

Parklife

HOWBERY PARK AND THE FRAGILE WORLD OF TREES

TENANT NEWS - BEE ORCHIDS ON SITE

STYLE ACRE - 2016 EVENTS

WHO KIDNAPPED DAVE THE MINION?

AND MORE...

May 2016

Howbery Business Park - Wallingford

MAY 2016

Parklife



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Parkinson's is Pants

Lifestyles Gym have ran a 'Parkinson's is Pants' week to help raise awareness and funds for the Oxford branch of Parkinson's UK and to buy a specialised massage bed to be used by Parkinson's sufferers to help relieve their pain.

Mark's over 60's class entered into the spirit of things by wearing logo'd pants over their gym kit.

Lifestyles had been approached by Margaret (shown in the photo with the bear), one of Lisa's clients who is a Parkinson's sufferer to help her daughter Caroline raise funds. They have held a raffle, a name the bear competition and members could be sponsored to carry out a challenge.



Caroline, who is mum's carer says *'Imagine not being able to move, sleep, or even smile. Your body not feeling like your own. Rigidity, shuffling gait, lethargy and tremor all compromise balance and co-ordination. These are just some of the symptoms of Parkinson's Disease. Currently there is no cure.'*

If you wish to take part or nominate a friend to show their pants in the facebook challenge please go to www.facebook.com/parkinsonsispants or you can donate www.justgiving.com/parkinsonsispants.

At Lifestyles Rehab Gym, owner Lisa Treacher has been treating Parkinson's sufferer Margaret George for over a year now with very impressive results. With continuous support and skilful coaching Lisa has practically taught Margaret to walk again. Caroline says *'Lisa has worked miracles with mum and mum has found hope and confidence amongst the darker days of an unknown future.'*



Style Acre

Creating Opportunities
for people with learning disabilities



unique work development programme

Style Acre provides real added-value to the lives of those we support, enabling people with learning disabilities to achieve things they might not be able to do otherwise. Many people are keen to enter the world of work and Style Acre funds dedicated staff to help people develop skills and gain meaningful work experience at our tearoom, our shops or by reaching out to local companies. Round and About Journalist Liz Nicholls visited Howbery Park company BlueU, to see work development in action.

Gaining experience in the workplace can prove an enriching learning curve – for all involved

Do you remember how scared you were at the prospect of starting your first ever job?

The Crowmarsh Gifford-based charity works to enhance the lives of people with learning disabilities in creative and innovative ways. Each individual whom Style Acre supports is valued and helped to lead a meaningful life and realise their potential. That's how Rachel Eyre, MD of catering equipment sales company Blue U, based on Howbery Park alongside Style Acre and Round & About, came to

meet Dan Orpin. *"I was very scared about my first ever job,"* says Dan, 25, who has Asperger's Syndrome and lives in Long Wittenham. *"I didn't think I could do it. Now, I feel on top of the world!"* His smile says it all at Blue U, where he works for an hour each week to scan the barcodes of the company's direct mail returns. This is a job the staff didn't really have time to do before, but helps the smooth running of the firm, as well as making Dan feel valued.

"We love having Dan here and he's very much part of the team," says Rachel. *"It's fair to say we've both learned a lot through this process. When Daniel started, we had support from Style Acre, with one of the supporters from the charity here to help supervise his introduction and help with doubts and panics he had at first and make the transition as smooth as possible. We wanted to help the charity when we heard they were looking for firms like ours to offer placements. However, I feel most employers might be surprised by how much they get back."*

Nearly seven million people of working age in the UK are disabled or have a health condition. Historically there has been a significant gap

between the proportion of disabled people employed, compared with non-disabled people. The Government is encouraging employers to help create a workforce that reflects the diverse range of customers it serves and the community in which it is based.





2016 Upcoming Events

Sunday 22nd May

Wallingford Thames Run

Wallingford

Run through Wallingford and along its stunning River Thames banks in this 10K and 5K challenge.



