

Episode 294

Using a package supplier to deliver an ecological home - with Adrian Reith

The show notes: www.houseplanninghelp.com/294

Adrian: Well, we used to live a hundred metres away over the road and spotted this site, which was a bunch of old garages, twenty Morris Minor sized garages. I parked my Audi A6 in one of them and had great difficulty in shutting the door. I just thought these garages are going to go one day.

So, I wrote to the people who owned it and they said, politely, 'no, you can't buy it'. I wrote to them every year for five years and every year they wrote a polite letter back saying, 'no, you can't buy the site'.

Then we were thinking of downsizing and we sold our house. We were looking around to see what we wanted to move into next and I got a letter back from my sixth year of writing to the owner of the property and they said, 'come and talk to us about the site'.

We were beyond excited, and went and had a chat, and we did a deal.

Ben: Wow. There's a lot in there. First of all, how did you find out who owned the piece of land?

Adrian: Well, it's a bit of a hobby of mine, looking on the Land Registry site. You pay your three pounds and you magically discover who owns a site. It's something I've done a lot. On my computer I've got a whole list of files with different plots that I've talked to people about over the years.

Ben: It's worth saying as well, central Cambridge, very competitive for land. So, what did you put in your letter?

Adrian: I don't remember, but I think it was brief saying, 'if you'd like to discuss selling this, I'd like to talk to you about it'. I don't remember anything very sophisticated or clever in the letter. It's about making contact.

Ben: And the repetition clearly worked. I'm trying to run it through in my mind because I'm imagining you're not the only person who will have done that. People will have been trying to get this land. Do you think you might have put in something to do with a family home or something that would...?

Adrian: I think yes you're probably right. It was definitely a conversation about being a family in the neighbourhood who were interested in staying here, who loved Cambridge, who've roots here.

I did, after I'd done the deal, meet two people hoping to buy the place, but it never went on the market and that's the thing I was so lucky with really. So, we were very fortunate indeed.

Ben: What made you keep writing?

Adrian: I think partly it's about holding on to your dreams. I'm a person who's worked in a creative business all my life and I just think dreams and imagining and the what ifs are a very, very important part of being human. And I think if we let go of that stuff, then who are we?

So, I think it's okay to dream but I'm also a realistic person. I've run businesses and I coach people. I'm not full of fantasies. But it is important to have those dreams. So, I think it was something to do with that.

Ben: How did you come to an arrangement over price? Because at that point where they're thinking, 'hmm, we could and should sell this', how do you get something that's fair to both parties?

Adrian: I had written a sort of calculation down that I thought would be about right based on what I'd gathered from research. So, I made an offer when we met of three-fifty for the site and he said, 'you're going to have to increase it'. Because he wasn't an individual. He was part of one of the college bodies here in Cambridge. So, I said right then and there, 'what about four-fifty?' and he said, 'I'll put that to my committee'. We said goodbye, and the next day I think he came back to us and said, 'we've got a deal'.

It was as simple as that and nobody was more surprised than me.

Ben: It's a lovely site. Can you give us a few more details about how you access it and what some of the constraints are?

Adrian: It looks to me and to a lot of people as if it had been the far ends of two back gardens of two semis that had never been built on.

Actually, looking on the old maps, they were never part of the garden of the house in front of us.

So, you approach it down the side of two mock Tudor semi-detached houses and then it opens out beyond that. But it's hidden from view in a road in Cambridge full of really quite large six bedroom mature Edwardian villas. So, it's a surprise as you come down now, past the house I mentioned, to find this wooden shoebox basically which is where we live now.

Ben: What did you want from this new house?

Adrian: The important thing was a place where we could really make a home that enabled us to welcome people into it. We're very well connected into this wonderful town, know lots of people around here. People matter to us a lot; we're both in the people business. So, we wanted a place where it wasn't, kind of, 'ooh, aren't we marvellous? Look at us', but we also wanted a place that was very ecologically responsible and also very easy to look after as we deteriorate and fall apart as old people.

So, it was important that we ticked all those boxes, I think.

Ben: One question I haven't asked which is quite important when you buy a piece of land is in relation to planning permission. Did you buy this site with a consent?

Adrian: No, that was part of the excitement and the adventure and the adrenaline. We bought it just as a bunch of very expensive garages.

We'd had a chat with a planning advisor, walked him around before I went in to agree the price, and he said, 'I think you'll be able to build something here'. But that wasn't permission.

