



nested living

Regenerative Practice & Impact Report 2025–26

Designing, making and stewarding places that enrich life.

**We believe design can do more than reduce harm.
It can increase the vitality of life.**



An Evolving Studio

From the day we founded Nested Living, our ambition was to create more than beautiful interiors. We wanted to build a studio where design, making and craftsmanship remained connected, allowing every decision to be informed by place, materials and the people who would live with them.

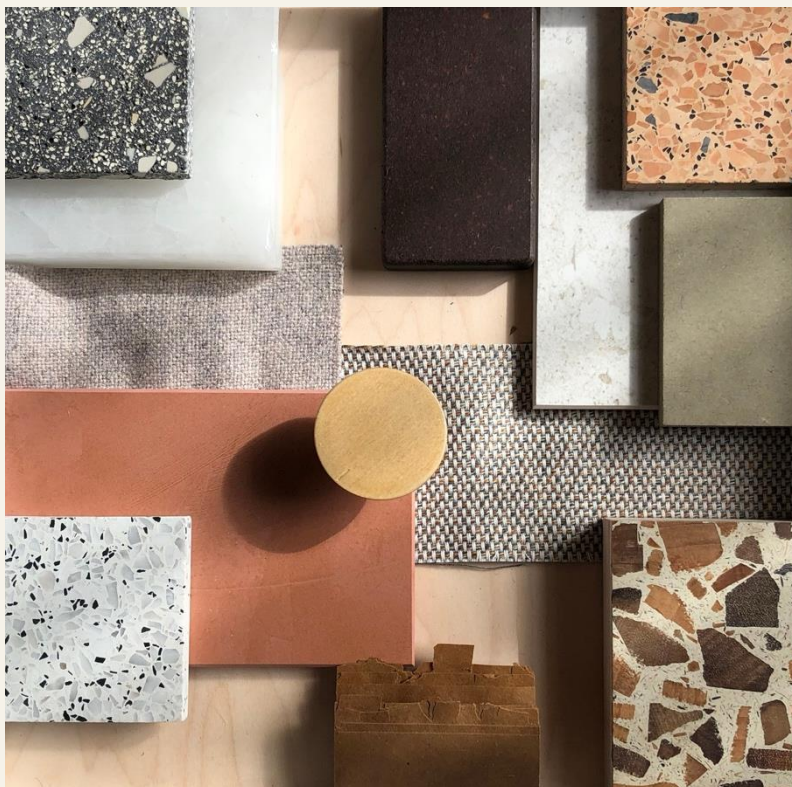
We have always seen interiors not as isolated products, but as part of a wider web of relationships. Every decision influences health, resources, local economies, craftsmanship and the future adaptability of buildings. Our role is to create places that enrich life today while leaving future generations with more possibilities, not fewer.

Over the past year, our understanding of regeneration has continued to evolve. What began with natural materials, longevity and thoughtful craftsmanship has become a broader exploration of how a design-and-make studio can contribute to the health and vitality of people, place and the living systems of which we are a part.

This evolution is influencing not only the projects we undertake, but how we work as a studio. It is shaping our decision-making, the materials we choose, the partnerships we build and the way we continue to learn through practice. Over time, it is also informing how we approach procurement, governance and the way value is created through our business.

As a small independent studio, we believe meaningful change happens through steady, intentional action. We are embedding regenerative thinking one decision, one project and one relationship at a time.

