

work rest and bay

APRIL

26 April, 7.30pm - David Essex live in concert
Wales Millennium Centre
Relive the magic of David Essex live in concert at the Wales Millennium Centre.

MAY

5 May - Cardiff Harbour Authority
Bank Holiday Fun in Cardiff Bay
May Bank Holiday Monday offers the ideal opportunity to come down to Cardiff Bay and enjoy the spring! Come down to the Waterfront to see street entertainers on the Bay Edge, and live bands and music on the bandstand for all the family.

5 & 6 May '08: 12pm, 3pm, 6pm
Angelina Ballerina-Angelina's Star performance
Wales Millennium Centre
English National Ballet presents Angelina's Star Performance

17 May 10.30am
Syttende Mai - Norwegian National Day
Norwegian Church
Come along and celebrate Norwegian National Day! This year's colourful parade meeting outside the Millennium Centre in the Oval Basin at 10.30am culminates at the Norwegian Church with a flag-raising ceremony, music and refreshments including Norwegian waffles.

30 May - 13 June - Hansel and Gretel
Wales Millennium Centre
The Welsh National Opera's Olivier Award-winning Hansel and Gretel is a grown up exploration of this classic fairytale.

JUNE

21 & 22 June - Cardiff Outdoor Action Show
Roald Dahl Plass, Inner Harbour
Come along and see a variety of exhibitions, watch competitors or have a go for yourself on the Bay or in the Canoe Pool. Cardiff Bay will be zoned with activities on the land and water designed to suit enthusiasts from beginner to expert.

28 June 12 noon - Noddy Charity Walk
Cardiff Bay Barrage (start) - Wales Millennium Centre (finish)

Join Enid Blyton's much-loved children's characters Noddy and Big Ears in Cardiff Bay! We are expecting over 500 people to join the sponsored walk in aid of the Noddy Appeal for Children with Arthritis

BOOK NOW FOR...

03 July 2008 - 30 August 2008
Chitty Chitty Bang Bang
Wales Millennium Centre
Your fine four-fendered friend finally comes to WMC! Featuring a host of fantastic songs, including Me O! Bamboo, Truly Scrumptious and the title track, Chitty Chitty Bang Bang stars Aled Jones, and promises to be the fantasmagorical family musical hit of the season.



Cardiff Waterside
Ground Floor
Discovery House
Scott Harbour
Cardiff CF10 4HA

www.cardiffwaterside.co.uk



Never Miss the Bus Again

Tired of running for the bus only to see it driving off into the distance?

Now you can view a live link of when your next bus is due to arrive at the Scott Harbour bus stop on Pierhead Street. It also lists the buses which are due to arrive at the bus stop within the next hour so you never need to miss a bus again.

http://cardiff.acislive.com/pip/stop_simulator.asp?naptan=5710AWA11653.

Even if you aren't near a computer you can get live timetable information for any bus stop in Wales. Go to the travel.txt section of www.traveline-cymru.org.uk and type in any postcode. This then gives you a code which you can save in your phone and anytime you text it you will get a reply with the live timetable information.

Call into the Management Office in Discovery House to pick up your free public transport information pack.



COME & TRY OUR GREAT COFFEE, ABSOLUTELY FREE

Herb & Ellie's, which has just opened in Mermaid Quay, is the latest venture from the team behind the award winning Nant Ddu Lodge Hotel.

Opposite Gourmet Burger, **Herb & Ellie's** offers a great selection of coffees, sandwiches, paninis and deli salads, together with filled jackets, soups, pies and casseroles.

Freshly baked pastries and fabulous cakes are available all day long, as is a great local foods delicatessen where everything can be bought to eat in or take home, or even supplied to your office meetings.

The big difference with **Herb & Ellie's** is that the whole menu is made using the best Welsh and free range produce available. From great Welsh cheeses to locally smoked salmon, free range chicken to fresh Pembrokeshire crab and adding freshly baked artisan breads, you can't fail to have a winning combination.

To celebrate their opening go over and have lunch with them any weekday and enjoy one of their speciality coffees or gourmet teas absolutely free.* Just take this voucher along with you.

* Minimum spend of £5.00 per person applies and one voucher per regular free hot drink needed.

Your Views are Welcome

Cardiff Waterside tenants are welcome to submit their news, photographs and ideas for inclusion in future editions of this newsletter. There are a number of ways to do this: either email info@cardiffwaterside.co.uk, call into the Cardiff Waterside offices in Discovery House or call 02920 453691. We look forward to hearing from you.

VIEWS OF THE Waterside

SPRING ISSUE 4

SPIRIT OF WALES FLOURISHES AT CARDIFF WATERSIDE



WELCOME TO THE WATERSIDE

Welcome to the Spring Edition of Views of the Waterside, written and produced to inform and advise about what is going on here at Cardiff Waterside.

THIS EDITION INCLUDES:

- The artwork which has brightened up the whole Cardiff Waterside estate
- Multi-storey car park reduces tariffs and gains safety award
- News from the Sport Relief Mile
- Progress on 3 Assembly Sq and how you can keep track of it on the webcam
- Two new tenants set to come to Caspian Point
- Events in and around Cardiff Bay

As many of you may have noticed a large number of art works have been erected on the hoardings throughout the Cardiff Waterside estate. These works, which have been created by children all over Wales, are the winning entries in the Art, Craft and Technology competitions at Urdd Gobaith Cymru's National Eisteddfod in Carmarthenshire last year. Pupils from schools in the south Wales area who provided some of the artwork came to view the exhibition and see their artwork up at the 3 Assembly Square site along the Roath basin.

