

FEBRUARY 2020

NEWS AROUND



Welcome to 2020 at Arlington Business Park!

2019 was a great year here - we welcomed new businesses, brought in new

initiatives to support your work day and welcomed our very own guide dog Arlo. An update on how he is doing is inside.

Our last charity run of the year again raised funds for Guide Dogs for the Blind - there's nothing quite like a rainy bracing run at lunchtime and we will be continuing them in 2020.

The overall focus last year was on well-being and we are thrilled that so many of you took part in the workshops and sessions which were provided. We've listened to your feedback from the survey and this year will be running sessions after work as well as at lunchtimes to make it even easier to get involved. We've kicked off January with a focus on health and nutrition - according to stats around 80% don't keep to their New Year resolutions so hopefully with the new gym classes, soup menu at the café and well-being workshops we have helped reduce that figure just a little!

There'll be a new theme every month this year for our events - take a look at the calendar inside this newsletter and get involved.

Let's make 2020 our best year yet!

Amy Coles

Park and Operations Manager

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A YEAR FULL OF FUN-DRAISING!

There are so many charities supported here at Arlington both by the Park as a whole and by individual companies.

Last year was packed full of fundraising activities, below is just a snapshot...

Alexander Devine Children's Hospice

Arlington donated plants, bark mulch and time for their landscaping. This was in addition to raising funds at various events including over £400 at the outdoor cinema evenings.

Some truly original festive jumpers made an appearance on Christmas Jumper day and a big thank you to each business from the Christmas shopping stalls in the café in November and December. Each stall holder donated a prize for the raffle. If you bought a ticket you helped to raise over £120 for the hospice. All funds raised from these events will go to help children with life-limiting and life-threatening illnesses.

Race to Yemen for Save The Children

£33,605 was raised by APAM across managed sites by cycling the 8,105 km virtual route from London to Yemen.

William Syndrome Foundation

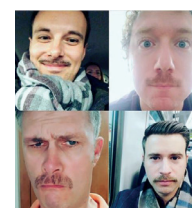
We held a raffle at our outdoor cinema events, managing to raise £400.

Macmillan Coffee Mornings took place in the café and within various

businesses in September - no better reason to eat cake!

Movember Willis Towers Watson raised over £1000 for The Movember Foundation helping to change the face of men's health.

Thanks to all who have supported and we look forward to seeing more of your charitable efforts this year.



WELCOME TO OUR NEW TENANTS



VERITAS

We are delighted to be announcing two fantastic new companies joining the business park.

Honda will be occupying the top floor of building 1410, while software company Veritas are moving across to Arlington from Green Park to take up residence in 1320. A big Arlington welcome to our new colleagues!

2019 HIGHLIGHTS

2019 had so many highlights - here's just a few favourite moments...



Spring

Local families flocked to join us for the Easter Fun Day. Chicks, bunnies and goats visited the park on a beautiful sunny April day and everyone enjoyed a treasure trail, chocolates and a visit from the Easter Bunny.



Summer

By day - strawberries and cream for lunch, a spot of Wimbledon and entertainment from Arlingtons very own 'Rock Choir'. By night, the big screen brought two of the year's favourite films. The weather was incredible and the sound of the audience all joining in with the Bohemian Rhapsody soundtrack made for a perfect evening.



Autumn

September came and brought with it another fun run, coffee and cake for Macmillan but by far the autumnal highlights came in October with all things Halloween - the lunchtime quiz and pumpkin carving were spook-tacularly popular.



Winter

Christmas shopping was made easier with the help of pop-up stalls from local businesses and the Arlington Elf was busy wrapping Christmas gifts again. The winter hanging baskets session proved perpetually popular, the Christmas Wreathes workshops produced some beautiful decorations and the café brought back Gingerbread Lattes for a festive treat.

2020 promises to be even better. To make sure you have all the latest info on events and activities taking place at Arlington Business Park, follow us on Facebook, Instagram or check the website.

2019 ARLINGTON HALL OF FAME

For these winners it wasn't just about taking part.... the competitive edge was definitely strong last year both physically and mentally!

1. Photo Competition

First Place - Lisa Hayward from IDOX



2. Human Table Football

Ellis Knight



3. Valentine's Quiz

Dimensions

4. Halloween Quiz

Willis Werewolves



5. Pet of the Year

Dudley and his owner Vicky from Clearswift.



6. Thames Valley PropFest Awards - Best-In-Class Award

Not forgetting the park itself - 2019 was a bumper year for the trophy cabinet with awards from national and regional schemes.



