



Trudy Thompson, Founder, Bricks and Bread, UK

Trudy Thompson is the founder of Bricks and Bread Sustainable Living Centre, a ground breaking social enterprise that operates premises as hubs for sustainable business where people can meet and learn from real experts. The company is now being franchised across the UK.

With her can do attitude and self taught practical skills Trudy walks the talk when it comes to low carbon living, eco building and social enterprise. She is a true advocate of spreading the message freely, sharing her knowledge and creating opportunities to benefit others by collaborating with her wide network of contacts.

Trudy spent most of her career in the motorsport industry as a professional driver, but a series of life changing events convinced her that her fast paced existence was unfulfilling and she needed to do something more worthwhile with her life.

So Trudy turned her back on a high consumer lifestyle and career, she adapted her life to become more sustainable and taught herself about eco building, then set up her own eco building company managing 33 new builds and retrofit projects.

In 2009 Trudy created the Bricks and Bread Sustainable Living Centre in Aldershot to solve the issues she had faced and share the knowledge she had gained in eco building, sustainable business and self sufficiency.