



WELLNESS
WITHOUT
COMPROMISE

GreenPark 
a mapleiree property

The nature of how we work has transformed in recent years, with the well workplace coming high on every corporate agenda. While others race to catch up with the needs of employees, our route to goal began over 20 years ago when the first foundations were laid at Green Park. In 1998, a workplace was born that empowered people – a business park where the latest social and environmental thinking would be used to promote both happiness and productivity.



76% STRUGGLE WITH WELLBEING AT WORK.¹

Yet 96% feel that workplace health and wellbeing are important or very important to them.²

In response to this imbalance, a number of international wellbeing frameworks have now been created to help shape our work environments and more. They include The Well Community Standard™, which looks at ways to support health and wellbeing in every area of our lives. It focuses on ten key factors that affect how we feel and perform: air, water, nourishment, light, fitness, temperature, sound, materials, mind and community.

It's a model that endorses much of what we have been doing at Green Park for two decades.

WELCOME TO THE

24%



³ Thinking skills and creativity study, 2016

⁴ The health benefits of gardens in hospitals, Robert S. Ulrich Ph.D

Research has shown that the colour green can help boost creativity³ and that being surrounded by plants and nature can reduce stress⁴. This well-established thinking was the key inspiration for Green Park, which is set within 195 sensitively landscaped acres.

SEEING THE COLOUR GREEN BOOSTS CREATIVITY LEVELS

Our parkland setting has been planned and nurtured over 20 years to encourage biodiversity.

The planting and landscaping have been carefully considered to create a sustainable and beautiful environment that is good for body and soul.

It is a twitcher's paradise with more than 60 species of birds, including sparrow hawks, peregrine falcons and kingfishers having been twitched here.

SPACE FOR THE GREAT AND SMALL



Water is a constant feature of life at Green Park, and for good reason. Research has found that 'blue space' such as lakes and rivers and even urban water features can have a positive effect on wellbeing⁵.

The science shows how proximity to water floods our brains with feel good hormones such as dopamine and serotonin, and can cause levels of the stress hormone cortisol to drop.

So whether it is a stroll around the lake at lunchtime or an early morning fishing session – our lakes are stocked with carp, pike, bream and rudd⁶ – simply being at Green Park is a healthy thing to do.

SOAK UP OUR BLUE SPACE

⁵ European Centre for Environment and Human Health, 2013

⁶ The fishing season is from 16th June to 14th March





Levels of cortisol, a stress indicator, decrease significantly after 20 minutes in a more natural setting

Source: Cushman & Wakefield, 2019

WHERE HEALTHY

We wear our green credentials proudly - our 125m tall wind turbine is the most visible sign of our sustainability agenda. Sited alongside the M4, it is one of the largest land-based windmills in the UK and has become a major Reading landmark.



IS EASY



We have created an environment where being active can happen almost by accident. The landscape encourages you to take a stroll and enjoy the fresh air. There are row boats moored by the lake and ping pong tables dotted about. Walking, running, jogging, cycling, even a yoga session on the lawn – they all come naturally here.



BOOST

Businesses that invest in health & wellbeing will reap the rewards of increased productivity, lower costs from illness and enhanced reputation.

Source: BCO Wellness Matters, June 2018



Today's businesses know that a healthy and happy team is a productive team. And scientists at Harvard have established a clear link between regular exercise and improved memory and cognitive skills.

That's why Green Park has so many opportunities for employees to get out and about and work up a sweat. Green Park offers multi-sport courts, running and cycling trails around the lake as well as organised activities such as boot camps and triathlon club.

There's also the Nuffield Health and Fitness Club with gym, cardio training area and a 20-metre swimming pool.