Saturday 9th July

Barn Dance

The George, Wallingford

Put on your cowboy hat and boots and dance the night away!

Friday 11th November

The Style Acre Autumn Ball

Milton Hill House Hotel, Steventon

Join us for a prosecco reception, delicious 3-course dinner with wine, disco and casino. The hotel will give guests a special B&B rate. To secure your place contact Philippa 01491827591

Simon Bannister's fundraising challenge

"Having run several half marathons, the idea of running a full marathon always filled me with fear. When Style Acre gave me the opportunity to face that fear, I couldn't turn it down. When I'm struggling on race day, the knowledge that I'm raising funds for a great local charity will help me persevere."



Simon Bannister who works at GTI on the Park, not only took up Style Acre's invitation to run the London Marathon to raise funds for Style Acre, he is also competing in the Silverstone Half, Great North Run and the Blenheim Triathlon. Demonstrate your admiration with sponsorship here!

A call for volunteers

We greatly value our dedicated team of volunteers, who support the charity and enable us to give the people we support to learn new skills.

We are looking for a volunteer at Howbery Park, who can help us upload and maintain a piece of technology called OmiVista, an interactive floor Projection System, that responds to movement creating moving images on the floors.

If you are interested in supporting Style Acre this way, please contact IT Manager Keith Thornton at kthornton@styleacre.org.uk



New Catering Staff

We would like to extend a very warm welcome to the new members of our Catering team here at Howbery Park.

Mark Harper, who recently joined the team in early March as our new Head Chef. Mark originally trained at Flint House before moving to the Savoy in London where he remained until it closed for the much publicised refurbishment. Mark then moved to the Greyhound Grill where he trained under Anthony Worrall Thompson before moving to the Baskerville in Shiplake. Mark spent further time at Flint House before joining the team at Rhubarb Food Design, a prestigious London event catering company, he then moved to Heritage Venues another local events company where he worked as Sous Chef. Mark joined the team at Howbery Park from Thatcham Research Centre where he had been Head Chef in a similar operation.

Zekerie Zekeriev (Zak), who has been part of the Catering team at Howbery Park for almost a year now, having joined us in May last year as Assistant Chef. Zak originally trained with Greene King before moving to Elizabeth Finn Homes where he spent two years as Assistant Cook. Zak then

moved to Didcot Community Hospital as Assistant Chef where he joined the Howbery Park catering team when the operation at Didcot was outsourced to a contract catering company.

Roz Williams, who joined the Howbery Park catering team in February this year to look after the shop operation. Roz trained in both Chef qualifications and Food & Beverage service qualifications at college before starting her career at the Barley Mow covering both front of house and kitchen operations. Roz then moved to Shillingford Bridge Hotel as a Chef de Partie before becoming Sous Chef at The Rusty Bicycle in Oxford. Following some changes in the team Roz has recently moved across to take care of the delivery of our Hospitality services.

We would like to send congratulations to **Romie Wells** and her partner. Romie was taking care of the delivery of our Hospitality service for us until she went off on Maternity leave in March. Romie had a baby daughter on Monday 25th which she has called April. Best wishes to all.



Left to right: Zak, Mark and Roz

StyleAcre - unwanted items/clothes bank...

Style Acre one of our on-site charities have a box in the entrance of the Manor House Post Room for donation of items such as:-

Old Phones/ Sat Navs/Games Consoles/Cameras/Laptops/ Ipods/Video Cameras

Jewellery – costume, gold, silver, watches, even damaged items and odd earrings

Currency – UK or foreign - old and new banknotes or coins

There is also a clothing bank outside of the Style Acre offices by Evenlode – save you a trip to town – drop your bags of unwanted clothing outside (by the Gravel car park)



Reduce
Reuse
Recycle



News and Events from The Manor House Catering Team

Come and join us for our themed menu days where we do our best to provide a little something different for your taste buds:-

