



A family-run building contractor specialising in design and build, new build, maintenance, refurbishment and fit-out services for the private and public sectors.



ABOUT OUR COMPANY



NEIL DOWER
MANAGING DIRECTOR

Conamar is a family-run building contractor specialising in design and build, new build, maintenance, refurbishment and fit-out services for the private and public sectors. Throughout the 25 years we've been in business several principles have guided our success and growth, and ensured that clients come back to us again and again.

Trust is vital. Our working relationships, with clients and supply chain alike, are built on true partnership with a common vision. We understand that our work is needed not for its own sake, but to help clients achieve their own ambitions, so we ensure that we understand every need and goal before we start out, and deliver each project to the high standards our clients expect.



“We are very comfortable putting Conamar in the frame for projects because of their ‘can do’ attitude to business.”

Steven Barker, Robinson Low Francis

WHAT WE DO FOR OUR CLIENTS

Conamar has grown substantially over its 25 years of operation. Our workforce is made up of highly skilled tradesmen, largely employed in-house. The ethos of partnership brings us long-term relationships with clients and supply chain alike, and because at least one Conamar director oversees every project, we can react quickly to daily project developments.

Our approach has enabled controlled growth, and now Conamar consists of four companies: Conamar Building Services, MJ Electrical, MJ Joinery and Conamar Maintenance.

- New build construction
- Design and build
- Refurbishment
- Fit-out
- Shop fitting
- Special projects
- Maintenance
- Joinery
- Electrical contracting
- Flooring



OUR CLIENTS

AND THE PLACES WE'VE CREATED

Our client list includes retail, offices, schools, universities, hospitals, defence establishments and pharmaceutical laboratories, and we undertake repeat work for clients the length and breadth of the country.



Clockwise from top left:

Chepstow Villas, Notting Hill, London - £305,000

Red Balloon Nursery, Cobham - £1million

Kingshott School, Hitchin - £950,000

John Lewis, womenswear roll-out, Peter Jones, Sloane Square, London - £6million

NHS Bull Plain Clinic, Hertford - £240,000

Robnson Low Francis offices, Clerkenwell, London - £370,000



RETAIL

WHAT OUR CLIENTS SAY ABOUT US

“Conamar has just completed an excellent refurbishment of a Grade II listed property in Godalming High Street. The work included major structural alterations and considerable restoration leading to the entire shopfitting of a Caffè Nero coffee shop. All was carried out to a high standard of workmanship and if you are looking for a reference, buy a cup of coffee and have a look.”

John Heward, freehold owner and Caffè Nero’s landlord

RETAIL

Conamar's work in the retail sector consists primarily of internal and external refurbishment and fit-out projects. Our in-house joinery division designs and manufactures various shop fittings and we have recently completed the roll out of three new womenswear departments for John Lewis, working in a live environment to deliver improvements for shoppers. We also work on individual design and build and shop fits for high street names and boutique retailers. And in addition to improving trading areas, we have worked with retailers including Selfridges to install new servicing and reconfigure back of house functions.

The level of service we provide ensures long-term relationships and we have worked with one of our oldest clients, John Lewis, for more than 20 years.



Clockwise from top left:

Caffè Nero, Godalming, Surrey - £350,000

Selfridges, Oxford Street, London - £2.7million

John Lewis, womenswear roll-out, Peter Jones, Sloane Square, London - £6million

The Co-operative, Majestic Wine, Topps Tiles, Windsor - £800,000

Farnborough Retail Park, Farnborough - £1.3million

EDUCATION

When we carry out projects in the education sector, we're proud of the fact that we're helping to create brighter and better learning environments; it's an investment in our future.

Our building and refurbishment experience covers the entire education journey, from nursery school, through primary and secondary schools and up to university. The environment is frequently live and we ensure sites are safe and hazard-free, often scheduling work around the needs of pupils and staff to keep disruption to a minimum.



Clockwise from top left:

Kingshott School, Hitchin - £950,000

Tendring Technical College, Frinton-on-Sea - £1.2million

Wymondley School, Hitchin - £75,000

Polhill Campus, University of Bedfordshire, Bedford - £350,000



HOUSING

Conamar's experience in the housing industry is hugely varied. We've converted a religious library into a private dwelling, built luxury private homes with basement swimming pools, carried out sympathetic extensions and added penthouses to an existing block of flats to increase value. We also undertake maintenance for local housing associations.

