

Parklife

**OUR CARBON
FOOTPRINT**

TENANT NEWS

LIFESTYLES GYM

WALLINGFORD SCHOOL PRIZEWINNERS

AND MORE...

June 2015



Howbery Business Park - Wallingford

Parklife



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Goodbye Kate

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Kate Liddle



Goodbye Kate

It is with sadness that Style Acre's Chief Executive, Kate Liddle, retires after a working for the organisation for 28 years.

Kate has been a champion of enabling people with learning disabilities to make their own choices about the lives they want to lead – not just within Style Acre but as an influencer within Oxfordshire.

Joining Style Acre as a day support worker and qualified Speech & Language Therapist in 1987, leaving briefly before returning in 1991 initially in a paid capacity, but later as a Trustee. However, in 2001, Kate took on the challenge as CE to Style Acre.

We asked Kate what were her highlights to her career:

"The first must surely be the closure of the Style Acre home in 2004 and the formation of the charity Acre Housing, which owns the homes in which Style Acre provides support.

In 2006 I was involved in establishing Mates'n Dates. It's a successful and hugely popular friendship and dating organisation for people with learning disabilities within Oxfordshire.

In 2010, after tireless fundraising, we opened the Tea Room in Blewbury. This enterprise exists to provide work experience for the people we support. The local community have been so supportive and it is flourishing! On a personal note, I was honoured in the same year, to receive the Sue Ryder 'Woman of Achievement' Award

Our next successful fundraising appeal 2012, resulted in us opening a new

Continued...



and much needed service in Didcot - a day support for people with mild to moderate learning disabilities, who were not getting anywhere near the right level of support they needed elsewhere. I am delighted to see that just three years on, we are at full capacity and looking for more space!

I am incredibly proud of our Thames Valley Business Magazine 'Charity of the Year' award in 2013. This award belongs to everyone who works at and volunteers with Style Acre.

An event I will never forget is our Style Acre reception at 10 Downing Street in 2014. Invited and hosted by Samantha Cameron, we launched our vision of a new service in Banbury.



Style Acre reception hosted by Samantha Cameron

This year, I feel like I am leaving with a grand finale as this month we opened our new service in the heart of Banbury (in an old nightclub!) providing both supported living flats and day services."

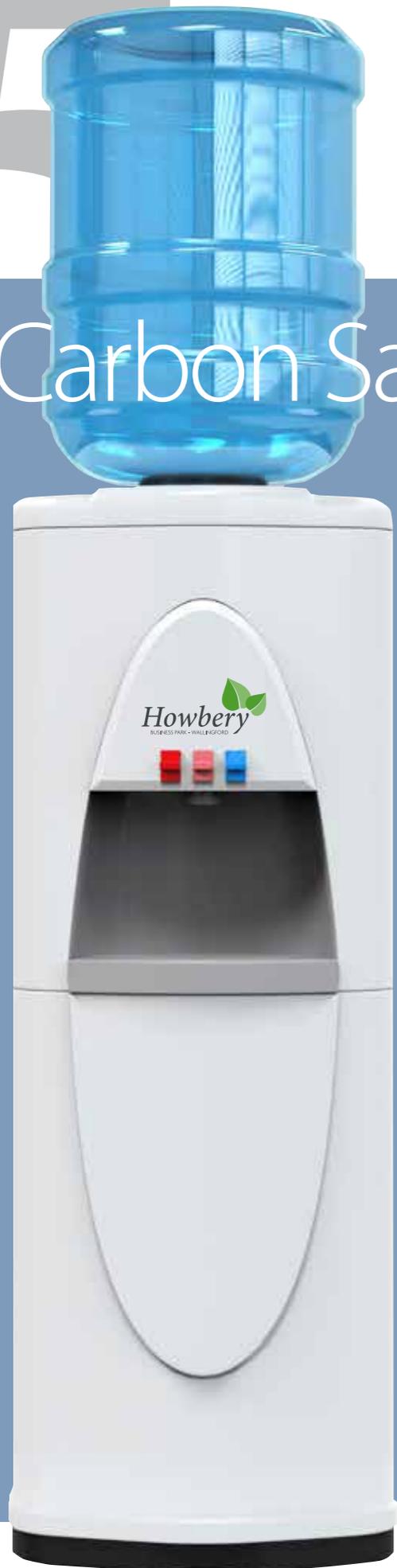
Kate has not only been an innovative leader at Style Acre, she has been a proactive force in Oxfordshire including co-chair of the Learning Disabilities Partnership Board, a Founding Director of the Oxfordshire Association of Care Providers and Chair of the Learning Disability Providers Forum.

