

PRESS RELEASE

DATE: 15th July 2010

Flagship extra care housing development in Carlisle progressing well

Work on 'Heysham Gardens and Heysham Meadows' - the unique Carlisle Extra Care Housing development, is progressing well and remains on budget according to developers Eden Housing Association. Work on site began last August and despite the floods and bad weather it is still set to be completed in Spring 2011.

Spearheading the development are Cumbria County Council, Carlisle City Council, NHS Cumbria and the developers Eden Housing Association. The £9 million+ scheme will create 60 lifetime homes - 40 apartments in a main block and a cluster of 20 houses and bungalows alongside. It is the only **one of its kind** in the county, located in Carlisle's Belle Vue ward situated in the west of the City.

Throughout the planning and building, Eden Housing Association has maintained a strong focus on sustainability, using environmental and ecologically friendly materials and methods:

Six boreholes (each dug 90 metres underground) feed the ground source heat pump which has been installed to provide energy for the under floor heating in the main core building of 40 apartments. Also hidden from view are the massive attenuation tanks which will gather rainwater and control the flow - helping towards the flood defences in Carlisle.

The timber frame construction arrived on site in February and once the first section of the main building was erected, the size and scale of the development really became evident. Installing the sustainable timber frames really sets out the footprint of the scheme and builders are currently installing solar panels and slating the roofs of the bungalows.

The core building is being fitted with a sedum roof. This plant is succulent and has good drought resistance for the summer months, storing water in their leaves. They are small, ground spreading plants and so protect the roof membrane, and spread across the roofs easily. Jennifer Campbell Development Manager at Eden Housing Association said "sedum is becoming very popular because they are low maintenance, provide natural insulation and cooling and can look wonderful. In the current economic climate and with our own ecology in mind, using sedum was a natural choice."

Sitting tenants receiving extra care from contractors

Whilst there is still some way to go before people can move in, the development already has their first residents - two pairs of Blackbirds nesting in the main building! Site Manager Jeffrey Stephenson - a keen Ornithologist said "The birds have been around for six weeks and we have already seen one family hatch and fly their nest. We have another sitting on four eggs and she is perfectly happy amongst the noise and banging on site. We feel we have a duty of care to look after them and are able to work around them quite easily."

Show home ready for Autumn

Completion of these innovative homes is planned for spring 2011 with the show home launching in October - it will give people interested in buying a property a great idea of how much light and space there is.

Anyone interested in finding out more can visit www.edenha.org.uk/heyshamgardens or contact Eden Housing Association on 01768 861 400.



Picture captions:

- Jennifer Campbell, Eden Housing Association Development Manager with some of the attenuation tank pipework, now laid underground.
- Digging one of the six bore holes - 90 metres underground for the ground source heat pump.
- Timber frame construction begins on the core building - highlighting the scale of the development.
- Bungalows slated roof with solar panels - well underway.
- First residents - blackbird laying 4 eggs - hatched & back for another clutch.
- Site Manager Jeffrey Stephenson inspects roof ready for sedum plants

EDITOR'S NOTES:

Extra Care Housing

Extra care housing is a modern model of care which consists of a collection of flats or bungalows located on the same site, offering independent living in a place that residents can call home. The accommodation typically includes a kitchen, living space, bathroom and two bedrooms - allowing family to stay. There are also communal facilities, including café and activity areas for those who choose to mix with other residents. Support is provided by an on-site care team and technology (including remote sensors) alert care staff rapidly of all residents' needs. Extra care has already been embraced and encouraged by a number of high-performing local authorities.

It is estimated that 1,850 units of extra care housing will be needed in Cumbria by 2019. From 2001 to 2009 there was a 10% increase in the number of over-65s living in Cumbria from 90,500 to 100,100, a significantly faster increase than across the region and England. The number of people aged over 65 living in the county is predicted to grow a further 58%

from now until 2029, with a 109% increase expected for the number of over-85s living in Cumbria. By 2028, more than one in three people living in Cumbria will be aged over 60.

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Independent living in older age

With 9/10 Britons preferring to stay at home in older age, people want to remain independent with a range of support and care of their choice. This new scheme allows residents to access a range of services on site and will provide great peace of mind for residents, families and friends. The Extra Care Village is a vital part of the regeneration in the area, creating a mixed tenure estate with services to cater for the needs of the new community and convenient links to existing amenities and community facilities.

Heysham Extra Care Housing Scheme

This will incorporate apartments, bungalows and houses, the latter specifically designed for residents or family members with physical disabilities forming a core and cluster scheme. It is the first new build multi tenure extra care scheme to be built in Cumbria. The proposed development aspires to high standards of architectural and landscape detail introducing sustainable construction techniques, green roofs, renewable energy sources and low energy consumption.

Eden Housing Association is an established Registered Social Landlord providing over 1500 homes for affordable rental in the Cumbria districts of Eden, rural Carlisle and Allerdale. It provides a range of accommodation and services to meet the needs of young single persons, couples, families, older persons and the homeless, including specialist provision with support. They are keen to offer products to a wider audience in Cumbria with continuing emphasis on market towns and rural areas, supporting growth and sustainability.