

# ARCH LIFE

ISSUE 3



FEBRUARY 2022

## UNIQUE SPACES IN GREAT PLACES

A snapshot of arch communities

### CULTIVATION

Creating space for  
1,000 businesses  
by 2030

### COMMUNITY

Brixton Station Passageway  
transformed for Small  
Business Saturday

### CREATIVITY

Showcasing outstanding  
images of railway arches  
across the country

# CONTENTS



## EDITOR'S LETTER

**W**elcome to issue three of Arch Life and thank you for all your positive feedback over the past year.

The continuation of restrictions due to the pandemic has created further challenges for all of us and we continue to focus on offering meaningful support. We had a fantastic response to our #loveyourlocalarches photography campaign, which saw hundreds of amateur photographers capture the iconic and historic architecture that makes up our estate. Winner Jay Mason-Burns' simply stunning photo of Floodgate Street in Birmingham features as our cover image. You can see more of the phenomenal photography submitted by talented snappers who took part on page five.

We recently welcomed two new senior leaders to our management team, with Craig McWilliam joining us as Chief Executive and John Robson as Asset Management Director. Both will play a key role in continuing to develop our service and are currently spending time out and about around the estate, getting to know you and listening to your feedback. Find out more about their priorities on pages three and eleven.

In December we marked Small Business Saturday by running an event to support independent traders in Brixton - highlighted on page eight. The issue's tenant spotlight looks at the vital work of the suicide-prevention charity CALM, who have also shared their top tips on how to stay positive and mentally healthy.

We hope that you'll enjoy this issue and that you'll be inspired to get in touch and let us know about the interesting things you've been doing. We'll see you for the next issue in the summer, but in the meantime, we wish you a healthy and happy start to 2022. ●

Michelle Ulyatt  
Arch Life Editor  
Michelle is a published author and communications specialist with more than 15 years of experience of writing for business audiences.



...AND MUCH MORE

## CONTACT US

**We're always on the lookout to shine a spotlight on the unique range of businesses in our arches. Feel free to get in touch and share your stories to be involved in our summer issue.**

**Email:** archlife@thearchco.com  
**Online:** www.thearchco.com  
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**Twitter:** @thearchcompany  
**Facebook:** @thearchcompany  
**LinkedIn:** The Arch Company

### MEET THE TEAM

**Editor:** Michelle Ulyatt  
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**Marketing:** Georgina Ransom, Marian Black  
**Photography:** Flora Streeter, Jay Mason-Burns, Edward Shipp, Mark Hunter, Dieter Heitzer, Tenants' own  
**Design:** AB Comm

## LET'S TALK SOCIAL:

→ Tag us on social media, using the hashtag #loveyourlocalarches, to tell us what you are up to or email us with your news and views to [archlife@thearchco.com](mailto:archlife@thearchco.com)



**Twitter**  
**@BrixtonBrewery**  
COMPETITION TIME...Download our can design template (<https://brixtonbrewery.com/wp-content/uploads/2022/01/Bowie-can-design-template.pdf>) for your chance to win free beer for a year and @BFI related prizes. Full details can be found here: <https://instagram.com/brixtonbrewery>



**Instagram**  
**@littlemarthabrewing**  
New Year, New Beer? Fresh pale hitting the taps in the near future, our first new beer of 2022. We are open til 10pm today for all those in need of shelter from the weather and a tasty beverage.



**Facebook**  
**@FullyCharged**  
Introducing our best urban electric bikes for this coming year:  
• Riese & Müller  
• Moustache Bikes  
• Super73  
#Desiknio  
It's time you rode around your city in style  
#bestof2022 #bestelectricbike #ebike #moustachebikes #riesemuller #super73 #desiknio



## WELCOME

Meet Craig McWilliam, The Arch Company's new CEO

→ Welcome to the third issue of Arch Life, our biannual publication sharing stories from across our portfolio as well as industry-related news. I wanted to take this opportunity to introduce myself as the new CEO of The Arch Company. I joined this year and have already been busy getting to know our staff and the small businesses we work with. I'm listening to you, our customers, to find out how we can improve our service. Good progress has been made over the past three years but there is always more we can do.

Since the last issue, we have launched our development plan, Project 1000. This is a commitment to bring a thousand derelict or empty arches back into use by 2030, creating space for hundreds

of new businesses and supporting thousands of jobs. We also hosted our first #loveyourlocalarches photography competition, which highlighted the diversity of our tenants. In this issue we celebrate the many different types of spaces on offer in The Arch Company estate - above and beyond railway arches.