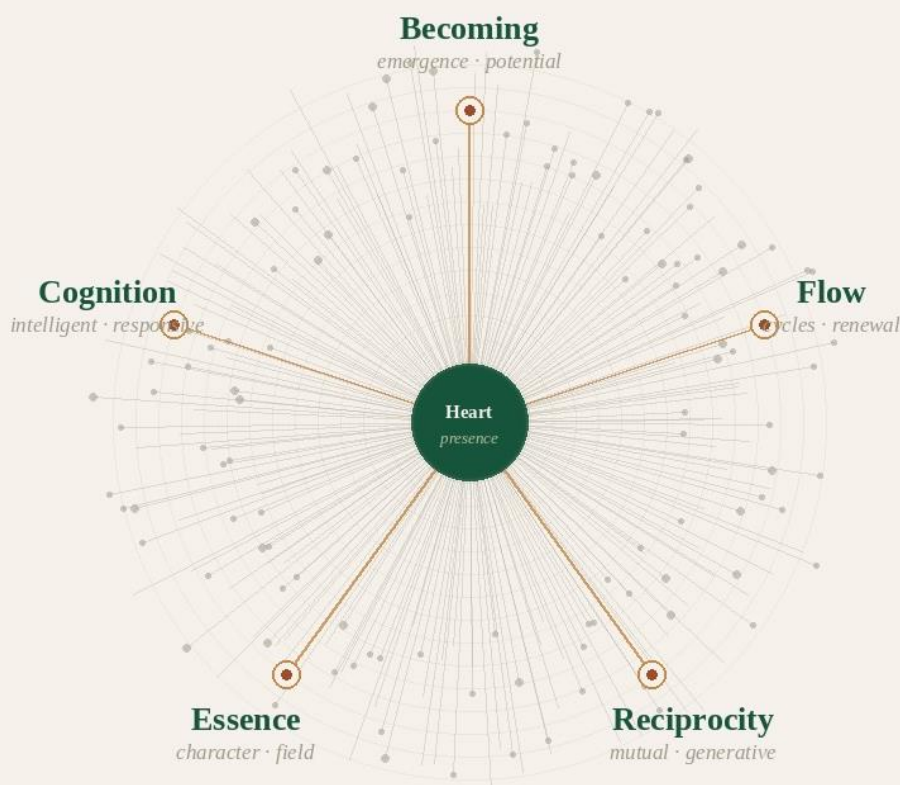
This report is a snapshot of where we are today: a young practice that continues to learn, evolve and deepen its contribution.





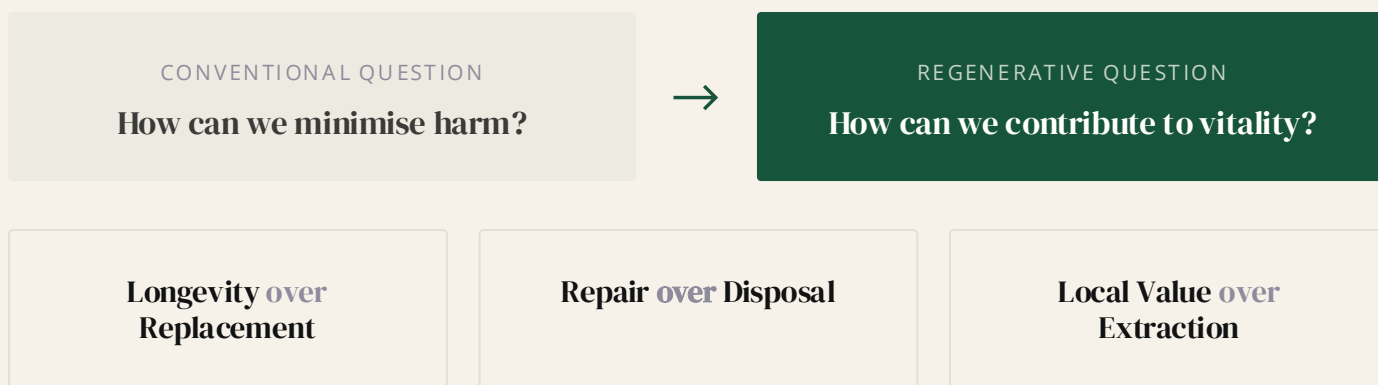
The Vitality Framework

The Vitality Framework is the lens through which we understand place before making design decisions. Rather than treating projects as a series of individual choices, it helps us recognise the relationships that give a place its capacity for life, guiding decisions from discovery through to long-term stewardship.



The Vitality Framework © Nested Living Ltd 2026.

Regenerative design begins with a different question. Rather than asking how we can minimise harm, we ask how our work can contribute to the vitality of people, place and the living systems of which they are a part.



