

SPRING 2021

NEWS AROUND



Welcome to the Spring 2021 edition of the Arlington newsletter.

Although life still isn't completely back to normal, I hope you're enjoying being able to get outdoors to meet long-lost family and friends.

It's so good to see familiar faces gradually returning to the offices, grabbing lunch and making the most of the sunshine when it's out.

We're really hopeful that as summer comes around, we can once again host some of your favourite outdoor events – keep an eye on the website and Facebook for updates on that.

It was also great to see the culinary creations coming from our Monday night virtual cooking sessions – the meatballs looked amazing and sure they tasted just as good!

Thanks to everyone who has taken part in our survey – the responses help us with planning, communications and park management so if you haven't responded yet, please take 10 minutes to let us know your thoughts on Arlington. As a thank you for your time, we've got 3 deluxe hampers to giveaway. You'll find a link to the survey on our social platforms and the park website.

We've worked really hard to make sure that the park, café, gym and common areas are all compliant with all the necessary COVID-safe precautions and are opening up the various facilities as and when we can, within the government guidelines.

If you've got any questions or suggestions, please do get in touch – as more of you return to office working, we want you to feel comfortable here.

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ARLINGTON ACHIEVES SILVER WIREScore ACCREDITATION



**WiredScore
SILVER**

We are proud to announce that we have been awarded the Wired Score Silver accreditation for buildings 1220, 1320 and 1330.

Wired Score is the ratings scheme for real estate and recognises best in class connectivity.

This shows that the work we have done to ensure new occupiers have a smooth and swift move into their space is benchmarked for its efficacy.

This includes features such as:

- Standard Wayleave Agreement – terms and conditions pre-approved to avoid lengthy delays in negotiating or accessing services
- Fibre distribution – helps speed up connections
- Free wifi – allows for a premium experience for all tenants

It also recognises that the buildings are future-proofed with additional capacity for cabling, and telecoms rooms are climate controlled.

Tenants can choose from three comms providers enabling them to negotiate the most optimal solution for their



specific business needs.

We constantly strive to make Arlington Business Park a premium workspace for businesses to operate from, and are thrilled to have added this prestigious benchmark to our cache of awards.

WELCOME TO...

COMMVault 

Welcome to our newest residents Commvault. The data management company have joined Arlington in building 1330 – we hope that you are enjoying all the park has to offer, and look forward to you joining us at future events and networking sessions.



ARLINGTON SOCIAL

Arlington Social is our way of bringing your social life at the park, to you at home.

The past year has meant we've all had to change our ways - not least how we have provided the extra-curricular fun!

In our latest series of virtual sessions, we've had Sophie take us through making some international cuisine. We've devoured Spicy Beef Meatballs, Sag Aloo, Mediterranean Vegetable & Chorizo Pasta and a Fruit Tart for dessert. And it seems like you've absolutely loved it!



2021 EVENTS

All event bookings should be made by emailing events@arlingtonbusinesspark.co.uk

We've made plans for the coming months which combine virtual sessions with on-site events - some of our most popular activities will be back this summer, as long as guidelines allow and we can deliver them safely.

These are the dates for your diaries - correct at time of printing. Event details will be posted on the Arlington website, social channels and sent to you in the newsletters so keep an eye out for bookings opening or any date changes

MAY

Mental Health

- Reiki Meditation
- Reiki Mindfulness
- Living with Mental Illness
- Mental Health First Aiders

JUNE

Team Time

- Escape Room
- Meet the Bees
- Summer Quiz
- Zorbing on the Lake
- Charity Fun Run
- Human Table Football
- Honey Collection
- Summer Party

JULY

Community

- FitForWork
- Meet the Guide Dogs
- Outdoor Cinema
- Charity Sleep out

AUGUST

Eco Month

- Sustainable Business

SEPTEMBER

Nutrition and Health

- Cupcake Decorating Class
- Why Nutrition Matters at Work
- Charity Fun Run
- Macmillan Coffee Morning
- Bounce Fitness

OCTOBER

Mental Health

- Winter Hanging Baskets
- Resilience for Mental Wellness
- Pumpkin Carving
- Reiki Meditation
- Clarity of Vision
- Harvest Festival

NOVEMBER

Communication

- Professional Head Shots
- Is Communicating with your Team Murder?

DECEMBER

Celebration

- Christmas Wreathes Workshop
- Christmas Wrapping
- Keep Calm it's only Christmas
- Gin Tasting
- Santa Charity Fun Run



BEST FOOT FORWARD!



Last month, Nathan Hart from NTT here at Arlington, hit the headlines for all the best reasons.

Setting out to make the trek from home to work and back over the course of 24 hours, Nathan was inspired by the outstanding efforts of Captain Sir Tom Moore. Nathan chose the GAVI Alliance to

benefit from his efforts, a charity set up with the goal of increasing access to immunisation in poor countries.

