

# EMPOWERING FUTURE GENERATIONS

The move towards a circular economy & improving well-being

14 JUNE 2018 LIBERTY STADIUM SWANSEA

Event Sponsor

Life Is On

**Schneider**  
Electric

Programme Sponsor

Organised by

 **4theRegion**  
WORKING TOGETHER

In partnership with

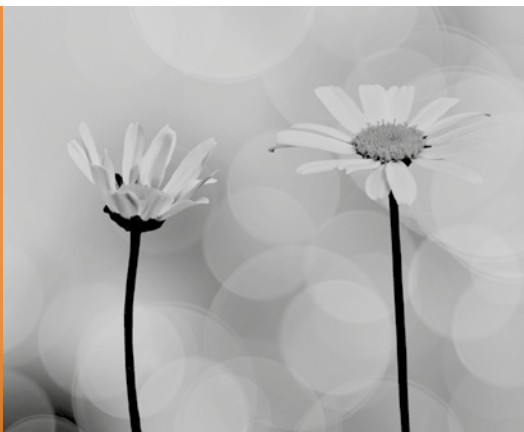
**eft** consult



**bicinnovation**  
believeinchange

# Delivering Growth.

Bringing our skills, experience and passion to your business with one aim in mind: Helping you achieve your growth ambitions.



# Driving Innovation.

Delivering change, innovation, strategic R&D and profitability through commercial projects and funded programmes.



# Transforming Businesses.

Using tried and trusted innovation tools and techniques, we truly "believe in change".



01656 861 536



[info@bic-innovation.com](mailto:info@bic-innovation.com)



[www.bic-innovation.com](http://www.bic-innovation.com)



Bridgend | Anglesey | Weston Super Mare





# Catching the wave at the start

The move away from wasteful material consumption and towards a circular economy is undoubtedly the start of a wave of innovation and opportunity. It offers incredible potential for business growth, increased global competitiveness, regional economic development and future employment. At the same time, it will help us to build resilience and stability in a changing world.

This is an opportunity that our region cannot afford to miss. We must catch this wave, and that's what today is all about.

Empowering Future Generations is an event that invites you to imagine a flourishing future for South West Wales. Together, we can reimagine our economy, harness innovation and creativity, and build a sustainable way of life that protects our precious environment whilst enabling businesses and people to thrive in a world of finite resources.

We hope you'll be inspired and leave today believing that change is possible. Welcome - and thank you for coming!





## **“We are on an exciting expedition to deliver the Wales we want.”**

Sophie Howe, Future Generations Commissioner for Wales



As a world-leading, game-changing piece of legislation, the Well-being of Future Generations Act has the power to change the way we do things in Wales today, for the future.

This is not just a nice thing to do, but a statutory obligation to ensure we are acting in the best interests of our future generations.

Quite simply, the Act is about improving the social, economic, environmental and cultural well-being of Wales, where all four aspects of well-being are as important as each other.

Wales has long-standing high levels of poverty, deprivation and inequality: business as usual has failed to deliver well-being for significant parts of the population, the legacy of Wales' industrial past is still visible by its impact on our natural environment and biodiversity, as well as on our health, and we are at risk of getting even further left behind.

Our future prosperity depends on cultivating the right skills, infrastructures (natural and built), and industries to adapt and thrive under changing and somewhat unpredictable future conditions.



That's why I am particularly encouraged to see leaders from industry, Government and the third sector coming together today in Swansea to explore the potential of the circular economy. I am delighted to be here, and I will be talking this afternoon about the role that we all have to play in developing a circular economy that benefits all.

The circular economy is a zero-waste initiative whereby products are manufactured in a way that allows them to be continuously repurposed and re-used without returning to landfill. It counters the traditional industrial model of make-use-dispose.

Importantly, a circular economy is at the heart of the Well-being of Future Generations Act. We must now identify, deliver and sustain resilient economic, environmental, social and cultural principles across our society, better managing our resources, enabling businesses to thrive and grow, whilst protecting our natural environment for the benefit of current and future generations.

We are on an exciting expedition to deliver the Wales we want - a journey we cannot undertake without the involvement of the third sector, private sector and everyone who believes in a brighter future. Our future generations are depending on it.