We are pleased to announce that Chris Ingram has stepped forward to fill these big shoes! Style Acre welcomes Chris, currently Executive Director of Operations at Dimensions, who will take over in October.



Chris Ingram





Carbon Savings at Howbery Park - Result!

Following on from our recent Energy Saving Opportunity Scheme (ESOS) which is a statutory requirement under new government legislation for certain qualifying businesses, the Carbon Trust who conducted the survey reported that the current standard of Energy Management here was assessed as being in the Very Good category.

One quick win opportunity that was highlighted in the report was the fitting of timers to our various water cooler and vending machines. We therefore carried out some monitoring of how much electricity each machine used before we went ahead and installed the timers. The results were quite dramatic!

We measured the amount of electricity currently used by vending machine in the Manor House, this came out as using 7.5kWh per day, which over a year is 2737kWh! With a carbon footprint of 1219kgCO₂e.

We calculated that by adding a timer would save around 1450kWh a year with a carbon saving of around 645kg CO₂e a year.

We intend to install timers to all of these units. Who said that going to a vending machine doesn't save you energy!!

Going to the Gym helps reduce energy.....

Lifestyles Gym has reduced its carbon footprint, some of the existing lights have been changed over with an LED version, saving just over 57% in energy use and saving approx. 559kgCO₂ a year, no sweat!

Ipro interactive sheds new light on research!

Ipro Interactive has reduced its carbon footprint by replacing some of their lights to an LED version, saving 60% in energy use, and giving a carbon saving of 1,328kgCO₂ a year,

Howbery Park Estates will continue to look at other areas where we can reduce our carbon footprint and do our bit for the environment.





OACP - creating awareness of social care issues

Many Howbery tenants will have been following the recent election with great interest from a corporate or personal viewpoint.

One tenant had a wider interest looking for signs that a future Government would be supporting social care. Oxfordshire Association of Care Providers (OACP), based in the Stables, represents adult social care providers operating in Oxfordshire.

Social care includes not just people with long term disability, those for whom disability has happened in adult life and older people needing care and support, but also working adults who may need assistance from time to time. It includes mental health, autism, physical disability, dementia, acquired brain injury and a host of other conditions.

Social care provides for people who may need help in funding their support and people with the means to buy their own care. In short, social care touches virtually every family in Oxfordshire.

Care and support is delivered in care homes, and in people's homes as well as out and about including the workplace. And the quantity of care is huge; there are 139 care homes in Oxfordshire, 824,993 hours of home care was delivered last year amounting to 1,649,996 visits, and there hundreds

of smaller niche organisations providing bespoke support and services.

