



VIVARIUM TRUST SEMINAR

PLANNING FOR YOUR FUTURE

Co-Housing A positive choice for lifestyle, health & wellbeing

**6 March 2011, Carnegie Conference Centre
Dunfermline, 9.30am-3.30pm**

The purpose of the seminar is to promote awareness of Co-Housing and the holistic benefits it can offer especially to the over 50s. The seminar will show how Scotland's first pilot Co-Housing project for the over 50s, included as a case study in the Scottish Government's recently published ten year National Housing Strategy for Older People, can help deliver the innovative recommendations in the Strategy.

The programme includes key speakers and contributors from UK and European Co-Housing organisations, the Scottish Government, a major Housing Association and the Joseph Rowntree Foundation as well as a choice of Workshops and a Panel Session.

Speakers include:

- Lesley Riddoch, Presenter and Journalist
- Maria Brenton, co-founder of UK Co-Housing Network
- Bill Banks, Development Director, Kingdom Housing Association
- Hugh Hoffman, The Vivarium Trust
- Angela O'Brien, Scottish Government

Fees: £25 (not for profit community groups) or £45 (others)

To book and for more information:

ailen@dtascot.org.uk or 0131 220 2456

(A seminar jointly organised by the Vivarium Trust & DTA Scotland)

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What is Co-Housing?

Co-Housing is independent living within a community with a mix of individual homes plus shared common facilities. The group members (future residents) direct the development from inception including the design of homes and communal facilities some of which can be shared with the wider community. Homes are designed to be affordable and sustainable. The development is then managed by group members working together thereby retaining control of their own circumstances.

Why Co-Housing?

Co-Housing for over 50s is well established in Denmark and the Netherlands and has been shown to improve the health and wellbeing of residents thereby reducing health care costs. For an ever growing active older population, Co-Housing provides an innovative form of housing and lifestyle which offers:

- Companionship instead of isolation
- Autonomy and choice
- A cheaper and more sustainable lifestyle
- Mutual support and a sense of community.

The Vivarium Trust

The Vivarium Trust is a registered charity set up to promote Co-Housing. After an extensive period of research, Vivarium is planning a pilot Co-Housing development in Fife to demonstrate Co-Housing in action. The first of its kind, it will be a working example of this ground-breaking model of housing that has the potential to be rolled out in other parts of Scotland and the UK. This exciting project, instigated by Vivarium, is being developed in partnership with Kingdom Housing Association and a private land owner. Through the advantages of a mixed tenure model and ecological design, the project aims to be affordable to all those interested in living in this type of Co-Housing community.

www.vivariumtrust.co.uk

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