So, it was a bit of a risk.

Ben: The worst case scenario was you'd have some garages to rent out.

Adrian: Indeed, yes.

Ben: You've gone for a Baufritz house. Was that always what you were hoping for? Were there other options on the table?

Adrian: In the end, it really was the only thing we wanted to do because our previous experience of living in various houses in London and in Cambridge, and doing building projects, glass boxes for example on the backs of those big houses, and building projects that I'd done for work in London. My experience was that – and please,

architects, don't be too offended – but working with architects, quite often they are wanting, understandably as creative people, to execute an idea they haven't done before, but they're doing it on your budget and you have to live with it after that for years and years and years. Our experience was particularly with two glass extensions on the backs of big Victorian houses was that they weren't very well executed.

They looked nice in the pictures, but to live with in the winter for example, if you sat on a sofa beside the huge top quality glass and read a book, after a while you would be feeling cold air down the back of your neck. That kind of thing. I just didn't feel it was good enough.

So, the Baufritz approach of joining up all the issues of design, engineering, materials, the function of it, and the execution, the building of it, the maintenance of it, that really, really appealed to us so that it wouldn't have all kinds of headaches down the line.

Ben: Tell me about the process that you go through.

Adrian: It starts as with any normal build, I think, where with an architect you look at what you want. We started with a big sheet of paper, and Judy and I wrote down all the things we liked and didn't like about all the houses we'd ever lived in. We came up with a spreadsheet and a whole list of dimensions.

For example, we didn't want bedrooms that were smaller than a certain size because they're mean and unusable. We didn't want a number of things which other people might want. We came up with our own brief I suppose. It's as simple as that.

We gave that to the architect and that was then taken by Baufritz, costed, and made into an executable plan. It was really not that complicated.

We went through a few iterations of maybe we should build two houses on the site, rent one out and live in the other. It turns out that this site, which is about the size of two double tennis courts, is not huge but it's not tiny. It's kind of in the middle. I think if you were a developer you might have built quite a lot of houses on this site, but we wanted a big family house that wasn't that kind of place. So, it's a generous four bedroom house, I'd say.

So, that process was not surprising. It was really gentle, and it seemed to work very well for us really.

Ben: What aspects of the design were ecological? How was that explained to you?

Adrian: We were gratified when Baufritz said actually, this won't be a high-tech house. You don't need a high-tech house. That suited us down to the ground. I'm sixty-five, Judy is about to be sixty. We are not interested in gizmos, even though I have a reasonable technical understanding. I know I won't be wanting to fiddle with stuff in the future, ten or twenty years' time.

The fact that a Baufritz house, like any decent eco house, is really all about insulation and airtightness, and that really is ninety percent of it, as far as I'm concerned.

Ben: So, this particular Baufritz house, what is the end product that you're getting? How are they building it? What are you walking away with so that you finish it off?

Adrian: Well, Baufritz don't do the groundworks – that was a separate contract – but they introduced us to someone who would come here and build the right concrete base and do all the groundworks. In fact, one of the other potential groundwork contractors took one look at the access issues here and said no and didn't even bother to quote for the job.

So, the issues of access here are quite considerable. There's only probably three metres access width and the trucks are two-point-six metres wide, to get down that little lane to get here. Then you've got a tree in the way. They had to get two cranes onto site here to fly the whole house over the tree.

With system build, the houses are made in a factory, and that's the key thing. When I was a kid, you'd drive somewhere in the family car and you'd see cars boiled up by the side of the road. Cars in Britain weren't made very well; they were always breaking down. I think it's very similar with the way houses are built here. I don't think they're very good most of the time.

So, a system built house is basically taking the same principles and putting a house together in a factory, in ideal conditions, so that the window is sealed into the wall in the factory by people in ideal conditions with ideal tools and everything is by the plan. Rather than someone in the rain on a Friday afternoon squirting some foam into a hole that shouldn't have been there in the first place. It's a whole different way of thinking about a house.

Ben: So, that's what you're signing up to. Is it timber frame and a lot of their components? When you go Baufritz, that's the route that you'll be building the house?

Adrian: Basically, I think most of the time they're building timber frame houses. There's no steel in this house though I understand if there needed to be some steels in it, they would have done that. They're not against steel. But basically, it's a timber frame house, yes.

