

Park Life

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Welcome from Green Park's Asset Manager, Rory Carson

Welcome to our first newsletter of the year. It's a great start with the park beginning to see the return of our community back on-site. We are pleased to announce that many of our 450 events and activities for 2022 will be going ahead and our events team will be on hand with information at the Street Food Festival in March (p6).

For sports lovers among you and those looking to get fit, check out the Green Park Go Tri Dates for 2022 (p4) and how you can participate in the upcoming Reading Half Marathon (p3). Some of you, however, may be looking for a more tranquil way to gently exercise while taking in the beautiful nature or the park; so why not book a row boat on Longwater Lake (p6); boats will be available from April through to September.

The Landscaping team have been doing a brilliant job forging ahead with the Christmas Tree recycling programme, with the effect of feeding back nutrients into the ecosystem (p7). This is part of our over-arching commitment to ensure that our biodiverse environment at Green Park continues to thrive, which includes our bug community. On your walks around the park, you may have noticed log piles, otherwise known as insect hotels, which give these tiny creatures another place to shelter (p7) to help them to flourish.

It gives me great pleasure to announce that our Green Park photography course is back. This activity is a firm favourite and is spread over eight sessions, culminating in displaying work at an exhibition at Green Park in the autumn (p7). Book soon as places disappear fast!

For the first time Green Park is supporting the Connect Reading Easter Egg appeal, which provides disadvantaged teens and children with chocolate Easter eggs. Check out the article on p5 if you would like more details.

Spring is almost here and the park is particularly beautiful during this season. I look forward to seeing many of you on my regular walks through Green Park, over the coming months, and wish you all the best.

Rory



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VALENTINE'S DAY

Did you know that the earliest surviving Valentine's poem was written in 1415 by Charles, Duke of Orleans who was pining for his wife, whilst languishing in the Tower of London, after the Battle of Agincourt. For the Green Park Valentine's Day Quiz, our cupid-inspired participants didn't have to go to quite those lengths but instead needed to be clued up about all things Valentine's related. The lovingly triumphant winners of this year's quiz were: Caroline from Three, who won the Fortnum & Mason Hamper; Victoria of Britannia who claimed the M&S Hamper; and Kerry from Thames Water who scooped up the Hotel Chocolat Way to Your Heart Hamper.

Sending big hearts from the Green Park team to you all until Valentine's next year.

READING HALF MARATHON

On your marks, get set - go! Dust off your trainers, or keep them on if you're a regular runner, and prepare for the Reading Half Marathon on Sunday, 3 April which starts at Green Park. We are hugely proud to once again be hosting this regional event. The race begins at 10.15am but when it finishes is up to you!

The race winds through Green Park, along Brook Drive and around Reading and the finish line is at the Select Car Leasing Stadium (formerly known as the Madejski Stadium) where water and any assistance will be available.

If you'd like to be part of the official Green Park team, which this year is raising money for Berkshire Women's Aid, please get in touch with Events Manager, Jenny Barnes, as soon as possible as spaces are limited. Good luck!

GO TRI DATES FOR 2022

GO TRI veterans and GO TRI first timers, you'll be pleased to hear that a series of dates have been set for this year. The GO TRI Reading at Green Park is a series of events which involve a 2km lakeside run/jog, a flat 8km cycle ride and then another 2km run/jog. It's a great way to focus your energies if you're looking to get fit this year or if you love sports and want to meet more of your fellow Green Parkers.

All abilities are welcome and our friendly team will be on hand to offer all the advice you need for a safe and fun event. Cost to enter is £12.60.

Registration opens at 8:15am at 100 Longwater Avenue and GO TRI starts at 9:00am and finishes around 11.30am. The 2022 dates for your diary are:

- 27 March
- 24 April
- 22 May
- 19 June
- 24 July
- 25 September
- 23 October

For further information visit <https://sites.google.com/view/gotrigreenparkreading>



EARTH HOUR

Every little thing we do to promote the importance of being mindful of the resources we use on our planet is something we know our Green Park community values greatly. Earth Hour on 26 March, at 8.30pm is an opportunity to do something to show support for this movement.

This year, Green Park is partnering with an occupier on site, to switch off much of the lighting in one of the main buildings for one hour at 8pm. You can check this out on the time lapse video which you can find at lifeatgreenpark.co.uk.

Let us know what you're doing to mark this event and we can share it with the rest of the community on lifeatgreenpark.co.uk



GREEN PARK'S EASTER EGG APPEAL

We are eggs-tremely happy to be taking part in Connect Reading's Easter Egg appeal this year, for the first time.

Fancy taking part? We know you're a generous bunch at Green Park.