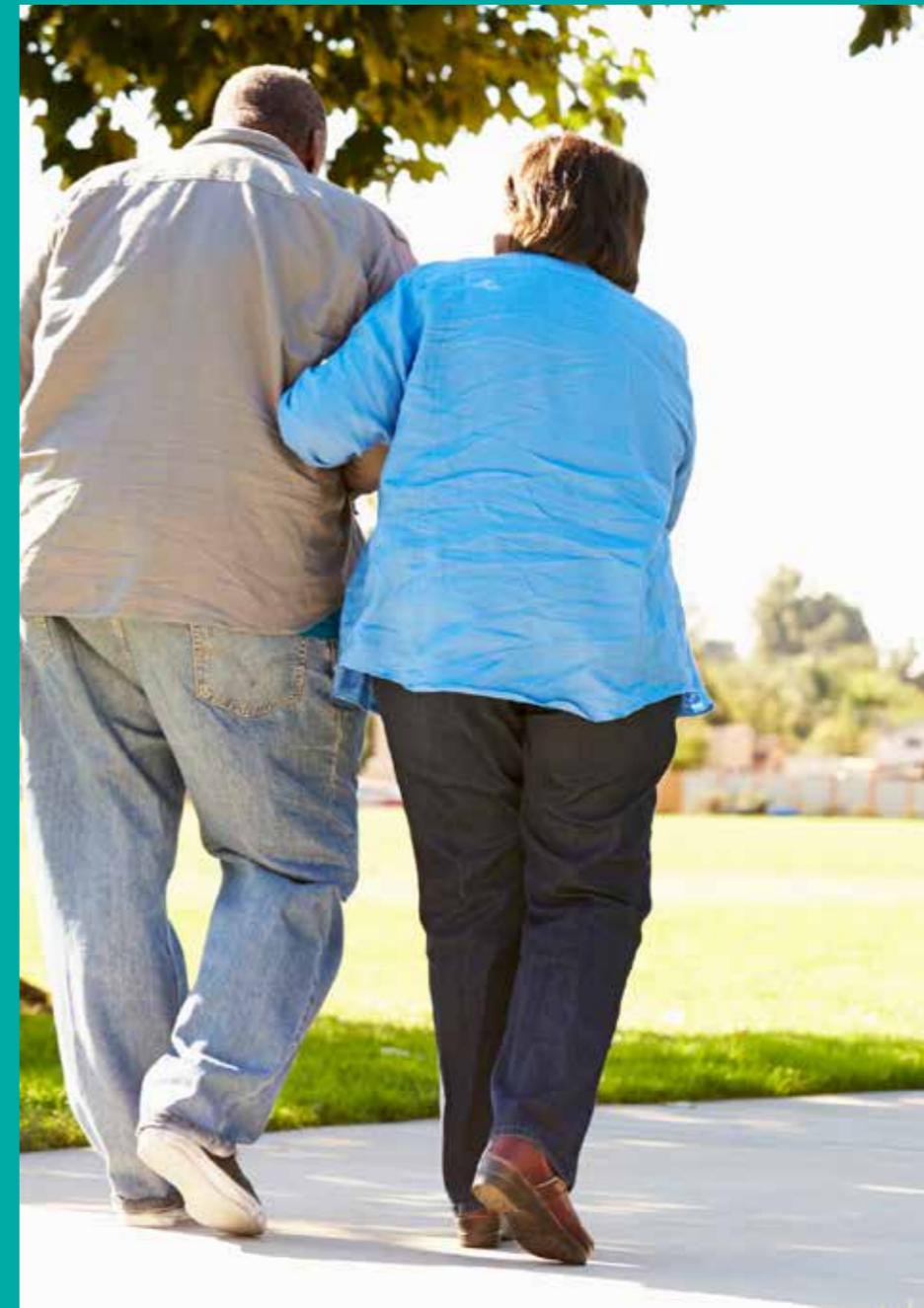
OACP was formed in March 2014 to support care providers across different conditions and settings in the County to be better organisations and to help recruit staff. Since set up, work has been non-stop.

Eddy McDowall, OACP's Chief Executive, says,

"The need for social care is growing across the country with people living longer with associated physical and health conditions and with people surviving longer into adulthood with health conditions and after serious injury. We are also seeing an increase in the complexity of issues and understanding more about common, but hidden, conditions like mental health. OACP provides not only support for providers but also acts as a lobbying body for better funding settlements and fairer regulation.

"OACP would be happy to help any tenant on site with greater awareness of social care issues that may be present in their organisations, whether that be supporting carers or providing a briefing on autism, or mental health for example".

eddy.mcdowall@oacp.org.uk





Style Acre to the Manor born



In March, HR Wallingford kindly hosted a special party for Howbery Park tenants Style Acre at the Manor House.

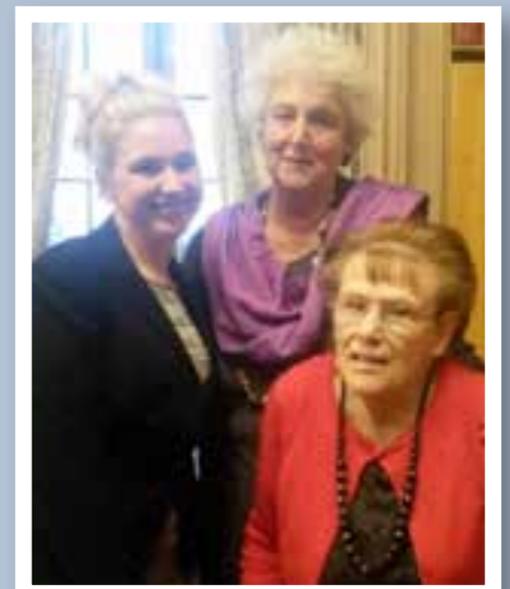
Friends old and new, from near and far, came to celebrate 20 years of inspirational support for people with learning disabilities.

Style Acre was an early pioneer of 'person-centred' services, where people were supported to make their own decisions about their lives as much as possible at a time where the objective for many providers was to provide a safe and caring environment, but one where people had little choice or control over their lives.