The walls are filled with a wood shaving product which is a waste product that they get, and they treat with whey – you know, Little Miss Muffet sat on a tuffet. So, the whey from a dairy process is used for fireproofing and I understand getting rid of any risk of insects getting involved in the insulation. There's plasterboard on either side of the walls that's keeping the insulation in, and then there's a void and then another plasterboard layer inside for you to run your services. Then on the exterior, there is another void before the external covering of the outside of the house.

In our case, it's larch, but you could have it rendered and there are various different finishes you could have.

Ben: So maybe this leads us back to the planning situation. Your consultant said you'd be able to build something here. How did you get planning consent, and did it involve the neighbours?

Adrian: Well, we have sixteen adjoining properties on this site. We're landlocked basically. We were very concerned. As I said, we knew a number of the neighbours already having lived here for many, many years. So, we weren't interested in making any enemies.

We worked really, really hard in communicating to all of the neighbours who wanted to talk to us about what our plans were, who we were, we showed them plans, would go round and see them. I think that paid off dividends.

We managed to get a number of letters of support from our neighbours for our application which apparently is unusual. I didn't know this; I'd not done this before. But there were one or two objections and those were people who we didn't know who hadn't even made themselves known to us. They were the kind of, 'not in my backyard' type of objections. So, it had to go to committee.

On the night of the committee in the village hall around the corner, we all turned up biting our nails to find out what would happen, and then lo and behold, after a couple of other items on the planning agenda which were treated very negatively, it came to our one and a couple of the people on the committee said, 'now, this one. This is

a future classic. This is the kind of thing we should be building in this conservation area'. They really got it. And it seemed to me they really, really took on board all the eco credentials.

So, it was just wonderful. It was a huge, huge relief.

Ben: That's a brilliant story, particularly in Cambridge. Cambridge can surprise you sometimes, I think. That's the other thing.

When we're talking about neighbours, this can often be an area of conflict. So, were you nervous about going round to the neighbours? What did you say? How did you do it? Was it face to face?

Adrian: I think the way to deal with neighbours is to be straightforward, honest and true. We printed out one side of A4 saying hello, we are who we are, we're here, and this is what we were planning to do. If they'd like to call or email us, these are our contact details, and if they want to see the plans, we'd be happy to show them and talk about it with them if they want. It doesn't need to be complicated.

If you start out being defensive or worried, putting up negatives, then I think it's likely to go in a different direction. But for us, it worked out very well and we're on good terms with all of our neighbours. All sixteen of them.

Ben: I think what's nice about this particular site, now a couple of years have passed, is you've got a very secluded area. We'll perhaps come on to landscaping and how you've built in some privacy plus a great view – we're in your office at the moment, but a great view across gardens; I think that's all lovely.

Anything else about the actual design and leading up to, I'm imagining, this gets delivered on some huge great trucks, does it? So, we're back to that access?

Adrian: Yes, as I said. So, the groundworks having been completed to Baufritz's satisfaction – and I didn't know this, but a wooden house needs a much more accurately created foundation than a stone or a brick house does, so they needed to be very sure that the slab was flat, straight and all those kinds of things – once they'd signed that off and that was good, they pressed the 'go' button to build the house in the factory.

Actually, it gets built rather quickly because they're doing this all the time. Even though it's a bespoke house designed completely by us and our architects from scratch, it's basically glorified Lego in other

ways. They're quick at this stuff. So, then they came up with a date for us to have the house delivered.

I had to negotiate with the local aerodrome, Duxford, down the road, to have a crane stationed there, for the six twenty metre trucks to come from Germany, to go there to offload onto a smaller truck to shuttle back and forth here, to put the load onto the two cranes that were on site here to take the house over the tree.

The house is about twenty-six metres long on the long side. It's a two storey house, ground and first floor, and that façade of the house came in only four pieces. So, huge, huge lumps of wall with windows –I don't know what the weights were, but they're vast, swinging through the air over the tree to drop into place. It was a very, very exciting three days.

That started on a Tuesday lunchtime when they swung the first wall in, and by Thursday evening as the sun was going down, the roof was on and the house was watertight. So, it was a house built in three days.

Now, you can't move in after three days but the house itself was watertight and on the outside looks like it looks today. The next five months is putting in things like underfloor heating, screeding, taping and jointing the plasterboard walls, decorating, plumbing, wiring, putting the kitchen in, the loos, and all that stuff. But we were given a moving in date when we pressed the 'go' button and in fact we moved in slightly earlier than they said and exactly on price, which was what we were hoping for in the first place, predictable outcomes.