8th – 14th May British Sandwich Week

A selection of sandwiches
specials on offer

16th – 22nd May Vegetarian Week

A selection of Vegetarian Foods
on offer in the shop and from
the hot plate

June Onwards BBQ Season Weather Permitting

27th June – 10th July Wimbledon Weeks

Must be Strawberries & Cream

4th July American Independence Day

American food on the menu

New Staff Arrivals

Welcome new Head Chef
Mark Harper and Hospitality
Assistant Roz Williams

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

Bee Orchids on Site

The more observant employees at Howbery Park will have noticed a sudden rash of white flags appearing in the grassland area behind the Environment Agency office at Red Kite House. This is not the setting out for some ground investigation – this is to delineate areas which are to be allowed to flower in the spring in order that we can all enjoy the spectacle of a special plant that has colonised the ‘meadow’.

The bee orchid (*Ophrys apifera*) has been known to be on our site for many years, and a patch of grassland containing the plant immediately behind Red Kite House has been allowed to flower for several years. However, sharp-eyed EA staff have noticed that the plant has spread to the larger area of grassland, and it was agreed that while this plot remains undeveloped allowing some of these plants to flower would add to the already significant wildlife interest of the site.

The bee orchid is one of the commoner orchids of the Thames valley, but is still very patchy in its distribution. It is found on calcareous (lime-rich) grassland, and often colonises old gravel pits and building sites especially where there is an influence of lime (such as from old concrete) and where the soils are thin and well-drained. The flower

of this orchid is one of our most exotic, resembling a furry bumble-bee, and is a classic example of evolutionary mimicry. The bee mistakes the flower for another bee, and after its passion is frustrated it flies to another flower, transferring the pollen with it. In the UK however we do not have the species of bee which the bee orchid evolved to ‘trick’, and it is mainly self-pollinated here. The seeds are tiny and are produced in their thousands, and can be spread by the wind over several kilometres.

The main flowering period is June and into July, although some may flower in late May if the spring is warm. The mown grass around the plots will allow easy access for all to come and enjoy the plants, which may have up to seven flowers on each stalk. They really are a little wonder – do pay them a visit!



Welcome new tenants

Howbery Business Park welcome the following new Tenants:

Be Golden

Kate Holroyd and Bobby Adams

European Transport Solutions

David Curley and Karen Williamson

Watersedge Plumbing Solutions

Nigel Maynard and Andy Howse

Class Photos

Linda Ford and Daryl Burton

Who Kidnapped Dave?

Dave the Minion was kidnapped from Tracy McLaughlin's desk sometime on Friday 5th February (we think). The kidnapper sent a ransom note demanding £25,000, or at least some cake, in exchange for the safe return of Dave.

The week the kidnapping took place, Tracy, Financial Controller at HR Wallingford Ltd, brought Dave in to her place of work to keep watch over her desk. Tracy was shocked when she received the note, but admitted that she didn't even notice he was missing until she read the ransom note (poor Dave).

An investigation went under way to track down Dave and his kidnapper with all of the East section, ground floor

in Kestrel House either being interrogated or helping to track down the missing Minion. The situation caused quite a stir, with all involved being concerned for Dave's well-being, and hoping that the kidnapper would not harm Dave; Tracy was worried she might receive Dave part by part, if she did not hold up her end of the bargain. It remains unknown if the kidnapper acted on their own, or if they had an accomplice.