*The Well-being of Future Generations Act (2015) requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities and each other, and to prevent persistent problems such as poverty, health inequalities and climate change. It's a world-leading piece of legislation that offers a huge opportunity to make a long-lasting, positive change to current and future generations.*





**I'm Zoe Antrobus, and I'm one of the founders of 4 The Region, the new purpose-driven organisation that's working to make change happen for South West Wales.**

**We are so honoured that you have been able to join us today to learn about the circular economy and share your ideas and inspiration.**

**I want to share with you WHY we feel so strongly about the importance of this event, and this subject.**



**Back in December 2017, I attended an event in Swansea that changed the way I think about my life, my work, and Annabel, Tommy and Morgan's future.**

It was a massive wake up call to the wasteful world we live in, and although I recycle and reuse what I can, I realised for the first time how far-reaching and all-encompassing the principles of the circular economy are.

The construction industry that digs foundations for buildings needs to think about waste. The NHS with their plastic products wrapped in plastic packaging, needs to think about waste. We complain about the excess of packaging in supermarkets, but it's not just them. We share posts showing rivers of plastic, animals with plastic bags on their heads, tiny seahorses clinging to discarded earbuds... Sharing those images and videos is important; making changes to our personal behaviour is important; but there is so much more that we must do.



The days of well-built furniture passed down through generations, that we'd take to the upholsterers for repair, have long gone. We all pile our cars high with flat pack and drive away happy with our new purchases, only to be back in a few years' time to refresh those purchases. We dump our old furniture in the tip with a sense of relief - out of sight, out of mind, filling up landfill without a second thought. (Yes, guilty of this one too).

We're told we don't eat the right foods, and we blame our illnesses on our lifestyles. But you can eat all the fruit and veg you like, and it simply doesn't contain the same nutrients as the veg that my grandparents, who lived into their nineties, ate (and grew themselves). The soil has been stripped of its nutrients (and who knows what pesticides are doing to us - don't get me started!)

And then there's our working environment. Our offices, in which we spend soooo much time; the stale air we breathe that circulates round and round; the lighting, the computer screens, the headaches; the highs and lows of coffee and cake that gets us through the day; the natural air we never breathe because the windows don't open. All this has a massive impact on our health and well-being.

I don't want to live like this and we don't need to! I was so empowered by that event in December, so inspired, that I'm organising another one, so that these important messages can reach a wider audience and bring about the changes that need to be made - to our mindset, our behaviour and our economy.

I sincerely hope that you will be inspired today, as I was, to make changes in your behaviour, to get your employers to make changes, to take seriously the impacts of your businesses, to recognise the power you have to make change happen, and to understand the solutions that are already on our doorstep to help us make those changes.

**I really want to leave a better future for my kids, and I know you feel the same way. Today is about empowering ourselves to do what's needed - for the future of our region, for our world, and for future generations.**

**Email me with your thoughts, at [zoe@4theregion.com](mailto:zoe@4theregion.com)**

# The future of our region is in our hands.

We th  
new a  
develo  
togeth  
a hap  
future

The new  
Engager  
individu  
organisa  
across S  
the futu

We are r  
commu  
strategy  
sense of  
vision of  
look like  
collectiv  
a reality.

**We run  
share good news, and we  
promote what's great about  
this region.**

This page will be a  
4theRegion page,  
explaining our hopes  
for the day in terms of  
wanting to draw out  
wisdom from everyone  
in the room, not a passive  
event, share your views,  
contribute etc etc

And how we hope that this  
event will be the start of  
an ongoing conversation

al platforms  
can engage  
on iMap,  
ctory,  
s, projects  
g things  
ke sure  
nesses,  
t groups

and  
ional  
wareness  
s across

with  
unities,  
cymakers,  
gion, we  
ent hub  
audience.

r to ensure  
we are promoting what you're doing,  
please get in touch, we'd love to hear  
from you.

