Winter 2019

Park Life

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GreenPark
a mapletree property

Welcome from Green Park's Asset Manager, Rory Carson

It's been an incredibly busy spring and summer at Green Park. You may have noticed cranes and building works along Longwater Avenue which is where construction has begun on two new buildings totalling 234,000 sq ft and due for completion autumn 2020. This building has been prompted, in part, by the demand for organisations looking to join our Green Park community and we are delighted to announce that four new businesses (see page 14) have taken space. In addition, to the news of our expansion and the Green Park community growing, the recent planning consent from Reading Borough Council means that Green Park Station has now got the go head and is due to open late in 2020 (page 6) which will ease and speed up train commutes.

As you scroll through the newsletter, you'll see that it's crammed full of the spring and summer events that took place over the last few months; those gatherings that makes Green Park more than just a place to work. Our annual Summer Fete was a big hit with over 1,000 of you attending and enjoying the festival atmosphere. Another notable summer event was the annual Open Water Swim where many of you took the opportunity to swim and race in our very own Longwater Lake with some, impressively, opting for the triathlon! New and exciting activities were also added to the calendar this year, with The Escape Room Challenge (page 8) and the Zorbing obstacle race proving incredibly popular – and both will be back next year. Alongside these fun events, the idea of wellness of mind and body has featured heavily at Green Park, with initiatives such as the Wellness Wednesday (page 5), which proved a huge hit, offering juicing, dietary information, fitness advice and sessions, as well as the opportunity to meet with our new onsite chiropractor (page 3).

As we look forward to the autumn and winter seasons, a key event to pencil in for your diaries is our Winter Wonderland which will mark the beginning of the Festive Season (page 15) here at Green Park and promises to be a treat for shoppers and food lovers alike.

As always, your Green Park team is on hand to help with anything you need and our details can be found at **www.lifeatgreenpark.co.uk** or on our website.

Wishing you all a brilliant autumn/winter from me and the Green Park team.

Rory

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Mapletree currently manages four Singapore-listed real estate investment trusts (REITs) and six 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 2019, Mapletree owns and manages S$55.7 billion (£31.85 billion) of office, retail, logistics, industrial, residential and lodging properties.

The Group's assets are located across 12 markets globally, namely Singapore, Australia, 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**

DENTISTS AND CHIROPRACTORS OPEN AT GREEN PARK

As part of Green Park's ongoing commitment to promote Wellness for its 7,000 strong population, we are delighted to welcome the Olive Tree Dental Practice and Optimal Align Chiropractors to Green Park.

Now there's no excuse for putting off that appointment to the dentist! **Olive Tree** are bringing a brand new dental practice to Lime Square, providing dentistry services to help you maintain a healthy smile.

Olive Tree Dental
AESTHETICS

The opening of **Optimal Align Chiropractors** at Green Park means that if you feel the need to seek professional advice and help with back and neck pain, visit the team at Lime Square, where they're permanently based.

Back pain is the largest single cause of disability in the UK, with lower back pain alone accounting for 11% of the total disability of the UK population (NHS England). The nature of most office work involves sitting at your desk and not moving around enough, which can lead to neck or back ache.

The family based Chiropractor BioPhysics (CBP) promotes the CBT technique, which emphasises optimal posture and spinal alignment at the primary goal. Bruce Milligan of Optimal Align Chropractors says, "We have over 20 years experience in helping people out of pain and suffering. With this statistic in mind, our passion is to give every person the best structural corrective Chiropractic care enabling them to achieve their healthiest, happiest, highest quality of life."