Twenty years ago, Style Acre stood as a residential home in nearby Brightwell-cum-Sotwell. However, it was felt that the people with learning disabilities should live in their community, rather than in a home and, with the right support, could learn skills to live more independently. So Style Acre sold the home in Brightwell and bought a number of ordinary houses in the local area, supporting 20 people to live in small households with their friends. Today, dedicated carers support 70 people in 30 houses, enabling and facilitating the lives of those they support.

Style Acre ensured those it supported could participate in a range of activities by providing a day service. Now, Style Acre's 'Day Opportunities' supports over 120 people at two centres in Wallingford and Didcot and accommodates a full range of learning disability – from those needing 1:1 support and with complex needs, to people who can live independently. Both centres offer recreational and social opportunities, teach a wide range of skills such as 'Independent Living', and help people find volunteer, work opportunities and community involvement. Along with a charity shop in Wallingford, Style Acre opened a Tea Room in Blewbury in 2011 and in 2014, a market garden in Wantage, providing work experience for the people it supports.

The charity has also developed an award-winning project, 'Technology for Independence', ensuring people have access to technologies that will enhance their lives and increase their independence.





Summer at Howbery Park

Look out for our advertised Summer BBQ Lunches served on the patio at the rear of the Manor House during June, July & August (weather depending)

Tuesday
23rd June
Italian
Theme Day

Tuesday
21st July
Greek
Theme Day

Thursday
6th August
Jamaican
Theme Day

So why not make a date to join us on these days?

New Staff Arrivals

We would also like to introduce three new members of staff to the catering team who all joined us in April and May 2015.

Zekerie Zekeriev (Zak) who is our new Assistant Chef.

Romie Wells who is our new Catering Assistant for Hospitality.

Valerie Collins who is our new Catering Assistant for the Shop, Deli and Salad Bar.

All three join us with experience from a variety of catering backgrounds and we welcome them to the team and wish them every success here at Howbery Park.

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GTI - Legends in their own minds

Volleyball. To most it's an Olympic curiosity, played by skimpily clad Brazilians and watched by overweight web developers in darkened attics. But here at Howbery Park, volleyball is big business. Every summer the finest athletes from each company emerge from their offices to take part in the Howbery Park Volleyball Tournament.

You'd better believe they take it seriously. And none more so than the GTI Legends. Three times champions, four times runners-up; they've tasted the ecstasy of victory, and the agony of defeat. Including an epic, nerve-shredding five-set final against last year's champions, Sinking Ships. The losing finalists



shared their memories of that painful loss.

"It was unbearable," whispered Joe 'Cocker' Collett. "I couldn't sleep for days and felt weepy all the time."

Will Knight agreed: "Every time I saw the word Volleyball I just wanted to tear it up.

Fortunately that wasn't very often, as volleyball is a fairly underexposed sport."

Jim Talbut and Ben Titford both admitted they felt "drained", and unable to enjoy simple pleasures like eating pizza or watching Keith Lemon.

"We all felt like the wind had gone out of our sails," said captain Rob Wright, reading from his Big Book of Sporting Cliches. "But we're determined to rise like a Phoenix and blaze our way to glory."

The team have pledged to regain the title this summer, and to this end you will see them out practising every lunchtime without fail, unless the weather is a bit cold or the canteen has something good on.

They will need plenty of practice. The standard of volleyball gets higher every year, and competition grows ever fiercer to raise the cherished trophy. At the end there can only be one. But who will it be this year..?



Alessia Mariani - Hungry for success



Looking to Move better and Feel better?



Lifestyles Rehab, Gym & Performance Centre on Howbery Park was set up in June 2011 to offer something unique after realising that there was a gap in the market for a rehab gym with the ability to help anyone who needs help in reaching their goals or to improving their quality of life no

matter how debilitated they may be or how fit they currently are.

Their clients range from 15 year old sporting hopefuls right through to 80+ year olds who have suffered strokes and are in wheelchairs wanting to walk again. Lifestyles aim is simple – to improve the clients quality of life by helping them move better and feel better.

The owner, Lisa Treacher says “Here at Lifestyles there is no feeling of intimidation as you walk through our door. We have created an atmosphere of friendliness, helpfulness and professionalism. The gym has no music, no televisions and no distractions. Our gym membership is only £22 joining/ induction fee then either £22 a month or £242 annually or pay as you go £7.

