

# PARK LIFE

Winter 2024 Newsletter



**THIS QUARTER  
AT GREEN PARK**



[lifeatgreenpark.co.uk](http://lifeatgreenpark.co.uk)





# WELCOME

## Welcome to Park Life.

It's our last issue of what has been an extraordinary year at Green Park. Across our real estate offer, our people and our community, it's fair to say that the park has gone from strength to strength.

2024 saw us welcome 1000+ new colleagues at Wood, the global consulting and engineering company, moving to 400 Longwater Avenue. We hope that through the traditional Green Park welcome, you now feel at home. Elsewhere, Green Park was recognised in the Thames Valley Property Awards for this deal.

We also launched our flex space offer in 100 Longwater. Designed to meet the growing demand for flexible office spaces, Flexible Space @ Green Park has been designed to offer a more accessible, workplace solution to a diverse range of businesses, including Akoni Technologies, Berkshire Women's Aid, FixMyCar and IGEL. We're delighted to have you all in the community.

Our commitment to the environment remains stronger than ever – from our 450+ tree planting event, through to our Biodiversity Team's unwavering commitment to delivering Green Park's environmental strategy. We've just learnt that Green Park has maintained The Wildlife Trusts' Biodiversity Benchmark standard for a ninth consecutive year.

Finally, our 500+ events programme has been the beating heart of life on Green Park. From highlights like our Summer Carnival and Winter Festival, through to our weekly fitness and yoga classes, group walks and learning sessions. Our aim has been to help you connect to nature, wellbeing, and the community, and we believe this makes Green Park the extraordinary place it is – every day.

We look forward to more shared success in 2025 and wish you all a happy Christmas and new year.

*Rory*

**Rory Carson**  
Green Park's Director, Asset Management



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### ABOUT MAPLETREE

Headquartered in Singapore, Mapletree is a global real estate development, investment, capital and property management company committed to sustainability. Its strategic focus is to invest in markets and real estate sectors with good growth potential. By combining its key strengths, the Group has established a track record of award-winning projects, and delivers consistent and high returns across real estate asset classes.

The Group manages three Singapore-listed real estate investment trusts ("REITs") and eight 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 2023, Mapletree owns and manages S\$77.4 billion of office, retail, logistics, industrial, data centre, residential and student accommodation properties.

The Group's assets are located across 13 markets globally, namely Singapore, Australia, Canada, 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](http://www.mapletree.com.sg).

# THE MOST WONDERFUL TIME OF THE YEAR AT GREEN PARK'S WINTER FESTIVAL

Thank you to everyone who made Green Park's 2024 Winter Festival truly the most wonderful time of the year!

This event saw our community join the festive celebrations. Entertainers, seasonally themed games (is it even Christmas if you don't play Knock the Elf Off the Shelf?!) and performances from Green Park's Rock Choir provided full-on Christmas party vibes.

Occupiers enjoyed street food from HQ Jerk Shack, Angels Kitchen, Berlin Donner and Tripoli Express, topped off with giveaways including mulled wine, mince pies and hot chocolate.

Of course, a visit from Santa and his trusted reindeer made for a magical day – one of our best yet!



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## PREMIER LEAGUE INSPIRES AT READING FC COMMUNITY TRUST

Green Park's Hannah Buckley was thrilled to support Reading FC Community Trust, as a judge for its Premier League Inspires programme.

Premier League Inspires uses the power of football to inspire young people aged 11-18 at risk of not reaching their potential, to develop the personal skills and positive attitudes needed to succeed in life.

Local Reading schools, JMA School, Little Heath School, Easthampstead Park School, and St Crispin's School, all participated in this 10-week Premier League Inspired Development course. As part of the programme, students were tasked with the Premier League Inspires Challenge, focusing on creating a Social Action initiative promoting Gender Equality. Hannah joined them at the SCL Stadium, where students presented their innovative ideas to our panel of judges. They also enjoyed practical football sessions and a stadium tour.

Hannah said, "The students' ideas were outstanding, addressing topics such as campaigns and petitions to close the pay gap for female footballers and initiatives to raise awareness about toxic masculinity."

As a registered charity, Reading FC Community Trust is the community arm of the football club, caring, developing, and educating people of all ages from a range of community groups within Reading and the surrounding areas. Green Park is privileged to support the organisation as our Charity of the Year.



## NEW FOR 2025 - NETWORKING COFFEE MORNING

Everything we do at Green Park is designed around our occupiers – to help your businesses grow, to create workplaces where your people thrive, and ensure your teams are rooted in inclusivity, connection and wellbeing.

So, when our colleagues at Akoni told us that a Green Park networking group could be helpful, we didn't hesitate to make this happen, to strengthen and support the growing business community we have here on the park. By providing a space where companies from all sectors and sizes can get together, it will allow them to foster new connections and explore potential collaborations, or just have a coffee, a pastry and meet someone new.

Our first meeting will be held on Tuesday 25th February 8.30 – 10.30 in Byte Café. Join us to meet other Green Park businesses, build new connections and really make the most of being part of the business community here on the park.



