

BBC AT HOWBERY'S
LIFESTYLES GYM

Howbery
BUSINESS PARK - WALLINGFORD

Parklife



January 2017

Howbery Business Park - Wallingford

SOLAR POWER ON THE PARK
HRH HONOURS HR
FINDING FIREFIGHTERS
AND MORE...

Parklife



3

BBC at Howbery's Lifestyles Gym



5

Creative Pumpkins...



12

Going with the Cineflow



6

Christmas Jumper Day



14

Solar Power on the Park



17

HRH honours HR!



In this issue: 3/4 BBC at Howbery's Lifestyles gym 5 Creative Pumpkins 6 Christmas jumper day / The Christmas Kitchen at Howbery 7 Oh Carol / Crafty work with wreaths / Seriously PR 8 Restaurant theme dishes and dates 9 A Level & GCSE Tutoring / So Food Festival 10 Finding firefighters / Didcot Dragons Korfbal Club needs you 11 2017 Upcoming Events 12 Jonas Event Technology / New Skills at Lifestyles Gym / Going with the Cineflow 13 Treesy Does It / Be Inspired 14 Solar Power on the Park 15 Need Therapy / Clear-out of StyleAcre 16 GTI Corinthians win again / YOGA time! 17 News at HR Wallingford 18 Time for a makeover

BBC at Howbery's Lifestyles Gym

Radio Oxford were on site the other week to interview Lisa Treacher, owner and operator of the Lifestyles Gym. The visit from reporter Lilley Mitchell really captured the spirit of the gym, its members and especially its rehabilitation clients.

Lifestyles Gym was started in 2011 by Lisa Treacher and her then business partner, an Olympic hockey player, fulfilling a dream Lisa had had of owning her own gym since the age of seventeen. Starting from just a few machines and a limited range of weights, the gym has since expanded to include a complete range of cardio equipment, weight training areas and treatment rooms.

"Lifestyles is first and foremost a rehabilitation centre", explains Lisa, who is now the sole owner of the gym, since her business partner moved to live in Belgium. "This is our passion. Whether it's due to a sporting injury, stress at work, or a serious stroke or cardiac condition, we aim to get our clients moving and give them back some quality of life. Everyone can benefit from movement therapy to help reduce chronic pain and the risk of injury, or to enhance their performance."



Lilley Mitchell talks to Lifetsyles gym owner, Lisa Treacher, and Jane, a stroke sufferer undergoing rehabilitation

Clients who come to the gym, some following a referral from their GP, include those who have had a heart attack or stroke, or who have been diagnosed with Multiple Sclerosis, Muscular Dystrophy, Parkinson's Disease, cancer, depression, and many other conditions. Programmes tailored to suit each person's individual needs can include working on balance, flexibility, muscle control and confidence issues, as well as cardio, strength and conditioning training.

Continued...

Donna Bowles, Estates Manager for Howbery Business Park, said:

"Lifestyles is a great asset to the park, with many of our tenants and staff using the regular gym before and after work to keep fit. We're very proud of the inspiring work Lisa is doing here to improve the quality of life for people affected by conditions like stroke.

We were delighted that we were able to help Lisa with her recent Video, featuring her rehabilitation clients. It is a very moving and heart-warming production and hopefully an inspiration to those who have been affected and had little hope of an improved lifestyle."

The edited radio feature was subsequently broadcast as part of the 'Brightening Your January' feature Radio Oxford are running all this month.

The Lifestyles Stroke video can be seen on the Howbery website or Youtube channel ►



(pictures courtesy of Craig at HR Wallingford)

Creative Pumpkins...

Thank you all so much for taking part in the pumpkin competition this year the entries were amazing and it was so hard to choose an outright winner, therefore we have chosen 3! The winners are: Alison Mitchell, Jayne from Miramar and Sam Dawson.

We will arrange for your lunch vouchers to be delivered to you. Congratulations everybody and thank you once again from Donna and the team.



Our newest Tenants on site, Miramar, based in Kestrel House, really threw themselves into the 'Halloween Spirit'.



Christmas Jumper Day

For the second year running Howbery Business Park staged the Christmas jumper day, as part of the national event on 16th December. Chief jumper supremo Donna Bowles was seen pulling jumper wearers from the coffee lounge to get their photo taken by the kind folks at Aerial Motion.

Said Donna: "We raised £45 for Save the children, and it was great to see everyone get into the swing of things on the run-up to Christmas". Also seen in shot is HR Wallingford's reindeer, created as part of their team-building event.