60% of staff will recommend a company that supports wellbeing

Source: Mind study, 2013

YOUR PRODUCTIVITY

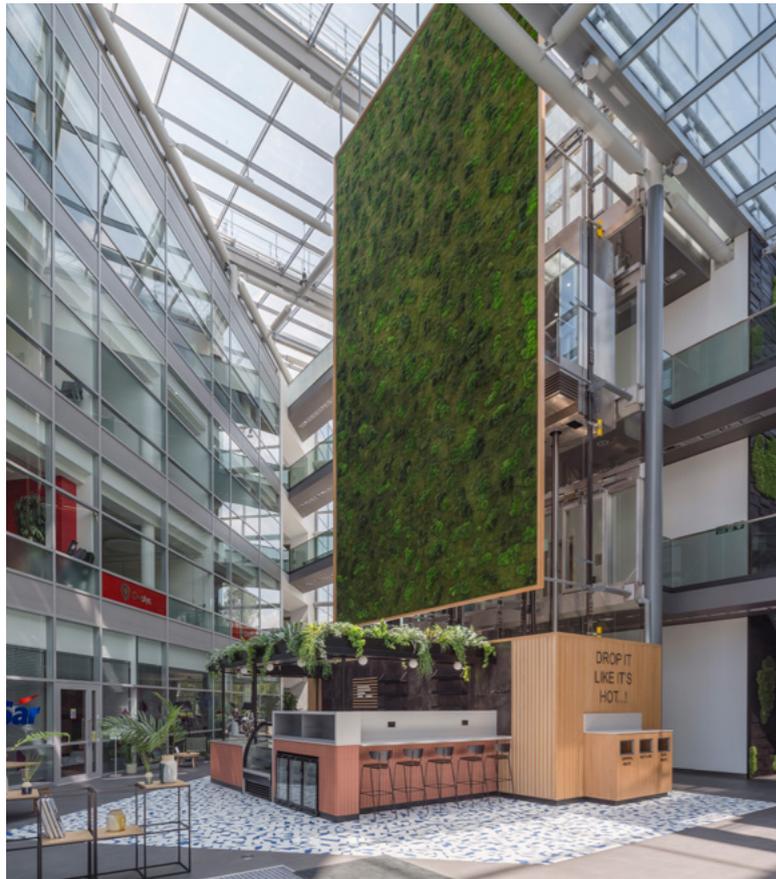
FOUR TWO

WHEELS MOVE YOUR BODY

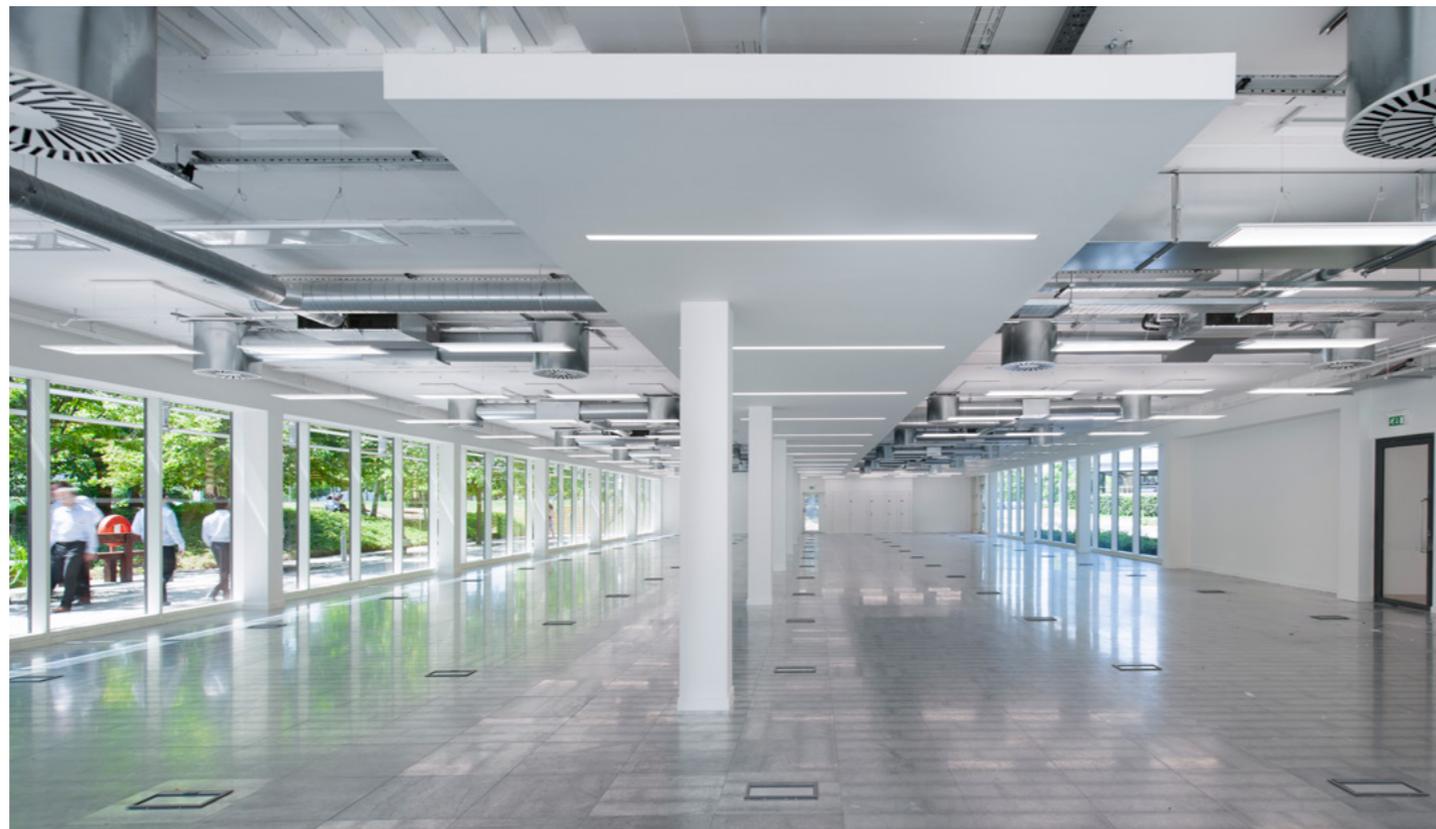
WHEELS MOVE YOUR SOUL

We're big on bikes at Green Park. For the feel good factor and because they're a greener way to get around, we have a Cycle to Work scheme and lots of bike storage. Our Green Park bikes, and recently added scooters, are free to use by any person wanting to travel within the Estate.

And if you have your sights set further afield, National Cycle Route 23 runs through the site and there are new long distance routes planned.



The ethos of Green Park flows through seamlessly into the buildings - we recognise that the offices needs to be as inspiring as the surroundings. Natural light is particularly key as it has been shown that it shapes our mood and improves workplace performance. So light-filled spaces with great views of the park are the order of the working day.



Daylight exposure and access to windows at work has been linked to improved sleep duration and mood, reduced sleepiness, lower blood pressure and increased physical activity

Source: Research for Health

LIGHTEN UP

The masterplan for the site was created by architects Foster + Partners, and other award-winning architects have designed distinctive buildings to create a neighbourhood that works as a coherent whole. What every building has in common is the use of high quality materials, efficient services and the ability to be divided or expanded for maximum flexibility.



FACE TIME

With a third of our time spent at work, we think it's worth making the experience as rewarding as possible. And the quality of our working life affects every other part of our lives too. At Green Park, everyone is part of a thriving community – a neighbourhood that is home to more than 60 diverse and forward-thinking businesses, from start-ups to multi-nationals.

**THE AVERAGE PERSON
SPENDS 90,000⁷
HOURS AT WORK
— OVER THEIR LIFETIME.**

⁷ Based on the average person working 40 hours a week for 47 years

UNLIMITED

We know how lucky we are to have all this space. For the way it makes us feel and the opportunities it presents. So we're always on a mission to make sure we're making the most of it. From Angling to Zorbing...

Our aim is for Green Park to feel special, somewhere people enjoy working and care about. The Green Park team have designed a full programme of sporting and social activities with a focus on building a collective community which every employee feels part of. You can currently take part in 450 events and activities throughout the year, on-site or nearby.

