

# SoPHE NEWSLETTER

SPRING 2024

VOLUME 05



## SoPHE Annual Plumbing Competition 2024

PAGE 9

We are pleased to announce that the SoPHE Plumbing Centre of Excellence/ Young Engineers Network Annual Plumbing Competition, in collaboration with United Colleges Group, will be taking place on 14th June 2024.

### CHAIR UPDATE

Peter White

PAGE 2

### SoPHE YEN UPDATE

Get  
involved!

PAGE 4

### COMMS TEAM UPDATE

SoPHE industrial  
working group

PAGE 8

### TECHNICAL ARTICLE

The Heat is on  
Hot Water

PAGE 12

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# AN UPDATE FROM THE SOPHE CHAIR

Peter White

It only feels a few months ago that I was thanking everyone for entrusting me with the role of Chair at the 2021 AGM. And soon I will be handing over the baton to Mike Carter at the 2024 AGM.

So where on earth did those three years go?

I was recently asked to do a Q&A article for the CIBSE Journal, and it got me thinking. I am the fourth generation of plumber from my family plumbing and heating business, so one of the questions was 'Were you preordained to become a public health engineer?'. The short answer was yes, but with the caveat that for the first five or six years of my career I had never heard of a public health engineer.

We are not a specialism that likes to shout about our achievements from the rooftops - even though there is much to celebrate. I think it is something innate within the character of your typical public health engineer not to make a big deal out of what we do, but why?

In reality, I am seeing more and more public health engineers taking senior leadership roles within the MEP industry and a steady trickle of us becoming chartered. I am incredibly proud of what we achieve at SoPHE year on year, all through our member's dedication to the public health industry and a desire to continuously improve and innovate what we do, and how we do it.

To my mind, public health engineering has finally come of age, and we need to celebrate and promote that. And there is no better way than becoming chartered to demonstrate to the other disciplines around us that we are all on the same footing.

Anyway, I will step down from my soap box now, and say thank you to all of our membership and all of our Industrial Associates for making the last three years such a pleasure and supporting me during my term. Our next AGM is on the 18th April and hopefully I will see you there. If not, we have another year of great events lined up, so see you all at these soon in the months to come.

Best wishes,

**Peter White,  
PHDC Limited,  
SoPHE Chair**





We are already in the next quarter of 2024! The SoPHE Communications team have been working hard to decide on selected topics for each newsletter that are of interest to SoPHE members. This Issue will focus on hot water, and the summer 2024 issue will focus on cold water, with the winter 2024 Issue focussing on rain water and lessons learned from the SoPHE Technical Conference. If you have any suggestions for the themes of future Issues, please get in touch!

I would like to thank and acknowledge our 'Communications Team' who work behind the scenes:

**SoPHE Chair**

Peter White soon to be Mike Carter

**Editor**

Amanda Stanley

**YEN Representative**

Jenny Thompson

**IWG Representative**

Matthew Watson

**CIBSE Representative**

Jack Batley

This edition is focussing on hot water, look forward to the next edition focusing on cold water.

Can you spare some of your time, gaining up to date consumption figures or have you any topics you want more information on? Please contact us on [sophe@cibse.org](mailto:sophe@cibse.org)



Whilst scrolling through Facebook I came across these and had to laugh!

**Amanda Stanley,**  
**SoPHE e-Newsletter Editor**

Since our last update the Young Engineers had two successful site visits to the Thames tideway at the Abbey Mills pumping station. We got a great explanation of the extent of the project then got to see the sheer size of the project by going to an observation deck over the last collection chamber. Off the back of this we are in the process of organising a presentation by tideway to the wider SoPHE network.

The next event we have is a visit arranged to Peglar Yorkshires Foundry, thanks to Cole Greenwood, which may become a regularly scheduled visit.

Work is progressing thanks to the Industry working group on our next exciting day at the plumbing centre of excellence.

We are also in the process of setting up some more site visits, keep your eyes peeled on our Eventbrite for more information.

We are also pleased to announce our spring social at 1920 Pool Bar near Farringdon on the 11th of April.

**Book your place for free now**

As a committee we are going from strength to strength thanks to our teams drive and passion bringing in new members to our committee. If you are interested in getting involved, please contact [sophe@cibse.org](mailto:sophe@cibse.org).