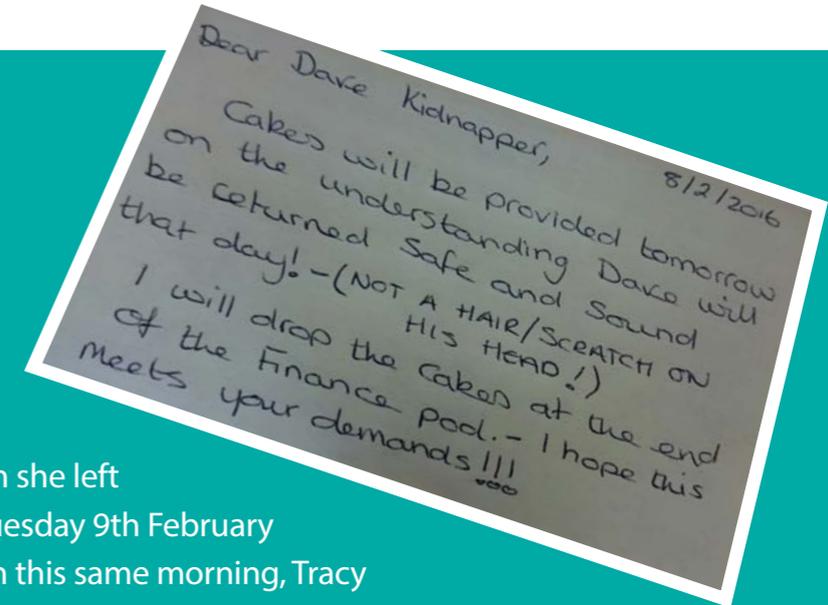
The preferred choice to get Dave back was not to pay the kidnapper with the £25,000 cash, but to pay in cake, which she left for the kidnapper to see on Tuesday 9th February – within the deadline date! On this same morning, Tracy discovered a distressing voicemail on her phone, left by Dave – it was very upsetting for Tracy.

Although somewhat traumatised by his experience, Dave was returned to his friend safe and sound, but the kidnapper still remains anonymous. Dave is unable to identify his kidnapper as he was blindfolded upon capture. Tracy was so emotional about the experience that she had to leave work early and ensure Dave had a lot of care and attention to help him recover from his ordeal.

If anyone has any information that may be of help to track the criminal/s please contact Crimestoppers (Tracy).

Please be careful as the suspect may still be in the area and planning the next attack!

Thanks, Lesley





Introduction to Plan Bee

We are looking forward to installing two Honey Bee colonies at Howbery Park in May this year.



The WBC Hives are the archetypal style hive you see in Winnie the Pooh stories and are currently being hand made by our carpenter. Once they are ready we will position them in a suitable location and the bees can

be bought to site. They will arrive as two 'nucleus colonies' consisting of approx. 5000 bees on five frames, each colony containing one Queen.

We will allow them to settle in for a season and carry out all aspects of good husbandry, pest and disease control, winter care, feeding and extracting honey if required.

Most beekeepers expect 20 -30lb of honey per established hive but this is entirely dependent on the weather and available flowers to forage on. Your currently Head Gardener, Ben has recently embarked on his LANTRA training to become a qualified Bee Keeper. On award of this qualification he will

be assisted by our other trained Bee Keepers managing all of these processes, so keep an eye out for men-in-white-suits.

The hive setup will include 2 brood boxes and 3 supers per hive which is adequate space for most usual colonies and conditions.

We always strive to comply with the RSPCA's five freedoms that we benchmark our bee management against.

The Bee colonies should show good establishment and provided CR and biodiversity opportunities to the Park over the forthcoming years.

A cautionary note: although bees are normally docile and will only sting as a last defence, please do not approach the hives without the correct protective equipment and the accompaniment of one of our Bee Keepers.

We look forward to getting some of you suited up and involved with our bee education events in the future.

The five freedoms

The RSCPA believes that anyone responsible for looking after animals should try to give them the five freedoms. The five freedoms are considered aspirational, as they cannot always be achieved and maintained at all times. For example, an animal may need to feel hungry before it will eat. However, animal keepers should always aim to provide the five freedoms to their animals as far as possible. For more information about animals' needs see:

1 Freedom from hunger and thirst -

by providing enough fresh water and the right type and amount of food to keep them fit.

2 Freedom from discomfort -

by making sure that animals have the right type of environment including shelter and somewhere comfortable to rest.

3 Freedom from pain, injury and disease -

by preventing them from getting ill or injured and by making sure animals are diagnosed and treated rapidly if they do.

4 Freedom to behave normally -

by making sure animals have enough space, proper facilities and the other animals of their own kind.