**Phone us on 01792 828 571  
Email us at [info@4theRegion.com](mailto:info@4theRegion.com)  
Or go to [www.4theRegion.wales](http://www.4theRegion.wales)**

**LET'S MAKE CHANGE HAPPEN FOR SOUTH WEST WALES**





## Welcoming our special guests:



**Dr Jane Davidson**  
Pro Vice Chancellor,  
UWTSO

Jane is Pro Vice Chancellor for External Engagement and Sustainability at the University of Wales Trinity Saint David, which is on a journey to embed sustainability throughout the university's culture, campus and curriculum. Jane has won a number of awards for this work. From 2007 – 2011, Jane was Minister for Environment, Sustainability and Housing in Wales where she proposed legislation to make sustainable development its central organising principle. Largely thanks to Jane's work, the Wellbeing of Future Generations Act came into law in April 2015.



**Sophie Howe**  
Future Generations  
Commissioner for Wales

Sophie was appointed as the first Future Generations Commissioner for Wales in February 2016. Her role is to act as a guardian for the interests of future generations in Wales, and to support the public bodies listed in the Well-being of Future Generations (Wales) Act 2015 to work towards achieving the well-being goals. The Act is about improving the social, economic, environmental and cultural well-being of Wales, where all four aspects of well-being are as important as each other. A circular economy is at the heart of the Well-being of Future Generations Act.



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

## **Buddsoddi yng nghanol dinas Abertawe**

Datblygiad £350 miliwn  
newydd SA1 Glannau  
Abertawe yn agor ym mis  
Medi 2018

Cyfleusterau newydd ar gyfer  
y Gyfadran Pensaernïaeth,  
Cyfrifiadura a Pheirianeg,  
Yr Athrofa – y Gyfadran  
Addysg a Chymunedau, â'r  
Llyfrgell ynghyd â Chanolfan  
Arloesedd Adeiladwaith  
Cymru

## **Investing in the heart of the city centre**

New £350 million SA1  
Swansea Waterfront  
Development opening  
in September 2018

New facilities for the Faculty  
of Architecture, Computing  
and Engineering, Yr Athrofa  
– the Institute of Education,  
and Library as well as the  
Construction Wales Innovation  
Centre



[www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

**Trawsnewid Addysg, Trawsnewid Bywydau**  
**Transforming Education, Transforming Lives**



# MORNING AGENDA

## 8.30 ..... Registration, refreshments & exhibition

Arrive early to collect your badge and browse the exhibition

## 9.20 ..... Welcome

Dawn Lyle, The Centre for Regional Engagement, #4theRegion

## 9.30 ..... Dr. Jane Davidson, Pro Vice Chancellor, UWTSD

Opening address from the former AM and now Pro Vice Chancellor at University of Wales Trinity Saint David

## 9.40 ..... Prof Steve Evans

An introduction to the Circular Economy, followed by a participative panel and audience discussion

## 10.05 ..... Dr. Stephen Wise

An introduction to the Bio-Based Economy, followed by a participative panel and audience discussion

## 10.30 ..... Pradyumna Pandit

An introduction to Energy, Environment, Health & Wellbeing, followed by a participative panel and audience discussion

## 10.55 ..... Refreshments & exhibition

There will be Mini Speeches from some of our exhibitors on the main stage during the coffee break

## 11.20 ..... Adrian Matthews

An introduction to Healthier Buildings, People & Transport, followed by a participative panel and audience discussion

## 11.45 ..... Dr Jane Davidson

An introduction to Education, Training & Jobs, followed by a participative panel and audience discussion

## 12.10 ..... Cllr. Rob Stewart, Leader of Swansea Council

An update on Swansea Bay Tidal Lagoon, followed by a participative panel and audience discussion

## 12.40 ..... Lunch & Exhibition

Please enjoy lunch and networking in the exhibition hall. You are also invited to be interviewed for a film about what your organisation is doing and your thoughts on the discussion so far.



**wood.**

**Your partner  
throughout the  
asset lifecycle**

From inception, through design and delivery of infrastructure, Wood helps make the bioeconomy and the circular economy a reality.

For further information please contact  
[stephen.wise@woodplc.com](mailto:stephen.wise@woodplc.com)

**woodplc.com**



# AFTERNOON AGENDA

## 1:30 ..... Workshops Commence

The afternoon session is comprised of 5 workshops on 5 themes. Please refer to the back of your name badge for details of your chosen theme and where you need to be.

### ---- Workshop 1: **Circular Economy**

How might we implement the guiding principles of the circular economy to improve economic, environmental, social and cultural value?

