

# Health



## Thetford Healthy Living Centre

The Thetford Healthy Living Centre is a local doctors' surgery operated by Norlife for the NHS.

The project is primarily a first floor refurbishment, split into two phases with minor ground floor alterations to the fire alarm system. The first floor work involved the creation of 13 clinical/treatment areas, dirty and clean utility rooms and a new waiting and reception foyer. Close coordination with the main contractor, design consultants and client team was essential as the facilities remained fully occupied during the refurbishment.

Our initial scope included safe isolations of pipework and electrical systems, degassing the refrigerant services and a comprehensive strip-out programme of redundant services.

New mechanical and electrical systems have been provided to all refurbished areas including above ground drainage, cold water, VRF, mechanical ventilation, power, lighting, data, access control, and fire detection. There are also new external lighting arrangements for a 52-space car park extension and EV charging points.

A key challenge of the scheme surrounded the connections into the existing systems at high level in the occupied ground floor, particularly when running new drainage from the first floor area into the ground floor false ceiling to discharge to the nearest existing drainage stack.

The development enables the Healthy Living Centre to expand its capacity and enhance accessibility. It also aligns with Breckland Council's target to support better health outcomes for residents working with their partners.

**Role:** M&E Contractor

**Client:** Norlife

**Main Contractor:** Gipping Construction

**M & E Consultant:** Ingleton Wood

**Architect:** Chaplin Farrant

**M & E Value:** £410K

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