The framework connects philosophy with practice, guiding decisions about relationships, materials and long-term stewardship to help create places that contribute to life over time.



What shapes every project

Every project is shaped by the decisions we make. From understanding a place and selecting materials, to designing, making and caring for spaces over time. Together, these principles define the way we work.

Integrated practice

Design and making remain connected from concept through to long-term stewardship, allowing decisions to be informed by craftsmanship, material knowledge and practical experience.

Working with living systems

Every decision considers the relationships between people, place, materials and the wider living system of which they are part.

Material Stewardship

We select materials for their health, provenance, longevity and future potential.

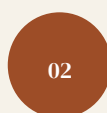
Design for life

We design places that support health, adaptability and long-term vitality, leaving future generations with more possibilities, not fewer.

APPLIED THROUGH



Discover



Co-create



Nurture



How We Work

The Vitality Framework shapes our thinking; Discover, Co-create and Nurture apply it, linking design, making and long-term stewardship across every project.



Discover

- Read the place
- Understand people
- Explore opportunities

Understanding before intervening.

We begin by listening to the place, the people and the opportunities already present. This stage shapes the brief, material choices and the direction of the project.

Co-create

- Design
- Make
- Collaborate

Designing and making together.

Our designers and makers work as one studio, ensuring every decision remains connected to materials, craftsmanship and the needs of the people who will live with the finished space.

Nurture

- Care
- Adapt
- Learn

Supporting places over time.

Our relationship doesn't end at installation. We continue to care for, adapt and refine spaces so they can evolve with the people who use them.



Our Impact 2025-2026

The impact of our work extends beyond the places we design. These highlights capture some of the ways our studio contributed through projects, knowledge sharing and professional leadership during 2025-26.

Projects

10

Legacy trees rescued

Knowledge Sharing

16

Architects trained

30

Students taught

Leadership

Chair

BIID Sustainability Committee

Recognition

3

Tonnes timber retained

3

CPDs delivered

2

Professional articles

Awards

Surface Design Awards/ BIID Awards/Home and Garden





Circularity as Stewardship

Circularity is an important part of our work. We see it as one way of caring for materials, reducing waste and creating long-term value.

Through design for repair, our glueless construction, mechanical fixings, material stewardship and local supply chains, we aim to keep materials in use for as long as possible while strengthening the relationships that support them.

Every material begins with a different set of questions;