Various packages are offered for sports clubs, short term use for students or visitors to the area, rehabilitation and personal training.

For rehabilitation we use various assessment techniques and take a thorough case history which helps us to paint a picture as to why there is pain in the system. Traditional therapy often favours releasing tight joints and massaging sore muscles, however this approach fails to understand why they are working so hard in the first place and often results in chasing pain instead of its cause. If a joint manipulation helps for a couple of days, but then stiffness starts to return, then the joint is restricted for a reason. Through our assessments and treatment we can learn to understand the root cause of these poor movement patterns and guide the body back to pain free movement.

We are also able to provide you with quality custom corrective orthotics using 3D laser scanning. Orthotics are used in the treatment and prevention of numerous foot problems and associated ailments that can affect the foot, ankle, knee, hip and the lower back.

Also on offer at Lifestyles is osteopathy, acupuncture, sports and remedial massage, foot care, hypnotherapy and counselling, over 60’s class, blast on the grass circuit style class and our new back care class.

For more information on the treatments available please ring 01491 822633 or email info@lifestylesgym.co.uk

Anatomy in motion (www.anatomyinmotion.co.uk), Neurokinetic Therapy (www.neurokinetictherapy.com), Foundation Training (foundationtraining.com)

Dame Steve Shirley and John Craven OBE Getting to Know You - *A date for your diary.*

Followed by lunch in the Dining Hall; Harris Manchester College, University of Oxford, Mansfield Road, Oxford, OX1 3TD. Monday, 7th September, 12 noon – 2.30pm

Dame Steve Shirley and Style Acre Vice-Patron John Craven OBE will learn about each other's lives at this unique event. This will be followed by a two-course lunch in the Dining Hall.

Steve is an exceptional woman. Arriving in the UK in July 1939 as a five year-old unaccompanied *Kindertransport* Jewish child refugee, she and her sister were placed with foster parents.

An early IT professional and new mother in the early '60's, Steve responded to the 'glass ceiling' by setting-up her own software business on her dining room table. Offering home-based employment to professional women in similar situations, she pioneered flexible working practices, developing a hugely successful, leading business technology company - now part of Steria.

Steve has devoted her 'retirement' to giving something back to society. She has originated and supported major projects in the fields of autism (her son was autistic), setting up Priors Court School, Kingwood and autism research charity Autistica.

Steve is also a major supporter and influencer of The Oxford Internet Institute.

Well known for his BBC children's news programme, John Craven OBE presented and became Editor of Newsround, the first children's news programme ever produced by British television. Other children's programmes followed, before John began presenting Countryfile in 1988, for the BBC.

Awarded the OBE in 2000 for services to rural and children's broadcasting, in 2011 he accepted a Children's BAFTA award for Newsround which had been running for over forty years. This year, John presented the BBC2 game show Beat the Brain.

Tickets for this unique fundraising event are just £46. Contact Philippa on 01491 827591 or at pstannard@styleacre.org.uk to book your place



Style Acre
Creating Opportunities
for people with learning disabilities



Futuristic building design wins first prize

A student from Wallingford School has won first prize in a design competition organised by Howbery Business Park to create a futuristic interpretation of a new building that could occupy the park's available development land.

Created by 16 year old, Claire Soden, the winning design has an emphasis on sustainable features such as using reclaimed materials and installing a grass roof on the first floor with a watering system from captured rain.

Bruce Tomlinson, Chief Executive of Howbery Business Park, said: "We have been overwhelmed by the standard of all designs entered into the competition and the level of detail provided. It was a tough decision, but we feel that Claire is the deserved winner. Not only does the building look futuristic, Claire has demonstrated huge consideration to sustainable features, in keeping with the park's outstanding green credentials."

Claire Soden said: "My design for the development at Howbery Business Park was inspired by bold, quirky shapes. I wanted to create a futuristic building that also complemented the environment."

Second and third prizes in the competition went to Oliver Bolton (15) and Matilda Whitehead (13).

Howbery Business Park is the UK's first business park to be powered by solar panels and has strong ties with its major occupiers including the Environment Agency and park owner HR Wallingford, a company that offers consultancy services for the management of water and the environment in addition environmental hydraulics projects.

The park has planning permission to create 70,000 sq. ft. of new office space and it's hoped that Oxfordshire businesses and developers will be inspired by the students' designs.