Standard cost £120.
Green Park offer ONLY £30.
For further details please contact Optimal Spinal Align on 0118 3342612 or admin@optimalalign.co.uk to book your spinal check-up. Alternatively, visit their website: optimalalign.co.uk

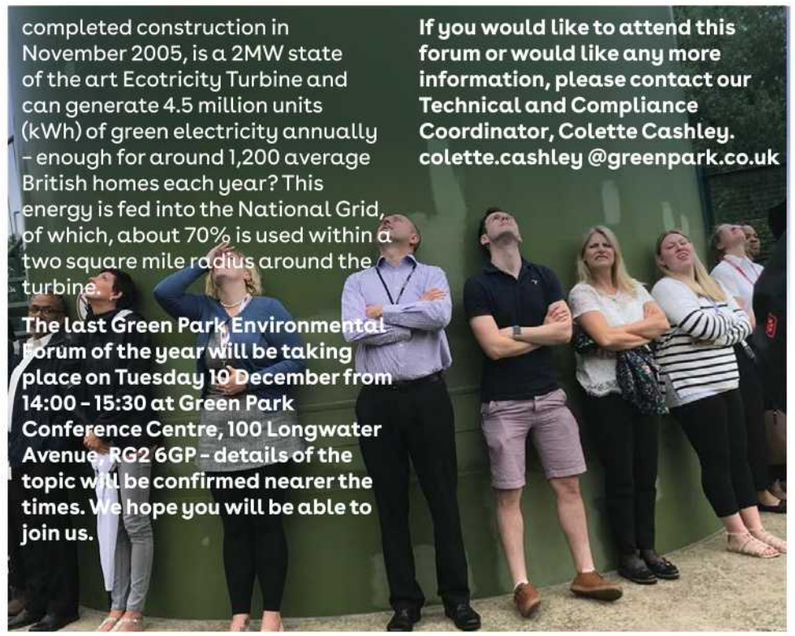
Optimal ALign
CHIROPRACTIC

ENVIRONMENTAL FORUM

The Green Park Environmental Forums are all about informing and promoting environmental initiatives at Green Park and the positive impacts that they are having on the surrounding environment.

On Tuesday, 25 June the second Green Park Environmental Forum of the year was focused on a tour of Green Park's very own 120 metre tall wind turbine, which is one of the largest land-based windmills in the UK.

34 occupiers attended the tour led by Director of Reduce Energy Ltd, Ian Gough which took place at the turbine viewing platform. The informative talk provided facts and figures about the wind turbine and information on what it is and how it works. Did you know that this major Reading landmark, which completed construction in November 2005, is a 2MW state of the art Ecotricity Turbine and can generate 4.5 million units (kWh) of green electricity annually – enough for around 1,200 average British homes each year? This energy is fed into the National Grid, of which, about 70% is used within a two square mile radius around the turbine.



The last Green Park Environmental Forum of the year will be taking place on Tuesday 10 December from 14:00 – 15:30 at Green Park Conference Centre, 100 Longwater Avenue, RG2 6GP – details of the topic will be confirmed nearer the times. We hope you will be able to join us.

If you would like to attend this forum or would like any more information, please contact our Technical and Compliance Coordinator, Colette Cashley. colette.cashley @greenpark.co.uk

Recent events

OPEN WATER SWIM

This year's annual Open Water Swim in Green Park's Longwater Lake saw more than 70 participants take part in the 250m, 500m and 1km Open Water Swim course, under the watchful and expert eye of Dom Dos Remeidos, our local triathlon trainer.

Those looking for a more testing regime went on to complete the triathlon, which included a 250m swim, 8km cycle and 2km run. Well done to all those who took part.

ZORBING

Over 100 participants rose to the challenge to take on Green Park's first Zorbing obstacle course. Padded up and armed with nothing but a determination to win and a 3m Zorb, the contestants were ready for action.

The Zorbers raced against each other around the 22m x 16m course with the fastest being declared the winners. This event proved hugely popular and will be back again next year.

Wellness Wednesday

UK adults spend an average of eight hours and 41 minutes a day on media devices, compared with the average night's sleep of eight hours and 21 minutes, according to a recent study by communications regulator Ofcom.