Every £1 invested in employee happiness generates £10 value in return

Source: PwC study, 2017



Green Park



"In the last Quarter before we moved from Newbury, we had 60 applicants for around 15 jobs. In the Quarter after we moved to Green Park, we had 441 applicants for around 60 jobs, showing an increase of close to 100% in the number of applicants per job.

Simon Greenstreet
Head of Communications & Public Affairs, Bayer

Wellness without compromise



ANALOGUE PEER-TO-PEER NETWORKS

YEAR-ROUND

Experience the Summer Fête, Christmas Winter Wonderland or Easter Egg Hunt

There are so many opportunities at Green Park for people to get out from behind their desks and interact with each other. From working and learning to playing and relaxing.

60% of staff were more likely to recommend their organisation as a good place to work if their employer takes action to support wellbeing

Source: Cushman & Wakefield, 2019



CONNECT

There's our collaborative workspace, HIVE and our wifi-enabled deckchairs



CARE

Learn the craft of beekeeping and help care for Green Park's hives in the wonderful outdoors

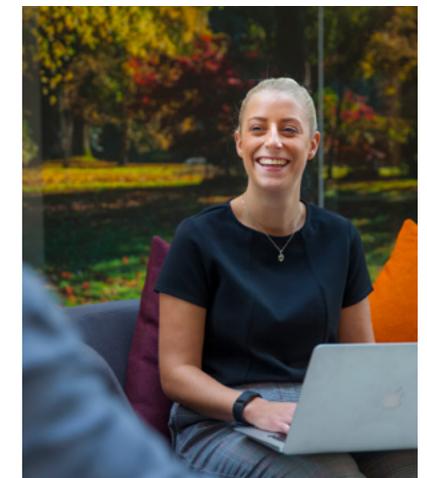
JOIN IN

Street food markets, mini-golf experience, charity fund-raising events and more



IMPROVE

Sign up for on site courses – from languages to bee-keeping to choral singing



Companies with satisfied,
engaged workers have up to a
65% lower employee turnover

Source: Gallup, 2014



FIT FOR

PURPOSE

Green Park is all about peak performance, and that's as true when we step out of the office. These are just some of the activities and events you can take part in:

SPORTS LEAGUES

GREEN PARK TRIATHLON

GREEN PARK OPEN WATER SWIM

SUMMER GAMES

NETBALL AND FOOTBALL LEAGUES

GREEN PARK ROYAL BERKSHIRE 10K RUN

READING HALF MARATHON

We think today's employees have enough to think about without daily chores getting in the way, so we're always thinking of how we can make life easier. From simple things like handy ATMs and Amazon lockers through to Tesla charging points and on-site car valeting.

And we've recently launched a park App which, amongst other things, allows our customers to pre-book car parking spaces, meeting rooms and even pre-order a coffee for their arrival on-site.