Robert Pickford, Curriculum Coordinator for Art, Wallingford School, comments:

"Wallingford School has an aim to ensure students engage with businesses in a vocational context and we're very proud of standard of work produced. We have a strong relationship with Howbery Business Park and park tenants and look forward to partnering with them again soon."



Students' drawings from the design competition were exhibited in the park's historic Manor House and the winning design is now a key feature on an external Perspex sign created to simulate a view across the development land.

Howbery Business Park has an on-going relationship with Wallingford School with a number of collaborations including painting of a mural at the request of park tenant Anglo Info, student work experience with park tenants and Howbery's donation of unused office furniture for the school's IT room.

For further information about Howbery Business Park development opportunities and available office space visit www.howberypark.com

Above: Wallingford School students celebrate their development designs with Bruce Tomlinson, Chief Executive, Howbery Business Park. From left: Oliver Bolton, Matilda Whitehead, Claire Soden (winner) and Bruce Tomlinson.

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HR Wallingford to host 'Scour Olympics'



Dr. Bruce Tomlinson (centre) with ICSE 2016 Co-Chair Prof. Richard Whitehouse (left) and Dr John Harris (right) at HR Wallingford's Fast Flow Facility located at Howbery Business Park.



Owner of Howbery Business Park, HR Wallingford, has successfully bid to host the eighth International Conference on Scour and Erosion (ICSE 2016), which will see over 250 scientists and engineers visit the company's world leading Fast Flow Facility located at the park.

The conference provides a critical platform for the exchange of ideas and research on the prevention of scour and erosion damage to structures such as bridges, offshore wind farms and communication cables laid on sea beds.

Chief Executive of HR Wallingford and Howbery Business Park, Dr. Bruce Tomlinson, said: "Winning the opportunity to host ICSE 2016 has been likened to the process of winning an Olympic bid in the world of scour and erosion! It also presents a major opportunity for HR Wallingford to showcase our new Fast Flow Facility to the world's leading scientists and engineers in this field."

HR Wallingford's Fast Flow Facility was created to enhance the company's scour, sediment and structure modelling in the maritime, coastal and energy sectors and has the capacity to generate waves up to a

metre high with currents in excess of 1 m/s.

Prof. Richard Whitehouse, HR Wallingford's Technical Director, Coasts & Estuaries, said: "Understanding the complex way waves, currents and sediments interact is vital to the successful delivery of projects in the marine environment. HR Wallingford is extremely respected in this industry and our new facility has helped to secure our bid through increased wave-current-sediment modeling capabilities."

ICSE 2016 will take place from 12-15 September 2016 at the Mathematical Institute in Oxford with a site visit to HR Wallingford at Howbery Business Park, Wallingford.

Broad topics covered at ICSE conferences include fundamental mechanisms of erosion and scour, modeling (both physical and numerical) of erosion and scour processes and engineering applications that involve scour and erosion process. Abstract submission is open from 1 June 2015.

For further information, contact HR Wallingford or visit www.icse2016.com

Marathon Man does Style Acre proud

Chris Savage, Managing Director of Round and About magazine, accepted Style Acre's Silver Bond challenge for this year's London Marathon. Committed to raising £2,500, Chris exceeded his target, receiving £2,900 in sponsorship.

Style Acre's Philippa Stannard said: "When Chris offered to run the London Marathon to raise funds for us, we were so grateful. Chris and the team at Round and About are neighbours of ours at Howbery Park and so he has got to know us!

With the money Chris has raised we are going to buy new furniture for our two gardens on the Park, which provide sanctuary and a peaceful place for the people we support. We are also going to buy a much-needed boom box for our weekly music and dance event, which we run in Didcot and to which over 80 people with learning disabilities in the local community attend.

Additionally, we are going to buy some cameras, so that our guys can record their activities and experiences here at Style Acre."



Park Marketing



inbusiness April 2015

COMMERCIAL PROPERTY 55



Victoria Ricketts of Edge International and Liam Nugent of Atlas Employment Group at Howbery Business Park

Joining the Howbery community

Two recruitment consultancies headquartered at Howbery Business Park are benefiting from the international construction industry along with a buoyant Oxfordshire economy, forcing them to move to larger on-site offices.

Atlas Employment Group has expanded to a 597 sq. ft. office to accommodate the launch of a new education division called Key Stage Teachers while Edge International has expanded to a 335 sq ft office to house new team members and grow its overseas main contracting division.

