

Park Life

WINTER 2023



OUR SPECTACULAR
WINTER FESTIVAL



BIG SLEEP OUT
FOR LAUNCHPAD



PRIDE OF
READING AWARDS



SPORT IN MIND
WALK & TALK

WELCOME FROM RORY CARSON, GREEN PARK'S ASSET MANAGER



Welcome to Park Life's last issue of 2023.

I'm not sure how we're at the end of 2023 already! It feels like this year has been one of real change as we got back into the groove of uninterrupted office – and park – life, while adapting to the new normal.

It's been a real pleasure to see Green Park return to such high levels of occupancy as occupiers continued to foster return-to-office strategies for their people. Once again, the Green Park team have worked hand-in-hand with our occupiers to support this – be it through our diverse and inclusive events programme or through the range of amenities here on the Park.

This jam-packed issue proves just how rich our events programme is – whether its wellbeing walks, community fundraising activities or Lunch and Learns. We really hope we've met our core objective to ensure there is something for each and every one of you on Green Park. We're looking to expanding this going into 2024 and will continue to collaborate with incredible partners.

A core ethos of Green Park is giving back to the wider Reading community. Which is why events like the Pride of Reading are so intrinsic to what we do as a leader in the community. Congratulations to everyone involved and we're looking forward to being part of your 10- year celebrations next year.

We're wrapping up the year with a flurry of brilliant winter events designed to bring our people and teams together. Please do join us for Green Park's Winter Festival on Thursday 7th December and our Christmas Lunch on Tuesday 12th December in the Conference Centre.

We're looking forward to building on the success of this year as we go into 2024. We have exciting enhancements to announce in the new year and are looking forward to welcoming new occupiers too.

Thank you for being a part of Green Park's community. I wish you a Merry Christmas and look forward to seeing you in 2024.

Rory

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mapletree

ABOUT MAPLETREE

Headquartered in Singapore, Mapletree is a global real estate development, investment, capital and property management company committed to sustainability. Its strategic focus is to invest in markets and real estate sectors with good growth potential. By combining its key strengths, the Group has established a track record of award-winning projects, and delivers consistent and high returns across real estate asset classes.

The Group manages three Singapore-listed real estate investment trusts ("REITs") and eight private equity real estate funds, which hold a diverse portfolio of assets in Asia Pacific, Europe, the United Kingdom ("UK") and the United States ("US"). As at 31 March 2023, Mapletree owns and manages S\$77.4 billion of office, retail, logistics, industrial, data centre, residential and student accommodation properties.

The Group's assets are located across 13 markets globally, namely Singapore, Australia, Canada, China, Europe, Hong Kong SAR, India, Japan, Malaysia, South Korea, the UK, the US and Vietnam. To support its global operations, Mapletree has established an extensive network of offices in these countries. For more information, please visit www.mapletree.com.sg.

CONGRATULATIONS TO PRIDE OF READING'S LOCAL HEROES

Green Park has been a proud supporter of the Pride of Reading Awards since they launched back in 2004. The awards aim to celebrate those people, groups and businesses that have made and continue to make a real impact within our local community.

With heartwarming – and often heartbreaking – stories from across Reading, it's always an emotional day, hosted by Reading legends Chris Tarrant, together with Matt Allwright and Mel Bloor.

This year, Green Park's Local Hero Award was won by Thames Valley Police officer, Pippa Sharman. Off-duty and travelling to an away match in Luton last year, Pippa saw Luton Town fan, David Norman, crash into another car after suffering a cardiac arrest. Pippa was able to pull him clear and perform CPR ahead of emergency services arriving.

A special mention for the Family of the Year Winners, the Johnson's, who lost young mum of three, Shona, to terminal stomach cancer.

Despite being diagnosed with stage 4 terminal cancer in May 2022, Shona was determined to raise awareness of the disease. Shona's Stones was set up by Reading Kindness Rocks and used as a platform to continue to raise awareness by decorating rocks and planting them around the world.



