proving a growing positive influence on flood strategy in West Sussex.

We are showcasing some of the work funded by Operation Watershed as part of this event. There will be displays at Maybridge Keystone Centre from Springfield School and Worthing Allotment Management, who have both come up with some effective ideas to help prevent surface water flooding. At West Worthing Baptist Church, there will be an exhibition of how this fund has supported Tarring Flood Action Group in their efforts to find solutions to regular local surface water flooding and, also, information about Transition HKD's wonderful urban drainage project. Transition Town Worthing are hoping to be able to further the work of Operation Watershed, by gathering information at this exhibition from local residents who can help to pinpoint where regular flooding occurs and how it has affected them.



**Henry House** is an award winning Green business providing hydrotherapy for rehabilitation, pain problems and disabilities in their hot pool 35°C. They also have a comprehensive programme of swimming lessons for babies, children and adults and leisure swims kept safe by their eco-sanitiser... plus a wide range of therapies and underwater photography.

Their green initiatives helped them keep costs down since 1997 and they continue to expand them – last year they upgraded the huge sliding double-glazed pool doors and installed deep-flow guttering and more tanks for the harvested rainwater and recycled pool water. Investment in solar hot water and PV has really paid off. This year they've got their own beehive!

Henry House are proud to, once again, sponsor the Eco Open Houses trail and look forward to showing you around, sharing some cake and more!



**Worthing Homes** sponsored our first solo Eco Open Houses event in 2015 and very kindly agreed to provide support once again.

They have 10,000 customers in the Sussex coastal area. They provide affordable rented homes, key worker accommodation, low-cost shared ownership, sheltered housing and new homes for local people, whilst their Greenspace Team look after the garden and grounds maintenance for all of their open spaces including seven play parks.

As a registered provider, and an independent social business working with local people and partners, they are committed to providing great homes and nurturing communities.

They promote initiatives that bring people together and give them new opportunities. These include a training and resource centre, The Community House, and Football in the Community. They also have Relish™ (residents for low impact sustainable homes), their award-winning initiative to help tackle fuel poverty.

## Eco Open Houses Team

This year's Eco Open Houses has been co-ordinated by:

### Transition Town Worthing (TTW)

[www.ttworthing.org](http://www.ttworthing.org)



Transition Town Worthing began in 2009 and became a CIC (Community Interest Company) in Sept. 2017. We are part of the International Transition Movement (founded in 2006), which is comprised of vibrant, grassroots community initiatives that seek to build community resilience in the face of such challenges as peak oil, climate change and the economic crisis.

There are well over 1100 Transition groups in over 43 countries world-wide. Each group's activities are based around what the local need is. Worthing's group is focussed around the built and natural environment, enabling people to find a more sustainable way of living in their homes, feeding themselves and how they move around the place.

Our gratitude goes to all our wonderful members who support our events and projects throughout the year, particularly those who give up their time to help create and run events like this – there's no way any of it would happen without them.

Check out our website for more details and follow us on Facebook [www.facebook.com/TTWorthing/](http://www.facebook.com/TTWorthing/) or Twitter @TTWorthing

### Low Carbon Trust

[www.lowcarbon.co.uk](http://www.lowcarbon.co.uk)



Low Carbon Trust is an independent, not-for-profit organisation formed in 2001 to set up, manage and promote environmental projects. Their main objective is tackling climate change through highlighting the connection between buildings, energy and carbon. They do this by running innovative low carbon construction projects, such as the award winning Earthship Brighton community centre, and an education program, including Eco Open Houses events, green building training courses and Eco Education Days for local schools. The Team is very grateful, once again, to Mischa Hewitt for his support with using LCT's branding, website and materials.

### St Paul's

[www.stpaulsworthing.co.uk](http://www.stpaulsworthing.co.uk)



What can we say – St Paul's is where our Look to The Future Group have met on Fridays for the past couple of years. They have fed us,

put up with us and given our pop-up Energy Shop a home! We really don't know what we would have done without their amazing generosity. They are kindly hosting our press launch too. If you pick up this brochure there, please be aware of just how much they have helped us by being a base for the past four years for brochure distribution and so much more during that time, and before that by hosting FarmDrop and Catchbox.

### Green Open Homes

[www.greenopenhomes.net](http://www.greenopenhomes.net)



The Green Open Homes Network aims to support low-carbon open homes events across the country through free resources and advice. They have kindly allowed us to put all our full case studies on their website for every event we have ever held, so do check it out to see much more information and technical stuff for each of our venues, as well as details of our exhibition space and flood action related projects.

### Thank you

Big thanks to those who supported the event in many ways:

- All the core team this year – Joy, Ryan, Claire, Pauline, Julian, David and Alice.
- West Sussex County Council's guidance in the form of Sue Furlong, Lydia Schilbach and Bob Smytherman.
- Lisa from Breathing Spaces for helping with the workshop and Leigh for her help with mapping and research.
- Maybridge Keystone Centre (MKC) and Hazel Thorpe for so generously providing a very supportive venue for us to play in!
- Anne and We Are Food Pioneers for the nutritious lunch for our visitors and workshop participants on the Sunday at MKC.
- Here and Now Magazine for editorial space for this and other TTW events and projects.
- Adur and Worthing Council who give their support throughout the year, particularly with our greenspace projects.
- Southern Water and West Sussex Waste Team (particularly Rachel and Brett) for being so willing to help.
- Kate and Sharon from Springfield School, Paul from Worthing Allotment Association, Keith and Liane from Sustainable Sussex and Pete from EPIC for their displays and support in many other ways.
- Ana Bohane for her photographic skills and for kindly showing up with her camera at so many of our events.
- West Worthing Baptist Church's Rev Dr Hazel Sherman for her generosity and Marie for all the eco info.
- Tarring Flood Action Group for your inspiring work in the community and for taking part.
- Stef at Coast Café for hosting our pre-event gathering and for supporting many of our events and projects.

Last, but certainly not least, all those who have given their time and homes or places of work to provide our venues.

HOT POOL & THERAPY CENTRE

TEL: 01903 232875

HenryHouse



**PROUD SPONSORS OF  
2018 ECO OPEN HOUSES**



**AWARD WINNING GREEN BUSINESS**

**Rain Water Harvesting  
Pool Water Recycling  
Bees & Much More!**

**Learn to swim or relax in**

**Henry House Hydrotherapy Pool**

**Eczema, Eye & Asthma Friendly Ecosanitiser**

**[www.henryhouse.net](http://www.henryhouse.net)**

**Opening Times: Monday–  
Saturday 8am–9pm**

**Henry House 189 Heene Road,  
Worthing  
West Sussex BN11 4NN**