### ---- Workshop 2: **Bio-based Economy**

How might we extract maximum value from waste, improve food security, and create resilient communities by leveraging bio-based economy principles?

### ---- Workshop 3: **Healthier Buildings, People & Transport**

How might we create the best environments for people to live, work and thrive? How can product innovations support the creation of healthier places and environments?

### ---- Workshop 4: **Energy, Environment, Health & Well-being**

How might we further reduce energy use and operational costs, and improve environmental quality and well-being in our workplaces and beyond?

### ---- Workshop 5: **Education, Training & Jobs**

What jobs and training opportunities are available within the circular economy? How can we ensure that this region's young people are equipped for success?

## 3:00 ..... Refreshments & exhibition

There will be Mini Speeches from some of our exhibitors on the main stage during the coffee break

## 3:40 ..... Sophie Howe, Future Generations Commissioner

Sophie Howe will round up the day with a call to action for us all

## 4:00 ..... Thank you

Dawn Lyle will close the conference and invite participants to a drinks reception in the exhibition hall.



**Bwyd a Diod Cymru**  
**Clwstwr Maeth-Cymru**  
**Food & Drink Wales**  
**Nutri-Wales Cluster**



**Bwyd a Diod Cymru**  
**Food & Drink Wales**



nutritional values	100ml contains	250ml contains	%GDA*
Energy	199kJ	500kJ	6%
Protein	47kcal	120kcal	20%
Carbohydrate	0.5g	1.3g	
of which sugars	10.5g	26.3g	29%
Fat	10.5g	26.3g	
of which saturates	trace	trace	
Fibre	trace	trace	
Sodium	trace	trace	
Salt equivalent	trace	trace	

\*Guideline daily amounts

**Vitamins/Minerals**

100ml contains

42% RDA



**The NutriWales Cluster connects food and drink producers, academia and government to focus on research and development, innovation, insight and intelligence, and growth in the market space where food, health, nutrition and well-being converge.**

The cluster harnesses expertise at Welsh universities, public health and the food centres to stimulate collaborative research and insight, innovation and product development, and access to new markets.

Membership of NutriWales is open to all Welsh food and drink producers, academia, food centres, and public sector organisations which have a specific interest in food products, and the relationship between food, nutrition and health.

NutriWales focuses on the following areas:

- Managing food allergies/intolerances (free from category)
- Nutrition for healthy ageing
- Food for disease prevention and/ or management
- Functional food
- Sports nutrition
- Weight management/managing obesity
- Improving nutritional benefits of food

Members of NutriWales will benefit from:

- Advice and expertise on developing R&D strategies to support growth
- Access to market and technical insight and intelligence

- Access to finance opportunities through Welsh, UK and international R&D funding sources
- Trade development opportunities
- Advice on R&D Tax Credits
- Access to regulatory and technical advice
- Access to industry, academic and public health partners for collaborative projects (including international collaborations) to stimulate innovation and new product development
- Networking events across Wales

The external facilitator for NutriWales is BIC Innovation. Please email [bwyd-food@bic-innovation.com](mailto:bwyd-food@bic-innovation.com) to join the cluster or for further information.

[gov.wales/foodanddrinkwales](http://gov.wales/foodanddrinkwales)  
[@FoodDrinkWales](https://twitter.com/FoodDrinkWales)







# Circular Economy

***How might we, as businesses and organisations, adopt and implement the guiding principles of the circular economy in a practical way, to improve economic, environmental, social and cultural value?***



**Professor Steve Evans**

**Director of Research - Industrial Sustainability, Cambridge University**

Steve is Director of Research in Industrial Sustainability at the Institute for Manufacturing at Cambridge University. He finds ways to help industry become sustainable, and is particularly interested in inexpensive solutions – expensive solutions are too easy! His team solves problems in Africa and Asia as well as the advanced economies.



**Frank Ashton**

**Founding Partner, Pot3ntial Change**

Frank has 25 years' experience in major companies across many sectors, and now works as a consultant, designing and delivering sustainability projects within companies and organisations. His work includes sustainable or Circular Economy business model development, waste reduction using sustainability tools, as well as continuous Improvement and process re-engineering.