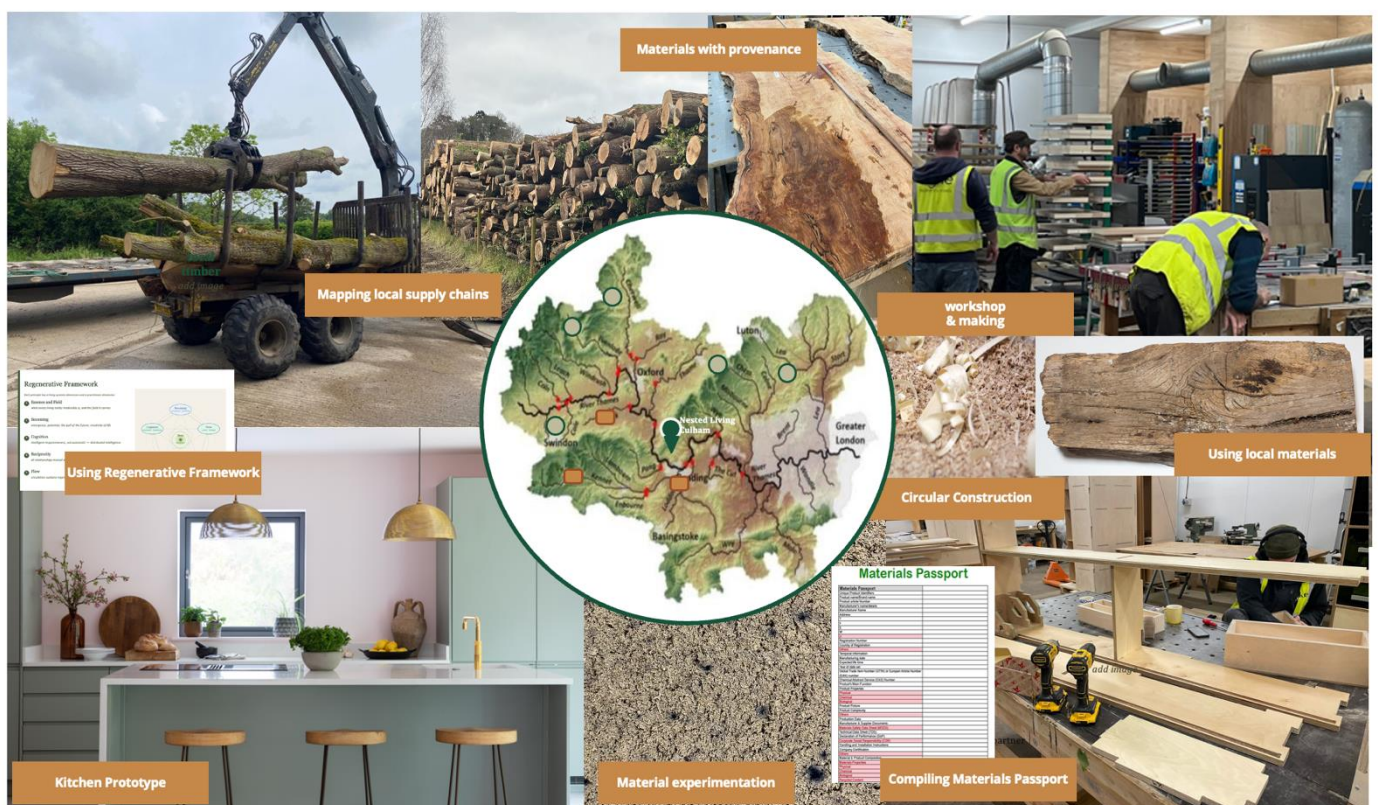
Circularity begins by asking, *how can this material be reused?* We believe that question is important, but it isn't enough. Before specifying any material, we ask:

- Where did it come from? Can we trace its provenance?
- Could an existing or rescued material work instead?
- Can it be mechanically fixed, repaired and eventually taken apart?
- Is it healthy? Are finishes and adhesives low in VOCs and appropriate for the people who live with them?
- Who does this specification support? Can we strengthen local makers, sawmills and regional supply chains?
- How long will it last? Can it adapt as needs change?
- What happens when its first life ends? Can it be repaired, reused or returned safely to the material cycle?

We favour long-term relationships with suppliers who can demonstrate transparency, responsible sourcing, technical knowledge and a willingness to continually improve.

Every specification is therefore the result of considered decisions rather than a simple product selection. We balance provenance, health, craftsmanship, longevity, reparability, adaptability and future reuse before selecting a material.

Because regenerative design is not only about keeping materials in circulation, but about strengthening the living systems they move through.





Measuring Our Impact

Regenerative practice requires evidence as well as intention. Some measures are well established, while others are still developing. We believe transparency means showing both.

Material use this year

Understanding provenance allows us to make better decisions over time. Tracking where materials come from helps us increase transparency, strengthen local supply chains and identify opportunities to use more rescued and reclaimed resources..

Material type	Source	Volume	% of total
Virgin timber	James Latham, FSC/PEFC certified	13 tonnes	80.7%
Rescued legacy timber	10 trees given a second life	3 tonnes	18.6%
Reclaimed material	Other sources	0.1 tonnes	0.6%
Total		16.1 tonnes	100%

Waste streams

Understanding waste helps us improve. By tracking timber and general workshop waste separately, we can identify opportunities to retain more materials, reduce unnecessary waste and keep valuable resources in use for longer.