Needless to say, phone use was not on the agenda to achieve Wellness of mind and body on Global Wellness Day! With over 200 people attending Green Park's Global Wellness Day on Wednesday 12 June, Green Park occupiers were keen to benefit from what was on offer.

People had the chance to get active and race around Green Park on the new Green Park scooters and raise their fitness to a new level by taking a Green Park Boot Camp class. With heartbeats racing and tummies in need of refueling there was a chance to make your own smoothies and enjoy delicious food by Greeklicious, En root and Liquid. But if high octane activities weren't your thing, you could go down the pamper route with a manicure by Lindsey the Nail Technician and a massage by Fit for Work Massage. On the more technical health side of things, Optimal Align Chriropractors were on hand to assess posture and give advice, as well as Nuffield Health answering questions on how to improve your fitness.

The Wellness event was a real success and the feedback has been overwhelmingly in favour of more events like these.

SUMMER FETE

Nothing says summer like the annual British summer fete. And that was certainly true of Green Park's very own Mexican themed Summer Fete this year, which took place on Thursday 20 June on the sloping lawn by the picturesque Longwater Lake, under an alternating sunny and cloudy sky.

Over 1000 people joined in the fun at the annual Green Park Summer Fete. The weather was kind which meant that people could freely enjoy all the activities on offer. With so much choice there was something for everyone - Coconut Shys and Test of Strength pleased the traditionalists, while Segways and Surf simulators offered a more 21st century take on the traditional fete offering.

In the background, the amazing Green Park Rock Choir filled the summer air with their voices and the Fiesta Themed Stilt Walkers and Balloon Modelers leant a carnival feel to the whole event. But the fete wouldn't have been a success without the delicious range of food and drink on offer. A great summer event with much laughter and fun. Thanks to all of you who made it.

Green Park Station gets the go-ahead

Following Reading Borough Council's recent approval of an additional facility on the Green Park Station scheme, Reading Green Park station is now on track for opening in late 2020.

Green Park occupiers will benefit from the new line with trains linking Basingstoke to Reading. Half-hourly services will run North to Reading and South to Basingstoke throughout the day.

The station will include two platforms and a transport interchange with a surface level car park, bus stops, taxi rank and cycle parking.

Rory Carson, Green Park's Vice President of Asset Management says, "The £16 million Green Park Station has been a highly collaborative project, led by Reading Borough Council, including £9.15 million of funding through the Thames Valley Berkshire Local Enterprise Partnership's Local Growth Fund. The positive impact on local business and the wider community will be significant, further enhancing the connectivity of Green Park for our office population of over 7,000 people. We particularly welcome the delivery of the station as we continue with the speculative development of two new office buildings at 450 & 400 Longwater Avenue, totaling 230,000 sq ft, which are due for completion in September 2020."

Green Park Royal Berkshire 10K Run

19 May 2019 saw the annual Green Park Royal Berkshire 10k run.

With over 4,000 participants beginning their run at 9.15am, it was a great day with both experienced and less experienced runners striving to beat their own personal best. The organisers, as always, did a superb job providing support stations and entertainment for all to keep moral up and encourage the runners on their 10k run.

An event for the whole family, there was a chance for the younger runners to become involved in the Mini Mile and the 3k Mini Marathon.

Well done to all who took part!

ESCAPE ROOMS CHALLENGE AT GREEN PARK

The Green Park Events Team worked in partnership with Challenger Escapes to put on a unique Escape Room experience on the week commencing 29 April.

In a 40ft bespoke container, groups of occupiers worked in teams of four to six in order to decipher riddles and codes, solve puzzles and fulfil tasks left by an agent working behind enemy lines. This tested their systematic planning and problem solving, making it a great team building activity. Well done to ESCAPEPSICO who escaped in the quickest time!

This event was hugely popular and booked up in super time. So, by popular demand, this event will be running again next year.