If you would like to provide feedback or talk to us about featuring your business in future editions of Arch Life, please get in touch with the editorial team. We'd love to hear from you. I also hope to meet many of you soon. ●

*Craig McWilliam*

## OVER TO YOU

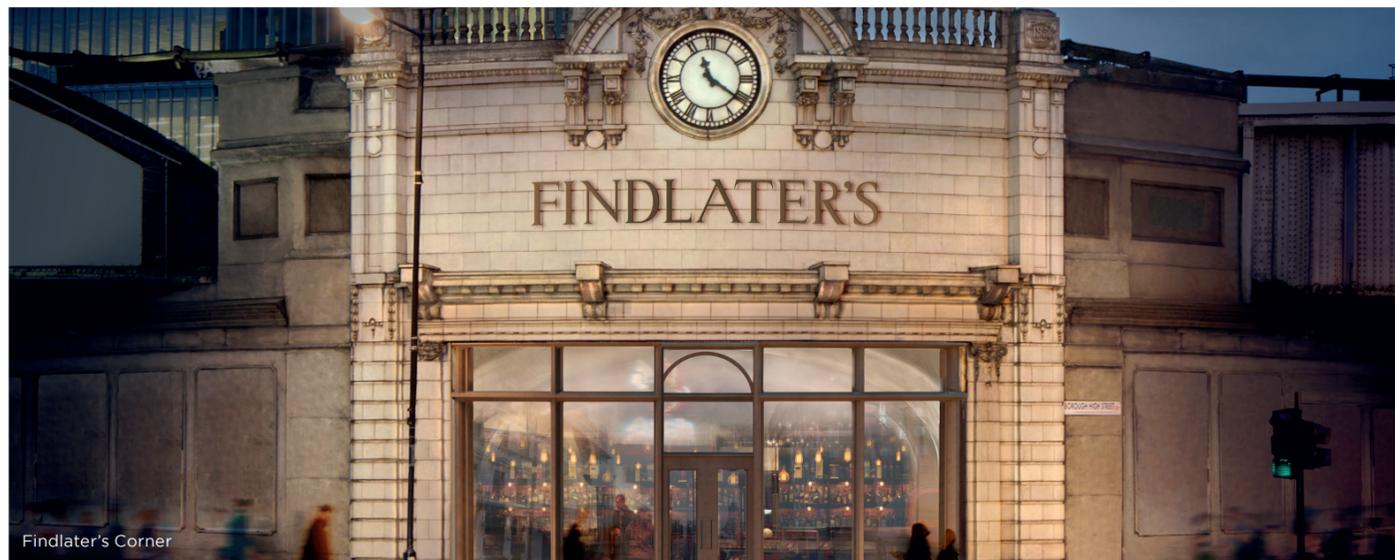
→ We want to ensure we celebrate the businesses and brands within our arch community.

Whether you are planning an event, taking on a second space with us or have exciting news to share, we would like to hear from you. Please do get in touch with our Marketing and

Communications team as we are eager to support and showcase our community, and the diverse array of businesses within it that make it so special.

We will also be continuing to keep in touch with you with quarterly newsletters in 2022. If you do not currently receive them, please let us know the best email address to send them to. We look forward to announcing news of Arch Day 2022 and more in forthcoming issues. ●

**For more information, please contact [marketing@thearchco.com](mailto:marketing@thearchco.com)**



Findlater's Corner

# PROJECT 1000: REVAMP FOR ICONIC FINDLATER'S CORNER

Explore our restoration plans for a historical Southwark site

In September 2021 we revealed Project 1000, The Arch Company's £200m development plan to bring a thousand derelict and empty railway arches back into use by 2030.

A keystone in Project 1000 is Findlater's Corner in London Bridge. The historic former home of Victorian wine merchants Findlater, Mackie and Todd will be renovated to create four new retail and restaurant units - ranging from kiosk size to over 4,000 square feet. Our plan is to create exciting new spaces for businesses in the heart of London Bridge: a two-minute walk from London Bridge Station and set opposite Borough Market.

### Restoring Findlater's to its former glory

A familiar sight to commuters crossing London Bridge to the South, Findlater's Corner has been unoccupied since 2018. Our redevelopment will restore the iconic Baroque Revival frontage to its unique and historic setting, including a full refurbishment of the interior of the arches.

