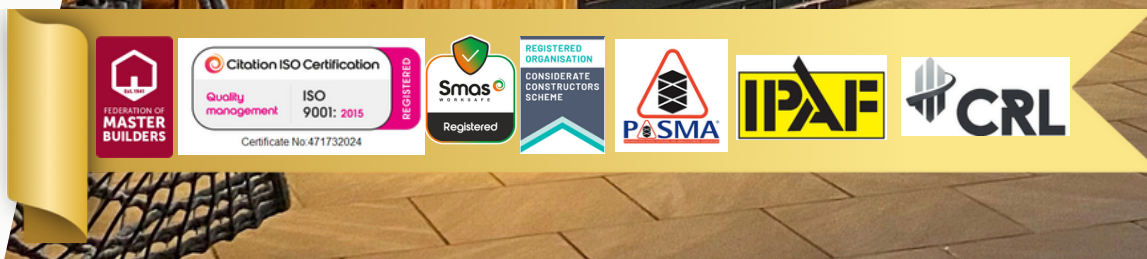


Quarterley Newsletter

APRIL 2025

ISSUE 1



PROJECT COMPLETION UPDATES

1ST SHELTON LOCK SCOUT AND GUIDE GROUP, DERBY



We have been privileged to have been Principal Contractor for the construction of this 230 sqm Scout Hut/Community Centre build. The project has run within budget and on schedule for completion at the end of December 2024.

Funding through the National Youth Investment Fund (NYIF) and a long lease granted by Derby City Council has enabled the Scouting Association to move from an old timber hut to this modern eco and robust building.

The walls are built from a modern method of construction (MMC) called Nudura Insulated Concrete Formwork (ICF). We are accredited for the construction of ICF buildings.



The product has excellent u-values; far exceeding building regulations and can be constructed very quickly. The walls of the building were constructed in less than two weeks, enabling the quick progress of other trades within the programme.

The building features a number of eco features, such as a huge array of solar panels (x43), battery storage, triple glazed windows, underfloor heating, ASHP, MVHR system and rainwater harvesting. Although the property is connected to the grid through a 3-phase connection, it has been designed to need very limited support from the grid.

We have supported our client, the Scouting Association, throughout the build process, having regular meetings, providing update reports, cash flow forecasts for the NYIF, design meetings with all stakeholders and satisfying the requirements of the Employers Agent and Contract Administrator.



WALTON DRIVE, CHESTERFIELD

On behalf of our client, Chesterfield Borough Council, we acted as Principal Contractor during the remedial works to a residential property.



PROJECT COMPLETION UPDATES

Works to the property included the partial re-build of the gable elevation, installation of remedial wall ties, re-pointing to the entire property, and the installation of an aco drain system to the properties side entrance alleyway.



Following our Structural Engineers design, we re-built the gable elevation and installed structural straps to both the roof rafters and ceiling.



The property was tenanted throughout the works, so extra consideration was taken to remain flexible and adapt our programme to suit the working patterns of the tenants. Our Tenant Liaison Officer communicated scheduled works ahead of time with the tenants to ensure minimal disruption.

Work was completed ahead of schedule and both the tenant and client are delighted with the outcome of the project.

SPENCER COURT BALCONY TEMPORARY PROPPING, NOTTINGHAM

Works to this independent living retirement complex included the temporary propping of ground and first floor balconies. After significant steel deterioration due to the elements, we were approached by our client JLL to complete the temporary works as per the Structural Engineers design.



All properties remained tenanted for the duration of the works, so ensuring works were scheduled in accordance with resident requirements was paramount. Our Tenant Liaison team worked closely with the onsite Scheme Manager to ensure works did not hinder resident access/egress or planned activities.

Balcony propping works included the installation of acrow props with bracing to the ground and first floors. All first floor acrow props included the use of strong boys to ensure ongoing structural integrity whilst a permanent solution is considered.



Work was completed ahead of programme and both our client and the residents are delighted with the results.

OUR INDUSTRY INVOLVEMENT



FEDERATION OF MASTER BUILDERS PODCAST



Our Managing Director, Aidan Cropper, recently visited London to co-host a new FMB podcast project focusing on vital discussions around the construction and building industry. Six podcast episodes were recorded in one day and are awaiting final editing prior to their release. Key topics of discussion included building your business, working with clients, networking, marketing and mental health within the building industry. Podcasts shall be released soon - watch this space!

