

Client: University of Warwick
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WORK HAPPY

Tired, uninspiring workplaces are a thing of the past, if the growing number of well-being-focused developments across London is anything to go by

A happy worker is a good worker. We've known this for decades, but the dreary office space still persists across the country. A seemingly obvious idea, but if you like the place in which you work, the work you do is more likely to be inspired. A 2014 study from the University of Warwick showed that happiness made people approximately 12 per cent more productive. That might not sound like much, but in a high-intensity profession, percentages count. Warwick's Dr Daniel Sgroi is quoted on the university's website as saying "the driving force seems to be that happier workers use the time they have more effectively, increasing the pace at which they can work without sacrificing quality." The interior design of workspaces is something in which an increasing number of developers are investing.

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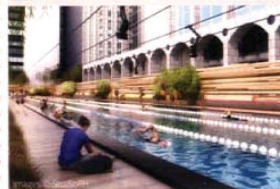
It's not just the conceptual idea of 'happiness' that is front and centre here, either. More focus is being put on physical fitness. As most of us are reminded on a regular basis, sitting down is a big problem. A major *Lancet* study of more than one million adults found that the risk of premature death is increased by up to 60 per cent if you're sitting in front of the computer in the office for more than eight hours a day.

Something needs to be done, then. Luckily, there has also been an upturn in schemes encouraging us to lead a healthy lifestyle while at work. Some of these developments might seem a little curveball, but don't be surprised if you're soon swept along as part of the well-being revolution. ●



REPUBLIC, EAST INDIA, E14

Trilogy Property's 600,000 sq ft Republic is aiming to be the healthiest workplace development in the capital. Employees will be able to enjoy a state-of-the-art gym with an internal climbing wall, a double-height 'wellness stair' to encourage walking instead of getting the lift, and a fully fledged triathlon training facility. Opening in autumn 2017, the training facility will use an electronic tag to simulate an entire triathlon, measuring the distance you've swum, cycled and staggered to official lengths, and supplying analysis of your performance. Its location - next to East India DLR station - will no doubt appeal to the area's creative and digital sectors.
trilogyproperty.com



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20 FARRINGDON, EC1

They should nickname this place 'The Stairwell'. Developer HB Reavis in collaboration with architects Denton Corker Marshall has gone the extra mile at 20 Farringdon to encourage future occupiers to 'ditch the lift'. The stairs are double width for ease of access, and are visible from reception to draw people towards them. There's also a lighting display by London-based Acrylicize to attract attention and guide you from the outside pavement through reception and up the stairs. Plus, those who aren't taken in by this will have trouble finding the lifts - they're tucked away at the back, probably guarded by personal trainers who shout at you as you try to get in (information not verified).

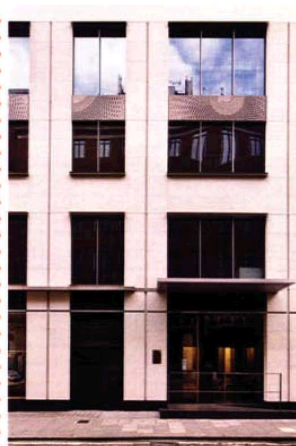
hbreavis.com



AMPERSAND, SOHO, W1

Staircases are a bit of a theme, it seems. Resolution Property's Ampersand (completed in 2015) in Soho incorporates a 'Living Staircase' by renowned designer Paul Cockledge. The premise is that a staircase needn't just be for getting from A to slightly higher B. The traditional load-bearing pillar in the centre of the spiral has been replaced by small spaces to be used by employees for anything they want, be it a more informal meeting, a bit of alone creative-thinking time, or just a mini break in between emails. The planting decoration along the entire balustrade gives the staircase a fresh, tree-house sort of appeal.

ampersandbuilding.com



28 SAVILE ROW, W1

Release your inner Don Draper in this *Mad Men*-inspired work space from award-winning property developer Allied London. Set in the heart of Mayfair, the offices on the immediately recognisable sartorial street certainly take a stylish slant, with the interiors finished to an exemplary standard, and the six floors decked out with floor-to-ceiling glazing, artwork and timber flooring.

All this is before you mention the flagship Richard James store downstairs and the hotly anticipated StreetXO restaurant. You can already picture the scene - a morning of high-pressure work in the spacious offices, then downstairs for a spot of exquisite lunch and a suit fitting with your favourite tailor. Sign us up.

28savilerow.com