The Christmas Kitchen at Howbery

Here is Santa and the hard working elves in the Howbery Business Park kitchen getting ready to sprinkle the magic of Christmas, before serving one of the two Christmas lunches in the restaurant during December 16. As usual, the food was delicious and enthusiastically received. Thanks Santa!



Oh Carol

Back on the road once again, for their annual gig, the Howberries performed for the Christmas Carol Concert staged in the foyer of the Manor House. With a great turn-out from the Park, all the classics were covered with customary Howbery enthusiasm and gusto from everyone. Howbery-based charity StyleAcre raised £659 on the day.



The Howberries line-up is: Bruce Tomlinson (sax), Chris Burrows (acoustic guitar), Graham Warner (keyboard), Leonore Boelee (baritone horn), John Baugh (bass guitar), Aurora Orsini (flute).

Crafty work with the wreaths

On Monday 12th December, Nurture our grounds company, held a wreath-making workshop in the Manor House. It was great fun and those who took part were very proud to take their wreaths home to hang on their doors!



Seriously PR welcomes Izzy and Andy to their growing team

Based in The Stables, Seriously PR helps travel and leisure businesses to get more customers to their websites.

www.seriouslypr.co.uk





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:-

28th February
Shrove Tuesday
Lovely pancakes

1st March
St David's Day
A selection
of Welsh Dishes
on the menu



17th March
St Patricks Day
An
Irish Dish on the
menu

6th April
Italian themed
menu



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



A Level & GCSE On Course at Howbery Business Park

A Level & GCSE Tutoring from Helena and Alice

February Half Term:

Maths Problem Solving for GCSE
Thursday 16th February 10am-4pm
The Manor House, Howbery Park, Wallingford

Easter Holidays:

Biology, Physics and Maths GCSE, AS and A Level.

www.ThamesTutoring.com
info@thamestutoring.com
07555 346594



SO FOOD FESTIVAL

2017 MAY 13th & 14th

We are delighted to announce the date for the 2017 SO Food Festival. Following a great inaugural year we are once again hosting the food festival at Bridge Villa Camping and Caravan Park on the 13th/14th May. The demo stage will showcase some top chefs.

Furthermore you'll get to taste some delicious food from over 40 food stalls and take home some beautiful ingredients on offer from producer near and far. Live bands and a children's area will provide a backdrop for a lovely relaxing day. A NEW feature of this year's events will be the SO Kitchen arena, with lovely kitchens on display and great home solutions for inspiration.

Look out for more information at www.sofoodfestival.co.uk or follow us on twitter @sofoodfestival or find us on facebook

Special ticket offers for Howbery Park businesses available soon. We hope to see you there!!



Finding fire-fighters

On Friday 13th January, Wallingford Fire and Rescue were on site to promote their recruitment drive for part time firefighters. If you are interested in getting involved with these essential services, please visit:
www.oxfordshire.go.uk/oncallfirefighters

Howbery's own Technical Services Manager, 'Fireman Middleton' (seen far left) assisted but wasn't able to get his hands on a uniform in time for the photo.



Didcot Dragons Korfbal Club needs you!

We are recruiting new teammates of any age to join our club and we train every Tuesday at Didcot Girls School Sports Hall from 8-10pm. Fast, fun and growing in popularity, korfbal is a mixed gender team sport which bears similarities to netball and basketball. We are holding a special beginner's session on January 31st so come along!

For more information visit our Facebook page @didcotkorf, check out our website www.didcot-korfbal.co.uk or email didcotkorfbal@hotmail.co.uk

2017 Upcoming Events

Wallingford Race Night Friday 24th February

On Friday 24th, Wallingford Town Mayor Ros Lester will host a Race Night in aid of local charity Style Acre. Rather than heading off to Newbury Racecourse, the night takes place in the comfort of The George Hotel, Wallingford. You will be able to bet on up to 6 races shown on a screen, with half of the takings to be shared among the winners and half donated to Style Acre.

This will be a fantastic evening—especially when the odds are good, with a real chance of enjoying a windfall!



Tickets are £10, which includes nibbles.

To reserve your space, a table or for more information contact Chris Burrows on 01491 827593 or cburrows@styleacre.org.uk.