Regardless of the specification, all projects are delivered to a high quality finish by our dedicated team.



Clockwise from top left:
'Hillside', Rushden, Hertfordshire - £550,000
Rosscourt Mansions, Westminster, London - £1.2million
Chepstow Villas, Notting Hill, London - £305,000
Laundry Cottage Stud, Codicote, Hertfordshire - £500,000
Harmer Green Lane, Welwyn Garden City - £1million



COMMERCIAL

WHAT OUR CLIENTS SAY ABOUT US

“RLF has had a good working relationship with Conamar for well over ten years. During that time Conamar has carried out work for a number of our clients on a variety of scheme types with values ranging in size from £100k to multi-million pound projects. We are very comfortable putting Conamar in the frame for projects because of their ‘can do’ attitude to business. The management of Conamar really is hands on and this filters through to the site based operatives and supply chain alike; something that not too many contractors can lay claim to these days.”

Steven Barker, Robinson Low Francis

COMMERCIAL

Commerce is what keeps the country ticking over, and with extensive experience carrying out office fit-outs and refurbishments, we know that delivering to a deadline is critical to our clients' businesses.

During our long-term relationship with John Lewis, we've carried out an internal refurbishment and M&E renewal at the firm's HQ, and our £1m refurbishment for Which? in Hertford also included an extension and over-cladding.



Clockwise from top left:
Bristol Laboratories, Luton - £620,000
John Lewis Headquarters, Victoria, London - £7million
Works Road, Letchworth - £1.03million
Which? Offices, Hertford - £1million
Station House, Knebworth - £550,000
MBDA B100/200 office refurbishment, Stevenage - £10million

COMMUNITY

The world can be an impersonal place, so we understand the importance of local projects and the benefits they bring to communities.

A community is as diverse as its population and our projects reflect these varying interests and needs. Our recent contracts include the refurbishment and extension of St Thomas Church, a new pavilion for Letchworth Garden City Eagles FC, the complex refurbishment of Hinxworth and Edworth Village Hall and creating a new garden as a place of quiet contemplation for the Medical Foundation for the Care of Victims of Torture.



Clockwise from top left:
Hinxworth and Edworth Village Hall, Hinxworth - £220,000
Letchworth Garden City Eagles FC, Letchworth - £340,000
New Pavilion, Yaxley - £525,000
Charity garden project, Finsbury Park, London - £450,000

“I have found no builder more versatile than Conamar. Whether it is the construction of a nursery school, the conversion of a house in multiple occupation, the renewal of decorations to a block of flats, or the refurbishment of a high street restaurant, Conamar has all the answers.

Lawrence Smith, BSc, FRICS

Managing Director

London and Surrey Properties



DEFENCE

There are few more exacting building environments than those of the defence industry. We are used to operating in high security environments in classified locations across the UK and have government SC clearance.

Our defence clients have contracted us for design and build projects, refurbishment works, maintenance contracts, civil engineering requirements and landscaping. Throughout, we have helped add value to clients' properties as well as improving day-to-day working environments.



MBDA Quadrangle Project, Stevenage (three images) - £500,000

MBDA B100/200 office refurbishment, Stevenage - £10million



HEALTHCARE

The healthcare sector is one which requires specialist skills, the utmost care and very often discretion. Conamar not only has new build experience but also undertakes building maintenance contracts for pharmaceutical companies, primary care trusts and private healthcare providers.

Our projects involve working in live zones, including laboratories, offices, and research rooms as well as communal areas.



Clockwise from top left:

NHS Bull Plain Clinic, Hertford (three images) - £240,000

NHS Saffron Ground, Stevenage - £350,000

Hertfordshire Partnership NHS Foundation Trust, Warren Court, Abbots Langley - £1million

QUALITY ASSURANCE

At Conamar, we don't just take our construction projects seriously, we take the way in which we go about our daily business seriously.

We maintain our excellent health & safety record through adherence to a robust health & safety policy. Our environmental policy underlines our commitment to minimising environmental damage, our CSR policy demonstrates our community spirit and our equal opportunities policy ensures fairness for all.

All of this is overseen by a management team of commercially aware, highly trained and personable individuals. By working closely with our clients and project teams, we ensure the highest levels of quality.



*(Left) Construction at Selfridges, Oxford Street, London
(Right) Con Dower, Chairman, Conamar*