Both consultancies are actively seeking more consultants to join their respective Howbery based teams and have ambitious growth plans. Liam Nugent, director of Atlas Employment Group, said: "Our turnover has increased 200 per cent since we first moved to the park in August last year, exceeding all expectations. Oxfordshire has an entrepreneurial spirit with individuals that want to succeed and we hope our expansion plans mirror the business growth of our clients."

Mr Nugent's consultancy recruits for a range of Oxfordshire SMEs and is aiming to more than double its headcount from four to ten consultants by the end of 2015.

Edge International, a specialist construction and engineering recruitment and executive search consultancy working with clients in Europe, the Middle East and Asia, first moved to Howbery Business Park in 2012.

It is the second division launched under the Edge Group brand of five divisions including: Edge Executive, Edge Freelance, Edge Resourcing and Edge Residential. The other divisions are operated from the firm's Worcestershire offices.

Victoria Ricketts, director of Edge International, is aiming to more than double its headcount from four to ten consultants by the end of 2015.

Miss Ricketts said: "Ever since moving to Howbery I have made it clear that we are looking to expand and it is fantastic that the park has been able to accommodate our growth. Howbery is a tranquil place to work and is very

well managed, offering an excellent work-life balance."

Howbery Business Park, owned by HR Wallingford, has a diverse range of businesses on site with major occupiers including GTI Media and the Environment Agency.

Lauren Patterson, finance director of Howbery Business Park, said: "Edge International and Atlas Employment Group clearly have a wealth of experience in their specialist recruitment areas. We look forward to assisting their growth plans by creating an environment that will appeal to their clients in addition to helping them attract new employees."

The Howbery Business Park team has created a community-driven environment, with new facilities for its active sports and social club and use of a Howbery-owned boat for trips along the River Thames.

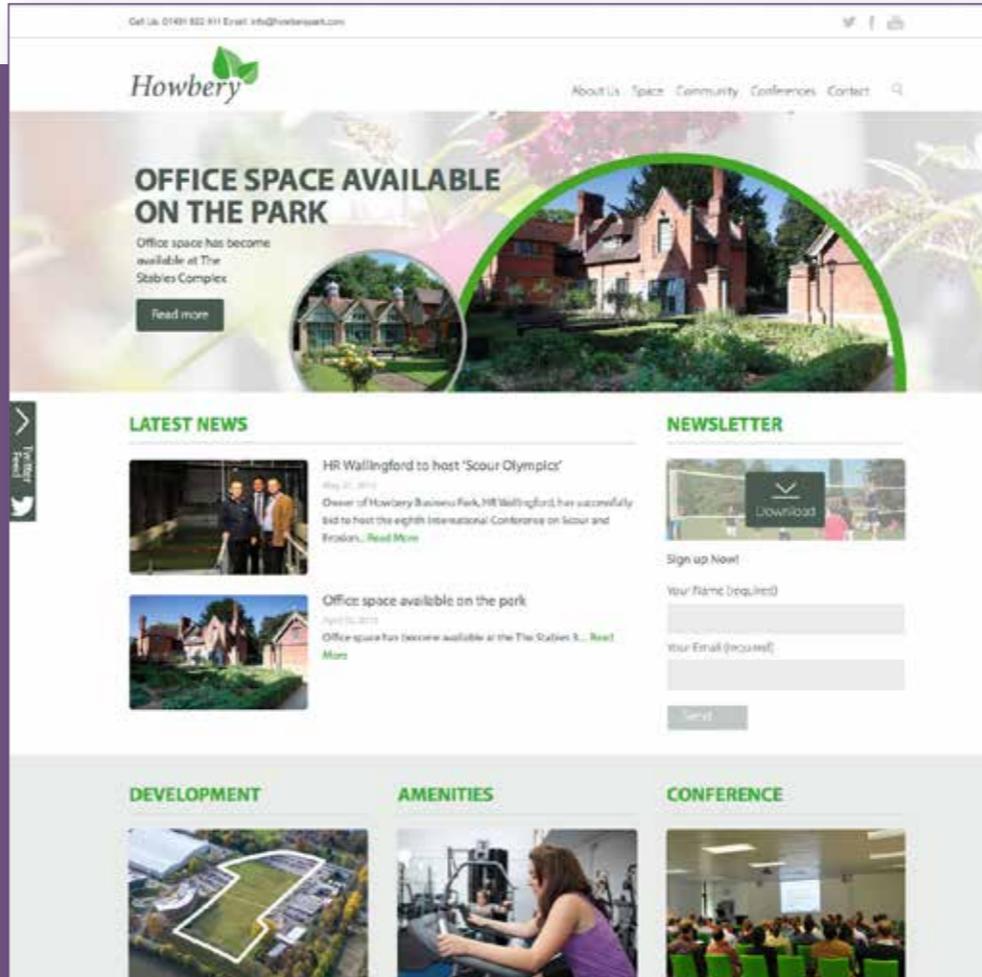
Mr Nugent, director of Atlas Employment Group, added: "The facilities at Howbery are

above and beyond what you get anywhere else and the park is competitively priced. Being at Howbery, you are very much part of a community."