# Workshop 1

*This workshop is sponsored by:*

Life Is On

Schneider Electric



**Emma Thomas**

**Director, Constructing Excellence Wales**

Emma was very involved drafting the Construction and Demolition Waste Sector Plan for the Welsh Government. She has been working to deliver CEW's circular economy and built environment strategy. She is seconded to the Office of the Future Generations Commissioner as infrastructure advisor, driving the adoption of the well-being goals.



**Dr Andy Rees**

**Welsh Government Circular Economy Policy Development**

Andy has been Head of Waste Strategy at the Welsh Government for 18 years and is responsible for waste strategy policy and delivery. In 2017 he received the Material Recycling World magazine's 'Editor's Choice Award', and the Chartered Institution of Waste Management's 'Waste and Resources Leader' award, in recognition of Wales' success in recycling.



**Gary Walpole**

**Director, ION Leadership**

Gary director of the Ion Leadership programme, which develops the leadership skills of owners and managers of businesses in South West Wales and the Valleys. He has been commissioned by Welsh Government to undertake a study of the Circular Economy & SMEs in Wales, and is announcing his findings today. Gary is also a Director of Indycube CIC, the largest coworking provider in Wales.



# Bio Based Economy

***How might we, as businesses and communities, extract maximum value from waste, improve food security, and create resilient communities by leveraging bio-based economy principles?***



**Dr Stephen Wise**

**Waste Sector Director, Wood Plc**

Stephen is a recognised and well known expert within the waste management sector, with experience at a senior level working for both private sector waste operators and consultants. Stephen's experience includes delivery of over £500m of waste treatment infrastructure, whilst supporting the development and sharing of knowledge within the sector.



**Dr Mike Morris**

**Business Development, BEACON Biorefining Centre of Excellence**

Mike is a multidisciplinary scientist and expert analytical chemist. His specialist knowledge ranges from medical sciences, agrochemical and pharmaceutical to biorefining and food process stream valorisation. BEACON helps Welsh businesses develop new ways of converting feedstocks and waste streams into products for the pharmaceutical, chemicals, fuel and cosmetic industries.



## Workshop 2

***This workshop is  
sponsored by:***

**wood.**



**Philip Jones**

**Senior Associate, BIC Innovation**

Philip Jones is an experienced project and change manager in the food and pharmaceutical industries, with experience of clean manufacturing and GMP. He works as a Senior Associate with BIC Innovation supporting the NutriWales project by providing support to food manufacturers. He has worked on many industry support programmes including the WRAP project to reduce packaging waste in the food industry.



**Tim Hourahine**

**Thermal Compaction Group**

Tim has a background in hazardous waste, and assists clients with turnkey sustainable recycling solutions that improve the business bottom line and create a circular economy using innovative technology and patented equipment. He helps organisations realise their environmental responsibility, improve profitability on waste costs and turn waste into revenue.



# Energy, Environment, Health & Well-being

***How can we further reduce energy use and operational costs, and improve environmental quality and well-being across the region? How can we think our workplaces in order to increase happiness and productivity, and what are the opportunities for people and businesses?***



**Pradyumna Pandit**

**Vice President, UK & Ireland, EcoBuilding, Schneider Electric**

Schneider Electric is the global specialist in energy management and automation. The EcoBuilding division delivers building automation and management systems that make buildings more energy efficient, sustainable and occupant-friendly. Pradyumna has deep experience in developing and delivering complex software led solutions.



**Paul Reeve**

**Director of Business & Comms, Electrical Contractors' Association**

The ECA is the UK's leading electrical and engineering services trade body. Paul is a Chartered Fellow of the Royal Society of Chemistry and the Institute of Environmental Management and Assessment. He has written and advised extensively on sustainability and CSR issues, and has just produced two introductory guides for IEMA on identifying and managing strategic sustainability issues.





## Workshop 3

***This workshop is  
sponsored by:***

# zumtobel group



**Darren Riva**

**Zumbotel Group Services**

The Zumtobel Group is an international lighting group and a leading supplier of innovative lighting solutions, lighting components and associated services. Darren is responsible for delivering the best turnkey energy efficient lighting solutions for businesses and local authorities. ZGS manages the entire lighting process, from planning through project management to commissioning and maintenance.



