Green Buildings in Norfolk Open Days 2009

Free guided tours of energy-efficient buildings in Norfolk

Thursday 10th - Sunday 13th September

Organised by the Campaign to Protect Rural England in Norfolk as part of Heritage Open Days
Welcome To The Open Days 2009

This is our third season of tours at energy-efficient buildings in Norfolk. Since we started the event in 2007, the thirst for information about technologies, materials and building techniques has been growing steadily. Awareness of environmental issues has increased, along with our fuel bills, and many more people are seeking the alternatives. This makes the Open Days a fabulous opportunity to be inspired by buildings and people who are one step ahead and have much to share.

From barns to water mills; cottages to smallholdings; studios to sheds - each of the 12 buildings selected here has something remarkable to offer. Many harness the energy of the wind, sun, river and rain. Some are hand-made - built from straw, cob or rammed earth. Some have roofs of sedum, wildflowers and grasses. Many use sheep’s wool, recycled newspaper or other recycled or reclaimed materials. Another is banked by the local hillside into which it is built. Although some of the buildings may be out of your scope or price range, I hope all of them will provide ideas to adapt to your own project or property.

My thanks as always go to the homeowners, architects, builders and researchers who will conduct the tours and who give their time freely. We are also indebted to our partners and sponsors for their support. The Open Days is built on a foundation of local knowledge and enthusiasm and we at CPRE Norfolk feel privileged to co-ordinate such a worthwhile exchange of good practice. I do hope you will be inspired to join in.

James Frost
Director, Campaign to Protect Rural England - Norfolk

Location Map
1. **Sedum House, Gimmingham**

A unique earth sheltered dwelling constructed into a hillside in North Norfolk as a home for an architect and his family. Highly insulated and incorporating many innovative features.

- Ground source heat pump
- Whole house ventilation system
- Rainwater harvesting
- Solar shading

*Open on Saturday and Sunday*

2. **Eco-Shed, Potter Heigham**

Winner of Eco-Shed of the year! A single storey rammed-earth garden building with a high thermal mass and extremely low carbon footprint. The building has a roof of sedum, wildflowers and grasses.

- All materials sourced within 10 miles
- Rammed earth construction
- Sedum roof

*Open every day*

3. **Mill Lane, Kirby Bedon**

A small, semi-detached cottage with a glazed, south facing extension to maximise solar gain. The home is very well insulated, electricity is generated from renewable sources and water is recycled.

- Recycled newspaper insulation
- Solar water heating
- Photovoltaic roof tiles
- Rainwater harvesting

*Open on Thursday and Friday*
4. The Old Barns, Stoke Holy Cross

Redundant and very dilapidated barns converted to residential use paying particular attention to the character of the original buildings and designed to a very detailed energy efficient specification.

• Sheep’s wool insulation
• Ground source heat pump
• Rainwater harvesting
• Passive ventilation

Open on Thursday and Friday

5. End Cottage, Long Stratton

An extension to an existing 18th century clay lump cottage. A straw bale and timber frame construction making best use of reclaimed materials and sustainably sourced timber.

• Materials sourced locally
• Straw bale construction
• Use of reclaimed / recycled materials

Open on Thursday, Saturday and Sunday

6. Skelton Road, Diss

Two affordable homes from the Saffron Housing group designed and built with low-energy concepts throughout. Pre-engineered and passively designed, the performance of the homes is being monitored by the University of East Anglia.

• Houses constructed from pre-engineered kits
• High content of sustainable materials
• South facing to maximise solar gain
• Triple glazed doors and windows
• Air source heat pumps

Open on Saturday and Sunday
7. The Cob Roundhouse, Banham
A single storey, single room studio with minimal environmental impact. Main walls built with material dug from the foundation trench and straw from the neighbouring fields.

- Passive solar gain from south facing windows
- All materials sourced on site or very locally
- Shallow pitched, sedum planted roof

Open on Friday

8. Marshams Barn, Kenninghall
Former agricultural buildings, sustainably converted by the designer and owner using traditional, local materials and incorporating several energy efficient features.

- Wind turbine
- Ground source heat pump
- Rainwater harvesting

Open on Friday and Saturday

9. Ingleside, West Walton
A smallholding refurbished by enthusiastic owners, applying particular attention to insulation and innovative approaches of the use of renewable energy and rainwater.