5 Freedom from fear and distress -

by making sure their conditions and treatment avoid mental suffering.

Plan Bee

Introduction

This document was written by John Beavan who is an experienced beekeeper and LANTRA trainer. As a basic introduction it covers the main types of hive, basic equipment, proposals for talks or demonstrations and costs.

Basic hive types

Although the "WBC" is the most widely known and most attractive hive it is not actually the most popular hive in the UK. This is due to the extra parts these hives have which makes them more costly to buy and more time consuming to manipulate, but there is a definite benefit to the bees because of the extra layer of insulation.

The WBC is the type I would recommend for this type of application.



The "National" hive is the most widely used in the UK, costs less than the WBC, is easier to manipulate and move about - but there is less insulation for the bees and far less visually attractive. However a visual compromise can be reached by using a different type of base and roof as in the picture on the right.

Frames are interchangeable between the National and the WBC, meaning that both types could be used together. Bees are always better kept in numbers greater than 1 because of the management flexibility allowed and a loss from an apiary (place where bees are kept) with 1 hive is constitutes a 100% loss of bees.



Continued...



The "Top Bar" hive is little used in the UK but is believed by the people who use it to be kinder to the bees than using a conventional hive. It is widely used in more tropical environments, requires different management techniques and none of the equipment is interchangeable.



Management

Nurture Landscapes will deal with all aspects of good husbandry, pest and disease control, winter care, feeding and extracting honey. Most beekeepers expect 20 -30lb of honey per hive but this is entirely dependant on the weather and available flowers to forage on.

John Beavan will be available on some pre agreed dates to talk to groups of 10 to 15 people at a time about honey bees generally and carry out basic hive inspections with smaller groups of 5 to 7 people who would be wearing suitable protective clothing.

The bees

Bees are normally available from April onwards and are supplied as a mini colony on 4 or 5 frames. It is normal with new apiaries to site the hives first and then "install" the bees later. The bees would be chosen for good breeding and docility.

The picture below shows a typical "nucleus" hive which is a plastic travelling box containing 5 frames of wax, bees, young bees (brood) the queen and some stores, viewed from the top you can see the top bars of the frames and some of the worker bees.



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Howbery Park and the fragile world of trees

It's a pretty tough life being a tree these days, especially in built up south east England. With increased needs for housing, infrastructure and the resulting poor physiological conditions, trees have never had it so bad. There are several threats to trees in the UK that are overwhelmingly more powerful and threatening than the bio security measures available can successfully cope with. So we all try to do our bit, both nationally and perhaps, for our little 'Corner of England'.

The HR Wallingford Estate Team and Heritage Tree Services Ltd have been working together to change how we

deal with trees on site from reactive works to audited safety assessment. This proactive approach is considered the most effective and economical method to looking after our fragile, environmental assets.

We're all leading ridiculously busy lives, and perhaps encouraged to be ambitious and successful away from our family lives, our communities and careers. So, as the tarmac, housing estates and airports quietly occupy the green and pleasant lands that we so cherish, perhaps bear a moment for elements that trees provide us with and how incredibly important they may be.

Continued...



It's actually a little bit more than clean air, storm water management, erosion prevention and wildlife habitat, which of course you're all aware of, but tree populated urban areas in towns have now been proven to physiologically calm the human race and put them at ease; no mean feat as things get busier! Additionally, Washington University have suggested that crime rates reduce; property values increase and energy savings can be made through clever tree landscaping. Perhaps the most remarkable information that they also discovered was that recovering patients in hospitals, or otherwise, were found to have improved recuperative rates when in view of trees and associated green infrastructure.

Japanese people describe walking through woodlands as 'bathing in trees' and the ancient symbolism, mystic tales and stories, especially from shamanic cultures, show us that in fact, my last paragraph is

nothing new. Embracing these disciplines at HR Wallingford has been a great pleasure, and we wish to ensure all who occupy this great working space that behind the scenes we embrace disciplines associated with the world being at one.

