

# SUSTAINABILITY + WELLNESS



Us  
& Co



# DESIGNED & BUILT AS FLEXIBLE OFFICES FROM THE START

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# THE DIFFERENCE

Many flexible offices are established in buildings designed for conventional office use. All Us&Co's centres have been designed and built by our in-house team specifically for use as adaptable flexible offices, to leading environmental and wellness standards.

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# WHAT WE DID

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- Both London offices are BREEAM Very Good, independently benchmarked as being in the top 25% of non-domestic buildings in the UK. The Dublin office is certified as LEED Gold & BER A3, only 2% of Irish office stock reach this level.
- We have installed the latest equipment for energy efficiency; motion sensor lighting and daylight sensors to reduce lighting when there is an abundance of natural light.
- Our buildings are supplied with clean air, natural light and fresh filtered water on tap. We have terraces and outside spaces for visual amenity and fresh air.
- There are plenty of breakout and quiet areas throughout our buildings for somewhere to escape from the desk or to collaborate.
- Cycle parking, showers, drying rooms and lockers encourage less reliance on public transport and a more sustainable commute.

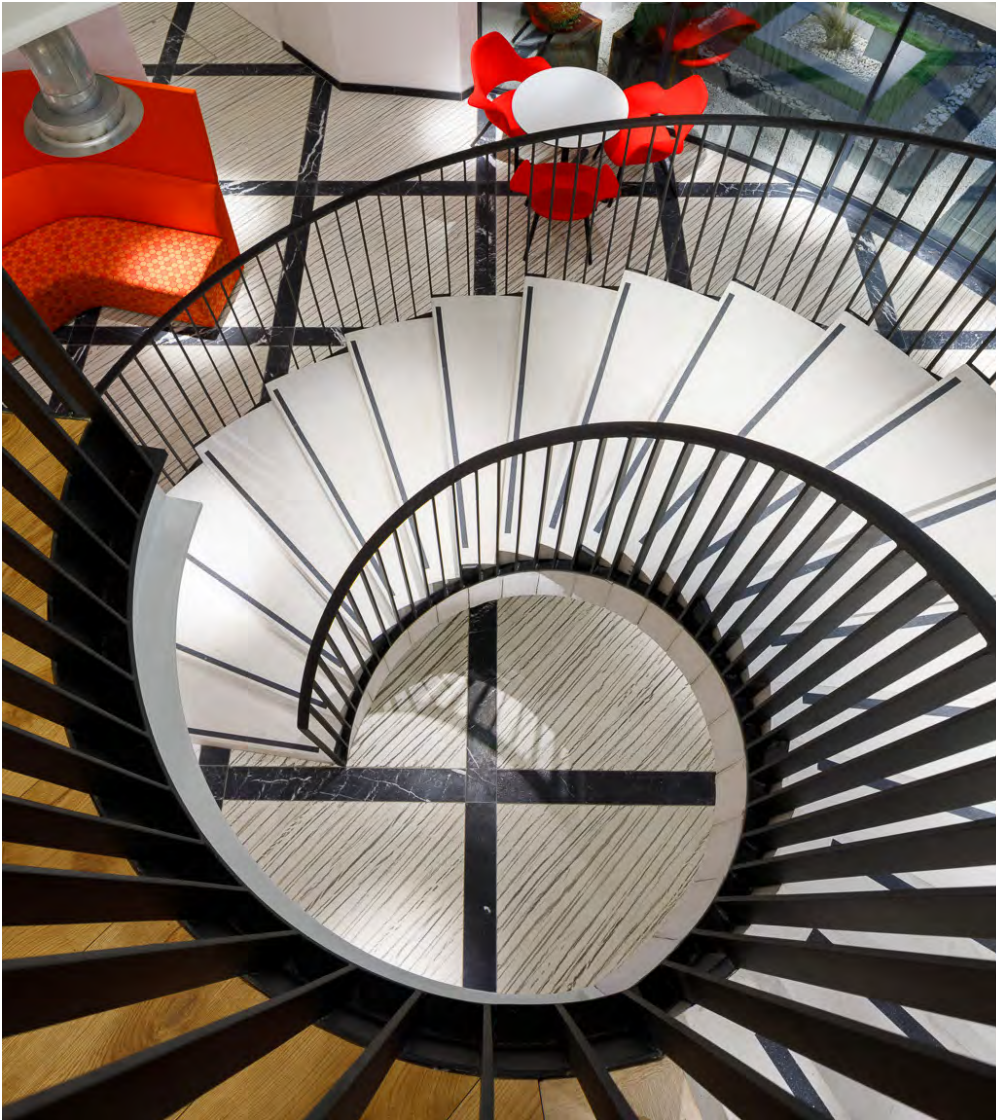


- We use eco-friendly cleaning products & specialist equipment, which produces chemical-free oxidized water, killing 99% of bacteria and viruses. Our hand soap is biodegradable, has a reduced carbon footprint and uses recyclable packaging.
- We repurpose our existing furniture and are currently refurbishing over 100 desks, instead of replacing from new.
- We use contractors who have invested in state-of-art facilities to reduce CO2 emissions. We recycle as much as possible, from ink cartridges to the CO2 cannisters from our water dispensers.