A former inhabitant of the site was wine merchant Findlater's Mackie & Todd, who held a

Royal Warrant. Findlater's traded from 1865 to 1967, with the area nicknamed Findlater's Corner by Londoners who passed by the company's

**FINDLATER'S CORNER IS AN ICONIC PART OF THE FABRIC OF LONDON BRIDGE AND THE CAPITAL'S HISTORY, WHICH IS WHY WE'RE PROUD TO BE RESTORING IT AND BRINGING IT BACK INTO USE. THIS IS PART OF OUR WIDER £200M PROJECT 1000 PLAN TO BRING A THOUSAND DERELICT AND EMPTY ARCHES BACK INTO USE BY 2030, CREATING SPACE FOR HUNDREDS OF EXTRA BUSINESSES AND MANY THOUSANDS OF JOBS**

– Adam Dakin, Chairman of The Arch Company

prominent position. The eagle-eyed will spot the faded sign of Findlater's Corner on the brickwork today.

The frontage features a striking clock, with a ceramic stag's head, referencing Findlater's Scottish roots and whisky business. It is one of the most visible in the city, and we hope to soon restore it so Londoners can use it to keep time. In 1897, the original Victorian wine shop architecture was replaced with a Beaux Arts style glazed ceramic material (in a similar style to that used at the Savoy Hotel). Today, this frontage remains one of the finest examples of its kind in the capital.

### Working in partnership

We are partnering with multidisciplinary design and engineering company Frankham Consultancy Group and Benedict O'Looney Architects for this project. Heritage groups are also involved in the restoration including the Railway Heritage Trust, the Heritage of London Trust, and the Cleaner, Greener, Safer fund run by Southwark Council.



**WE ARE SO PLEASED TO BE SUPPORTING THIS PROJECT AND BRINGING THIS SITE BACK TO LIFE. THE SITE IS VERY PROMINENT AND HEAVILY POPULATED, VISITED BY LOCAL WORKERS, RESIDENTS AND MANY TOURISTS. ITS RESTORATION WILL BRING BACK AN ATTRACTIVE, STRIKING LONDON LANDMARK AND GRAND GATEWAY TO LONDON BRIDGE**

– Nicola Stacey, Director of Heritage of London Trust

Findlater's Corner will be complete in autumn 2022. For rental enquiries please contact our agents: [nd@unionstreetpartners.co.uk](mailto:nd@unionstreetpartners.co.uk) [pf@unionstreetpartners.co.uk](mailto:pf@unionstreetpartners.co.uk) [jon.watson@cwm.co.uk](mailto:jon.watson@cwm.co.uk)

# OUR ARCHES: A SNAPSHOT

Birmingham photographer wins #loveyourlocalarches photography competition

This year we hosted our first #loveyourlocalarches photography competition, created to celebrate our network of railway arches nationwide. Birmingham-based amateur photographer Jay Mason-Burns was awarded the £1,000 prize money for his striking shot of Floodgate Street in his native city. You might recognise his image as our front cover!

### Spotlighting our spaces

The Arch Company's #loveyourlocalarches photography competition was an open call for amateur photographers from across the country to capture their local railway arches. The competition gave a platform to talented local photographers and encouraged them to showcase the iconic architecture of the railway arch network, and the different ways in which these unique spaces are being used by businesses.

### The winning shot

Winner Jay opted to showcase arches in Floodgate Street, Birmingham. Set in the heart of the Digbeth community, his shot of the arches at night stood out among the impressive array of entries we received. Jay said: "As a lifelong Brummie I love my city

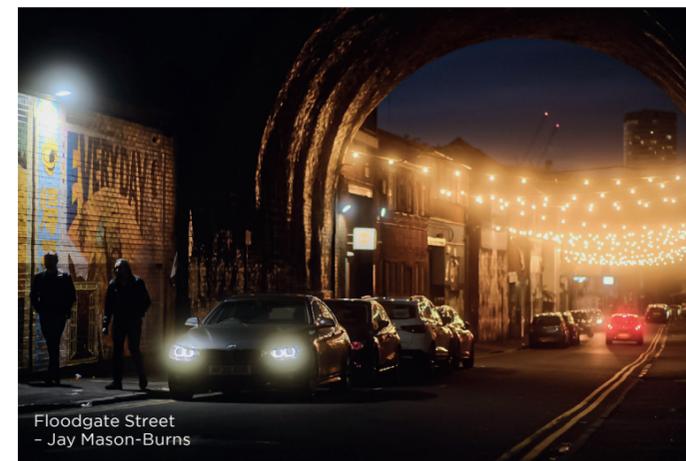
and feel proud to share it as part of The Arch Company's #loveyourlocalarches competition. My shot of Floodgate Street's arches pays homage to the industrial heritage of Birmingham. I've been coming to Digbeth since I was a child and I'm interested in how it has evolved over the last 40 years."