## GREEN PARK MAINTAINS THE WILDLIFE TRUST'S BIODIVERSITY BENCHMARK



Green Park has maintained The Wildlife Trusts' Biodiversity Benchmark standard for a ninth consecutive year.

The Biodiversity Benchmark empowers businesses to make a meaningful impact for nature, to transform landscapes, protect wildlife, and create a thriving natural world for future generations.

We're so proud of our Biodiversity Team and the continued strides they make as they continue to enhance biodiversity across our 195 acres of parkland, supporting our environmental strategy, and truly making Green Park the place it is today.



## PRIDE OF READING AWARDS

Once again, Green Park was delighted to join our Pride of Reading colleagues to celebrate the very best of our town, as sponsors of the Local Hero award.

The winners were kind motorists Donna Ferjani and Fiona Hale, who stopped when they saw a cyclist in distress and may well have saved him from dying. Reading FC fan Peter Carey had suffered a cardiac arrest. The pair, who did not know each other, took turns performing CPR.

Former Reading West MP Alok Sharma also stopped and kept the 999 emergency operator informed, passing on the operator's advice to the pair. He praised their actions at the awards ceremony. Their "selfless actions" kept Peter alive until the ambulance arrived. The quick-thinking women were found through social media and were reunited with Peter at a Reading FC match.



## CHRISTMAS GIVING TREE

Thank you to everyone who has supported Green Park's Giving Tree campaign this year. With our partners at Connect Reading, this flagship campaign connects chosen gifts to local people in need by collaborating with local charities, helping businesses and members of the public to become a Super-Secret Santa.

We collected 120 gifts donated by occupiers to give to charities, Dingley's Promise, a charity providing nursery care, holiday playschemes and family support for children with special educational needs and disabilities, and Chapter2, the amazing charity that matches fatherless boys with a dedicated male mentor who will build a trusted relationship over the long-term.







# PARKLIFE SPOTLIGHT ON JOHNNY STOKES

Green Park's Fitness Instructor, Johnny Stokes, brings signature workouts to the Park each week at our Monday Sweat and Wednesday Strength classes. We caught up with him to find out more about what fitness means to him.

### Tell us how you became a Fitness Instructor.

I started working in several gyms in Berkshire after completing an apprenticeship with Lifetime Academy earning £2.50 an hour. Nearly 10 years later, I now host a number of weekly classes including the Monday Sweat and Wednesday Strength classes at Green Park.

### You've partnered with Green Park for 9 years now. Tell us about your classes and the occupiers that are in your community here.

I run a high intensity Monday Sweat class and a low intensity Wednesday's Strength class. Each week is different, so everyone feels pushed. It's a mixed ability community and everyone brings great energy, gets away from their desk to release any negative energy, and take that 45 minute for themselves.

### What's the one thing you wish people understood more about fitness and how it can help them? Particularly in the context of their working day/ careers.

How important it is to simply just move your body in whatever way feels best for you. This isn't just for your body and health but also your mental state. I think it would be great if corporate companies could encourage employees to make time that is just for THEM, whether its 30 or 45 minutes. I truly believe this would help people with their approach to work and boost their work ethic.

People will be making new year's resolutions around fitness. What would be your advice to building a fitness habit that sticks?

People become quite nervous or anxious and set huge expectations on a 'new year'. Strip your goals back and keep it very simple. Think about what works best for your life and routine. Keep your goals realistic to the life you lead, whether that is children, fast paced job, whether you have a difficult time sleeping. Start small, for example a 20-minute walk or a new weekly class that pushes you just slightly out the comfort zone but suits your life.

### What's new in 2025?

I'm excited to be hosting a six-week running club at Green Park in the lead up to the Reading 10k to help occupiers with their training for the race. Keep your eyes peeled on [lifeatgreenpark.co.uk](http://lifeatgreenpark.co.uk) for more information.



# CHRISTMAS TREE RECYCLING

When Christmas has been and gone, those who celebrate it are faced with the task of having to remove their festive decorations.

As we wind down from the festive period, millions of households and businesses will be looking to take down their Christmas decorations. There are many better ways of disposing of your Christmas tree than in landfill.

We know that not everyone has the space to replant their Christmas tree but we're here to help with another eco-friendly solution. Drop off your (real) Christmas tree at the landscaping compound (by the Kybes Lane barrier), located along Longwater Avenue between 6th - 10th January 2025 and our Landscaping Team will chip your redundant Christmas tree and use the mulch around Green Park.



# EVENTS

2025 sees yet another full events calendar at Green Park, with our regular fitness, walking, yoga and language classes and Rock Choir.

Don't forget to sign up for:

- 13 February - Valentine's Day Quiz
- 19 Feb - 2 April - Beekeeping Theory Course
- 5 March - Art Class: Acrylic Painting



# 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 Manager [jenny.barnes@greenpark.co.uk](mailto:jenny.barnes@greenpark.co.uk)

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