Stream	Amount	Destination
Timber offcuts and dust	Near-zero to landfill	Biomass fuel and local reuse
General workshop waste	~1.8 tonnes/year	Tracked separately from timber waste

Lifecycle and workshop energy

Designing for longevity extends beyond material choice. We consider how long products will last, how easily they can be repaired or adapted, and how our workshop operations support a lower-impact way of making.

Area	Detail	Notes
Kitchen lifespan	20+ years expected	
Furniture lifespan	Designed to last generations	Solid timber, mechanically fixed
End of life	No take-back facility currently	Due to storage constraints; parts fully separable for reuse, repair or recycling
Lighting	LED throughout	
Insulation	Fully insulated	
HVAC / cooling	None in use	
Operational fuel use	~4.3 tonnes CO ₂ e this year	Scope 1, vehicle fuel



Measuring Our Impact: Scope 1, 2 & 3

Understanding our emissions is an important part of accountability. Some figures are already measured, while others remain in development. We believe transparency means showing both where we have robust data and where further work is needed.

Scope	Category	This year	Status
Scope 1	Vehicle fuel (diesel)	~4.3 tonnes CO ₂ e	Measured
Scope 1 (biogenic)	Biomass boiler — workshop heating, fuelled by our own timber offcuts	Reported separately, as biogenic carbon	Measured
Scope 2	Purchased electricity	Not currently available	In progress
Scope 3	Purchased materials (engineered timber)	3,340kg embodied CO ₂ e / 4,274kg biogenic carbon stored — a net carbon store	Measured
Scope 3	General workshop waste	~1.8 tonnes/year	Measured
Scope 3	Business travel	Included within Scope 1 above	Measured





Rescue the Material

A legacy tree only has a second life because of the relationships that make it possible. Landowners, farmers, arborists, sawmills, makers and clients each play a part in keeping valuable timber in use. By connecting these relationships, we help create regional systems that retain carbon, craftsmanship and value for generations rather than allowing them to become waste.

Tree



Landowner/Farmer



Arbourist



Sawmill



Workshop



Furniture



Repair



Reuse



The Old Orchard London Plane Dining Table

The London plane from Kensington Palace Gardens is one example of this journey. A tree transformed into a table that will continue serving people for generations rather than becoming waste.

How We Practice

We believe thriving people, resilient communities, local economies and healthy ecosystems are inseparable.

Regeneration shapes not only the projects we deliver, but the way we run our studio. We invest in skills, support independent makers, build long-term relationships, share knowledge openly and collaborate across disciplines to strengthen the places in which we work. Alongside project delivery, we contribute through teaching, professional leadership, research, public speaking and bioregional collaboration.

Social Governance

Fair pay and working conditions

We pay our team and trusted trades above market rate, in a safe, low-toxicity working environment. This is not currently accredited (e.g. Real Living Wage) — we state it as our practice, not a formal certification.

Ethical sourcing

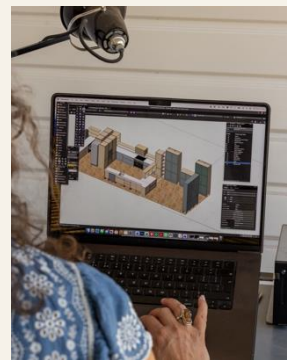
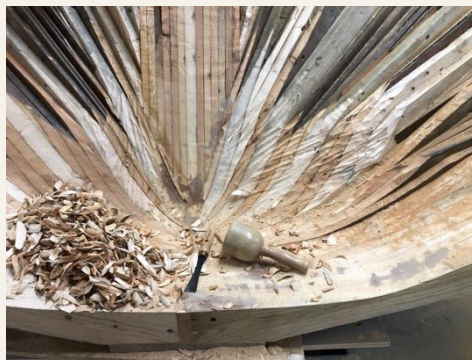
We combine formal assessment with relationship-led sourcing. Alongside recognised certifications and environmental data, we evaluate suppliers for transparency, traceability, material health, ethical production and their willingness to engage openly with continuous improvement. Many of these relationships are long-term, allowing us to build trust, deepen understanding and make better-informed specification decisions.