Life at Green Park portal - a new platform for Green Park occupiers

The Green Park team is constantly looking at ways to make the occupier experience as brilliant as possible, which is why we've just launched the Life at Green Park portal **(www.lifeatgreenpark.co.uk).** Whether its keeping up-to-date with what's new at Green Park and the surrounding areas or getting involved in the huge events programme on offer to the 7,000-strong Green Park community, you can now tailor your interests and needs when you sign up to Life at Green Park and access everything you need in one place

The platform is interactive, allowing you to book a wide range of services from a delivery of flowers, a taxi or an appointmnet with the chiropractor, as well as RSVPing to that event you've had your eye on. In addition, regular deals for occupiers, which are only available through Life at Green Park, are on offer from both on-park retailers such as WOLF, Zest and Nuffield Health plus deals from nearby hotels and taxi services. Life at Green Park wouldn't be complete without a dedicated section on Wellness. Here, you can find Ted Talks on mental health, best blogs for vegans, health & fitness events at Green Park and much more to set you on a path to a healthier mind and body.

Promoting the ethos that Green Park is a community, the 'My Community' section provides a way to connect with other Life at Green Park members. In addition, you can access a full list of events and Green Park services, as well as being able to contact the Green Park team with any queries you may have.

To celebrate the launch of the Life at Green Park portal, the Green Park Events Team gave away lots of goodies at the Summer Fete. Those who signed up to the Life at Green Park portal were given their very own Green Park branded keep-cup and the portal now has almost 2000 members signed up.
If you haven't yet sign up, please visit **www.lifeatgreenpark.co.uk** to be in with a chance of winning more fantastic prizes.

PRIDE OF READING AWARDS 2019

GREEN PARK SPONSORS LOCAL HERO AWARD AT THE PRIDE OF READING AWARDS 2019

For the second year running, Green Park is proud to be sponsoring the Local Hero category of the Pride of Reading Awards 2019.

We are excited and privileged to once again be a part of this fantastic event. This category celebrates the remarkable human beings among us, who through a special act of kindness and courage make a difference to the community.

Reading's very own Chris Tarrant will be announcing the winners at the Pride of Reading Awards 2019 in November.

Construction at 400 & 450 Longwater Avenue

The cranes you may have seen on Green Park recently mark the construction of the next developmental phase in the park's 20th year. Two 116,994 sq ft Grade A office buildings are being speculatively built at 400 & 450 Longwater Avenue and will be ready for occupation in Autumn 2020.

400 & 450 Longwater Avenue will provide a total of 233,988 sq ft of grade A, column free space over five floors, surrounded by bio-diverse landscaped grounds, overlooking Longwater Lake. Underpinning Green Park's ethos of providing an occupier-centric approach, the building designs have been accredited by the WELL Building Institute.

Rory Carson, Mapletree's Vice President of Asset Management in the UK, says "Our commitment to Green Park and Reading as the business epicenter of the Thames Valley is the driving force behind the next phase of the park's development. Once the two new offices are built, the total amount of office space will increase to approximately 1.6 million sq ft, providing capacity for a further 2,500 people to join the Green Park community."

EARTH HOUR 2019

WWF's Earth Hour 2019 took place on Saturday 30 March 2019 from 20:30 - 21:30 and Green Park once again took part for the seventh consecutive year, together with many of its occupiers.

Across the six multi-let buildings on the park, the Green Park team turned off as much of the lighting as possible for the duration of this hour, with the exception of the emergency lighting.

It was a time to reflect on some of the choices we make that impact the environment. Making small changes can have a big impact, such as regularly using a reusable water bottle or turning off the lights when you're not in the room. Love the Earth and make a small change!

