PARK LIFE

October 2026 Newsletter

THIS MONTH AT GREEN PARK

GreenPark

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WELCOME
TO OCTOBER
THIS MONTH AT GREEN PARK

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BRINGING READING'S BUSINESS COMMUNITY TOGETHER

Green Park was delighted to host the Opportunity Reading Breakfast, in partnership with Insider Media last month, bringing together business leaders, entrepreneurs and innovators to explore what's next for our region.

Our panel included spokespeople from Shadowbox Studios, Reading Borough Council, the University of Reading and Mapletree Investments, exploring the opportunities and challenges facing Reading – from innovation and stronger connections across the region's business ecosystem to creating opportunities for everyone to share in its growth.

There was also a strong focus on the future talent pipeline and the opportunity to connect businesses across supply chains and support sustainable growth.

One thing was clear: collaboration and partnership will be central to Reading's continued success. We're looking forward to creating more opportunities for the Green Park community to connect, collaborate and share ideas.

Planning your own event?
The Green Park Conference Centre is a flexible setting for conferences, meetings and networking events. Get in touch to find out more about hosting your next event at Green Park.

GREEN PARK STRENGTHENS GREEN COMMITMENT WITH RENEWED SUSTAINABILITY CERTIFICATIONS

Green Park has once again retained its ISO 14001 (Environmental Management) and ISO 50001 (Energy Management) certifications – a result we're yet again proud of.

Green Park first achieved ISO 14001 in 2014 and ISO 50001 in 2015, and has retained both every year since. The standards reflect the hard work of the team here on the park in delivering continual improvement in how environmental impact and energy use are measured.

From the way energy is monitored and reduced across the estate to how our green spaces, lakes and wildlife are cared for, the standards hold us to a clear, audited framework. At Green Park, environmental and sustainable thinking is built into our everyday working practices, our corporate values and our strategy.
It also underpins how we deliver exceptional workplace environments for our occupiers. And while this is another great milestone, our work will focus on how we continue to make Green Park even more sustainable.

YOUR OCTOBER EVENTS CALENDAR

WEAR IT PINK DAY
Friday 16th October

STREET FOOD FESTIVAL
Wednesday 21st October

SPOOKY SEASON AT GREEN PARK

The nights are already drawing in and Green Park is gearing up for a season of spine-chilling fun with three spooktacular events lined up at 100 Longwater Avenue this Halloween. Be sure to book as they sell out fast!

Spooktacular Halloween Quiz, 22nd October, 1pm - 2pm
For the braver among you, join us as we transform the Green Park Conference Centre into a terrifying world of mystery. There's a free lunch for all participants followed by a haunting quiz plus some FANGtastic prizes to be won!

Craft Class: Day of the Dead Skull Painting -27th October, 12pm - 2pm
Get creative decorating your own 3D mini skull with vibrant acrylic paints, learning simple patterns and techniques inspired by this joyful cultural tradition. We provide everything you need - skulls, brushes, paints and inspiration sheets - making it perfect for a team outing or anyone who loves a hands-on craft. Of course, you get to take your unique painted skull home at the end!

Pumpkin Carving - 28th October, 12pm - 2pm
Get Halloween ready and carve your very own pumpkin to get you in the spooky spirit. Let your imagination run wild and create a frightening design to leave on your doorstep for the trick-or-treaters. You'll be joined by our terrifying real-life ghouls in our house of horrors at the trim trail - all equipment and supplies provided, and you'll take your spooktacular creation home with you.

Whether you're carving, painting or quizzing, there's something to delight (and fright) everyone at Green Park this Halloween. Sign up for the events on the Green Park app.

GREEN PARK PARTNERS WITH READING FC COMMUNITY TRUST FOR WORLD MENTAL HEALTH DAY

Green Park is proud to once again partner with Reading FC Community Trust for World Mental Health Day, on 10th October, supporting this year's theme, 'Lived Experiences Heard: Real Voices, Real Change.'

As the community arm of our neighbours, Reading FC, the Trust works to enrich the lives of a diverse and often disadvantaged community through sport, while building a meaningful connection between the town, its people and their local football club.