I personally would like to extend my thanks to those who have helped me during my tenure as chair and know that you are all in safe hands as Charlie Hill (Chair) & Lucy Bennett (Vice-Chair) take over from April. I look forward to working with you both going forward.

**Joe Russell,  
SoPHE YEN Chair,  
WSP**

## Why Volunteer for a CIBSE Society?

- ✓ Represent your engineering discipline
- ✓ Grow your network and meet new people
- ✓ Mentor and support young engineers
- ✓ Gain new skills and boost your CV
- ✓ Shape and influence the work that CIBSE does
- ✓ Collaborate across the other CIBSE Networks



We had the pleasure of visiting Viega, Attendorn, Germany on the 31st of January.

Within the Viega World seminar centre, which is a Net Zero building, the tour was filled with many learnings focusing on drinking water hygiene, Intelligent water management system for hygiene and energy efficiency, sustainability, and digital construction.

All the topics covered were of utmost importance for Public Health Engineers and specially with key focus and application within the Middle East region, specifically for high-rise and super-high-rise buildings.

It was encouraging to see Viega take steps towards ensuring that the best public health practices are being followed for their systems and actively working with engineers in the region to ensure the safety and security of building services systems.



One of the highlights of the trip was the visit to the factory at ATTENDORN-ENNEST, where we witnessed the manufacturing of various technological components such as Gun Metal systems.

We like to thank Viega for hosting us and look forward to collaborating more closely.

**Giovani Tauckoor,**  
**SoPHE UAE Chair,**  
**WSP**

	Face to Face								
	London & South East	Midlands	Northern	UAE	YEN	Conference	Dinner	Newsletter	
March	<p>Wednesday 20th March <i>"Metering and development strategy"</i> Strategic Development Manager of Thames Water - John Hernon john.hernon@thameswater.co.uk Ranboll London, 240 Blackfriars Rd, London SE1 8NW 5.30 to 6pm Start TEAMS CONNECTION LINK</p>	<p>Wednesday 27th March <i>UK Water Regulations: primarily focusing on Backflow Prevention</i> Richard Medlicott, Michael Darvill &amp; Adrian Reeve (Arrow Valves Ltd)</p>	<p>Wednesday 13th March <i>The Building Safety Act – overview</i> Hywel Davies (Chief Technical Officer, CIBSE) In conjunction with CIBSE North West Region, Manchester</p>						<p>Hot Water Last article submission</p>
April	<p>Wednesday 24th April <i>"Understanding the design requirements and system considerations for pre-commissioning cleaning to achieve efficient hydronic operation"</i> Cole Greenwood - Peglar Introba 150 Holborn, London, EC1N 2NS 5.30 to 6pm Start</p>				<p>YEN Networking event</p>			<p>SPRING EDITION Hot water</p>	
May	<p>Wednesday 8th May Pam Building WSP 7 Chancery Ln, London, WC2A 1AF 5.30 to 6pm Start</p>	<p>Wednesday 29th May <i>High Efficiency Pumping Solutions</i> Paul Zseli (Wilo Pumps)</p>	<p>Wednesday 15th May <i>UK Water Regulations – Focusing on Backflow Prevention</i> Paul Phillips (Hurlstone Northern) on behalf of Arrow Valves</p>	<p>Tuesday 28th May <i>Automatic grease trap systems &amp; Application</i> ACO Sagar 28/04/2024</p>			<p>Friday 10th May 12th SoPHE NORTHERN DINNER – VENUE : The Midland Hotel, Manchester</p>		
June	<p>Wednesday 12th June <i>"HW Plant selection and sizing"</i> Paul Marsden Heatrae Sadia WSP 7 Chancery Ln, London, WC2A 1AF 5.30 to 6pm Start</p>			<p>Friday 28th June <i>Below ground drainage application</i> Saint Gobin Baris Turgay</p>		<p>Wednesday 5th June Hywel Davis Arup offices Building Safety Act</p>		<p>Last article submission Cold Water</p>	

## SoPHE BUILDING SAFETY ACT PRESENTATION

The Building Safety Act and associated legislation is the most radical overhaul of building and fire safety regulation since world war 2. Hywel Davies, former Technical Director of CIBSE, now an independent expert advising government and industry on various aspects of building safety and performance, and with the British Standards Institution on construction standards is to present to SoPHE an overview of the Building Safety Act and subsequent regulations, including changes to the Building Act, the Building Regulations and the new competence requirements that apply to all building work.