SPORT IN MIND WALK AND TALK AT GREEN PARK



We were delighted to welcome Sport in Mind to its first Green Park Walk & Talk last month. The Reading-based charity was established to improve the lives of people experiencing mental health problems through sport and physical activity.

Alison Rogers, Green Park's Biodiversity Coordinator led the walk around Green Park's lake, with a focus on celebrating our award-winning biodiversity while Jason McMahon of Sport in Mind led a personal discussion based on their own lived experiences navigating mental health challenges and sharing ways to navigate this. Over refreshments and discussions, the event aimed to provide a relaxed and open atmosphere for everyone to share and connect through their experiences.

WELL-BEING LUNCH AND LEARNS

Wellbeing underpins so much of what we do at Green Park. Which is why we're delighted to partner with Great Minds Workplace Wellbeing on a new series of bite-sized interactive wellbeing sessions.

The sessions covered:

- **Mental Health Awareness** - This session introduced the importance of mental health and wellbeing, and identified the signs and symptoms of poor mental health inside and outside the workplace. Attendees left the session with set of tools to help manage stress
- **Managing Your Stress in the Workplace** - This session introduced how to successfully implement effective wellbeing strategies including the 'Stress Bucket' and the 'Circle of Influence'.
- **Building Resilience** - This session helped attendees understand the critical importance of building and maintaining resilience to support you at work and in their personal life.

We'll be continuing these sessions next year. To register visit lifeatgreenpark.co.uk



GIVING BACK THIS AUTUMN



Green Park occupiers will know we pepper our calendar with a series of fundraising events to support both national and local charities. Despite the weather changing, this autumn has been no different.

Following our Big Sleep Out in October, we were able to raise £660 for LaunchPad, the incredible Reading charity that helps people who are homeless or at risk of homelessness in Reading to get back on their feet.

Thanks to everyone who joined us for Wear It Pink Day! We're delighted to have raised £185 for Breast Cancer Now.

To find out more about fundraising initiatives on Green Park and how you - and your team - can get involved, please contact our brilliant Senior Events Manager, Jenny Barnes at jenny.barnes@greenpark.co.uk

WINTER CALENDAR DATES AND NEWS YEAR'S RESOLUTIONS

Our events programme is the heartbeat of our Green Park community and we're 100% keeping warm with a flurry of exciting activities this winter. Whether getting fit or learning a language is on your new year's resolutions list, we can help!

JANUARY

Language Classes

Starting w/c 15th January
With French, Spanish, German & Italian classes available for just £60 for a 10-week term, you'll be ready to order that summer cocktail with ease!



Rock Choir

Starting Tuesday 9th January
Sing your heart out and make friends! 10 weeks of singing!



Walking Group

Starting Tuesday 9th January
Our weekly walking group will be back every Tuesday lunchtime.

FEBRUARY

Valentine's Day Quiz

Thursday 8th February
Hearts will be racing for our annual Valentine's Day Quiz in the Green Park Conference Centre at 1pm

Street Food Festival and Estate Roadshow

Wednesday 21st February
Our yummy street food vendors will be back bringing us a delicious range of lunch options for our food festival and roadshow.



JOIN GREEN PARK'S CHRISTMAS LUNCH

When - **TUESDAY 12TH DECEMBER, 12-2PM**

Where - **GREEN PARK CONFERENCE CENTRE**

We're so grateful to be bringing back the Green Park Christmas Lunch once more. Celebrate the festivities by putting on your best Christmas jumper and join us for a lunchtime full of food and music, with carols and festive songs from Green Park's Rock Choir.

The menu won't disappoint:

- Deep Fried Panko Crusted Camembert served with Cranberry Sauce or Celeriac Soup with a Hazelnut Crumb (Vg)
- Roast Turkey served with Pigs in Blankets, Sage and Onion Stuffing Balls, Roast Potatoes, Yorkshire Pudding, Brussel Sprouts, Carrots and Parsnips OR Mushroom and Squash Wellington served with Sage and Onion Stuffing Balls, Roast Potatoes, Yorkshire Pudding, Brussel Sprouts, Carrots and Parsnips (Vg)
- Mince Pies served with Brandy Sauce

Pre-booking is essential.