Ben: The fitout, is that still under their responsibility or are they delivering the shell?

Adrian: I think they will do a shell if you want one, but that's not what we wanted. Most of what they do is the whole thing. It's a turnkey thing. Everything you see in this house apart from our furniture and the kitchen units was provided by them. Every doorknob, every shower, bath, loo, floor, LED lights in the ceiling were all delivered by them.

But you can have what you want actually. You're not limited in what you choose. You go on this fantastic shopping spree, the best shopping spree of your life, when you go to their HQ in Germany to spec the house. So, that was very, very exciting.

Ben: I was going to ask you about that. You said you pressed the 'go' button. So, how do you know that you've made all the decisions? Is

it just that they've got this massive checklist going around the house for every single thing?

Adrian: Yes. You've got planning permission and the 'go' button is pressed. You then get on a plane and go to Germany. You spend a week there and you are given a lovely office which is yours for the week to bring your plans and anything like fabrics, other materials, other reference stuff that you've got that you can bring with you. You can leave it all in there with your bags and measuring devices or whatever you've got with you.

Then they have a series of checklists that they take you through, throughout the week, from flooring, bathrooms, loos, doorknobs, stairs, windows – it sounds huge and it was, but I have to say, we really both loved that. But on the advice of another customer of theirs, we had gone and done a reccy some months before without any pressure, to go around and see what we would be up against when we came back to spec our own house. I'm pleased we did that.

One of the lovely things they did was, in designing the bathrooms and we'd kind of made a plan, and then they said, 'come in here'. We went into a different area and they had sinks and loos and baths on wheels and scenery flats. So, we were able to mime getting out of the bath and, 'so, my towel would be here, or maybe there. Maybe we want the door here'.

It was just so genius. It's a simple, cheap, easy to achieve idea of mocking up your bathroom of your future house with entirely moveable objects, so you end up with the room that you actually want. Because my wife, Judy, her brain doesn't understand drawings. It was just a delight.

Ben: I often say that the 3D mock-ups are just so valuable sometimes, but obviously one better is to see everything physically.

On the decisions you made, being a businessman you probably like making decisions and that's it, final. But were there any that you'd like to have gone back on?

Adrian: Oh yes.

Ben: [Laughter] I wasn't expecting you to say that.

Adrian: Yes, but they're not major. You'll probably laugh when I tell you the things that I kind of wish – and it's all about hindsight and it's also my personality type. I'm a perfectionist so, I'm quite capable of beating myself up about some small thing.

For example, I kind of wish I'd spent more time thinking about whether to have single phase or three phase power. We went for single phase. Bear in mind we made these decisions seven years ago and we've been in the house for five years. A lot's moved on in this world in these kinds of areas in that time.

The electrician said, 'would you like me to provide for an electric car charging point in the parking area?' I said no. I didn't think about it enough. I had so much on my plate. I should have said yes to that. But I can fix these things relatively easily.

Yes, really minor things like where you put plug sockets and that kind of thing is always going to be not entirely where you want them when you move in.

In my office here, I've counted up, I think, twenty-five or thirty things plugged in under my desk. That's a lot. It's hard to anticipate how many things you want to plug in somewhere. But these are minor, minor things. The really important stuff is sorted.

Ben: Plug sockets is a funny one though because people won't criticise you for having one plug socket too many. I know for your office here, clearly you needed a lot to go in there. But having something on every wall might seem like overkill sometimes but it's surprising how often you use them.

Adrian: You're absolutely right and I kind of wish I'd done a bit more thinking about that. But we didn't have a project manager on this thing. I did it all myself.

For example, there were no services on the site. So, I had to get gas, water, electricity, drainage, BT all sorted out, which I'd never done before. So, there were some fairly big things which I had to deal with, and I'm pleased to say I didn't get most of those wrong. I got most of those right.

This issue of three phase power, I know it probably costs a few thousand pounds to change that if I wanted to – it probably isn't worth it now.

Ben: On moving in then, how did it all feel?

Adrian: It felt like we were on holiday for months and months and months.

One of the things that is delightful, with mechanical ventilation and heat recovery here, you can shut the house up and go away for a week, two weeks, a month and when you come back, the place smells really fresh. There are no cold spots or hot spots in the

house. These are things which having lived in ghastly draughty old places all my life I'd never experienced. It has a calm about it as well.

