



FRANKHAM

Frankham Architecture

■ FROM CREATIVE DESIGN TO TECHNICAL DELIVERY

Healthy buildings guide.

Designing better buildings for health,
wellbeing, safety and long-term value

“

The best buildings balance compliance, safety, performance and everyday experience to deliver lasting value for the people and communities using them.”





Modern buildings carry a huge workload. They need to protect user wellbeing, evolve with shifting regulations, hit sustainability and environmental targets, adapt with changing user requirements and create value over decades.

While these demands are often treated as separate items, they are very closely connected. True healthy buildings come to fruition when safety, user needs, asset performance and long-term value are weighed together from day one.

At Frankham, we don't measure success by a single feature, tech installation or a plaque on the wall. Real performance comes from practical and informed decisions made across every stage of planning, design, delivery and daily operation.

The eight pillars of healthy buildings

1

People and wellbeing

Why it matters: Buildings directly shape how people work, learn, recover, and interact. Air quality, light, comfort and layout impact daily health, focus and accessibility.

“Human-centred design isn’t just a thought; it’s about designing spaces around actual human behaviour rather than just ticking technical boxes”.

4

Sustainability and whole-life value

Why it matters: Environmental impact goes far past day-one energy performance. Material choices, maintenance demands, adaptability and ultimate end-of-life reuse dictate a building’s real carbon footprint.

“Shift the conversation from “what does this cost to build today?” to “what will this cost and deliver over its lifetime?”

2

Safety and compliance

Why it matters: Safety is the fundamental baseline of any building. Regulations set the standard, but healthy buildings go beyond minimum requirements by embedding risk control into design, construction, daily occupancy and future alterations.

“Safety works best when compliance data, clear accountability and team communication remain connected across the full life of the building”.

3

Retrofit and remediation

Why it matters: We cannot build our way to a sustainable future on new structures alone. Existing assets represent massive financial investment and embodied carbon. Upgrading existing stock can often support performance and sustainability targets.

“You can’t fix what you don’t understand. Successful retrofit starts with an honest, thorough assessment of the existing building to truly understand what adaptations can be made to support the buildings long term value”.

5

Information as an asset

Why it matters: Reliable accurate building data leads to safer operations, proactive maintenance and smarter capital investments. Knowing how a building was put together becomes vital as it evolves over time.

“Treat building data like an operational asset, not just a handover file forgotten in a folder. An understood building is far cheaper and safer to run”.

8

Social value and community impact

Why it matters: Buildings aren't standalone assets. They influence the people in the community, the neighbourhoods they are in, local supply chains, public health and local economies.

“Great projects leave a positive and lasting legacy, creating spaces that communities value for generations and support the communities in which they are”.

6

Adaptability and future resilience

Why it matters: User needs, technology, climate patterns and regulations change constantly. Rigid designs become obsolete quickly, forcing expensive capital overhauls down the road.

“You can't predict the future, but building in modularity, clear access spans, and spatial flexibility ensures your asset can pivot when needed”.

7

Collaboration and integrated design

Why it matters: Complex technical challenges don't get solved in siloes. Success relies on architects, engineers, surveyors, project managers, and specialists working collaboratively from day one.

“Integrated teams catch risks earlier, make more informed decisions to support the whole use of a building, and prevent costly redesigns mid-construction”.

Questions every estate leader should ask

1

Is our building actively supporting the health and wellbeing of the people inside it?

2

Is safety built into daily operations or treated as a periodic audit exercise?

3

Have we fully evaluated retrofitting existing assets before committing to new builds?

4

Are our purchasing decisions driven by upfront capital cost or total cost of ownership?

5

Is our building data accurate, accessible and up to date?

6

Can our space easily adjust to new ways of working or operating?

7

Are all technical disciplines collaborating early, or working in silos?

8

What measurable value does this asset bring to the local community?



The Frankham perspective

A healthy building is the collective result of hundreds of practical decisions spanning across safety, human comfort, financial efficiency and sustainability impact.

Whether you are planning a new development, upgrading an existing property, or setting a long-term estate strategy, the priority remains the same: building resilient spaces that serve people, organisations and communities for the long term.



FRANKHAM

Frankham Architecture

Let's build better together

Planning a new development, retrofit project, or estate strategy? Speak with Frankham Architecture about creating healthier, safer and more resilient buildings designed for long-term value.

SIDCUP ■ LONDON ■ BIRMINGHAM ■ OXFORD ■ STEVENAGE

020 8309 7777

enquire@frankham.com

www.frankham.com