Take the plunge and Skydive for Style Acre

Saturday 1st July

After the success of our 2015 Skydive we will be hosting the event again, at the Chiltern Airfield, Wallingford, on Saturday 1st July. Join us in this adrenaline-charged event and raise vital funds for Style Acre. For full details contact Chris Burrows on 01491 827593 or cburrows@styleacre.org.uk. This once in a lifetime event is not to be missed.



Adele Tribute night with top Indian Meal

Thursday 16th March

Little India in Didcot is putting on a very special fundraiser for Style Acre – featuring one of the best Adele tributes around!

Little India (218 Broadway, Didcot, OX11 8JR), which has 5 star ratings on Trip Advisor, is hosting this Adele tribute and providing a delicious and plentiful dinner for up to 80 guests.

Tickets are £30 per person. For more information, get in touch with Chris on 01491 827593 or cburrows@styleacre.org.uk.

If it's showtime talk to JONAS EVENT TECHNOLOGY

Show Data Systems (located in the Thames Wing) are a registration services provider for the exhibition & conference industry in the B2B marketplace. Having worked alongside their sister company, Interchange Communications, specialists in consumer events, both companies have now been acquired by Jonas Software.

Jonas Software buy, build and grow software and services businesses in various vertical markets and support them forever enabling them to grow within their market. Excitingly for Show Data and Interchange, they will be merging together and with a new name, identity, website and product offering, will soon re-launch as Jonas Event Technology.

If you run any event which requires badging or ticketing give them a call to discuss your requirements on 01865 893560.



NEW SKILLS AT LIFESTYLES GYM

Sarah Neighbour is fully qualified in therapeutic massage, reflexology of hand's, feet and face, treating the physical and emotional requirements of each client. Her aim is to help people overcome health issues by providing treatments which are both therapeutic and holistic.

For more information please contact the Gym or Sarah on 07867 596837. www.sarahneighbour.co.uk



Going with the Cineflow

Aerial Motion Pictures Ltd, the UK's first company providing the theoretical and practical knowledge needed for full Civil Aviation Authority (CAA) Commercial UAV Certification have launched their own Video Production company Cineflow.

After providing a number of services to other production companies including Aerial operations and stabilised camera movement, it was only a matter of time before the company combined its resources into a complete video production package.

Cineflow provide full video production services for promotional and corporate video, commercials, training films, web videos, documentary, timelapse and 360 VR. Cineflow have recently produced a promotional video for local celebrity chef Antony Worrall Thompson at his restaurant The Greyhound. The Cineflow crew spent 2 days in the restaurant and kitchen filming the staff and interviewing Antony about what makes the Greyhound so special. The film is due to be released in February. For more information, visit: www.cineflow.co.uk

Treesy does it!

These are chippings from a couple of trees recently felled, that we will use around the park on the flower beds.

The Ash trees were felled as part of the Tree Management Plan, they were ageing and beginning to decay. In their places were planted new trees to comply with the Tree Preservation Order that covers the whole of the Howbery site. #recycle



BE **INSPIRED** AND **MOTIVATED**
TO CREATE A **NEW** YOU!

Feel **HEALTHIER** | **BE MORE CONFIDENT**

Look & feel **FABULOUS**

More
ENERGY

HIGHER SELF ESTEEM
WEIGHT REDUCTION

Contact Zita
Zita@Zitaluscombe.com
07962 267 483

Meeting coming in January 2016
Howbery Park OX10 8BA



SOLAR POWER ON THE PARK

Here are the latest stats for energy generation and consumption for the Park:

⚡ Total electricity generated in 2016 was
747,938kWh

giving a carbon saving of approx.

370,229kg/ 

⚡ Total exported back to the National Grid in 2016 was
78,998kWh

6% ⚡ of our total electricity used at Howbery Business Park in December came from solar,

 which generated
15,509kWh

giving a carbon saving of approx.

7,676kg/ 

26% ⚡

of our total electricity used here at Howbery Business Park came from Solar in 2016 with enough exported electricity to supply 18 average size homes for a year.



NEED THERAPY?

My name is Lisa Hogger; I am a Reflexologist/ Indian Head Massage Therapist and attend Howbery Business Park once a month.