FEDERATION OF MASTER BUILDERS AWARDS 2025

The team are heading to Newcastle in May to the annual FMB awards.

Ipsium has been nominated for the Sustainable Building Award in relation to the works carried out for the 1st Shelton Lock Scout and Guide Group in Derby.

Good luck to the team!



OUR COMMUNITY INVOLVEMENT

SUPPORTING LOCAL GRASSROOTS TEAMS



We are proud to be sponsoring Basford United Football Club's Under 10 team this season!

LIGHTHOUSE CHARITY

As part of our involvement with the Federation of Master Builders, we actively contribute towards the ongoing support to the Lighthouse Charity.

The charity provides 24/7 holistic support to UK and Ireland based construction communities on all aspects of emotional, physical and financial well-being.

They offer a free and confidential 24/7 helpline, live web chat service and text facility.




YOUR WELLBEING MATTERS

NHS HEALTHY LIVING TOP TIPS



Stay hydrated



Start a conversation



Take your break



Protect your skin




Cut down on caffeine



Limit your screen time



Keep moving



Wash your hands regularly

OUR EMPLOYEE INITIATIVES



Team invitations to award ceremonies and events



Weekly socials down the local



Regular training



Your birthday off, on the house!



Site safety briefings and toolbox talks to keep you in the loop



Dedicated office team to provide daily support

ARE YOU AT RISK OF PROSTATE CANCER?



1 in 8
In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.



Prostate cancer is the most common cancer in men in the UK.

OVER 50 YEARS OLD

Prostate cancer mainly affects men over 50 and **your risk increases with age**. The average age for men to be diagnosed with prostate cancer is between 70 and 74 years.

FAMILY HISTORY AND GENES

You are two and a half times more likely to get prostate cancer if your **father or brother** has been diagnosed with it, compared to a man with no family history of prostate cancer.

Your risk of getting prostate cancer is higher if your **mother or sister** has had breast or ovarian cancer.

ETHNICITY

Black men are more likely to get prostate cancer than other men. In the UK, about 1 in 4 black men will get prostate cancer at some point in their lives. If you're black, you may be more likely to get prostate cancer if you're aged 45 or over.



PROSTATE CANCER UK

Speak to our Specialist Nurses
0800 074 8383* | prostatecanceruk.org
Check your risk in 30 seconds:
prostatecanceruk.org/risk-checker

* Prostate Cancer UK September 2024. To be reviewed: September 2027.
Prostate Cancer UK is a registered charity in England and Wales (1005547) and in Scotland (SC039332). Registered company 03653887.
* Call our Specialist Nurses from Monday to Friday 9am - 5pm, Wednesday 9am - 5pm. Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.



lighthouse
The Construction Charity

IF YOU'RE STRUGGLING, HELP IS HERE!

24/7 FREE AND CONFIDENTIAL ADVICE TO ANYONE WORKING IN CONSTRUCTION

EMOTIONAL WELLBEING	PHYSICAL WELLBEING	FINANCIAL WELLBEING
MENTAL HEALTH	ILLNESS	FINANCIAL SUPPORT
RELATIONSHIPS	INJURIES	BENEFIT ENTITLEMENT
LONELINESS	ADDICTIONS	BUDGETING
TRAUMA SUPPORT	SLEEP	DEBT MANAGEMENT
BULLYING	DIET & NUTRITION	TAX & CIS
LOSS & BEREAVEMENT	EXERCISE	LEGAL ADVICE
SUICIDAL THOUGHTS	HORMONE SUPPORT	TRAINING & CSCS FEES

Helpline

UK 0345 605 1956 ROI 1800 939 122

Support available in over 100 languages.
Visit lighthouseclub.org



COMPANY ACCREDITATIONS

ISO 9001:2015

ISO 9001 is the international standard for Quality Management Systems, and is designed to help organisations ensure that they meet the needs of customers and other stakeholders by having a framework in place that helps ensure consistent quality.

This standard uses a process approach and is based on 7 quality management principles, which include having a strong customer focus, the involvement of top management, and a drive for continual improvement.

We are proud to have acquired our ISO9001:2015 accreditation in December 2024.