To donate a chocolate egg for local disadvantaged children and teenagers in our community all you have to do is drop off a chocolate Easter egg of your choosing, before 12pm by Thursday 14 April, at 100 Longwater Avenue reception. From there we will deliver them to local charity PACT (Parents and Children Together).

We're accepting Easter eggs from 4 April.

Now...which one to choose!



ENVIRONMENTAL FORUM

The first of this year's quarterly Environmental Forums this will be tackling the issue of waste & recycling. Rachel Widdows, Green Park's Environmental Consultant will be leading the discussion and exchange of ideas which will take place on 9 March from 2pm to 3pm online.

After almost two year's absence from the office for most of us, this quarter's forum is a great way of re-engaging with Green Park's waste and recycling arrangements. This will range from guiding you through what can and can't go in all of our different bins, as well as offering some top tips to help maximise your recycling efforts in the office and minimise your waste generation.

Future topics will be announced in due course but in the meantime, make a note in your diaries if you're interested in attending this year's Environmental Forums:

- Tuesday 21 June
- Tuesday 13 September
- Tuesday 6 December

More details can be found at lifeatgreenpark.co.uk or by contacting Colette Cashley on colette.cashley@greenpark.co.uk

STREET FOOD FESTIVAL



The team at Green Park are so excited that the ever-popular Street Food Festivals are back at Green Park as a regular fixture this year. They are a brilliant way to relax with friends and colleagues during the working day and perhaps meet some new people within the Green Park community, whilst sampling some very yummy food.

The next Street Food Festival, which will take place on 23 March between 12pm and 2pm at Lime Square, will be the place to be if you want to enjoy some of the best food truck dishes around.

Covered outdoor seating will mean not even the rain will be able to dampen your gastronomic spirit.

At the Street Food Festival you'll be able to chat to the Green Park Lifestyle and Events Team who will be on hand to speak with you about the park's exciting 2022 events programme and amenities. With a 450-strong programme of sporting and social activities for the year, there's something for everyone.

We look forward to seeing you there.



Rowing Boats available to use in Spring

Imagine - tranquillity, the gentle ripple of water on a lake and a little bit of exercise, all whilst taking in the spectacular natural environment of Green Park. How, you ask, do you achieve this little piece of heaven? Rowing on Longwater Lake of course. Rowing Boats are once again available to use between 1 April to 30 September for 30 minute sessions throughout the day from 8am to 5pm Monday to Friday.

Book your slot on the lifeatgreenpark.co.uk portal and take your booking confirmation to 100 Longwater Avenue's reception to collect the boating oars, before heading over to the rowing boats at the pontoon nearby. It's great to be back.

TABLE TENNIS

Table tennis, or ping pong as it's affectionately known all over the world, is the most popular racket sports globally. According to the Olympic world library, over 10 million players participate in various table tennis tournaments each year.

So, whether you fancy a friendly game or your aim is to smash your opponent in a competitive match you now can, by booking one of our four table tennis tables. These can be found at 100 Longwater Avenue, 200 Longwater Avenue, 250 Longwater Avenue, 100 Brook Drive and Lime Square.

Just book a table online by visiting lifeatgreenpark.co.uk and collect your bats and balls from reception.

Bats at the ready...



PHOTOGRAPHY CLUB

Lights, camera, action! Get your lenses ready and learn how to take the perfect photograph at our monthly Photography Club, which is back on site and open to all. Please RSVP on lifeatgreenpark.co.uk

Join professional photographer, Stewart Turkington as he advises you how you can compose the perfect photograph and make the most effective use of your camera using manual settings.

Each month, over eight sessions, you will focus on a different topic including wildlife, landscapes, portraits, close up photography and much more. At the end of the course, an exhibition will be held to display a piece of your work alongside those of your fellow camera enthusiasts. The exhibition will take place on 14 November and will be available to visit for the week.



The course sessions will run from 12pm to 1.30pm and the dates for this year's photography club are as follows:

- Thursday 31 March
- Thursday 28 April
- Thursday 26 May
- Thursday 30 June
- Thursday 28 July
- Thursday 18 August
- Thursday 29 September
- Thursday 20 October



New Insect Hotels at Green Park

You may have noticed new log piles appearing across Green Park recently. Our Biodiversity Team have been busy carrying out the Green Park tree maintenance programme. This means more wood piles to create insect hotels for our bug population, including wood-boring insects, woodlice, beetle grubs and wasps.

For our insect community these are great places to hideaway and shelter, as well to find food. In addition, the log piles are great spaces for over-wintering and hibernating wildlife. So, what looks like pile of old logs, is in fact a flourishing wildlife community!

If you want to create a sanctuary in your garden for bugs, small mammals and birds visit **Build a bug hotel | The RSPB** where you will find expert tips and advice.

Christmas Tree Recycling at Green Park

The Green Park Landscaping Team have diligently been recycling Christmas trees from our buildings as part of Green Park's ongoing commitment to its biodiversity and sustainability programmes.