### Tough selection process

The winner was selected by a panel of judges from the property and creative industries, including:

- Adam Dakin, Chairman of The Arch Company
- Valerie Henry, Director of Marketing at Telereal Trillium
- Tom Lewith, Founding Director at TDO
- Jack Dent, Managing & Creative Director at Bryter Digital
- Charlotte Cywinski, Portfolio Asset Manager at The Arch Company
- Phil Hulme, Head of Development at Global Street Art

Adam Dakin, Chairman of The Arch Company said: "We felt the winning image encapsulated the energy of Birmingham, with an industrial past remaining at the core of the city today. Our portfolio offers unique spaces in great places and the breadth of images in this competition reinforced the diversity of the



Floodgate Street - Jay Mason-Burns



**AS AN AMATEUR PHOTOGRAPHER, IT IS BRILLIANT TO KNOW THAT MY WORK HIGHLIGHTING MY LOCAL AREA WILL BE SHARED IN A PUBLIC FORUM. I LOVE HOW THE THRIVING INDUSTRIAL PRESENCE REMAINS HERE IN DIGBETH, BUT IT NOW ALSO INCLUDES A CULTURAL MIX OF ARTS AND START-UP BUSINESSES TOO. I CHOSE TO USE A NIGHT-TIME SHOT BECAUSE TO ME, IT'S WHEN IT FEELS MOST ALIVE, AND CAPTURES THAT BALANCE BETWEEN OLD AND NEW**

– Jay Mason-Burns

railway arch network. The panel agreed that Jay's image reflected this in the strongest way."

### Further photography prizes

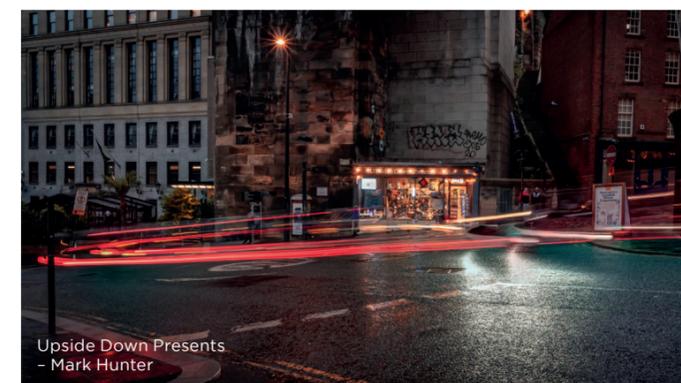
In addition to first place, three further prizes were awarded for category winners:

Unique Spaces Winner: Edward Shipp won the award for his interior shot of London Beer Factory, Bermondsey, and runner-up: Edward Shipp also won the crowd vote with his shot of Plonk in London Fields, Hackney.

Capturing Movement Winner:

Dieter Heitzer won the award for an action shot of judo at Commando Temple, Deptford and runner-up: Mark Hunter won the vote with his picture of light trails outside Upside Down Presents in Newcastle-upon-Tyne.

Industrial Heritage Winner: Edward Shipp won a second award for his shot of Scoresby Street, Bermondsey, and runner-up: again Edward Shipp won the crowd vote with his shot of Druid Street in Southwark. ●



Upside Down Presents - Mark Hunter



Plonk - Edward Shipp



Bryter Digital

# QUIRKY SPACES IN UNUSUAL PLACES

Our estate includes a wide range of buildings and land, as well as the railway arches. Here we explore the unusual spaces that we're proud to manage

**E**ntertainment arenas, former station buildings, shopping centres and former grazing land don't seem to have much in common, but they are just some of the quirky and unusual spaces and places that make up our property portfolio, providing homes for a wide range of tenant businesses and organisations.

While railway arches across England and Wales are usually associated with The Arch Company and make up the majority of our spaces, a whole host of other interesting buildings, business estates and other properties play an important role in our ability to offer flexible and unique spaces that attract a wide

variety of tenants, running everything from pubs to farms, and art galleries to global entertainment venues.

## Risen from the ashes

Packed full of character and quirky charm, the former station ticket hall at Denmark Hill in London rose from the ashes of a devastating fire and was converted into a popular and highly rated pub.

Originally opened in December 1865 to serve the Southeast rail network and nestled between Peckham Rye and Elephant and Castle stations, the ticket hall at Denmark Hill was gutted by fire in 1980. The building's central pavilion and roof were destroyed,

and it was threatened with demolition, but saved by community groups including The Camberwell Society and Southwark Environmental Trust. The latter was headed up by Jeremy Bennett who chaired Groundwork London – the federation of trusts that work with communities across the UK to improve their communities. Together with British Rail, they restored the building, maintaining many of its original Victorian features, and reopened it as a pub, aptly named The Phoenix to commemorate the fire.