CONSIDERATE CONSTRUCTORS SCHEME

We are proud to be registered with the Considerate Constructors Scheme, and delighted to have received a **VERY GOOD** score during our first monitoring visit in March 2025.

We look forward to providing EDI and carbon training to our team over the coming weeks, along with developing our carbon management and Net Zero plans.



SMAS WORKSAFE

As of January 2025, we acquired our SMAS WorksafeSSIP approved health and safety accreditation.

SMAS Worksafe is a nationally recognised health and safety accreditation used to demonstrate industry best practice health and safety standards.



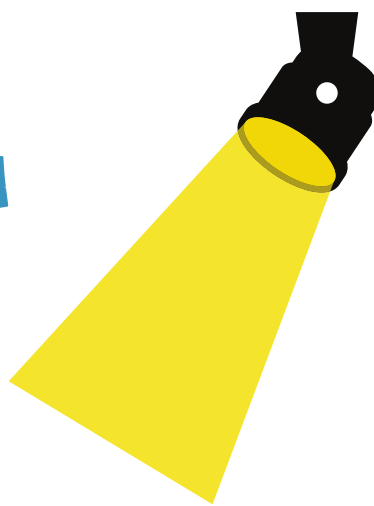
FEDERATION OF MASTER BUILDERS

We have been a member of the Federation of Master Builders since 2011. We uphold a strong code of conduct within the building industry and we pride ourselves on quality work, professional integrity and ensuring our clients are delighted with their building project.

We also support the FMB in parliament lobbying for important changes to our industry. Our Managing Director Aidan Cropper is Vice President and National Board Member for the Yorkshire and Trent region.



SPOTLIGHT ON ... HEALTH AND SAFETY IN THE WORKPLACE



BACK PAIN

It's often not possible to identify the cause of back pain. Occasionally back pain can be caused by a medical condition such as:

- A slipped (prolapsed) disc – where a disc of cartilage in the spine presses on a nearby nerve
- Sciatica – irritation of the nerve that runs from the pelvis to the feet

These conditions tend to cause additional symptoms, such as numbness, weakness or a tingling sensation, and they're treated differently from non-specific back pain.

It's difficult to prevent back pain, but the following tips may help reduce your risk:

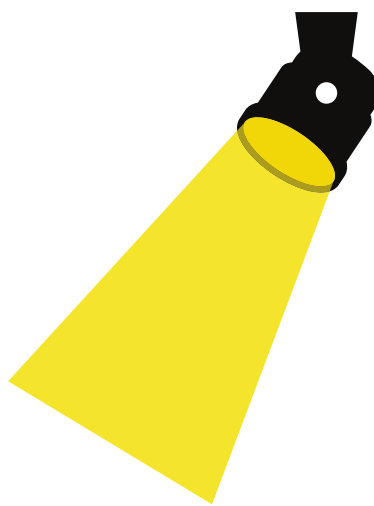
- Do regular back exercises and stretches
- Stay active – doing regular exercise can help keep your back strong; adults are advised to do at least 150 minutes of exercise a week
- Avoid sitting for long periods
- Take care when lifting – read some safe lifting tips
- Check your posture when sitting, using computers or tablets and watching television
- Ensure the mattress on your bed supports you properly
- Lose weight through a combination of a healthy diet and regular exercise if you're overweight – being overweight can increase your risk of developing back pain.

You should contact a GP or NHS 111 immediately if you have back pain and:

- Numbness or tingling around your genitals or buttocks
- Difficulty peeing
- Loss of bladder or bowel control – peeing or pooing yourself
- Chest pain
- A high temperature
- Unintentional weight loss
- A swelling or a deformity in your back
- It does not improve after resting or is worse at night
- It started after a serious accident, such as after a car accident
- The pain is so bad you're having problems sleeping
- Pain is made worse when sneezing, coughing or pooing
- The pain is coming from the top of your back, between your shoulders, rather than your lower back

These problems could be a sign of something more serious and need to be checked urgently.

SPOTLIGHT ON ... HEALTH AND SAFETY IN THE WORKPLACE



NOISE

Loud noise at work can damage your hearing. This usually happens gradually and it may only be when the damage caused by noise combines with hearing loss due to ageing that people realise how impaired their hearing has become.