"I have recently joined the social club, am about to start my second ten-week lunchtime Spanish course and am looking forward to entertaining Atlas clients on the Howbery boat this summer!"

Howbery Business Park has planning permission to create 70,000 sq. ft. of new office space. With a sustainable working environment set in beautiful grounds providing a stark contrast to many other business parks, the park has been able to attract and retain tenants to consistently achieve over 95 per cent occupancy.

For further information on development and tenancy opportunities at Howbery Business Park, visit howberypark.com



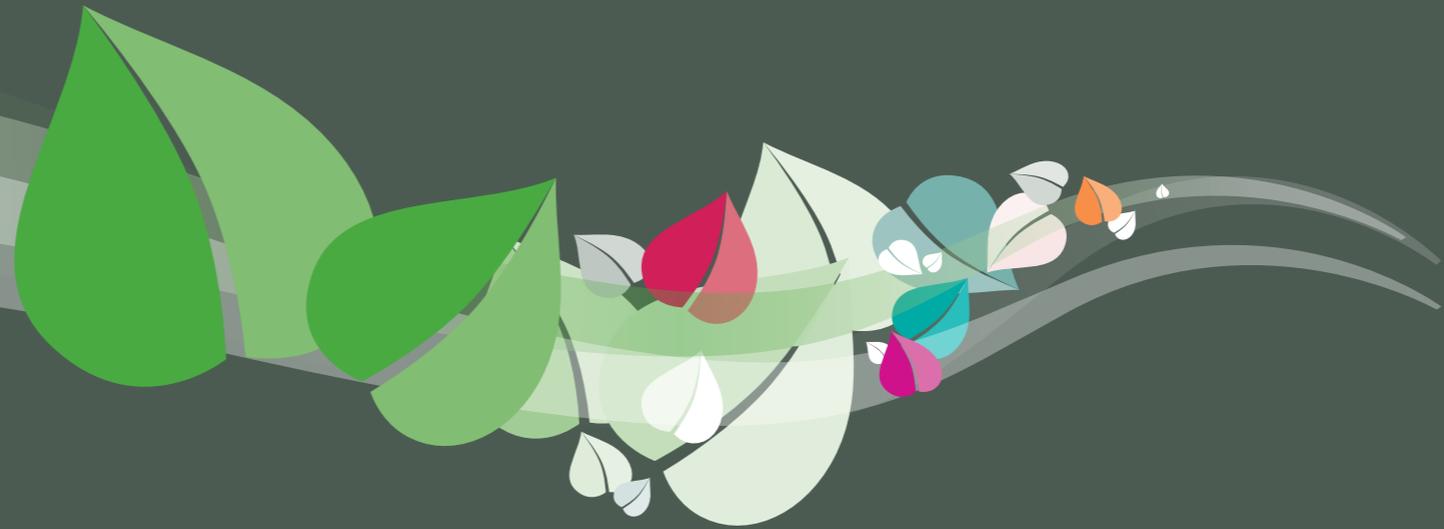
For the past few months we have been consolidating our marketing efforts into upgrading our website and ensuring we're generating content for this and our initiatives with the local and regional press.

We're keen to promote the success of the Park and ensure that the level of occupancy within the existing office stock remains high.

We're also developing marketing initiatives for the development land for the front of the site, which will have an appeal to larger relocating businesses. We are targeting both them and the regional property agents.

Our social media will also be a key part of our marketing strategy, creating a buzz both around the Park and further afield.

Be sure that you'll continue to see Howbery's presence around the region, and feel free to contribute stories that you think will make interesting press releases or snippets for our Park Life magazine (see back page for contact details).



News... News... News

A Note From The Editor:



Keep us posted – to include your news and stories in Parklife, please email them to me, Angela Andrews a.andrews@howberypark.com

Deadline for the next edition August 31, 2015.