- We have no single use plastic cups or cutlery. We use ceramic cups and wooden stirrers for our tea and coffee.
- We carry out regular tests and reviews of our buildings' M&E services to ensure safety and efficiency.

# WHAT WE DO

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# OUR SUPPLIERS

We work with suppliers who are also serious about the sustainability challenge, from the furniture we buy, to the coffee we use.

**vitra.**  **Billi.** 

**Interface** **orangebox**

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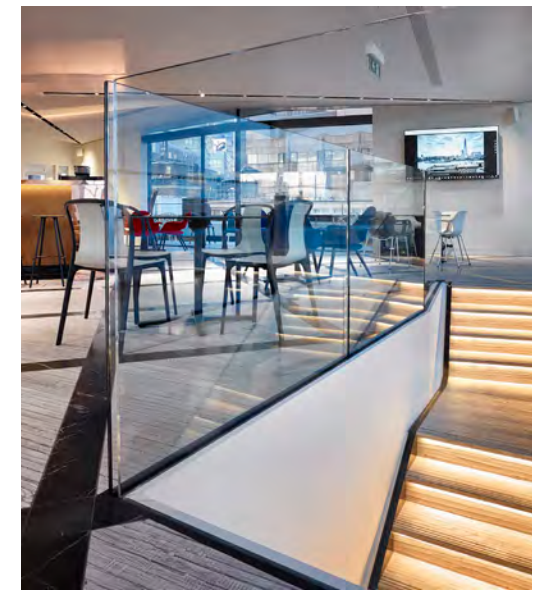


# CARBON NEUTRAL

All our furniture suppliers source their materials responsibly, design with life cycle thinking and aim to be carbon neutral.

Our carpet supplier was the first global carpet manufacturer to sell all products as carbon neutral across their full life cycle.

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# ETHICAL

All our tea bags are plant based and therefore biodegradable. Our tea supplier is part of the Ethical Tea Partnership, which focuses on fair trade and sustainable sourcing. Our coffee supplier donates part of his profit to a community fund, which provides direct training and investment to the coffee farmers.





# WELLNESS

Fruit baskets are widely available for our members and we organise regular members' breakfasts and social events.

Member wellness programmes include Yoga and Pilates classes, organised by our teams within our buildings, and we collaborate with our local gyms for the benefit of our clients.

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# OUR GOALS FOR THE FUTURE

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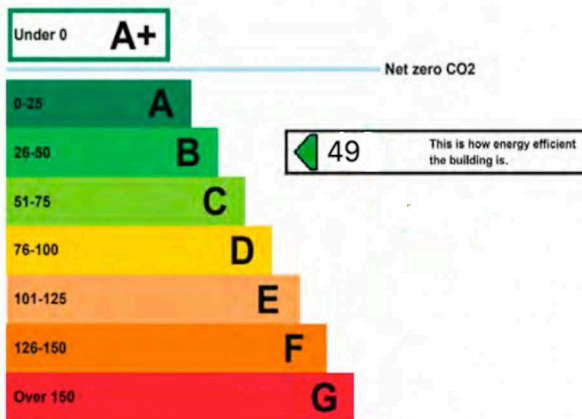


- 01** Aim to be carbon neutral by 2030.
- 02** Continue to reduce the use of single use plastic.
- 03** Regularly review equipment and technology in our buildings and continue to invest to keep them energy efficient.
- 04** Maintain our Sustainability and Wellness certification.
- 05** Increase our charity activities.



