

NEWS AROUND



As we move into the last few months of 2020, we are all starting to reflect on how this year has turned out. It certainly hasn't turned out how any of us planned.

For those of you who are now back at the park, we hope you've found it safe and welcoming. If you're still working from home, please make sure you keep up to date with news from the park via our Facebook page and on the website.

We have arranged a selection of workshops at the park for the coming months, to try and provide some level of normality. The autumn and Christmas workshops are always so popular and will be running here for employees to take part. The session numbers will be limited to allow social distancing, and carefully managed to ensure you are safe. Of course, if restrictions change, we may have to amend the format or the programme but we will do our best to deliver these for you. More information can be found inside the newsletter or on the website.

As we start to plan for 2021, we really hope we can get back to our usual amazing programme of on-site events. We miss those sunny days zorbing on the lake as much as you do!

As always, if I can help in any way, please do get in touch with questions.

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HOW IT STARTED - HOW IT'S GOING

From a barren site on the side of the M4, to a flourishing business community with premium office facilities, best in class amenities, set around a stunning lake with acres of green space and an abundance of wildlife. We are so proud of how Arlington Business Park has developed and continues to grow.



1989



2006

Plot 1400 being built which now houses Café @ No 10 and Lake Fitness Gym



2007



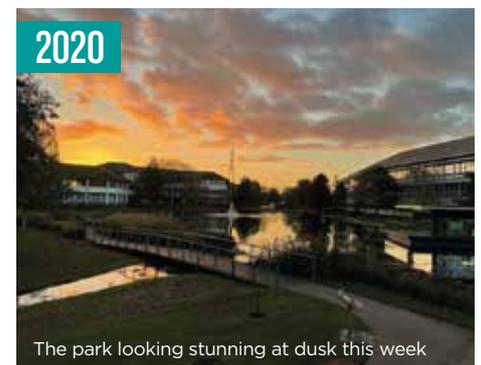
2017

The floating pavilion was officially opened in 2018. This picture shows work underway in 2017



2020

Arlington in the autumn sunshine



2020

The park looking stunning at dusk this week

YOUR MENTAL HEALTH THIS WINTER

Even without the restrictions and changes we've all experienced – and continue to live through this year, dark mornings together with cold wet weather can have a huge impact on your mood.



To help avoid this being a winter of discontent, we've pulled together some resources which you may find helpful.

BREATHPOD

Harness the power of your breathing system for better health and wellbeing. Breathwork

increases productivity, confidence and focus, and alleviates stress, anxiety and fatigue.

Set yourself up for a positive day - every morning (Monday – Friday) at 7:30am head over to Instagram @breathpod for a free live 20 minute breathwork session.

Sessions can also be accessed in your own time on Breathpod's IGTV channel.

LEAN WITH LILLY

Squeezing a quick home workout in can change the way your day is going and keep you on track when you can't get to the gym (although at time of going to print, Lake Fitness is open!)

Lilly Sabri's YouTube channel is full of upbeat sessions including apartment-friendly workouts (no jumping!) and short workouts to target stubborn areas.

www.leanwithlilly.com

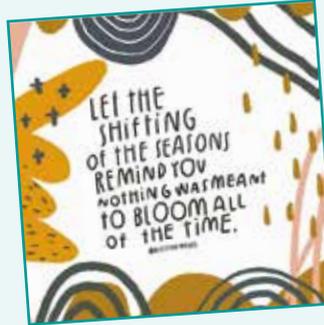
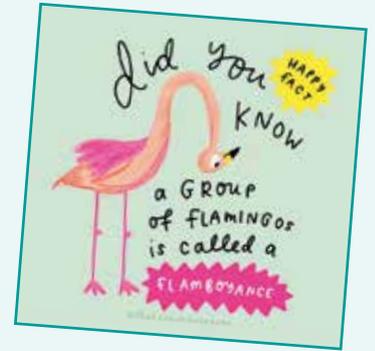


HAPPY NEWS

When the news is feeding us negativity – this is a newspaper sharing positive news and wonderful people. Suitable for all ages, there's a quarterly subscription option.

Who wouldn't want this mug on their desk, or a Happy Fact to share with their colleagues?!

www.thehappynewspaper.com



THE BLURT FOUNDATION

So many fantastic resources available through Blurt – helping those affected by depression and increasing awareness and understanding.

Their blogs cover a whole range of subjects - head to their website blurtitout.org or

Instagram @theblurtfoundation for all sorts of support and resource links.

MIND

If you're finding the world overwhelming and struggling with the day to day, the Mind website is a hub of information for yourself, or to support someone you love.