Diversity and inclusion

We are committed to fairness in how we hire and collaborate, and to widening access to craft and design careers. This is a value we hold, not yet a formal policy with targets.

Third-party certification

We do not currently hold WELL, LEED, B-Corp or SKA accreditation.



For us, regeneration is not a specialist service. It is the way we practise.



A whole-house retrofit demonstrating regenerative design in practice.



Redstones brings together many of the ideas explored throughout this report. Rather than replacing what already existed, the project was shaped through careful adaptation, healthy materials and craftsmanship designed to last. Every decision sought not only to improve everyday life for the family who live there, but also to increase the long-term potential of the building itself. The client's sensitivity to VOCs made healthy indoor air a starting point for the design, influencing every material and finish selected throughout the project.

- **200-year-old local oak** rescued from a nearby barn
- **Natural, low-VOC materials** supporting healthier indoor air
- **Mechanically fixed joinery** designed for repair and adaptation
- **Passivhaus-informed retrofit** improving comfort and performance

The result is a home that feels healthier, calmer and more deeply connected to its place. By combining local materials, thoughtful retrofit and design for repair, Redstones demonstrates how regenerative thinking can shape not only better interiors, but better everyday lives.

Shortlisted for the BIID Anna Whitehead Sustainability Award and the Surface Design Awards.



The Circular Hub

A temporary installation designed to leave almost no trace.

The Circular Hub explored how temporary architecture can be designed for disassembly, reuse and return. Rather than creating an exhibition stand destined for landfill, every major component was selected to remain in use beyond the event, demonstrating that circular principles can be applied at every scale of design.



- **Reusable and returnable materials** throughout the structure
- **Mechanical construction** designed for complete disassembly
- **Denim insulation and low-VOC finishes** supporting healthier materials
- **Components designed for reuse** rather than disposal

Delivered in collaboration with manufacturers and material partners who shared a commitment to designing for reuse.

- *Walls resold through a local reuse centre.*
- *Cork returned to the supplier for reuse.*
- *Flooring returned to Tate for its next project.*
- *Almost every component remained in circulation, exactly as intended.*
- *Featured in Design Insider.*



Shaping The Profession

Our ambition extends beyond the projects we deliver. Through education, professional leadership, research and place-based collaboration, we aim to contribute to the wider transition towards regenerative practice.

Recent contributions include the UKGBC Regenerative Places Framework consultation, the Nature-centric Housing paper, Oxford Brookes, and the Workspace Design Show.

Oxford Brookes

Teaching, mentoring and reviewing on the MA Regenerative Architecture programme, helping students develop place-based approaches to design.

Knowledge Exchange

Sharing knowledge through articles, CPDs, conferences and industry events.

BIID

Chairing the Sustainability Committee and helping embed regenerative thinking within the interior design profession.

Research

Contributing to industry research, consultations and collaborative projects exploring regenerative practice and the future of the built environment.

Living Thames

Helping build a bioregional network that strengthens relationships between people, place and the living systems of the Thames Bioregion





Looking Forward

Regeneration is a continual practice of learning. Our ambition is not simply to design better interiors, but to contribute to healthier relationships between people, materials, buildings and the places they belong.

Over the coming years we will continue to develop:

Material Stewardship

Develop practical material passports that improve provenance, maintenance and future reuse.

Measuring Value

Develop better ways of understanding embodied carbon alongside environmental, social and regenerative value.

Bioregional Collaboration

Strengthen Living Thames and regional partnerships that build more resilient supply chains, communities and landscapes.

Knowledge Exchange

Continue to teach, mentor, research and share learning that advances regenerative practice.

The Vitality Framework

Refine the framework through live projects, collaboration and ongoing reflection, enabling it to evolve as a practical methodology for regenerative interior design.

Local & Bioregional Sourcing

Increase the proportion of timber sourced through relationships within our own bioregion, using this year's material mix as the baseline for measuring progress.



***We believe good design should leave people, places
and the living world better than it found them.***

*This report reflects the progress we have made during 2025–26, while recognising that
regeneration is an ongoing practice of learning, stewardship and continual improvement.*