# ENVIRONMENTAL CERTIFICATION

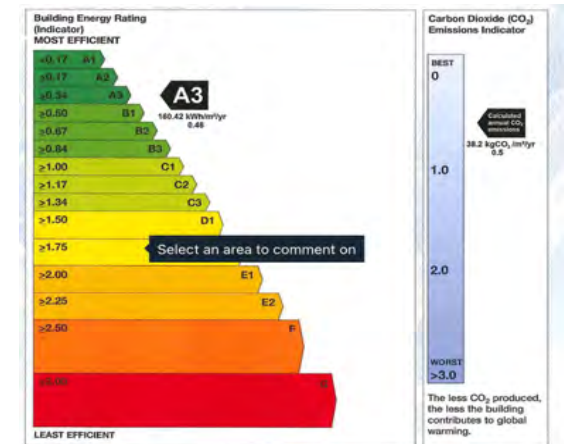
## EPC



Us&amp;Co Monument



Us&amp;Co Stratford



Us&amp;Co Stephen's Green

## BREEAM



## LEED



# BUILDING DESIGN

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## AIR

All offices and meeting rooms are supplied with new filtered air, replacing air extracted from the building. Our air handling plants are new and properly maintained with filters changed as required. WCs and showers are extracted independently from all other spaces.

## LIGHT

Our buildings are well served with natural light. Low energy LEDs are used throughout, with sensors allowing them to dim when natural light is plentiful. Lighting levels located over desks can be adjusted to suit the needs of occupiers. Full height adjustable blinds are provided on every window or sliding door and blackout blinds are provided in meeting rooms and conference spaces.



## WATER

We have used “blue roofs” for water retention and planted “green roofs” where possible. Still and carbonated filtered drinking water is supplied at all tea points on all floors, as well as the bar. Boiling water is safely delivered from an instantaneous tap for making tea.

## THERMAL COMFORT & SOUND

The building has been refurbished to BREEAM Very Good design standard and each office can be individually temperature controlled. The meeting rooms use partitions with high performance sound reduction properties, all with acoustic vision panels. Meeting rooms have sound panels to reduce reverberation and are individually assessed and adjusted accordingly. Office spaces will be assessed for acoustic performance and attenuated to suit bespoke layouts and configurations if required. Booths have been provided, adjacent some tea points, for private mobile phone calls.

## MATERIALS

Our BREEAM assessment of the materials used in the buildings’ fabric and components requires us to ensure that they are low in toxins. The assessment includes materials used in the cleaning and maintenance of the building. We use eco-friendly cleaning materials as much as possible, as do our contractors.



# WELLNESS AT WORK

Measures we have put in place to ensure wellness at work for our staff and members.

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# MOVEMENT

Members choosing to cycle or run to work can take advantage of the showers and drying rooms. There are separate male and female changing rooms; lockers are provided if required. Secure cycle parking is available free of charge within the buildings. Members are encouraged to use the stairs whenever possible. Us&Co community managers arrange and promote on-site exercise classes, such as Yoga and Pilates, for all abilities in response to demand. Us&Co have arranged extreme 'sports', such as abseiling, for members in the past; running groups are also encouraged.



# MIND + COMMUNITY

All Us&Co centres offer generous break-out spaces with café tables, coffee bars and lounge areas—places to work away from the desk or take a break with friends and colleagues. At Us&Co Stratford, the sky-lounge on the 5th floor is a great place to meet or relax and enjoy the views over the town. The continuous balcony is open to get outdoors when the weather allows. At Us&Co Monument, the 9th floor with its bar, café/lounge and terraces has stunning views over the Thames and the City and is an impressive place to hold an event. We organise weekly gatherings of members at a social event in the bars with complimentary refreshments.





# DESIGN + COMFORT

Colour and texture are carefully combined in the various elements used - marble and wooden floors, copper bars and panels, to create bold, bright and engaging interiors in the common areas as well as the offices. High quality furniture and finishes have been carefully sourced from environmentally aware suppliers. Particular attention is paid to the design of lighting to create a relaxing atmosphere in breakout areas and produce efficient light in work areas.