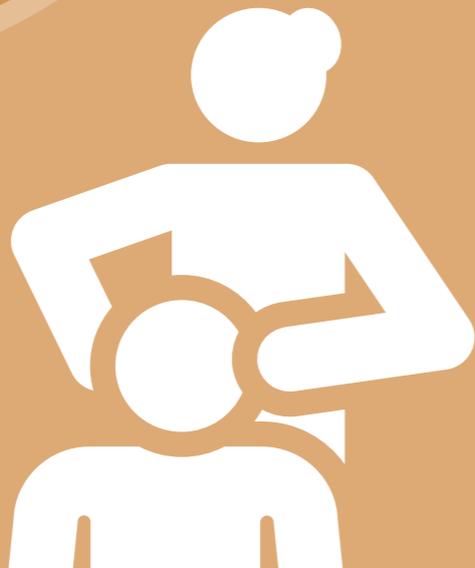
Reflexology is a gentle massage therapy focusing on the feet, with the idea that different parts of the body correspond to reflexes found on the feet and hands.

An Indian Head treatment is a gentle shoulder, neck, scalp and face massage. It is a deep massage, which uses a variety of pressure and techniques.

Both treatments aid relaxation, promote wellbeing and can assist with a variety of physical and emotional problems.

If you are interested please contact me by email or phone:

**Lisa.hogg@yahoo.co.uk
07584066448**



Clear-out for Style Acre!

Style Acre
Creating Opportunities
for people with learning disabilities



Your unwanted items can raise money for Howbery Park based Style Acre, the charity providing support and opportunities for local people with learning disabilities. We have a recycle bin outside the post room in Howbery Manor and you can drop off your old phones, unwanted watches and jewellery (anything from plastic beads to old broken gold chains); gadgets (cameras, games consoles, mobile phones, sat-navs and MP3 players); old currency (UK & foreign) and used stamps.

The goods are collected by an organisation called Recycling for Good Causes, who have experts in place who individually assess and recycle to achieve the highest price possible for Style Acre. We have been raising funds this way for 3 years, with the help of Howbery Park residents.

For unwanted clothes, Style Acre has a charity shop in central Wallingford or you can drop items off at the Style Acre recycle bin by the side of the charity's HQ at Evenlode House on the park. If your bags are particularly large, feel free to drop off at the Style Acre reception.



GTI Corinthians win again

Congratulations to the GTI Corinthians, winners of The Howbery Business Park Volleyball final held on the 5th of October 2016. Playing against the Monkey Pimps, from the same company, this is their sixth title win battling to the final. With a field of 9 teams this year, the tournament is as popular as ever. Good luck to everyone for the 2017 season.



YOGA time!

We know it is sometimes hard to stop and find time for ourselves. Taking a Yoga break in the working day has proven to be one of the most effective ways to help relieve stress, and increase productivity.

If you're looking for justification for those 60 minutes on the mat, you needn't look further.

- **Increase your productivity, motivation, and work performance**
- **Improve your decision making and creativity**
- **Increase your energy, mental alertness, and clarity**
- **Improve your stamina**
- **Improve your memory, focus and concentration**
- **Reduce muscle tension and pain**
- **Improves flexibility and physical strength**

Class information:

Howbery Business Park offer a subsidized Yoga class at 7.40am every Friday (£5 PP). This is suitable for all levels and is beginners friendly!

Due to the popularity of Friday, we are seeking an additional local venue to start a Tuesday morning class (recommendations welcome!) and will also be launching outside lunch time classes in a few months once the weather picks up!

If you interested in any of the above, please contact Yoga instructor **Yasmin** on yasminstrong@live.co.uk, **07990800990**.

Yasmin also offers of variety of classes/workshops locally and is available for corporate wellbeing, private functions and parties! The variety on offer includes: Mindfulness, Yoga, Acro Yoga, Aerial Yoga, Childrens/Family Yoga and Aerial hoop!



News from HR Wallingford

In October, HR Wallingford scientists were dubbed fish detectives and their work with the Zoological Society of London recognised in a celebration event. Numerical fish modelling at HR Wallingford played a part in identifying the spawning ground of the smelt in the Tidal Thames, helping conservation efforts for this endangered fish with the distinctive smell of cucumber!

At the end of October, HR Wallingford took part in a month long research expedition with the National Oceanography Centre on board the Royal Research Ship, the RRS James Cook. MarineE-tech, a collaborative project involving many partner organisations, explored an area in the North East Atlantic looking for the rare elements needed for low-carbon technologies.

HRH HONOURS HR!

In early December, HR Wallingford was delighted to see Dr Stephen Huntington presented with an OBE by Queen Elizabeth II at Windsor Castle, for services to engineering and environmental hydraulics during a career at HR Wallingford spanning more than 40 years. Stephen also had the opportunity to meet actor, Eddie Redmayne – in the background of the picture!