**Save the 5th June at 5pm in your diaries and look out for the invitation in the coming weeks.**







# SoPHE NORTHERN DINNER 2024

## Don't miss out: SoPHE Northern Dinner 2024.

We are pleased to inform you that we will be returning to the Midlands Hotel in Manchester, for this year's 12th Northern Celebration Dinner on Friday 10 May 2024. Sponsorship is now open to SoPHE Industrial Associate members who can sponsor a full, half, or quarter table.

As in previous years, the Dinner will commence from 6:00pm with a drinks reception followed by a four-course dinner with wine at your table. This year's speaker is Jeff Winter, former Premiership referee, the night will be a great opportunity to mingle with familiar and new faces within the industry.

Sponsorship of SoPHE events, including the SoPHE Northern Dinner, is an exclusive member benefit for SoPHE Industrial Associates. If you are a manufacturer or contractor working within industry who is interested in sponsoring a table, you can read more about SoPHE Industrial Associate membership [here](#).

If you are interested in sponsoring a table, please contact [sophe@cibse.org](mailto:sophe@cibse.org).



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# Rinnai

# THE SOPHE INDUSTRIAL WORKING GROUP — COMMUNICATIONS TEAM UPDATE

The SoPHE Industrial Working Group communications team have been busy over the last few months working with the current SoPHE Chair, Peter White, and Chair-elect, Mike Carter to shape how SoPHE want to communicate now and in the future to a wider audience.

This Newsletter is a good example of the type of work we are doing as a group, and we perhaps underestimate how far and wide this Newsletter is distributed. It is sent directly by CIBSE to over eight thousand individual prospects across the globe, and circulated via social media to many more, as well as retrospectively accessed via the SoPHE website. The last issue had an open rate of 35.13%- according to industry standards, anything over 30% is considered 'extremely good'.



Each Newsletter now has a theme, for instance in this edition the theme is hot water distribution, with the next quarterly issue focusing on topics around cold water. Moving forward, we will be aiming to ensure that adverts within the newsletter are relevant to the topics being discussed to give the sponsor more value for their money. In addition to this, we have decided on a total of three types of sponsorship, to ensure that we have offers to suit all Industrial Associates.

For more information on the rate card please contact [sophe@cibse.org](mailto:sophe@cibse.org).

With the SoPHE newsletter now well-established, the communications team have recognised other areas where we would like to focus on in 2024:

- A review of the SoPHE website
- Optimising our reach and impact on social media
- Recruiting new members
- A Ratecard for the Newsletter

If there are any topics, you would like covered in future Newsletters please feedback to the communications team by contacting [sophe@cibse.org](mailto:sophe@cibse.org).

**Matt Watson,  
Technical Sales Manager,  
PAM Building**



# SOPHE ANNUAL PLUMBING COMPETITION

Save the date



We are pleased to announce that the SoPHE Plumbing Centre of Excellence/ Young Engineers Network Annual Plumbing Competition, in collaboration with United Colleges Group, will be taking place on 14th June 2024 at Waltham Forest College.

The purpose behind the competition is to bridge the gap in students' learning from domestic to commercial installations. SoPHE's young engineers will compete with and alongside college students in plumbing problem solving, hand skills and practical fault finding of plumbing installations.

The event is supported by manufacturers and contractors from the SoPHE Industrial Associate membership, who provide tasks and materials for the competitors such as fault finding boards. The winners



of the Competition will be announced at the SoPHE London Dinner 2024, which will take place at the Royal Lancaster Hotel, on the 13th November 2024.

We caught up with Lucy Bennett of Atelier Ten, last year's winner of the SoPHE Young Engineer of the Year award, to learn a bit more about the competition and why you should get involved.