THE ON DEMAND WORKPLACE



NOW



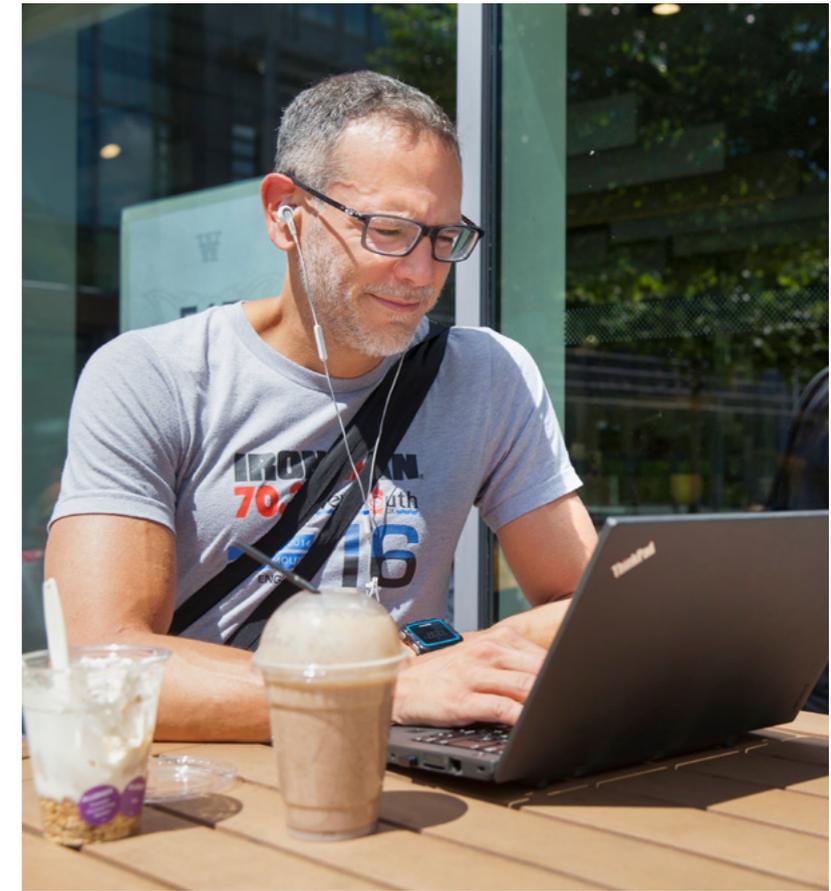
ALL TOGETHER



There's a real sense of community at Green Park that extends from the office to the outdoors – from informal meetings happening at the cafés and restaurants, Club members assembling at meeting points – to friends catching up for a coffee or a work out. Delegates can also be seen making connections at the conference centre. Kids can also have fun at the play areas and crèche.

“The ability to get away from your desk and get some fresh air; you go for a walk with a colleague and you end up talking shop and have new ideas – it’s far less constraining.”

Miranda Cooke
HR Manager, Pierre Fabre



**I'M CURRENTLY
AWAY FROM
MY DESK**

We know that work doesn't stop when you step away from your desk. So we give you a huge variety of spaces where you can keep doing what you do. From cafés and break-out spaces to comfy seating areas in our buildings or outside.

There's our collaborative workspace, HIVE and our wifi-enabled deckchairs.



Green Park

One third of absenteeism at work is due to poor interior air quality

Source: Cushman & Wakefield, 2019



Wellness without compromise



Work breaks are good for your brain and physical wellbeing – they help you stay sharp and motivated – and with numerous on and off-site eateries, there are more good reasons not to work through lunch.