The project to restore the building was supported by Poet Laureate John Betjeman, best known for his nostalgic poetry about England, and who

was a passionate supporter of Victorian architecture, helping to save St Pancras railway station from demolition. In 1986 the Grade II listed building was given a Civic Trust Award, recognising its outstanding architecture and the positive contribution the pub makes to the community it serves.

Groundwork London now operates the building, with The Arch Company as its commercial landlord. Martin Petry, Programmes Manager at the charity, said: "The Phoenix is a really unique building that quite literally rose from the ashes of the former ticket office at Denmark Hill station. Its period features make it a really grand social venue and it's become a popular local

history landmark. While it is run independently from Groundwork London, we're very proud of our link to it and the work that our former chair, Jeremy Bennett, did to save such an important part of Denmark Hill's history."

## Farming in the city

London's oldest city farm was built on a disused timber yard where two railway lines crossed at Kentish Town in 1972. Local community organisation Inter-Action rented a disused house, cottage, stables and land to create the first ever city farm, laying a foundation that has seen eleven more spring up over the past fifty years.

The farm is surrounded by



Kentish Town City Farm

crowded estates and borders two of the most disadvantaged council wards in England, but with the help of local businesses who donated materials and a team of hardy volunteers, the derelict space was transformed into a riding school, farm and gardens for the local community to enjoy.

The four acre farm includes buildings and land owned by Camden Council and the remaining parcel of land next to the railway lines is part of our own property estate.

Rachel Schwarz, Director at Kentish Town City Farm, said: "The buildings on the original site dated back to the 1890s and the stables had been used to house Midland Railway's shunting horses. It was the perfect location, ready made to provide stabling for the farm animals. The City Farm grew from the hard work of the community and is a fantastic example of how unused land can be put to good use for

the benefit of local people. City farms provide unique opportunities for people in some of the poorest inner-city areas in the UK to take part in activities."

## Medieval Kentish quirks

A medieval house in the ancient cathedral city of Canterbury in Kent provides a uniquely historic base for a thoroughly modern business run by customer, **Bryter Digital**. The web design and digital development company has transformed the ancient 15th century building on St Dunstan's Street into a studio, gallery space and shop.

The quirky space located alongside the railway tracks leading into Canterbury West station was originally a timber-framed house and is on Historic England's National Heritage List, as well as being Grade II listed. The downstairs space provides the perfect setting for **Platform**, a gallery and lifestyle shop, which sells products and artwork created by local artists and independent makers. Upstairs is a studio for Bryter Digital's team of web designers, who have created digital solutions for top brands including railway model company Hornby and Tarmac Blue Circle.

The team was commended for their work on the building by local historical association The Canterbury Society in its annual Design Awards. The judges praised Bryter Digital's sensitive renovation of the property, which retains its ancient features and creates "an attractive shop which enhances the street scene, while adding to the retail offer of the area."

Business owner Jack Dent said: "We're really pleased to be recognised by The Canterbury Society, who do a lot of work to preserve and improve the city's architecture. The building was empty for five years before we took it on, and I'd had my eye on it for a while. I'm not a fan of conventional offices so it was great to be able to take on a historic shop and turn it into such a versatile space. It's got lots of quirks and we've stayed



Phoenix Pub - Marathons

true to its heritage, keeping the original character, and returning the façade to its former glory. I love the property's exposed timber frames, small doorways,

creaky floors, and strange little staircases. It's a good talking point for customers and location-wise, it works well for us."



**WE'RE REALLY PLEASED TO BE RECOGNISED BY THE CANTERBURY SOCIETY, WHO DO A LOT OF WORK TO PRESERVE AND IMPROVE THE CITY'S ARCHITECTURE. THE BUILDING WAS EMPTY FOR FIVE YEARS BEFORE WE TOOK IT ON, AND I'D HAD MY EYE ON IT FOR A WHILE. IT WAS GREAT TO BE ABLE TO TAKE ON A HISTORIC SHOP AND TURN IT INTO SUCH A VERSATILE SPACE. I LOVE THE PROPERTY'S EXPOSED TIMBER FRAMES, SMALL DOORWAYS, CREAKY FLOORS, AND STRANGE LITTLE STAIRCASES. IT'S A GOOD TALKING POINT FOR CUSTOMERS AND LOCATION-WISE, IT WORKS WELL – Jack Dent, Bryter Digital**

## Transforming Manchester

One of Europe's largest indoor events centres sits above Manchester Victoria Railway Station. The AO Arena has played host to global superstars including Robbie Williams, Queen and Mariah Carey since it opened its doors in 1995.