The Trust supports more than 3,500 participants every week through programmes with schools, colleges, youth clubs, grassroots teams, sports centres and universities.

As part of our relationship with the Trust, Green Park hosts a regular walking mentoring group onsite, welcoming some of the children and young people supported by the Trust. Alongside getting outside and being active in nature, the walks help young people understand more about the world of work.
To get involved as a walking mentor, please contact our events team at events@greenpark.co.uk.

SPOTLIGHT ON... GREEN PARK WALKING GROUP

Caroline Gratrix and Liz Bradbury launched the Green Park Walking Group in 2022 to bring guided walking for wellness to our community.
Today, the team brings people together to step outside, move and connect: their Tuesday lunchtime walks are a popular fixture at Green Park. We caught up with co-founder, Caroline for this month's Spotlight.

Q: Tell us a little bit about Green Park Walking Group
We'd describe the group as a guided walking for wellness community.
Liz and I share a healthy sense of curiosity and an insatiable love of being outside, and I think that's exactly why it works at Green Park. Liz literally couldn't wait to share the beauty of winter trees with everyone, so she set up our very first event straight away!

Q: The classes at Green Park are so successful – why do you think people are drawn to group walks in this way?
We really do think it comes down to caring about people taking a proper break in their working day.
Everyone is so switched on these days, from the moment their eyes open to the moment they close again. Honestly, we think a lunchtime walk should be mandatory!

We also love that because we walk many places and chat to so many different people, we end up learning all sorts of interesting news and opinions along the way. It's a two-way thing, and that's what makes it special.

Q: What do you think makes the community here so unique?
We mean, just look at it!
From the second you arrive, you're hit with the beauty of the place. The perfectly manicured open spaces, the lakes, the wildlife, the inviting pathways to walk.
When you work somewhere that looks and feels this good, we think it gives the community a real sense of pride.

Q:What would you say to someone who's been thinking about joining the Green Park Walking Group?
We'd say set a weekly reminder on your phone, book the time out in your diary and see it as a treat to yourself.

You get to move your body (your brain actually works faster when you're moving!), meet other brilliant Green Park occupiers, and immerse yourself in some seriously beautiful green therapy, which is a genuine thing.
Think stunning silver birch trees, swans and cygnets, a resident cuckoo, and even the Longwater lake otter!

Q:What's next for you?
More of the same, but with a little more structure and intention.

Once a month we'll host:
- A nature walk joined by the biodiversity coordinator
- A digital detox / mindful / unplugged walk
- A walk & talk community walk and lunch at The Switch
- A team bonding walk.

Sometimes we just need permission to do the good stuff. We're excited for what's to come, and to keep growing this special and brilliant community!

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WHATS ON AT GREEN PARK IN NOVEMBER

Mark your calendars as we have a whole host of events coming up next month. For more details or to book, download the Green Park app.

MONDAY

MONDAY SWEAT
Monday 12.15-13.00pm

TUESDAY

WALKING GROUP
Tuesday 12.15-13 00pm

WEDNESDAY

WEDNESDAY STRENGTH
Wednesday 12.15-13.00pm

GUITAR LESSONS
Wednesday 12.15-13.00pm

NAIL TECHNICIAN
Wednesday 9.30am-14.00pm

CYCLE WORKSHOP
Wednesday (first Weds of each month) 8.00am-17.00pm

THURSDAY

YOGA
Thursday 12.15-13.00pm

FRIDAY

BARBER
Friday 9.00am-18.00pm

OTHER EVENTS

CANDLE MAKING
Tuesday 3rd November

LUNCH & LEARN
Tuesday 10th November

ART EXHIBITION
9th - 13th November

STREET FOOD FESTIVAL
Wednesday 11th November

ICE SKATING
16th November - 11th December

GIVING TREE
23rd November - 17th December

TWICE WEEKLY

DRY CLEANING
Tues/Thurs at 10.00am

FOUR TIMES WEEKLY

CAR VALET
Mon - Thurs 8.00am-17.00pm

BI-WEEKLY

MASSAGE
Bi-weekly 10.00am-18.00pm

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GOT SOME NEWS?

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 and 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 Team on events@greenpark.co.uk

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