It's not just HR Wallingford, but the iTree Eco Project (international initiative) quantifies the benefits that trees give to our environment, particularly urban, in financial terms. This has led to decision makers and planners being able to quantify the benefits, for instance in pollution control, and weigh that up against traditional approaches, such as roads to pedestrian ways, perhaps electric cars. This success has even led to the mayor of New York, some years ago, reducing the police and fire service budget, but doubling tree planting allowance in the City.

I could go on and on, but we would like reassure everyone at HR Wallingford that their environment, well-being and tree population is cared for and considered greatly important. I hope our current management strategies will continue to compliment your lifestyles and working surroundings.

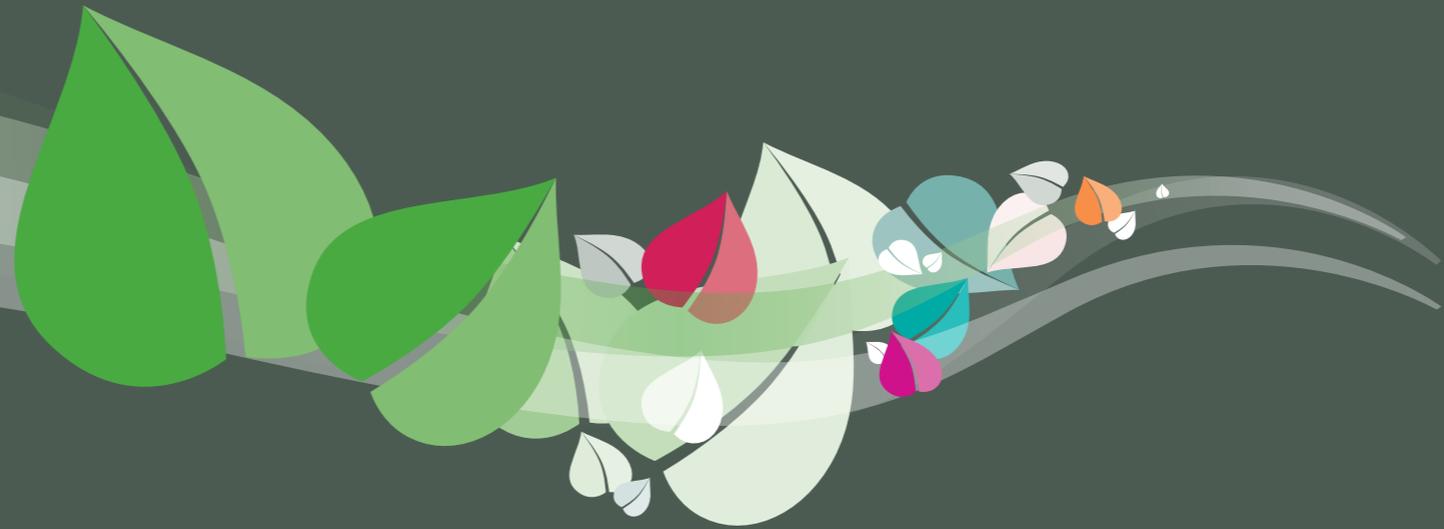


This article was written by Hugo Loudon – Managing Director of Heritage Tree Services Ltd, working as an arboricultural consultant, contracting project manager and tree landscape designer for the last 30 years in the UK and abroad.

Welcome Rob Hickman to the Maintenance Team

Robert joined HPE in November 2015 and enjoys looking after the mechanical side of operations, Rob (as he's best known) attends to any water related items we might encounter such as leaking taps, broken toilets, blocked drains and carrying out our important water hygiene maintenance tasks and attending to our steam boiler maintenance routines. As well as assisting with contractors when required Rob will also assist in the odd furniture move or two, he certainly doesn't like to be stationary!





News... News... News

A Note From The Editor:



Keep us posted – to include your news and stories in Parklife, please email them to me, Donna Bowles d.bowles@howberypark.com

Deadline for the next edition August 31, 2016.