Originally built as part of the city's bids for the Olympics and the Commonwealth Games, the concert venue welcomes more than one million people and hosts more than one hundred and thirty shows every year. Owned by global venue management and services company ASM Global, it has played a huge role in transforming Manchester's visitor economy. AO Arena General Manager James Allen said: "The arena's impact on Manchester shouldn't be underestimated, as the global acts we've attracted have driven visitor numbers from far and wide. Those visitors are regularly using local businesses, visiting restaurants, shops and other local leisure destinations. The arena's central location in the heart of the city and above the old Victorian railway station has been vital to our success, setting us apart from other arenas in the UK."

**Does your business occupy an unusual space? Contact us at [arch-life@thearchco.com](mailto:arch-life@thearchco.com) and we'll feature your story in a future issue of Arch Life. ●**

# SMALL BUSINESS SATURDAY CELEBRATED IN STYLE IN BRIXTON

Brixton Station Passageway is transformed by new community artwork and festive makers market

**O**n Small Business Saturday – 4th December 2021 – The Arch Company worked in partnership with community arts organisation, The Brixton Project, to host an event celebrating Brixton’s artists and independent businesses. Brixton Station Passageway was completely transformed with a striking piece of community artwork and a pop-up makers market adding to the festivities.

Brixton boasts a distinct railway arch heritage – from having Marks & Spencer’s very first penny bazaar in 1903, to the broad array of businesses that Brixtonians enjoy today. Renowned local street artist Luke Warburton and his artistic collective drew inspiration from the

area to create a striking artwork for the walkway underneath Brixton overground station. This previously unloved area was completely re-imagined by Luke and his team into a vibrant artwork inspired by South London. Luke previously worked with The Arch Company to create a permanent piece of street art in neighbouring Herne Hill.

Arches in Brixton Station Passageway housed a small business makers market to mark the occasion. Popping up for one day only, the festive market hosted young entrepreneurs from Brixton and the wider borough. This was curated by Make Shift Create and their community of creatives aged 16–25, and proved popular with those wanting to shop small and buy their loved ones locally made gifts.

Adding a Brixton-style buzz to the day, local steelband the London All Stars provided entertainment, alongside a walking, talking Christmas tree provided by local makers Bureau of Silly Ideas. The event was supported by Brixton Business Improvement District (who also offered complimentary gift bags) and local stakeholders too. ●

For more information on our available spaces in Brixton please contact Lettings: [jonathanh@grantmillswood.com](mailto:jonathanh@grantmillswood.com) or [nicholasj@grantmillswood.com](mailto:nicholasj@grantmillswood.com)



London All Stars

**“I WAS DELIGHTED TO SEE NEW MURALS AND A BRILLIANT POP UP CHRISTMAS MARKET FOR SMALL BUSINESS SATURDAY SHOWING HOW THIS SPACE CAN BE TRANSFORMED AND PUT TO POSITIVE USE. THERE IS MUCH MORE TO DO TO SECURE LONG-LASTING CHANGE AT BRIXTON STATION, BUT THIS PROJECT REALLY SHOWS WHAT CAN BE DONE – Helen Hayes, MP for Dulwich and West Norwood**



Helen Hayes, MP and Cllr Irfan Mohammed



## BRINGING JOY TO LIFE

Meet the Campaign Against Living Miserably (CALM), a charity that is taking a stand against suicide by tackling stigma, provoking conversation, and bringing people together

**F**rom a small building on the Southbank of London just a short walk from Waterloo, a national charity is leading the fight against the stigmatisation of mental health issues.

Founded in December 1997, the Campaign Against Living Miserably (CALM) aims to celebrate the joys of living as it works to prevent suicide. The charity started its life as a pilot scheme run by the Department of Health in Manchester and was rolled out across several UK cities before its government funding ended in 2004. Inspirational founder and driving force behind the initiative Jane Powell then decided to relaunch CALM as an independent national charity in March 2006.

The charity works with people of all ages to offer counselling, information and advice to those struggling with mental health issues or questioning their place in the world. It focuses on the joy of living – showing people at their best so that it can also be there to

support them when they are at their worst.

Since it signed a lease on a property on Wootton Street back in early 2020, the organisation has rapidly ramped up its support services to meet the demands placed on it by the surge in mental health issues caused by the Covid-19 pandemic. CALM Chief Executive Simon Gunning said: “The last eighteen months have been like no other. In that time, our helpline and webchat services have experienced record demand with messages exchanged around topics such as isolation, anxiety, relationship concerns, health worries, and financial stress, to name but a few. To put that into context, the CALM helpline had more than a million minutes of potentially life-saving conversations in 2021.”