- Solar water heating
- Rainwater harvesting
- Wind turbine

Open on Thursday and Sunday
10. The Straw Cottage, Cawston
A well insulated single storey house for an elderly owner built from local straw bales and rendered with clay and lime. Air source heating has been used to heat the building.

- Straw bale construction
- Use of local materials
- Air source heat pump

Open on Thursday, Friday and Saturday

11. Ralph’s, Plumstead Green
A self-built, lightweight timber frame structure with highly insulated walls and north facing sedum covered roofline, falling to ground level.

- Recycled newsprint insulation
- High efficiency heating & ventilation
- Building materials with low embodied energy
- Rainwater harvesting

Open on Friday and Saturday

12. The Mill, Itteringham
Built in 1778, abandoned in the 1920s but restored as a private home in 1938, the Mill is again using the water of the Bure to provide its energy - this time as electricity. With a number of features added in the last twelve months, this is a truly exemplar project.

- Water source heat pump
- Rainwater harvesting
- Solar hot water
- High levels of insulation
- Micro hydro-turbine generating all electricity needs

Open every day
The Energy Saving Trust take all bookings for this event, on behalf of CPRE Norfolk. All visits must be booked in advance on the telephone - we are not accepting postal or email bookings. The bookings telephone number is 01376 531547 and lines will be open between 9am to 5pm from Monday 27th July to Friday 11th September.

Before you call please decide which tours you want to attend by studying the timetable above (grid squares in white show when the buildings are open). Tours start at 10.00am, 12.00pm, 2.00pm and 4.00pm although not every building is open at all these times. There are a limited number of places on each tour so you are advised to book promptly and ensure that you will be available to attend. All tours are free, although donations to CPRE Norfolk will be collected on the day. Maps/directions will be sent upon booking.

Members of CPRE can book as many tours as they wish at any time. Non-members can only book a maximum of 3 tours up to the 30th August - this is due to demand and to prevent tours filling up too quickly. After this date, non-members can phone again and take up remaining spaces on tours that are not yet full.

Most properties have disabled access but not all - you will need to check this over the telephone. No dogs.
Accompanying Events

GREEN BUILD 09 - Felbrigg Hall, near Cromer
12th to 13th September

Organised by North Norfolk District Council and now in its fifth year, Green Build has become a major event in the diary of anyone keen on developing a ‘greener’ lifestyle. This year Green Build will feature over 40 exhibitors covering renewable technologies, grow your own and local food, energy efficiency, waste and recycling and eco building techniques. There will also be talks, demonstrations, a food court and many children’s activities. Open from 10.30am to 4pm both days. Free entry.

For more information, view www.northnorfolk.org/greenbuild

EXHIBITION AND ADVICE FORUM
The Greenhouse, 10th to 13th September

The Greenhouse is a sensitively renovated Grade II listed building in the centre of Norwich with a range of installed renewable energy technologies. The building will be open from 10am to 4.30pm every day, with exhibitions from the Energy Saving Trust, Norfolk Solar, Norwich Warm Homes and Good Energy. Come explore!

For more information, view www.GreenhouseTrust.co.uk

Organisers, Partners and Supporters

CPRE Norfolk is the Norfolk branch of the Campaign to Protect Rural England, a national environmental organisation which exists to promote the beauty, tranquillity and diversity of rural England by encouraging the sustainable use of land and other natural resources in town and country.

The ‘Green Buildings in Norfolk - Open Days’ event is organised annually by CPRE Norfolk as part of an ongoing campaign to promote positive and practical solutions to climate change and rising energy prices. The event is also part of the nationwide Heritage Open Days scheme, the annual celebration of the nation’s architecture, history and culture, by the Civic Trust in partnership with English Heritage.

Contact: CPRE Norfolk, 42-46 Bethel Street, Norwich, NR2 1NR
01603 761660 | info@cprenorfolk.org.uk | www.cprenorfolk.org.uk | www.cpre.org.uk

The Open Days 2009 is supported by the Energy Saving Trust, Shape East, the John Jarrold Trust and RG Carter Construction Ltd.