One of our friends who is a bit of a philosopher came and walked around and said, 'this is a modern house with soul'. I think partly it's because we really wanted to use a lot of wood in the house. We used oak flooring and quite a number of the important doors in the house are in oak as well. It gives off a nice smell, but it also speaks to you. It has a human quality.

Ben: I know what you mean as well about the MVHR making everything very fresh. Sometimes if we've been away and we come back, you can smell the timber – we've got a timber floor as well. I don't know quite why that happens when you've been away.

Adrian: Exactly. The timber smell is lovely. I don't know how it comes about either.

Ben: Now, landscaping, I mentioned about that. Obviously, you're quite close to your boundaries but you've got this great feeling of space thanks largely to the neighbours' gardens. How has that developed?

Adrian: We spent a lot of time with the architect when we were designing the house trying to work out where the light is, what rooms we wanted to look out on, and so we decided on the upstairs part of the house where we are now, my office, to look over the neighbours' gardens which are wonderful, mature gardens. And at this time of the year in the autumn, the colours are amazing. But downstairs we decided to point the other direction, which is south over our own garden, which had not a thing growing in it when we moved here.

Again, things I would do differently, I think I would spend more time thinking about some of the more detailed aspects of the landscaping. Particularly, for example, I asked the wrong guy whether the soil that the grass was planted in was okay. He was a builder, not a gardener.

I think this is a classic problem. The grass hasn't got enough topsoil. We should have imported a few tonnes of topsoil when we had a chance. You do run out of puff with these things. We got most of it absolutely bang on, so these things are minor things.

But we had planted nearly thirty trees on site. Quite a lot of them are hornbeam so, it's basically what you might call a hedge on a stick. When they really get into their stride, these trees will provide a wonderful high level hedge which will enable us to screen ourselves

from the neighbours and the neighbours from us more effectively than we have been at the moment. Because when we moved in, we felt quite exposed. You can either spend a lot of money buying those things already mature – and it is a fortune – or buy them small, which is what we did.

Ben: Are there any other aspects of working with Baufritz that we need to mention at all?

Adrian: I really appreciate their rigour. They really had spent a lot of time examining all of the materials and the things that go into their houses.

Their particular emphasis is not just an eco-house, it's a healthy house. So, they've made sure there's no PVC, no volatile organic compounds, naughty glues and things in the paints that are going to give off stuff that's going to make us ill. My wife suffers from asthma and that was a big relief for her. But I think it's really important for everyone to know that they're living in a healthy home. Why wouldn't you?

So, they have done a lot of hard work and I was impressed by their research. You could ask them all kinds of questions about, 'how is this made?' and 'how have you arrived at that solution?' and they've actually thought about it. So, that was really, really good.

I liked the joined-upness. With this kind of system build process, the plumbers are not working against the electricians and they're all working together.

The other huge, huge benefit is they've rehearsed this process hundreds if not thousands and thousands of times. So, they're not dreaming up some solution from scratch and hoping it's going to work. They're pretty rigorous.

Ben: How does this all fair on cost? You've mentioned some of the benefits of this and there's a side of me that says this all comes at a price.

Adrian: This is not a cheap house. It's at the premium end of housebuilding. But we thought that given this is the centre of Cambridge, which is a fairly upmarket property area, that it would warrant a house of this kind of investment in this place. We would get our money back if we wanted to do that, which we don't.

There are far more lavish Baufritz houses out there than we've built here but neither is this a cramped, small place. For example, one of

the things that we did was enlarge the hallways and the staircase, because we wanted it to be more generous and to add more light.

Of course, that increases the cost hugely. Everything changes: more roof, more foundations, more floor, more ceiling, more everything. They did warn us that it would increase the cost and one of the lovely things about this process was it's like a huge menu. You could say, 'if I do this, how much will that be?' and then you go, 'maybe not. We'll take that back out'. It's a lovely conversation.

If I ever had a chance to build another house, I would definitely use Baufritz again to do it because I'm very much persuaded by their way of doing it really.

Ben: You're a loyal customer.

Now, on my walk around, one thing that you mentioned that I don't see that often which I like is, you had an upstairs laundry room. How did this come about? Whose idea was it?

Adrian: Judy's idea. She always says, 'why would you ever have the laundry anywhere else than upstairs? That's where most of your laundry is generated'. So, we've done it for years in previous houses. But in this house, we got the chance to build a proper laundry with underfloor zoned, controllable heating.