CALM fundraising

Every week in the UK one hundred and twenty five lives are lost to suicide and seventy five per cent of those lost are men. CALM seeks to change that by normalising conversations about mental health and running education and public awareness campaigns. It collaborates with the music, entertainment, fashion and sports industries to spread its messages to a wider audience and has a host of famous ambassadors, including England rugby international Joe Marler, comedian Russell Kane and Strictly Come Dancing judge Shirley Ballas.

Simon Gunning said: “Our ambassadors use their platform to help us reach more people, across different parts of society. Whether you’re a sports fan, music lover or someone who follows fashion, no stone is left unturned. Working in this way lowers the barrier to what has traditionally been regarded as a taboo subject. Talking about suicide has been stigmatised, but it’s an issue that affects everyone and we all have a role to play in making positive changes so that we can have a more open conversation as a society.”

**“WE’RE WORKING TO BRING A POSITIVE MESSAGE OF HOPE AND SUPPORT INTO A BROAD RANGE OF COMMUNITIES BY WORKING WITH BRANDS, PARTNERS AND AMBASSADORS TO TARGET GROUPS AT PARTICULARLY HIGH RISK. WE FACILITATE CONVERSATION AND CONNECTION – BE THAT IN THE WORKPLACE, IN OUR SCHOOLS AND INSTITUTIONS, IN THE PUB OR AT HOME – Simon Gunning, CALM Chief Executive**

“We’re working to bring a positive message of hope and support into a broad range of communities by working with brands, partners and ambassadors to target groups at particularly high risk, and we facilitate conversation and connection – be that in the workplace, in our schools and institutions, in the pub or at home.”

**Talk to CALM:** If things are getting on top of you, call 0800 58 58 58 or contact CALM through their webchat. Their trained support workers are available from five pm to midnight every day to provide practical support and advice, whatever you are going through. ●

# TOP TIPS



Ambassadors for CALM (Campaign Against Living Miserably) share their top five tips on how to look after yourself and do all you can to be mentally healthy



**3 Marvin Sordell - Adopt a routine**  
Marvin is a former professional footballer who made Premier League appearances for Watford and Fulham. His advice is "not to overthink what's happening at work. Focus on taking each day one step at a time, controlling the things you can control, like getting into a good daily routine and fitting in exercise where possible."



**1 Ben Dave - Keep on running**  
Ben ran a 495-mile lap of Yorkshire to raise money for CALM in 2018 and was awarded the accolade of Yorkshire Man of the Year for completing the challenge. His advice? "Keep your mind and body as healthy as possible. Keep moving and eat as well as you can. I organise a run crew, and we're encouraging everyone to keep running and share their selfies online to keep connected."



**4 Cecilia Knapp - Be kind to yourself**  
Cecilia is a writer and poet who is the UK's Young People's Laureate. Her first novel, Little Boxes, will be published in March 2022. She said: "There's nothing wrong with resting a little. It's OK to just read a book or watch that series everyone has been talking about. Be kind to yourself. Do things that relax you and make you happy."



**2 Jonny Sharples - Stay connected**  
Jonny is an online influencer and Football Content Award winner who runs the Yourfest podcast. How has he coped with being back under work from home guidance? "It's hard to strike the balance between staying motivated and focused on work while at home, but also making sure I take enough breaks. It's important to try to keep in touch with your colleagues as best you can, through calls, emails, texts, or WhatsApp. And not just about work-related things. Try to keep up the casual conversations you would have when working in your office."



**5 If you're struggling... talk to CALM**  
This is a difficult time with a whole lot of unique pressures. From financial worries to health anxieties, if things are getting on top of you, call CALM on 0800 58 58 58 or get in touch via the CALM webchat. CALM's trained support workers are available from five pm to midnight every day to provide practical support and advice, whatever you're going through.

## GETTING TO NET ZERO

→ As governments and businesses across the globe work towards carbon neutrality and reducing greenhouse gas emissions following the recent COP26 conference hosted in the UK, a new report from the Federation of Small Businesses (FSB) highlights the need for small businesses to be empowered to help the UK reach its net zero target.

Small and medium enterprises (SMEs) are responsible for fifty per cent of all carbon emissions from business, hence they are key to the solution in tackling climate change. The FSB highlights that many small business owners face competing priorities and until now acting on sustainability has been a 'nice to do' but to reduce our impact on the environment it has now become a 'need to do'.

Whilst net zero is on the radar for many SMEs, the FSB says

there is confusion around what it means and how to get there. To help, the FSB has produced an online 'small business sustainability hub' that is packed with practical advice and tips to help small businesses reduce their carbon footprint and make a difference for tomorrow.

The report also calls for more support from the UK Government, including making £5,000 vouchers available for businesses to spend on qualifying environmental products and services under a Help to Green initiative. This would be in a similar vein to vouchers issued via the Help to Grow: Digital scheme.