ON-SITE EATERIES

- Wolf Italian Street Food
- Café Perk
- Byte Café



**THE BEST
TIME TO PLANT
A TREE WAS
20 YEARS AGO.**

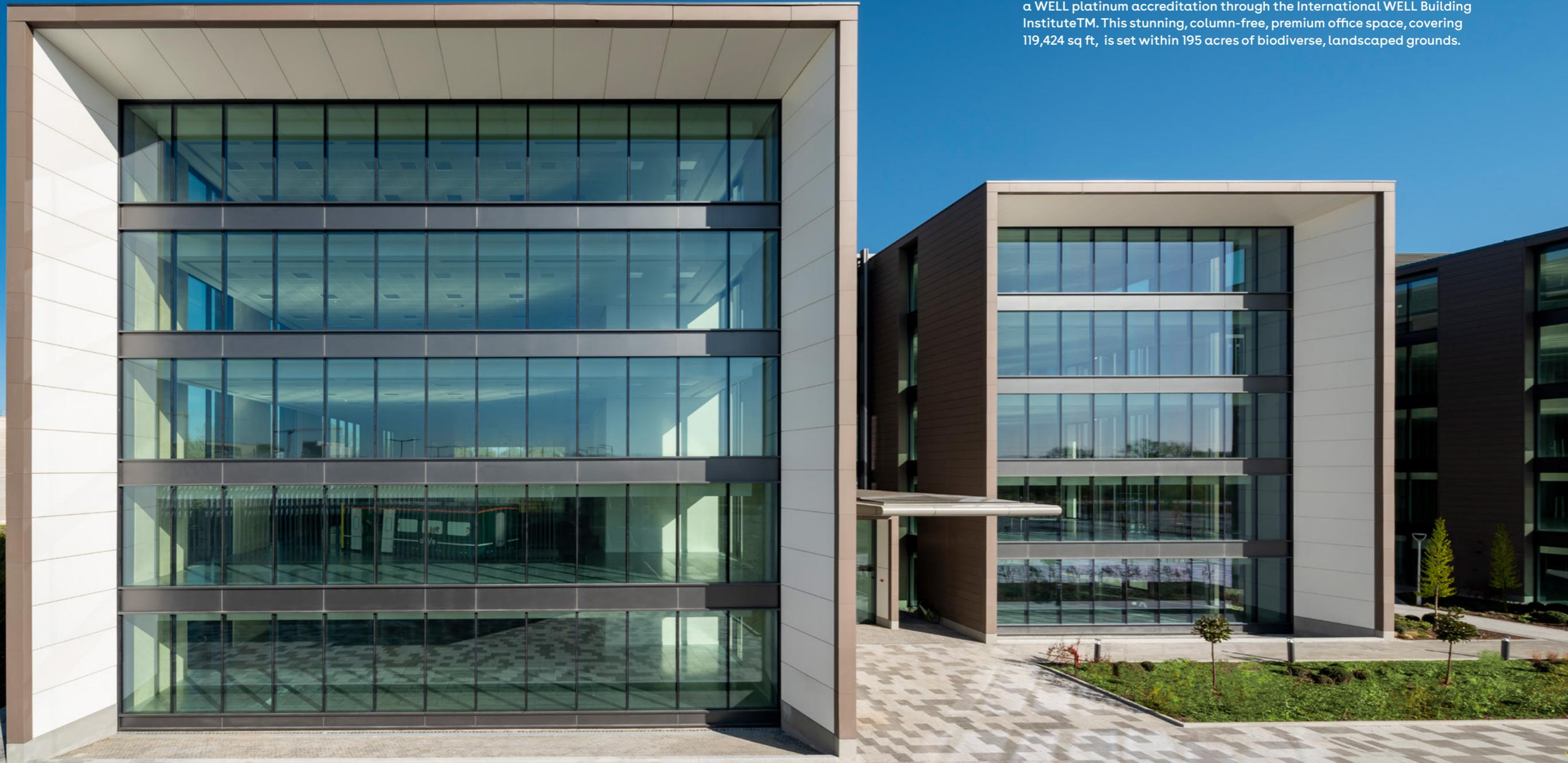
**— THE
SECOND BEST
TIME IS NOW.**

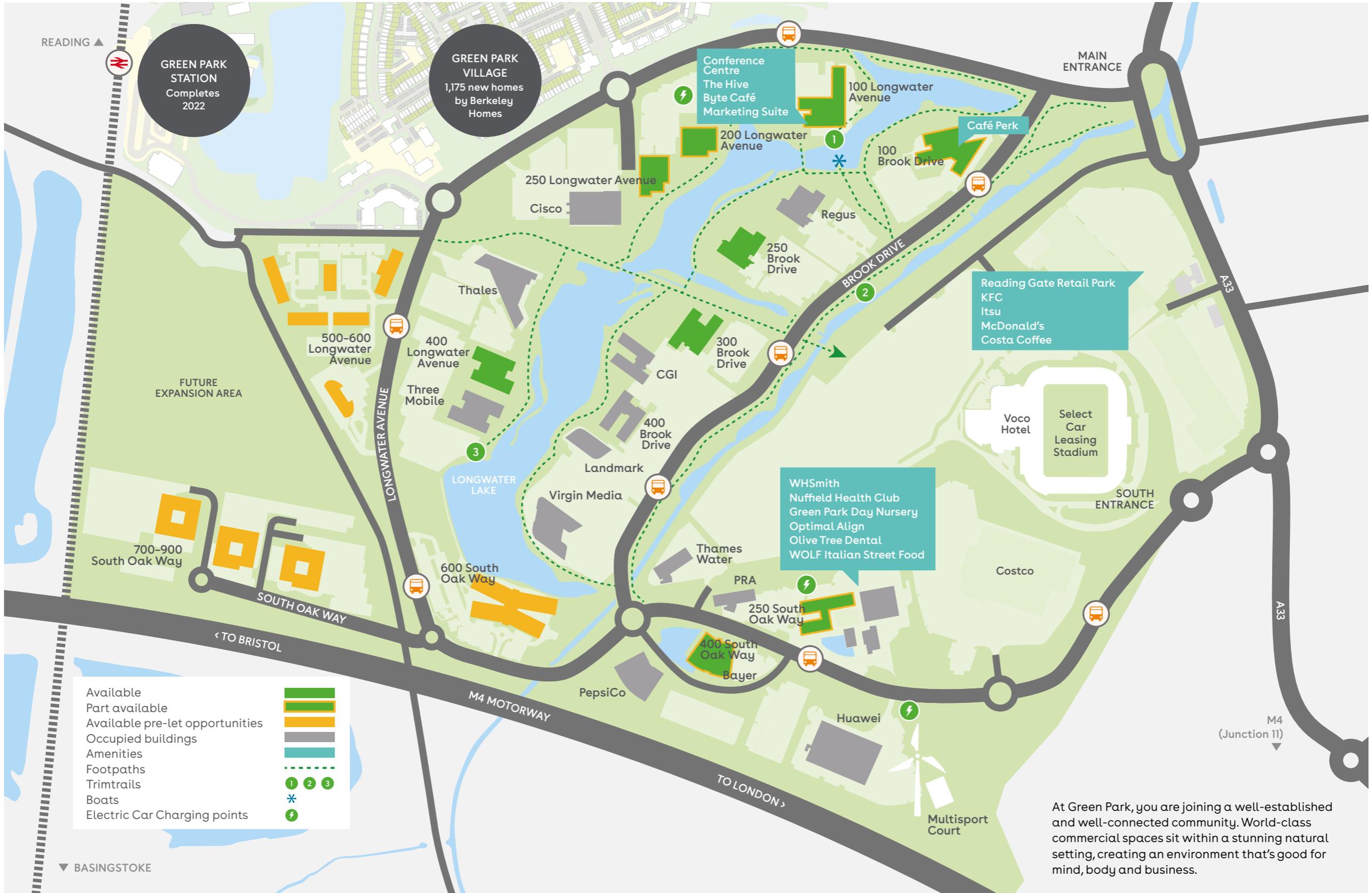
Chinese Proverb

A NATURAL PROGRESSION

Now in our 20th year, we continue to expand to meet the needs of forward-thinking, people-centric occupiers that understand the influences of the working environment on productivity. The next phase of our park includes over 1,000,000 sq ft of new accommodation which has been approved and we're actively developing these spaces to allow more companies to benefit from the Green Park experience.

Our newest building, 400 Longwater Avenue, has been awarded with a WELL platinum accreditation through the International WELL Building Institute™. This stunning, column-free, premium office space, covering 119,424 sq ft, is set within 195 acres of biodiverse, landscaped grounds.





At Green Park, you are joining a well-established and well-connected community. World-class commercial spaces sit within a stunning natural setting, creating an environment that's good for mind, body and business.

THE NEW TRAIN STATION MEANS YOU CAN GET HOME IN TIME TO SEE THIS LITTLE MONSTER



Opening in 2022, Green Park's dedicated train station creates a direct connection to the national rail network and the Elizabeth Line through Reading station.



Indicative computer generated image.

THE GREEN LIGHT



We're proud to be aligned with the principles of the International Well Building Institute, who are leading the global movement to transform buildings and communities in ways that help people thrive.

Green Park is registered to pursue WELL Certification through the International WELL Building Institute™

Find out more at wellcertified.com

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maple^{tree}

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