Book at lifeatgreenpark.co.uk

£17.95 per person

IT'S BEGINNING TO LOOK LIKE GREEN PARK'S WINTER FESTIVAL



On Thursday 7th December, we embraced the Christmas festivities at Green Park's very own Winter Festival. A truly magical experience I'm sure you'll agree! There's a reason it's called the most wonderful time of the year as Green Park welcomed in the festive season with our colleagues at our Après Ski themed Christmas event.

We were transported to the ski slopes with alpine chalets, winter-esque trees, festive lighting and props, tasty food and magnificent attractions and activities. Plus, even Santa made an appearance!

We rocked around the Christmas tree with our Rock Choir, and enjoyed mulled wine and mince pies from the Ice Bar.

Other festive activities included:

Sizzling street food from the variety of food vendors in attendance, have-a-go games at our alpine chalets around the square, roaming entertainment from our outstanding Christmas entertainers and photo opportunities in front of our themed selfie backdrop.

We're sure you'll agree that the festivities were top class, and kicked off the festive season in true Green Park style!

Join us for more festive activities in the coming weeks.

KEEPING IT LOCAL AT GREEN PARK

OPTIMAL ALIGN CHIROPRACTOR

Special offer when you book in as a new client from the 10th November to 20th December for ONLY £35 (Full price up to £180).

This includes:

Consultation
Physical Examination
Computerised postural analysis
Heart rate variability test
X-rays if clinically required
Follow up report of findings

WOW BONUS - If you choose to start chiropractic care (if appropriate) you will receive 50% off your first two sessions!

- Total benefits of the offer - up to £205 off to kick start your spinal health journey! This is the best offer yet! All you need to do to book is call 0118 334 2612 and quote 'Green Park Christmas Offer'
- The £35 is taken at the time of booking to secure your first two appointments.



CAFE PERK

Located at 100 Brook Drive, Cafe Perk is now offering soups, jacket potatoes and breakfast baps daily between Monday - Friday.

PLANT BASED PLANET

Special Offer 10% discount on orders over £40. Plant Based Planet believes small changes can contribute massively to the bigger changes we need for our planet and our futures. So why not try their delicious products and start contributing to the change today.
www.plantbasedplanet.co.uk



ISO14001 - ENVIRONMENTAL & 50001 (ENERGY)

- Green Park have recertified for the above ISOs.
- ISO 14001 retained annually since 2014.
- ISO 50001 retained annually since 2015.
- Have to show constant improvements year on year.
- Clean sweep with no observations, minor non-conformities or major non-conformities from the audit.

GREEN PARK'S BIODIVERSITY UPDATE

- A log pile audit was also completed during October, which involved checking and repairing the existing log piles as well as the creation of two new log piles. These can be found behind 400 and 450 Longwater Avenue, and outside 250 Brook Drive. This brings our total number of log piles to 25.
- As we approach the winter months, keep a look out for wildlife in the reedbed habitat along the edge of Longwater Lake. Reedbeds are particularly important for overwintering birds; not only do they provide shelter and a source of food, they also provide a roosting habitat for a number of wildfowl and wading birds.
- In early November, we will be carrying out the condition assessment of the wet woodland at Green Park. This will help us to understand how we could improve the condition of this habitat, as wet woodlands can be great for biodiversity, supporting a wide range of species.

PARK LIFE NEEDS YOU!

Park Life is a newsletter for you - our Green Park occupiers. And we want to shine an even brighter light on our community here in the future, bringing more companies across the park together to learn more about each other, connect, collaborate.

Park Life is launching a new insider segment, where we go behind the scenes and into the workplaces of our brilliant occupiers, to find out how you work, how you rest, and how you play. We want to share stories of what real life on Green Park feels like and what it means to you.

To get involved, please contact our Events Manager jenny.barnes@greenpark.co.uk

-  @GreenParkReading
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