**Joanna Clarke**

**SPECIFIC Building Integration**

Joanna is a registered architect working at SPECIFIC Innovation and Knowledge Centre at Swansea University, driving forward new technologies via building demonstrator projects. She designed and project managed the build of the Active Classroom in 2016 and is currently working on the Active Office on Swansea University's Science and Innovation Campus.



# Healthier Buildings, People & Transport

***What is a healthy building? How might we create the best environments for people to live, work and thrive? What do developers and employers need to be thinking about, and how can product innovations support the creation of healthier places and spaces?***



**Adrian Matthews**

**EFT Consult**

Adrian is a former combat engineer, providing operational and post-conflict humanitarian infrastructure support on behalf of the British Army & Friendly Forces. He now helps organisations put the well-being of people and resources at the heart of decision-making, operations and values.



**Fiona Spowers**

**Riversimple Hydrogen Cars**

Riversimple is an independent car manufacturer pioneering super-efficient hydrogen cars, based in Llandrindod Wells. Their first vehicle, the Riversimple Rasa, is the cleanest and most efficient car yet designed for ordinary road-going use and they are probably the only car manufacturer in the world that hopes never to sell a car...



## Workshop 4

***This workshop is  
sponsored by:***



**Mark McKenna**

**Down-to-Earth Eco-Building Project**

Mark has been living off-grid in a wooden house in the woods for 15 years. He is a founding director of Down to Earth Project and Down to Earth Construction – two award winning social enterprises based on the Gower, which put vulnerable communities at the very centre of building their own community infrastructure using sustainable and local materials.



**Dr Sharon Burford**

**Llanelli Wellness Village**

Sharon is the Project Manager tasked with the delivery of the Llanelli Wellness and Life Science Village. She was seconded to this post from Hywel Dda University Health Board where she worked in service planning and strategic policy development. Prior to that, Sharon worked across the public, private and not for profit sectors in a business change and modernisation capacity.



# Education, Training & Jobs

***What jobs and training opportunities are available within the circular economy? How can we ensure that this region's young people are equipped for success in the emerging green economy and the wellness economy? How might we leverage the opportunities this presents for the region?***



**Prof. Marc Clement**

**School of Management**

The School of Management at Swansea University is one of the UK's leading providers of management, finance and economic research and education, shaping the future of the global economy with our world-leading educational programmes and research. Marc is Dean of the School and an academic and entrepreneur.



**Prof. Terry Stevens**

**International Tourism Consultant, Stevens & Associates**

Terry is founder of the international tourism consultancy, Stevens & Associates, a member of the UN World Tourism Organisation's 'Expert Panel' and Honorary Professor at Swansea University. Terry is passionate about the natural environment and the potential for wellness tourism to play a key role in job creation and economic development for South West Wales.



## Workshop 5

***This workshop is sponsored by:***



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David



**Dr Carolyn Hayles**

**INSPIRE at UWTSO**

Carolyn is Academic Lead for the Institute of Sustainable Practice, Innovation and Resource Effectiveness at the University of Wales, Trinity Saint David. Carolyn's expertise is in green building, biophilic and sustainable design and construction including climate change resilience and amelioration.



**Ross Cooney**

**Performance Consultant, Pot3ntial Change**

Ross is a Performance Consultant using his unusually varied experience in high performance teams and organisations to design and deliver sustainability projects that improve productivity and engagement in public and private sector organisations – he has a particular understanding of education.



**Mark Jones**

**Principal & Chief Executive of Gower College Swansea**

Mark has been Principal and Chief Executive of Gower College Swansea since May 2013, having previously been Vice Principal of Swansea College from July 2002 to May 2005. As one of the largest further education colleges in Wales, Gower College Swansea plays a vital role in supporting people from all walks of life in their learning journeys and, in the process, helps to deliver a skilled workforce for the region.