For more information, please visit **www.earthhour.org**

ZEST RECIPE

PRAWN TOM YUM - SERVES 6

For the sauce:

125g tom yum paste
85g palm sugar
800ml coconut milk
2 kaffir lime leaves
60ml vietnamese fish sauce

For the dish:

30 king prawns, peeled and deveined
300g silken tofu, chopped into cubes
300g bamboo shoots, julienned
600g pak choi, roughly chopped
½ bunch coriander, picked
¼ bunch thai basil
1 red chilli, deseeded and thinly sliced
450g jasmine rice

To make the sauce:

- Over a low heat, in a medium pan, gently caramelise the tom yum paste with the palm sugar until it becomes a dark red colour.
- Add the coconut milk and kaffir lime leaves and bring to the boil.
- Add the fish sauce and check for seasoning.

To make the dish:

- Cook your rice according to the instructions on the packet and keep warm.
- Add the prawns, tofu, bean shoots and pak choy to the tom yum sauce, and simmer for 5 minutes or until the prawns turn light orange colour and are just cooked.

To serve:

- Place rice on a serving dish and spoon the prawn tom yum over the top.
- Garnish with coriander, chilli and thai basil.

ON YOUR BIKE! CYCLE TO WORK DAY

Many of you took to two wheels on Thursday 8 August to mark Cycle to Work Day for your morning commute.

Nicole Coulson, Lifestyle Manager at Green Park said, "This is the fourth year that Green Park has supported this great initiative which contributes to a healthy lifestyle and wellness. It was great to see so many of our occupiers join the Green Park team for coffee and croissants afterwards!"

Hedgehog Project

Once a common sighting and now a rarity within UK gardens, parks and hedgerows, hedgehogs are on a rapid decline due to habitat fragmentation and water deprivation. It has been suggested that hedgehog numbers have declined by over a third between the years of 2003 and 2012.

Here at Green Park we are enhancing our habitats to encourage as much biodiversity as possible, hedgehogs being one of many small mammals on-site we are trying to encourage.

In an effort to make Green Park more hedgehog friendly, our biodiversity and landscaping teams have introduced hedgehog tunnels. Nicole Coulson, Lifestyle Manager at Green Park says, "These potential hedgehog homes have been positioned in three undeveloped locations around the Park. These are helping us to survey and establish if there is a current population of these small, elusive creatures on-site. The project started back in May 2019 and, so far, has allowed us to identify juvenile hogs nesting on the park. When we see that the hedgehogs have moved on, we move the tunnels in a bid to continue tracking them and this relocation of the tunnels will continue until the beginning of the hibernation season around October/November time."

Keep a look out on **www.lifeatgreenpark.co.uk** for further updates on this biodiversity project.

BIODIVERSITY

A major study has recently reported that more than two-fifths of UK species, including animals, birds and butterflies have seen significant declines in recent decades. The State of Nature report, which draws on scientific monitoring since the 1970s, warns there is no let-up in net losses for the UK's wildlife.

Nicole Coulson, Lifestyle Manager at Green Park says, "Our dedicated Biodiversity team takes pride in being a small part of a growing movement trying to reverse the trends of decreasing wildlife in the UK." Encouraging biodiversity at Green Park has been taken seriously for many years, with a team of passionate people ensuring that insects, plants and animals thrive and flourish among our community.

So we're pleased to report that the creature population is growing nicely alongside the human population on Green Park! Geese flocks have increased in numbers, together with new sightings of Cinnabar Moth Caterpillars near 250 Longwater and along Brook Drive, which will transform into beautiful, vibrant red months. A new creature was discovered on the park recently – a field vole. If you're fortunate, you may catch a glimpse of it, as these creatures are active during the day.

Back in August five new wasps' nests appeared. Most of us think of their stinging capacity but bear in mind that they are one of the best and hardest working pollinators of crops. So, the next time you are chased by a wasp, stay calm, still and ignore them and they will soon go away!

READING IN BLOOM AWARD

Green Park has won Gold for the Reading in Bloom Award for Commercial Landscaping.

