



Raising the Roof, Letting in the Light

As we enter 2012, attention has turned to waking the sleeping giant, renovating the interior of the Scottish Regional Centre.

Raising the Roof

Previous owners had removed all the ceiling tiles and electrical cabling, leaving an array of grid pieces and light fittings set low over the entire space of the main hall. Last weekend, two enthusiastic teams set about removing these.



Making a Start on Removing the Ceiling Grid

This has opened up the roof space and revealed the roof structure and the ducting of the old heating system, which it is hoped will be able to be brought back into use.



All the Way Up: The Open Roof Space with Heating Ducts

Bringing Down the Walls

During the years that the building has lain empty, plasterboard lining the walls has suffered water damage and needs to be removed. While doing this, windows that had been boarded up have been revealed, allowing in more natural light. Happily, the structure behind the boards seems largely unscathed.



Peeling Back ...



... Letting in the Light

What Next?

Further help next Saturday and Sunday will be welcomed. It's not all heavy demolition (although there is more of that to be done if that's what appeals)! There is waste to be gathered for disposal, a very l-a-r-g-e floor to be swept, ladders to be steadied – the list goes on.

And, of course, it wouldn't be *Taoist Tai Chi*™ if we didn't have the occasional tea break.



Taking a Well-earned Break

cultivating body and mind