# Expect



Less complexity



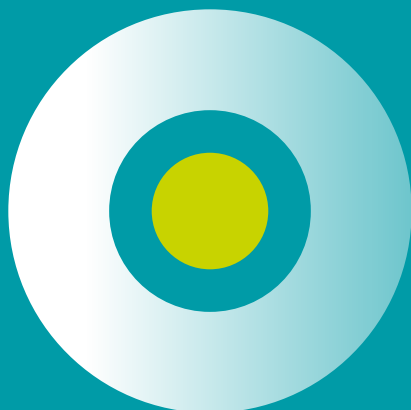
Automation & security



Return on investment



Transparency



# Meet



Turnkey services



Connectivity &  
Emergency Systems



Financing services



Digital services

Expect everything. And meet everything. With ZGS.  
Learn more at [zgsservices.com](https://zgsservices.com)

**zgs** zumtobel  
group  
services







EFT Consult is proud to be a partner in the organisation of this exemplar event, which is putting South West Wales ahead of the game in the move towards a circular economy and an understanding of what that means for organisations.

EFT Consult offers a unique, resilient and holistic approach to building services design. Our friendly team of consulting engineers is recognised for providing knowledgeable and tailored solutions in line with the Well-being of Future Generations Act and the principles of the Circular Economy.

At EFT, we believe that improving the wellbeing performance of a working environment through the design of building services is vital to the social, economic, environmental and cultural well-being of an organisation. This applies as much to established environments as it does to new builds and refurbishments.

When you want to maximise overall well-being performance, reduce operational expenditure and risk, and reduce the environmental impact of your business operations, you need a team of experienced consulting engineers who fully embrace the guiding principles of the Circular Economy. That's us!



**My name is Adrian Matthews and I'm a Circular & Well-being Economy Consultant with EFT Consult.**

I served as a Combat Engineer in the British Army for 6 years, providing vital operational and post-conflict humanitarian infrastructure support, worldwide. This has given me a unique perspective on what resilience and well-being really means, and I am a passionate advocate for the importance of treating people, resources, and the planet, with respect. Well-being security is in my DNA.

I now undertake holistic organisational audits to identify Circular Economy route maps, enabling organisations to become truly ethical, responsible and sustainable.



# eftconsult

At EFT, our core business is the design of building services, around which we add value through our expertise in the following specialist sectors:

- Building Services Design
- BS 8001 Circular Economy
- Wellbeing Performance
- Energy Efficiency & Quality

EFT specialises in the implementation of the principles of the circular economy and provides advice through strategy development to enable organisations across all sectors to transition towards a circular model of operation.

Our commitment is to raise the standards of building services values and engineering solutions for future generations.

**PHONE:** 01792 277 165

**EMAIL:** [adrianmatthews@eftconsult.co.uk](mailto:adrianmatthews@eftconsult.co.uk)

**WEBSITE:** [www.eftconsult.co.uk](http://www.eftconsult.co.uk)

**ADDRESS:** Phoenix House, Llys Felin Newydd,  
Swansea Enterprise Park, SA7 9FG

















# 4theRegion

## WORKING TOGETHER

### A PRO-ACTIVE, INDEPENDENT, BUSINESS-LED APPROACH TO MAKING CHANGE HAPPEN

### A STRONGER ROLE FOR BUSINESSES & INDIVIDUALS

We believe that the future of this region is in our hands. As businesses, public organisations and individuals, we must work together with a shared sense of purpose to make change happen. Between us, we have the ideas, resources and creativity to build a flourishing future. Our challenge is to unlock that potential.

### PROMOTING YOU & YOUR SUCCESS

We share great news and positive stories from across South West Wales, through our online communities and monthly newsletter. Submit your stories to [zoe@4theregion.com](mailto:zoe@4theregion.com). We want to celebrate, promote and connect the businesses and organisations doing great things, and create a more empowering conversation.

### ARE YOU A MEMBER YET?

If you believe, as we do, that this region needs a proactive, positive and collaborative approach to improving the lives of people and the conditions for businesses, we're asking you to support our work by becoming a member of 4theRegion. With packages ranging from £300 to £3,000 a year, we're committed to delivering exceptional value - for your organisation and for the region. Only by working together with a shared vision can we create change. Please join us today.



We are Zoe Antrobus, Dawn Lyle and Georgios Dimitropoulos, co-founders of 4theRegion.

We would love to hear your views and share your vision for the future. Please visit our media suite near the registration desk to be part of our film about the people and organisations who are making change happen, and connect with us on social media. Thanks for your support! @4theRegion #4theRegion