Our team in action! Firstly, the trees are collected and fed into the woodchipper.

Next, the chippings and mulch are emptied from the machine ready to be put onto the soil.

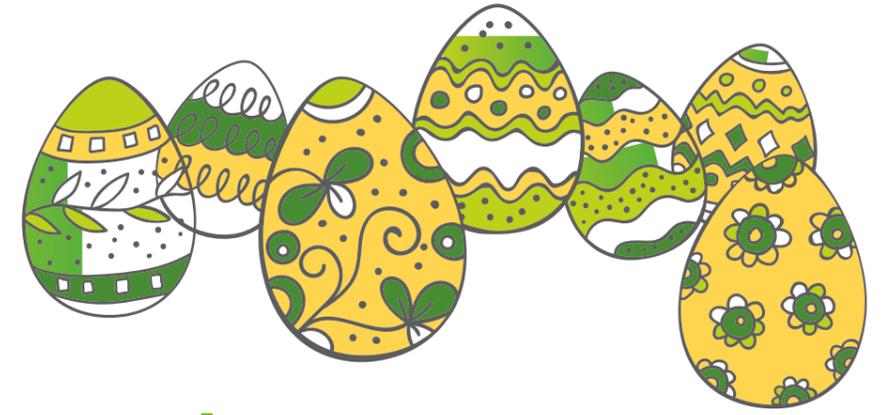
Finally, the Green Park Landscaping Team evenly distribute the mound of chippings and mulch over the designated area.

This practice contributes, hugely, to the biodiversity at Green Park. The benefits are numerous; it helps with moisture retention, represses weeds, provides nutrients and protects plant roots from extreme temperatures.

A big thank you to the Green Park Landscaping bods for their passion, care and attention.



EASTER EGG ACTIVITY



Easter Quiz

1. What do Easter Baskets symbolise ?
2. From where did the tradition of painting eggs, referred to as 'pysanka' originate?
3. Where did the word Easter originate?
4. Why are eggs traditionally dyed red at Easter?
5. From where did the idea of the Easter Bunny originate?
6. When is and how many days make up Lent?
7. Where was the biggest chocolate Easter Bunny made?
8. In which country is it a tradition to read crime stories over the Easter weekend?
9. Where was it illegal to sell alcohol on Good Friday, until 2018?
10. How many Cadbury Crème Eggs does the Bournville factory in Birmingham, England churn out every year?
11. What is Passion Week?
12. When was the first chocolate egg produced?

Terrible Jokes

- How does Easter end?
With an 'r'.
- Why don't you see dinosaurs at Easter Time?
Because they're eggs-stinct.
- What music does the Easter bunny dance to?
Hip Hop.
- What did one Easter egg say to the other?
Heard any good yolks today.
- Why do we paint Easter eggs?
Because it's easier than papering them.



EASTER QUIZ ANSWERS

1. Bird's nests
2. Ukraine
3. Scholars believe from the word referring to the Anglo-Saxon goddess of fertility, Eostre.
4. To symbolise the blood of Christ and the renewal of life
5. Germany, dating as far back as the 16th century
6. 40 days before Easter
7. In Brazil in 2017
8. Norway
9. Ireland
10. 500 million
11. It is commonly known as Holy Week and happens a week before Easter
12. In 1873 by Fry's in the UK.

Easter Wordsearch

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | D | B | U | R | Y | C | R | E | M | E | E | G | G |
| O | R | D | D | K | N | E | S | H | S | I | K | H | B | F |
| O | B | I | E | C | H | I | C | I | N | C | D | Y | B | D |
| I | N | U | A | O | E | O | M | H | A | U | G | T | E | K |
| T | E | I | S | D | C | N | L | R | I | N | T | E | O | H |
| E | A | S | T | E | R | S | U | N | D | A | Y | N | D | P |
| R | K | I | E | L | Y | O | O | R | D | D | K | N | E | A |
| B | F | A | R | A | T | B | P | C | T | A | E | O | C | N |
| E | D | A | E | A | P | S | O | D | O | N | Y | B | O | C |
| L | K | B | G | S | I | M | N | E | L | C | A | K | E | A |
| E | I | R | G | B | B | I | T | D | Q | N | A | H | A | K |
| C | B | I | H | S | H | S | I | K | H | U | T | T | T | E |
| B | T | A | U | G | K | H | A | H | Y | O | E | N | E | S |
| I | A | T | N | O | E | E | D | R | P | K | T | T | I | Z |
| R | O | A | T | O | H | O | L | Y | W | E | E | K | O | X |

- Easter Egg Hunt
- Simnel cake
- Easter Sunday
- Holy Week
- Cadbury Crème Egg
- Pancakes



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