

Over 40,000 hundred year olds by 2008

# HOW TO ADD SELF-CONTAINED LIVING SPACE

Anyone with elderly parents will know the anguish and strain of looking after them from a distance. Most value their independence, and this can be a worry for dutiful sons or daughters trying to care for them.

This was exactly the problem for Jackie Chapman, and her husband Arthur, of Winslow, Bucks. When Jackie's war veteran father Maurice (83) became ill, it was clear that he and her mum Freda (79) needed some help. "They used to live in a small two up two down in Harpenden" says Jackie.

"It was becoming increasingly difficult for Dad to move around the house and manage the stairs without tripping up or falling down", she says. "Mum was finding it really hard to cope on her own. Every time anything happened, I had to drive up to them straight away."

Arthur, says, "We felt it was right to provide a secure home for both of them closer to us."

The Chapmans live in Buckinghamshire, on a 1/4 acre site. They toyed with the idea of building on or constructing an annexe but Jackie's parents now live in a spacious and comfortable log home in the garden, literally on Jackie and Arthur's doorstep.

The log bungalow, constructed from solid three inch thick spruce logs, nestles in its own patch of landscaped ground facing

hedgerows and open fields beyond. It has had a little tweaking to provide the facilities Jackie's father needs. "He uses a walking frame so it was essential that he had enough space to get around independently", says Jackie.

Maurice and Freda's specially adapted log home has a large and airy open plan sitting room and kitchen, double bedroom, spacious shower room, utility room and airing cupboard. "We made sure the living area was big enough for Dad to move around easily", says Jackie.

"The cabin provides a perfect solution for us", says Arthur. "Jackie's parents still enjoy doing their own thing and are completely self-contained and are able to look after themselves. They love the practical help we can offer being so close to hand." he says. Maurice and Freda regularly entertain their friends in their new home which is the envy of many. The logs provide a high level of insulation, keeping the house cool in summer and warm and cosy in winter. "It costs us well below £500 a year for lighting and heating", says Freda.

Planning permission was sought for the 28ft by 19/1/2ft log cabin. "We consulted our immediate neighbours first and they gave us a letter of support for our application so the planning came through without a problem," says Arthur.



Mavis Bolton with her private log cabin

## Time for peace and quiet

Mavis Bolton, a retired florist, who shares a comfortable home with her daughter Imala, has at last achieved her ambition to own a log cabin. This desire stemmed from the opportunity as a young girl, to spend time in a boarding school log cabin on the outskirts of Whitby.

Thanks to Norwegian Log, who erected the cabin in a matter of days, Mavis now has her retreat at the bottom of the garden.

Mavis explains, "My daughter and I enjoy our time together, but I love to have my own tranquil space to savour the peace and quiet. I have a kitchen, bathroom and excellent large living space in which to enjoy listening to music, reading, embroidery and reflective thought.

it gives me great pleasure to know this is all available in a building created from renewable, environmentally friendly and health giving material. For me Norwegian Log has so beautifully and efficiently created a treasure.



Mavis with daughter Imala



The Chapmans at home in the garden

## Helping hand in nearby cabin



**Mrs Karen Butler and her son Mike**

**K**aren Butler couldn't live much nearer to her son Mike without moving in with him. He lives in a log cabin at the end of her garden in Middlesex. Mike is disabled, but he lives independently in the cabin while his mum is near enough to offer a helping hand should he need it.

Five years ago, Mike had two major operations and had to convalesce at his parents' home for several months. When Karen was widowed, living close by, but not in each other's pockets, seemed the ideal solution. Karen had originally commissioned an architect to build a bungalow for Mike, knocking down a double garage to make way for it. She then spotted an advertisement for Norwegian Log cabins and decided that one would fit the bill and at a fraction of the previous estimate. Norwegian Log designed and built the 9m x 9m cabin, which has its own fitted kitchen and bathroom, for £50,000.

# Neat retreat

**L**ooking after elderly or sick relatives is growing problem for millions of Britons. The high cost of residential medical care is causing many people to consider other options.

Additional accommodation utilising spare garden space is becoming an increasingly popular solution.

Norwegian Log provides a quick and efficient option with their buildings which can be tailored to any size, shape or requirement.

In the case of Les and Ann Goble, they saw the benefits of a Norwegian Log building in the garden of Ann's father's home as a way of allowing her father to retain his own home but have immediate help on hand. Ann's father has a serious problem with his eyes and the couple moved into his home near Reading so that they could offer practical support. But when they want to have some time to themselves they head down the garden path to the their Norwegian Log cabin, where they can relax, read, watch television or use the computer.



**Les Goble and his father-in-law relax**

## NOR LOG SPONSORS ENGLAND'S FORRESTER

Rising 24-year-old rugby star James Forrester (Gloucester RFC and England) is being sponsored by Norwegian Log Buildings. James followed up his first cap (against Wales at Twickenham in the Six Nations Championship) with a second against Manu Samoa, also at Twickenham. 'I used to help build log cabins in my school holidays,' James recalls. 'I think lifting and carrying big logs around the sites helped me build the strength and stamina I need to become a top-flight back-row forward.' At six feet four inches tall and 16 stones in weight, James certainly packs the strength and solidity that make him the impressive public face of Norwegian Log Buildings.



## SNAP!



**Last year's winning entry from Alwin and Sarah Tomosius**

Take a photo of your Norwegian Log building and win a case of champagne.

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