© Press Association

HR Wallingford received two awards towards the end of the year: the 'Innovative Services to Dredging Award' for underwater sound modelling work, and a manual produced by its experts in Sustainable Drainage Systems was Highly Commended at the Landscape Institute Award

In December, lots of different Christmas activities took place, including a charity Duck Race in one of the water flumes, and a Reindeer Building Competition.

At the end of the year, staff voted for their choice of corporate charities for 2017: Sobell House and MIND. Look out for fund-raising activities on the park throughout the year, and do support them if you can.





Time for a makeover

We identified over a year ago as part of our ongoing maintenance and asset protection management programme at Howbery Park and in conjunction with the Health, Safety and Hygiene requirements under the Environmental Health Regulations to replace the floor in the Manor House kitchens.

Operating time constraints determined that the bulk of this project had to be carried out during the closure period between Christmas and New Year so plans were put in place for the works to be carried out. Due to the logistics of removing and storing all the catering equipment it was decided to carry out the project in two stages, with the main kitchen, entrance and changing rooms being carried out on 28th, 29th & 30th December 2016 and the second stage the weekend of 13th & 14th January 2017.

The work was carried out by TW Flooring, Commercial Flooring Specialists from Reading by Michael and his team of fitters and the disconnecting and refitting of all the catering equipment by Graham and his team from Oxford Commercial Kitchen. Graham and the team moved in on Friday 23rd December after lunch to disconnect and store all the equipment and Michael and the team moved in on Wednesday 28th December to remove the old, prepare the surface and lay the new floor which they completed on Friday 30th December. A big thanks to all the guys for the great work on this project.

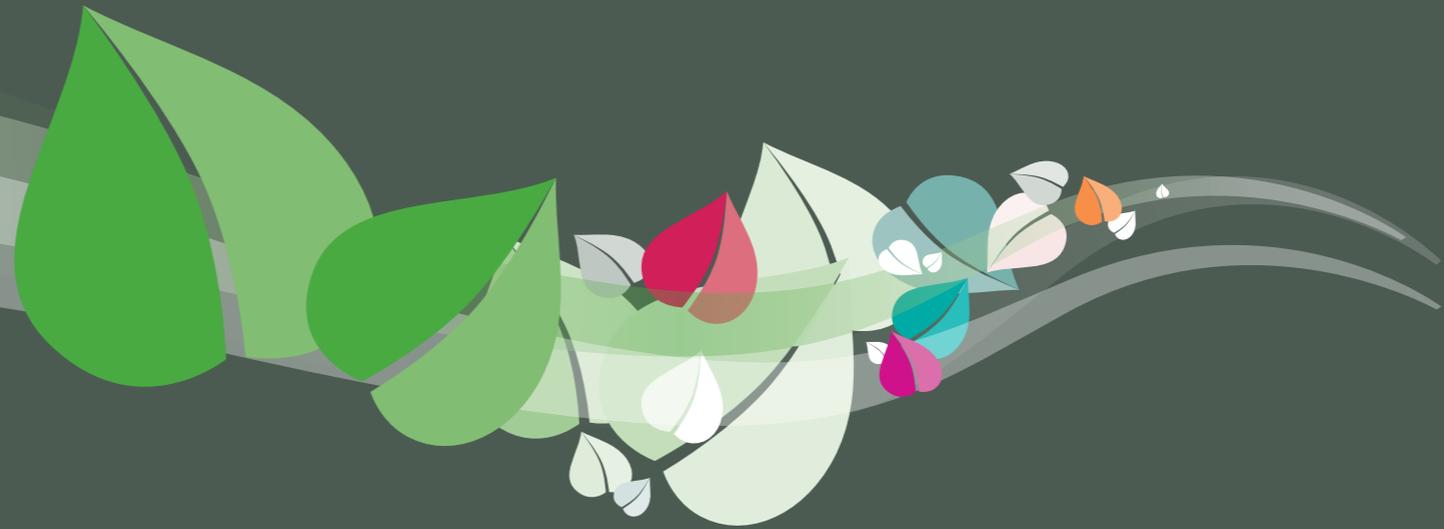


Day 1 - Oh dear what have i done?



Bank Holiday Monday – Stage 1 complete, good practice for stage 2

Thanks must also go to all the catering team for the hard work before and after the project and particularly to Mark and Zak for coming in on the bank holiday Monday to help re-instate ready for opening on Tuesday 3rd January 2017.



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 April 21, 2017.