2020 EVENTS

JANUARY

Nutrition & Health

- Ski Fit Course
- Preparing for the Future. 1:1 Business Advice Clinic
- Commercial Law Workshop
- Benefits of a Plant-based Diet
- Breaking Bad Habits
- Smoothie Bike
- Free Back Massage

FEBRUARY

Family and Friends

- Soup Making Class
- Helping your Kids with Stress and Anxiety
- Family Communication
- Arts & Crafts – Pottery time!
- Family HIIT Class

MARCH

Tech Time

- Internet Safety Talk
- Virtual Reality Headsets
- Using Technology to Drive Employee Engagement

APRIL

Reconnect with Nature

- Crystal Healing
- The Spirit of the Inca in all of us
- Summer Hanging Baskets
- Easter Fun
- Seed Planting Workshop

MAY

Mental Health

- Mental Health First Aid
- Living with Bipolar
- The Kindness Club
- Reiki Meditation

JUNE

Team Time

- Human Table Football
- Zorbing on the Lake

- Escape Room
- Meet the Bees
- Summer Quiz
- Charity Fun Run
- Honey Collection Workshop

JULY

Community

- Meet the Guide Dogs
- Outdoor Cinema
- Charity Sleep Out

AUGUST

Eco Month

- Sustainable Business

SEPTEMBER

Nutrition and Health

- Nutrition and Health
- Bread Making
- Why Nutrition Matters at Work
- Macmillan Coffee Morning
- Bounce Fitness
- Charity Fun Run

OCTOBER

Mental Health

- Mental Wellness
- Pumpkin Carving Workshop
- Winter Hanging Baskets
- Reiki Meditation
- The Power of Dreams
- 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
- Charity Fun Run

MEET YOUR MANAGER



Where were you working before you came to Arlington?

I worked as Park Manager at Oxford Business Park for 6 years before I came to Arlington. Before that, I worked for a small investment banking company.

When did you start at Arlington?

I've worked for the company for just over 10 years but I started

managing Arlington Business Park just over 4 years ago.

What is an average day for you?

There isn't really an average day at Arlington, every day is completely different. I will see different customers each day, liaise with the park maintenance teams to ensure the park is always looking it's best and running as smoothly as possible.

What changes and improvements are you most proud of at Arlington?

Since I joined Arlington, the park has been through significant change. I have been lucky enough to see it through its improvements including the landscaping, signage, lighting and refurbished buildings. The events that we put on for tenants are informative, fun and exciting and I can't imagine life without the Café. This was a much needed addition for the park. I am very proud when I see everyone come together at events and people having a good time at work.

How do you think Arlington differs from other business parks?

I think Arlington really boasts a great sense of community and beautiful surroundings. How lucky are we that we can work in such a fantastic well-kept environment?! The refurbished buildings at Arlington are best-in-class.

What's your go-to lunch at Café No10?

Would have to be Jacket Potato with cheese and beans. Nora's roast chicken is to die for so I get very excited when that's on the menu.

Favourite gym class?

I must say, I haven't been very good at getting to the gym recently, however, my resolution for 2020 is to attend Polly's famous pilates class!

What was your highlight of 2019?

There are so many things I loved about 2019 at Arlington. We were lucky enough to win various awards, we adopted our Guide Dog Puppy, Arlo, and we helped raise over £33,000 for Save the Children in our Virtual cycle race to Yemen. I also loved the Summer...so many great events on the park and warm sunny days around the lake.

What are you most looking forward to in 2020?

We have a jam-packed schedule of events for 2020 which will be bigger and better than ever, we will see some of the well established events return as well as some new ones so keep your eyes peeled! We will be welcoming some new tenants to the park which is always very exciting. I am personally excited for 2020 because I am getting married in September to my partner of 13 years!!! We will then be off on our Honeymoon to Kenya and Zanzibar so a very busy and exciting year ahead.

If you need to speak to Amy, you can find her in the office next to the café or contact her on **07795 331900**
Amy.coles@workmanfm.co.uk

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

There has been some difficulties in the booking system for events via the app and website which is being addressed - in the meantime please email your booking requests.



LakeFitness @ No10 is Arlington Business Park's on site fully equipped fitness suite and exercise studio situated in building 1410 next to the Café.

The Gym use is exclusively for staff who work within building numbers 1210-1240; 1310-1330; 1410-1430; 1600 and 1650.

The facilities can be accessed Monday to Friday 6am-8pm. Membership is payable monthly by direct debit on or around 1st of the month.

Exercise classes are included in the membership fee and range from Yoga & Pilates to HIT (high intensity classes) & Shred It.

To join please register on the membership system called Clubright
www.clubright.co.uk/c/lakefitness.co.uk/register

The Lake Fitness @ No 10 team can be contacted via e-mail lakefitness@arlingtonbusinesspark.co.uk



Use your **own cup** when buying a hot drink at Café @ No 10 and get **20p off**

An update on our puppy Arlo...



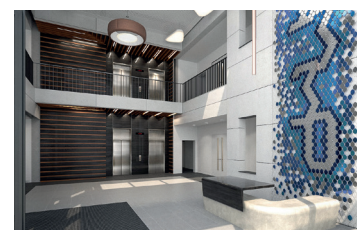
Our gorgeous puppy Arlo who was born in June has begun to

learn the skills he needs to become a Guide Dog For The Blind. He has settled well into training and has developed a very special bond with his trainer. We look forward to more updates from Guide Dogs UK.

AVAILABILITY



Building 1220



Building 1330

BUILDING	SQ FT	AVAILABILITY
1220	5,000 - 30,624	Available
1330	12,000 - 38,734	January 2020
1420	8,246	Available
1430	5,617	Available

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.

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If you no longer wish to receive this newsletter please email events@arlingtonbusinesspark.co.uk



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