The Arch Company has published a best practice guide for tenants: [www.thearchco.com/sustainability-guide](http://www.thearchco.com/sustainability-guide).

[www.fsb.org.uk/campaign/small-business-sustainability-hub](http://www.fsb.org.uk/campaign/small-business-sustainability-hub)



**I THINK YOU HAVE TO ENJOY YOUR JOB AND I FIND WORKING WITH PROPERTY – ESPECIALLY THE ARCHITECTURE AND REGENERATION ASPECTS – ALONG WITH CUSTOMERS AND COLLEAGUES ABSOLUTELY FASCINATING**

### FIVE MINUTES WITH...

A warm welcome to John Robson, who recently joined The Arch Company as Asset Management Director.

#### Where are you from?

Derby, in the East Midlands. A great place to live if you're into advanced transport manufacturing. I'm not.

#### What's the most interesting or unusual job you've ever had?

I used to sell shirts and ties in Selfridges when I first moved to London as a student. It was great fun, especially around Christmas time and I got to serve some famous people – James Dean Bradfield of the Manic Street Preachers was a particular highlight!

#### What's your favourite thing to do outside of work?

Cycling fills up a lot of my time either with my family or friends. I like to be outdoors and, yes, I do have the full lycra gear...

#### What gets you out of bed in the morning?

I think you have to enjoy your job and I find working with property – especially the

architecture and regeneration aspects – along with customers and colleagues absolutely fascinating. I also like to be busy.

#### If you could learn to do anything, what would it be?

Speak another language. I've always wanted to but have never had the commitment or time.

#### What's your favourite place?

Sarlat-la-Canéda in the south west of France is lovely. It dates from medieval times and is really pretty. It's a little touristy now but I have a lot of good holiday memories of it.

#### If you could invite anyone, living or dead, to dinner who would it be and why?

Kurt Cobain. I'm a big Nirvana fan.

#### What's your favourite film?

Ghostbusters. Great family watching and I just find Bill Murray hilarious!

#### What's your favourite book?

The Hobbit by J.R.R. Tolkien. An oldie but a goodie.

#### If you could choose a superpower, what would it be?

Being able to read other people's minds. It would be quite enlightening!

# PROPERTY TO LET

The Arch Company provides more inspiring commercial space for small and medium-sized businesses than any other landlord in Britain. We have more than five thousand properties of which more than half are converted railway arches. We work hard to create unique and vibrant spaces that inspire the creativity of business owners.

The Arch Company is driven by a commitment to support great

ideas for our spaces and communities, wherever they come from. Our portfolio is full of variety, from bakeries and restaurants to microbreweries and climbing walls.

What we do doesn't stop with our tenants. The Arch Company wants the communities surrounding our estate to thrive too, by creating spaces to meet, eat, entertain or simply enjoy on a journey home.



## BRIXTON ARCHES, BRIXTON, SW9

- **Property Reference:** BRX03300
- **Size:** Various
- **Rent:** Price on application
- **Type:** Retail
- **Local Authority:** London Borough of Southwark
- **Contact:** [jonathanh@grantmillswood.com](mailto:jonathanh@grantmillswood.com)  
[nd@unionstreetpartners.co.uk](mailto:nd@unionstreetpartners.co.uk)

## ALMA ROAD, WINDSOR, SL4 1TF

- **Property Reference:** WNC05715
- **Size:** Various
- **Rent:** Price on application
- **Type:** Warehousing, light industrial, storage
- **Local Authority:** Royal Borough of Windsor and Maidenhead
- **Contact:** [john.jackson@deriazcampsie.com](mailto:john.jackson@deriazcampsie.com)  
[nick.vaile@thearchco.com](mailto:nick.vaile@thearchco.com)



## BARNARDO STREET, SHADWELL, E1 0LL

- **Property Reference:** ZSD02009
- **Size:** 1,371-1,950 square foot
- **Rent:** Price on application
- **Type:** Industrial
- **Local Authority:** Tower Hamlets Council
- **Contact:** [fjohn@geraldev.com](mailto:fjohn@geraldev.com), [epearson@geraldev.com](mailto:epearson@geraldev.com)

## ARCH 8, 8A & 9 CHANCEL STREET, LONDON SE1

- **Property Reference:** ZSK05210
- **Size:** 7, 696 square foot
- **Rent:** Price on application
- **Type:** Office
- **Local Authority:** London Borough of Southwark
- **Contact:** [cbr@avisonyoung.com](mailto:cbr@avisonyoung.com), [jeremy.prosser@avisonyoung.com](mailto:jeremy.prosser@avisonyoung.com)

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