The delight is that we hardly use any of the heating in the other rooms in this whole house, to be honest, since we've moved in. We haven't needed it. But we do have the heating on in the laundry which dries the clothes. So, the clothes get washed in there, they're hung up on one of those things dangling from the ceiling, and then they dry quickly. The hot, moist air is extracted from that room to the MVHR and you get a good feeling of smugness knowing that the heating is being recycled.

So, it just makes complete sense. That was one of the non-negotiables when we sat down with our spreadsheet.

Ben: We've got two more bits of business to talk about. One is an event, which is really how we got in touch. So, maybe you could explain the Eco Event in Cambridge. You must have done this for a few years now, but long may it continue.

Adrian: Yes, Open Eco Homes in Cambridge is a great organisation. I'm not part of them but they've asked us over several years to show people around our house about this time of year, to encourage and inspire people to do whatever eco things they can with their

housing. We've shown dozens, if not a few hundred people around over the years.

I think everybody needs their inspiration, everyone needs to steal ideas. That's the best way, not to come up with your own ideas but to take someone else's and adapt it. That's the best thing. So, I'm delighted to show people around and to help them see a vision of how they can do something that they want to do in their own place.

Ben: And then you've also had an opportunity to do something else during the coronavirus. This links into the house? I know little other than the title, Act Three from what I can see.

Adrian: Yes, as I said, my previous career was in advertising and Judy is a parenting coach. I was inspired after I left advertising to train as a coach as well. I became a coach of people who are running businesses and organisations and charities, that kind of thing.

Repeatedly, we met people who are like us, getting to a stage in their lives, in their fifties, thinking, 'is this it? What next? What's my responsibility to each other, our families and to the world?' and everything. So, out of that whole process we were asked to facilitate a weekend for a bunch of friends who had grown up with each other since school days and they were approaching sixty. They went away for a weekend to a hotel a few years ago and we facilitated conversations over that weekend about what next and how to get to a better place for all of these individuals.

As a result of that, we decided we would write a book called Act Three: The Art of Growing Older, because it struck us that people need a sort of coach or a bit of help or a bit of a framework to help them think through if, like us for example, the kids have left home, my first career is over, do I just sit in front of the telly and eat ice cream or drink myself to death? What do I do?

Actually, I think in my generation we've had a huge amount of privilege and we had the capability of being a fantastic positive force in the world. Not just ecologically, but that's really important, but particularly in all kinds of ways. So, it's not over. We're living longer and in better health now than our grandparents did by a long, long way. A child born now around here can expect to live to a hundred.

So, the world has changed. Life used to be a three act story and now it's a four act story. This extra act has been added in from, say, fifty to eighty where you can start again if you want. So, Judy – my wife – has just applied and is doing an MA at the University of East

Anglia aged sixty; started last week. That's part of her Act Three story.

We published this book in lockdown – it wasn't planned to be published in lockdown – and we've done fourteen Zooms about the themes of the book, which is to do with rethinking your life, as I've said.

The metaphor of the book is a tree and there are four roots to the tree. They are: sorting out your attitude; looking at your values, what's important to you; finding some sort of purpose that's more important to you than getting up in the morning only because you've got a full bladder; and sorting out your key relationships. If you sort those four things out then all the other things that you're concerned about – for example, work, money, your home, – can all flow from that. Play, the world, those kinds of things. If you start with the fundamentals, then the rest of it will be much easier to work out.

When we've been running workshops - we do guardian workshops on this subject - people often turn up thinking their biggest concern is money at this stage of their lives, or health. We would say actually, rather than putting those things at the top of your agenda, let's look at those four root things that I just mentioned – attitude, values, purpose, key relationships – and then after that look at your health and your money stuff through that lens, and I think you might come up with some different and more satisfying answers.

So, this book is out there now, and we're pleased to be able to provide it to people. If you want to have a copy, then you can go to our website: act3life.com.

Ben: What an interesting chat today. Adrian, thank you very much. We've covered a lot of ground, I think.

Adrian: We have. It's been a delight and I'm really excited to see what you're doing Ben with your website and your work because if I'd known someone like you when I was doing this project, it would have been a less lonely journey. And I think it can be. So, I think what you're doing by way of supporting people is terrific.

Well done.

Ben: I appreciate that. Thank you, Adrian.

Adrian: Cheers.