The website has a section dedicated to the impact of Coronavirus, along with lots of tips and ideas on how to improve mental wellbeing. www.mind.org.uk

M4 UPDATE

Upgrade to smart motorway Junction 3 to 12

Work remains to demolish three more bridges, upgrade the carriageways, and install the technology to create the new smart motorway.

At the end of 2020 traffic management will be lifted on the western section (junctions 8/9 to 12) and the speed limit increased to 60mph whilst they finish technology installation.

The next weekend closures of the M4 are:

Junctions 6-8/9 4-7 December 2020

Junctions 5-6 11-14 December 2020



The old Wood Lane bridge next to its new replacement. Scheduled to be demolished later this month.



WORKSHOPS ARE BACK

Thanks to everyone who attended our 'Pumpkin Carving' and 'Winter Hanging Basket' socially distanced sessions. These yearly events are always a great success. We hope to see you at our next workshop... Christmas Wreaths!



FORTHCOMING WINTER EVENTS

We have some winter workshops to help you through the festive period and beyond. Please email events@arlingtonbusinesspark.co.uk to secure your place.



WHY WE LOVE WORKING AT ARLINGTON

We have been tenants at Arlington Business Park for just over a year, and the service and support we have received whilst we have been on site has been second to none. I am always very impressed with the swift and positive nature of the Workman employees who take all requests in their stride and are never phased by what day to day life on the park may throw at them.

The park itself is immaculate and kept to very high standards, and the attention to detail in keeping tenants up to date with any changes is fantastic. On top of all the wonderful facilities, our employees are also kept highly engaged through seasonal activities and events around the park which bring the team together and creates a fantastic culture on the park. A huge thank you to Amy Coles and the team at Arlington for their brilliant work.

Online Workshop Feedback

Eating to Reduce Stress "Thank you both so much! a recording/copy of the presentation would be great, do you have it? I would like to share with my 16 year old teenage daughter"

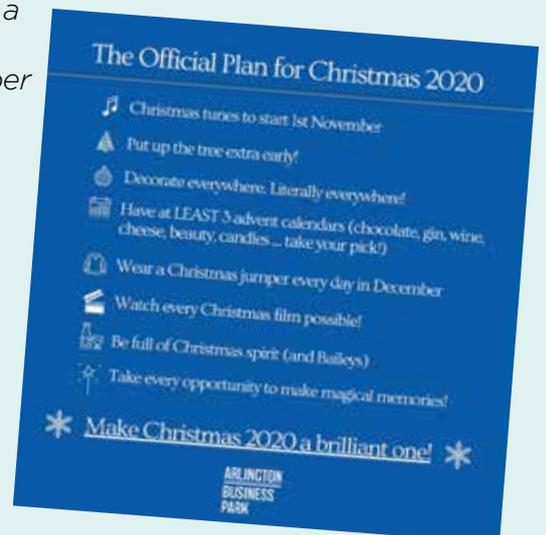
Power of Breath "Many thanks, the breathing has helped me on this really busy day!"

Helping you and your kids reduce stress and anxiety

"Really likes the idea of bringing in kindness, listening and time for each of my children as well as the reminder of the importance of time for myself - thank you!"

We've worked hard this year to keep spirits high and positivity flowing across our social media platforms. If you didn't see this one on our Facebook page - here it is again!

Hoping it's a December to remember for all the right reasons...





AVAILABILITY

BUILDING	SQ FT	AVAILABILITY
1220	5,000 - 30,624	Available
1330	12,423 - 24,973	Available
1420	8,246	Available
1430	5,617	Available



Thanks to the park team, landscapers, security, maintenance who have kept the park going during lockdown and kept it looking lovely through the summer and now into the winter months



Building 1220

DATES FOR YOUR DIARY

Join in with one of our online or festive workshops. Please book your place by emailing events@arlingtonbusinesspark.co.uk

- Thursday 3rd December** The lost art of listening
- Friday 4th December** Christmas Wreaths Workshop
- Wednesday 9th December** Give yourself love
- Tuesday 15th December** Keep calm it's only Christmas
- Wednesday 16th December** A healthier way to celebrate Christmas

Please follow our social media pages for the latest information on further workshops and any other upcoming events.



Building 1430

WELCOME TO OUR NEW TENANTS

Our business park community is expanding - along with welcoming Honda who have joined the park this year, Veritas and Commvault are currently in fitout phase in building 1320 and 1330 - we look forward to meeting both teams.



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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 @ No10 and Café @ No10.

@arlingtonbusinesspark

@arlingtonbpbk

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