It beat off strong competition to scoop up the award in September at the Reading in Bloom awards ceremony at the Hilton Reading. Nicole Coulson, Green Park's Lifestyle Manager, said, "We are thrilled to be awarded Gold for Reading in Bloom's Commercial Landscaping category. Green Park is set in 195 acres of parkland and over the last decade our dedicated and experienced team has placed huge importance on ensuring that we nurture and encourage its biodiversity, which is also the setting for 1.6 million sq ft of office space and home to our 7,000-strong office population. We are proud to say that it is the only UK business park to have been awarded the biodiversity benchmark award."

Reading in Bloom judges were given a tour of Green Park back in July, which is home to a wide range of plants, animals, two beehives, herb gardens and a wormery. More than 62 bird species having been 'twitched' on the business park. Longwater Lake is home to an abundance of freshwater fish and invertebrates.

GREEN PARK WELCOMES FOUR NEW OCCUPIERS

Green Park welcomes four new occupiers as it reaches 95.5% occupancy.

They include: Premier Research, a contract research organisation for biotech and speciality pharma companies, which has taken 12,000 sq ft of office space on the second floor at 250 South Oak Way; Tanium, which offers a proven platform for endpoint visibility and control that transforms how organisations manage and secure their computing devices, has taken 5,600 sq ft of office space at 100 Brook Drive; Zscaler UK Ltd, a global leader in cloud-based security, has taken 5,500 sq ft of office space on the ground floor at 250 Longwater Avenue; and Make UK, the representative voice of UK manufacturing, providing essential business support and training, as well as championing manufacturing industry in the UK and the EU, has taken 2,000 sq ft of office space at 100 Longwater Avenue.

Rory Carson, Vice President of Asset Management at Green Park says, "We are delighted to welcome our new occupiers to the Green Park community. This continued demand for space at Green Park has underpinned our decision to move forward with the speculative development at 400 & 450 Longwater Avenue."

Zoe Teychenne, Senior Director of Human Resources at Premier Research, due to move to Green Park this Autumn, says, "Our employees are excited to move to the new offices in Green Park this Autumn. The new facilities are modern and built with the idea of continuous collaboration. The amenities far exceed our expectations and align with our wellness initiatives (walking trails, gym, healthy foods). This is a work environment that will help us attract top talent into the organisation."

premier research

TANIUM

zscaler™

MAKE uk
The Manufacturers' Organisation

HSO

THE SUNDAY TIMES 100 BEST COMPANIES TO WORK FOR 2019

HSO RECOGNISED AS ONE OF SUNDAY TIMES 100 BEST COMPANIES TO WORK FOR 2019

A big congratulations to HSO for being recognised as one of the Sunday Times 100 Best Companies to Work For 2019. HSO, a leading provider of innovative enterprise business solutions, has offices at Green Park, Manchester and Glasgow, was placed at 25th in the overall list, as well as 'Best Improver' for employee engagement in 2019.

Events to look forward to into the Autumn and Winter

Summer may be over, but there are still some great events to look forward to in the coming months.

Get Halloween ready and save the date for our new Pumpkin Carving Event, taking place on Wednesday 30 October. All equipment and supplies are provided and you can take your carved pumpkin home in time for trick or treat.

And the Halloween fun continues at lunchtime on Thursday, 31 October with the Green Park annual Halloween Quiz. It will take place at the Green Park Conference Centre. So come and join us – if you dare!

Green Park will round off the year with its very own Winter Wonderland which is taking place on Thursday, 5 December. Visit Lime Square, which will be magically transformed into a world of wondrous festivity for your delight, with entertainers and delicious treats. You can browse for festive gifts or a treat for yourself from our German-style Christmas Market, where traders will display their wares.

In the spirit of the festive season, Green Park will once again be supporting The Giving Tree Appeal for Connect Reading. This project gives us the opportunity to support this wonderful charity by donating Christmas gifts to disadvantaged children, from young babies up to teenagers within our local community. Some of these children, particularly those in refuges, have asked for gifts that they can give to their parents rather than a gift for themselves. Your generosity will help contribute towards making Christmas time special for the children and their families this year.

For further details please visit www.lifeatgreenpark.co.uk

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