

# building with FRAMES

A CORNISH COMPANY GOING  
FROM STRENGTH TO STRENGTH



The self-build movement is often seen as a niche area, with only the brave or foolhardy taking the plunge. But Truro-based company Building With Frames (BWF) is bringing homeowners' dreams to life, introducing high levels of energy efficiency and saving as much as 90 per cent of energy running costs. Its construction methods also reduce onsite build time significantly, which can make the difference between success or failure to bring in the build on budget.

BWF director Stephen Boyd MCIOB has over 25 years in the building trade, and established the business in Redruth just over three years ago to fill a gap in the market for pre-engineered timber, energy-efficient structures. "Energy efficiency is becoming more important in new timber builds, with many clients looking to reduce both their carbon footprint and the running costs of the new buildings," he says. "Through the years of experience within the BWF team and the various packages we offer, we are able to achieve this for them."

In St Austell, Gill and Matt Wills have commissioned BWF to construct their new energy-efficient home using a Structural Insulated Panel Systems (SIPS) timber frame. SIPS builds are seen by many in the industry as the next advance in timber frames and are proving incredibly popular as they provide a greater level of thermal efficiency and a significantly more airtight structure, keeping warm air in the building and insulating against the cold.

Gill Wills says: "We chose Building With Frames because it was the only local company that could supply the construction we particularly wanted. This was also a key reason why we chose the excellent U values of a SIPS house, along with energy efficient Rational windows, supplied by BWF." U values measure the level of heat loss in a building through elements such as the walls, floor or roof. The lower the U value, the greater the resistance to heat and the better the insulating value.

BWF will also be fitting the mechanical ventilation with heat recovery system to Gill and Matt's new home. This system refreshes the atmosphere in the building, bringing in fresh air and expelling the moisture-laden or stale air. Ventilation is necessary in airtight construction and will cut the running costs of the new house significantly when completed.

Gill continued: "Once the sole plate and damp proof course was sorted out, the walls and roof were constructed really quickly. The building looks amazing already, even though we're only halfway through."

BWF have also just completed a two-storey SIPS structure, pictured, at Hayling Island for Tim and Liz Lines. The specification for the house was chosen for its energy-efficient U value of 0.1 W/m<sup>2</sup>K; a fibre glass roof with a U value of 0.1; and fitted energy-saving Rational aura plus windows and doors, with a 0.79 U value. "The UK building industry as a whole is a long way behind other European countries in the market for high specification factory-built houses. However, we are delighted that BWF proved more than a match and were a great pleasure to work with as well," says Tim.

Stephen Boyd adds: "As an off-site construction company, we design, engineer, fabricate and co-ordinate as many of the building components as possible prior to starting on site - so the actual build is incredibly quick and efficient. Some developers believe that time reduction on site is one of the single most important factors in achieving success. When you add the costs of insurance, scaffold, management, theft, damage and wastage, plus the increased risks these factors can bring, it is easy to see their point."

Following involvement in a Grand Designs project last year, more clients have approached BWF to build energy-efficient pre-engineered timber structures. Stephen continues: "We are happy to be working on so many energy efficient projects across Cornwall and the UK. The built environment is essential to our future, and our team is driven by creating energy efficient, comfortable, inspiring structures and spaces."

Building With Frames provides a number of building services, from full packages (design to completion), to producing a quality range of pre-engineered contemporary timber homes for self-builders, luxury homes and holiday homes. It also offers a wide variety of different construction materials depending on the client's need, including timber frame, Structural Insulated Panel Systems (SIPS), oak frames, post, beam and Glulam frames, and unique hybrid structures (using different materials depending on the requirements of the build).

For more information, visit <http://www.buildingwithframes.co.uk>