Noise at work can cause temporary or permanent hearing damage that is disabling.

This can be:

- gradual, from exposure to noise over time
- caused by sudden, extremely loud noises

People often experience temporary deafness after leaving a noisy place. Although hearing recovers within a few hours, this should not be ignored. It is a sign that if they continue to be exposed to the noise, their hearing could be permanently damaged.

Hearing loss is not the only problem. People may develop tinnitus (ringing, whistling, buzzing or humming in the ears), a distressing condition which can lead to disturbed sleep.

Noise at work can interfere with communications and make warnings harder to hear. It can also reduce a person's awareness of his or her surroundings. These factors can lead to safety risks – putting people at risk of injury or death.

Generally hearing loss is gradual. By the time you notice it, it is probably too late. We want to prevent hearing loss before it happens. You can also suffer instant damage from very loud or explosive noises.

How do I protect myself?

Co-operate - Help your employer to do what is needed to protect your hearing. Make sure you use properly any noise control devices (eg noise enclosures), and follow any working methods that are put in place. Also attend hearing checks. This means you need to take some responsibility for your hearing.

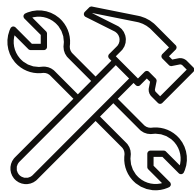
Wear any hearing protection you are given - Wear it properly (you should be trained how to do this), and make sure you wear it all the time when you are doing noisy work, and when you are in hearing protection areas. Taking it off even for a short while means that your hearing could still be damaged. Remember that there is no cure for deafness.

Look after your hearing protection - Your employer should tell you how to look after it and where you can get it from. Make sure you understand what you need to do.

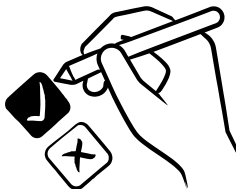
Report any problems with your hearing protection or noise control devices straight away. Let your employer or safety representative know. If you have any ear trouble, let your employer know.

Try the shout test – if you are shouting at work and can't be heard from two metres away, then that is a good indicator that there could be a noise issue.

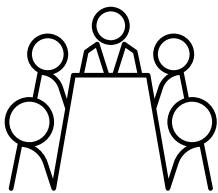
OUR ENVIRONMENTAL ACHIEVEMENTS



We are using modern methods of construction within our projects



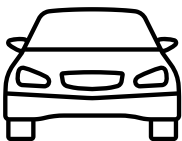
We vet our subcontractors and suppliers



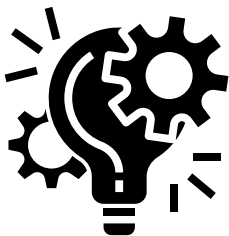
As an FMB member, we have our say in top discussions



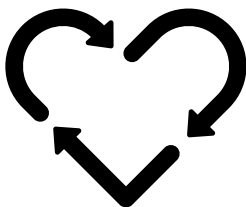
Our teams van share, especially for longer trips



We are introducing electric company vehicles



We take time to understand and plan for the bespoke environmental requirements of each project



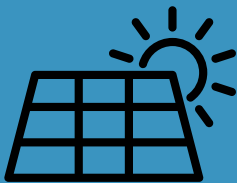
We encourage waste minimisation, reuse and recycling on all projects



We source materials from local suppliers



Our site welfare units are eco friendly and powered by PV



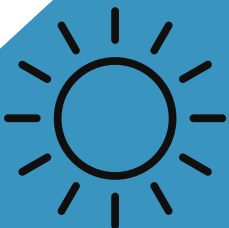
Design and implement low carbon and low energy technologies in the buildings we construct



Engage with suppliers and subcontractors who are carbon transparent



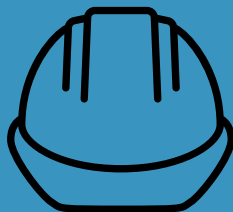
Source sustainably and locally



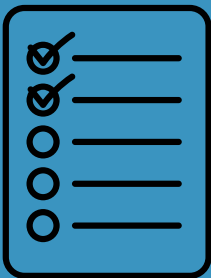
Encourage power from renewable sources on our sites



Continue to construct award worthy sustainable builds



Regular environmental awareness training for site based employees



Continual development of our environmental strategy

OUR ENVIRONMENTAL COMMITMENTS