95% of Nathan's journey runs along the Kennet & Avon Canal, so during daylight hours he was also picking litter as he went back and forth.

In 24 hours, Nathan:

- Walked 61.91 Miles / 99.63kms
- Took 123,918 Steps (but only 15 flights of stairs!)
- Collected two big bags of litter
- Ate 9 x Oat Protein Bars

On behalf of all of us at Arlington, congratulations on such an achievement Nathan, and raising awareness of such an important cause.

Nathan has
Raised over
£1,500
for GAVI

FOOD BANK



The Food Bank run by Holy Trinity Church in Theale are always grateful to receive donations.

The demand on foodbanks has increased exponentially in the past year and put pressure on already stretched providers. The following items are their most needed:

- Tinned tomatoes
- Tinned soup
- Lunch box items (not chilled)
- Long life fruit juice
- Shower gel
- Tinned meat meals

- Healthy snacks
- Lunch box sized juice drinks
- Instant mash
- Men's disposable razors
- UHT milk
- Non-bio washing powder
- Nappies & pull-ups (Sz6)
- Coffee
- Shaving gel

If you can help, the church is open for donations on Wednesdays and Sundays from 10.30am – 4pm.



We pride ourselves on caring for your health and wellbeing and with that in mind, we are operating a phased reopening of Lake Fitness.

This is of course subject to the government 'roadmap'.

Currently there are 2 outside classes per week available to all tenants in building numbers 1210-1240; 1310-1330; 1410-1430; 1600, 1650.

The classes are held near The Floating Pavilion each Wednesday & Thursday starting:

HIIT with Gemma Booking is not essential

Wednesday - 12.30pm-1.15pm

Shred It with Kyle Booking is not essential

Thursday - 12.30pm-1.15pm

From week commencing Monday 17th May the doors to the gym will be open and members will be able to book a gym session on the clubbright membership system.

Group exercise classes not appropriate to the external weather conditions will be held in the exercise studio, whilst others will continue outside.

Pilates with Polly - Exercise Studio

Monday 17th May - 12.30pm-1.15pm

Yoga with Maddy - Exercise Studio

Tuesday 18th May - 12.30pm-1.15pm

HIIT with Gemma - Outside (weather permitting)

Wednesday 19th May - 12.30pm-1.15pm

Shred It with Kyle - Outside (weather permitting)

Thursday 20th May - 12.30pm-1.15pm

Membership subscriptions will resume on 1st June 2021.



We are so pleased to have Cafe @ No.10 back open.

We were expecting a dusting of chocolate on our skinny cap rather than snow on day one though!

The Cafe is open for takeaway food and drinks from 8am-3pm. Face coverings must be worn at all times when visiting.

The outdoor seating is open and tables are wiped down throughout the day. Hand sanitiser is provided for you on entry and exit.

AVAILABILITY

| BUILDING | SQ FT | AVAILABILITY |
|----------|-----------------|--------------|
| 1220 | 5,000 - 30,624 | Available |
| 1330 | 12,423 - 24,973 | Available |
| 1420 | 500-1,750 | Available |
| 1430 | 5,652 | Available |



INVESTMENT AT THEALE STATION BRINGS IMPROVED FACILITIES

A multi-million-pound upgrade to Theale Railway station is due to begin this summer, seeing improved accessibility and facilities. As part of the upgrade, plans are set to include:

- Improved accessibility across the station, with a footbridge and lifts to connect platforms on both sides of the tracks.
- Step-free access to the new station building and both platforms which will allow the station to be fully accessible to all rail users for the first time.
- Replacing the existing ticket office with the building located closer to the new footbridge and designed to meet modern accessibility standards in full.
- Upgraded and opening of new toilets.
- Expansion of the existing car park to include a new entrance, improved drop-off and turning facility from Brunel Road for taxis and rail replacement buses, electric vehicle charging points, improved facilities for cyclists, motorcycle parking, plus provision of a new car park deck which will increase parking capacity by more than 33% to 300 spaces.
- Overhauling the road and pavement for better accessibility to the station along Station Road and Brunel Road, including wayfinding signage and replacement of width restriction bollards.

The project is expected to be completed by summer 2022. Improvements to the cycle and pedestrian routes to the station will also be implemented as part of the wider scheme.



KEEP IN TOUCH

Connect with us on social media and come and see what we are up to on LinkedIn.

Join our company pages to see the latest news of what's going on around the lake, upcoming events and news from Lake Fitness @ No 10 and Café @ No 10.

 @arlingtonbusinesspark

 @arlingtonbpk

 @ArlingtonBusinessPark

 Arlington Business Park



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