## WHAT WAS THE DAY LIKE?

The day began with croissants and tea/coffee and getting to know the other Young Engineer's and the plumbing students. We then paired up, with each pair consisting of one engineer and one PCE student. We then got stuck into the stations, there were around 10 in

total and we spent 15-20 mins per station. Each station was run by a different manufacturer and the task was either fault finding, identifying key parts of systems or measuring and quantifying. There was a lunch break with more networking between groups and some demonstrations by the manufacturers.

### WHAT DID YOU ENJOY ABOUT THE DAY?

I loved the variety and how we learnt things across the whole of Public Health engineering. There was a wide range of manufacturers who were so approachable and explained everything clearly. The atmosphere was very relaxed, and everyone felt comfortable to ask the questions that sometimes are hard to ask on site. It was also really interesting meeting the PCE students and hearing about their experiences and what they do day-to-day.

### WHAT DID YOU LEARN?

I learnt more this day than I think I ever have in a single day! I learnt a lot of practical things, particularly how to identify incorrect installations and faults. This doesn't always happen frequently on site so there was a lot I had never seen before. I also learnt a lot from the PCE students about common challenges they face when on site, and it is clear the importance of keeping open lines of communication between installers and designers.



**If you are a young engineer who wants to get involved, the SoPHE Plumbing competition is a great experience, a chance to meet new people and also counts towards your CPD requirements. We will be circulating more information including registration details in due course. In the meantime, if you have any questions, please contact [sophe@cibse.org](mailto:sophe@cibse.org).**



# NEW SOPHE LINKEDIN PAGE



Connect to Opportunity™

Coming out of the Covid-19 lockdown(s), the activity of SoPHE has increased dramatically. As well as a return to existing activities such as the Annual Dinners, YEN events and regional CPD's, SoPHE has also established new flagship initiatives such as the Summer Networking event, the YEN Networking event for graduates, and the growth of the Annual Technical Conference which will be moving to a bigger venue in 2024 to suit demand.

In order to allow SoPHE to showcase and amplify its current and future activities, the Communications team have decided to create a new LinkedIn 'page' which will allow our reach to go further than the existing 'Group'. The 'Group', will still be able to be used as a discussion forum, but we will use the new 'page' to advertise events, news and updates which can be shared to those outside of the SoPHE network, and build a following of like-minded people, giving SoPHE a social media presence which matches its output.

[Follow the new SoPHE LinkedIn page.](#)

## New: Mandatory CIBSE CPD Topics



CIBSE has been active for many years establishing the critical link between how buildings perform in operation and their carbon impact. This, combined with the revised Building Safety Act 2022, emphasises that competence in these two topics has never been more critical.

Therefore, from 1 January 2024 all CIBSE Licentiate, Associate, Member and Fellows must complete at least one semi-structured CPD activity each year on:

- Sustainability
- Building Safety

While the two topics are mandatory, you can interpret how you will conduct this learning in a way that's meaningful for your specialism, role, and development plan.

Aside from the requirement that the CPD be semi-structured, we are not prescriptive on the type of activity you undertake. The choice is yours to determine the semi-structured CPD and it can be delivered by CIBSE or any credible source.

Look out for the icons across CIBSE materials to signpost you to relevant CPD opportunities.

[Click Here for examples of semi-structures CPD.](#)

# THE HEAT IS ON HOT WATER

## Part 2

Technical Article

Following the previous SoPHE Journal publication in 2020, this article provides a recap and highlights aspects of Public Health Engineering design that should be considered when applying guidance within CIBSE CP1 (Heat Networks) and CIBSE Guidance on Instantaneous domestic hot water delivery from HIUs (CIBSE Guidance Note). As we strive to combat climate change and overcome the related technical challenges it is imperative that we design to maintain water hygiene and deliver efficient public health systems designs that can achieve optimal operational efficiency.

Although there have been no further updates to applicable guidance and legislation at this time, CIBSE Guide G is currently being updated and will include extensive revisions to the domestic water systems sections.

**Steve Vaughan,**  
Technical Director, AECOM

[Click here for link to full article](#)

### CIBSE Guidance Note

Domestic hot water temperatures from instantaneous heat interface units

### Heat networks: Code of Practice for the UK

Raising standards for heat supply



CP1  
2020

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