Efa Gruffudd Jones, Urdd Gobaith Cymru'r Chief Executive, who worked in conjunction with Cardiff Waterside on this exhibition, commented:

"We are delighted to be able to display the talents and creativity of our Urdd members on the hoardings at Cardiff Bay. These are works from schools across all parts of Wales and we look forward to proudly showing our members their work in such a visible manner."

The task was to create artwork based on this poem:

'If I could see Wales through the black eyes of the crow

And hear yesterday's story in the voice of the breeze

*If I could go to the moon to ask the old man
For a glimpse of tomorrow's adventure on the
soft surface of the sea*

*I should craft its story to keep it alive
To every hero I would give a form and every
song a colour*

*I should paint every champion, every writer,
every saint*

*And stitch and embroider poetry and mould
from clay every tune ever sung to the harp
All this in order to remember what our nation is
And to understand who am I.'*

If you walk around the site you will notice there are all types of art from computer manipulated imagery to felting and jewellery design which has been done by children of all ages. You

will see themes such as the traditional dragons, castles and daffodils alongside the more modern architecture of the Bay and the enduring Welsh passion for Rugby.

The exhibition will stay in place until each section of the development is complete so will brighten up the site for a while to come. The artwork has kindly been sponsored by Morley Fund Management, MEA, Scott Brownrigg, HBG, Arup, Sir Robert McAlpine and Davis Langdon LLP.



**Cardiff Waterside
Glannau Caerdydd**

New Tariffs for one of the 'Safest Car Parks in Cardiff'

The multi-storey car-park, dubbed as the "coolest car-park in Cardiff", has been recognised as one of the safest in the city at the same time as tariffs at evenings and weekends being reduced. As a response to public feedback the car-park now costs £2 for the first hour and then £4 thereafter anytime after 6pm weekdays and all day at weekends.

At the official opening of the new £11 million car-park at Cardiff Waterside, Barbara Wilding Chief Constable of South Wales Police presented a Park Mark Safer Parking Award to operators APCOA while praising the hard work that had gone into making it secure:

"I am delighted to report that in the first 3 months of business there have been no incidents of crime within the car-park. This is a testament to the hard work that has gone into ensuring this building is as safe as possible and is setting the standard high for the rest of Cardiff. It is vitally important, if people feel safer it enhances the Capital's reputation and attracts inward investment into the city."

The Park Mark is the accreditation of the safer parking scheme developed by the Association of Chief Police Officers for England, Wales & Northern Ireland, the Association of

Chief Police Officers for Scotland and the Association of Chief Police Officers Crime Prevention Initiatives. Setting high standards for car-park security, including CCTV coverage

and an on-site management office, the Park Mark reassures everyone using the Cardiff Waterside car-park that they can leave their car in safety.

Chief Constable Barbara Wilding presents the Park Mark Award to the Cardiff Waterside Car Park accompanied by Christopher Pullen, Managing Director of APCOA (UK), and Councillor Mark Stevens



Building Watch – Progress on New Building '3 Assembly Square'



It is hard to miss the work that has begun on the construction of what is expected to be Wales' largest eco-friendly speculatively built office complex to date, '3 Assembly Square'. Coming out of the ground on the waterfront of the Roath Basin and set for completion in

spring 2009, the 66,250 square foot waterfront building is on course to achieve a BREEAM 'excellent' rating. This industry standard is awarded to buildings which can claim a super-low carbon footprint throughout their journey from drawing board to final brick.

Following the commencement of work by contractors HBG, a live webcam has been installed on the roof of Discovery House, Scott Harbour with a birds-eye view over the construction site. The web cam can be viewed on the Cardiff Waterside web page so progress can be followed from the comfort of your office.

Designed by architects Scott Brownrigg and sustainability consultants Arup with environmental concerns to the fore, 3 Assembly Square is set to achieve maximum energy efficiency levels and minimum carbon emissions. The building on Britannia Quay will utilise state-of-the-art technologies and systems, including a biomass boiler, chilled beams and gray rainwater harvesting.

The building will be a distinctive addition to the Cardiff Bay waterfront, with timber louvres and feature glazing creating a tapestry-like effect across the exterior of the building, highlighted by a free-standing brise-soleil screen. Inside there will be a full height atrium with staircase and lifts designed as a single sculptural form offering panoramic views across Cardiff Bay.

The webcam and more information on the 3 Assembly Square development can be found at www.cardiffwaterside.co.uk For further information on the BREEAM rating visit www.breem.org

Sport Relief Mile comes to Cardiff Bay

Hundreds of people braved the breezy day here at Cardiff Bay on Sunday 16th March to rise to the Sport Relief challenge. The Sport Relief Mile was the culmination of a week of fund raising events across the country which raised more than £20 million which will go towards helping vulnerable people both here in the UK and some of the world's poorest countries.



The course here at the Bay, which was one of 23 across the country, didn't just attract local celebrities such as Welsh rugby stars JJ

Williams and Ieuan Evans but also some of our very own tenants. Simon Walters, who is a litigation assistant with New Law in their offices in Scott Harbour, opted to do 6 laps of the mile course and raised around £350 in total.

He added an extra incentive to those in his office; anyone generous enough to sponsor him £5 or more got to vote for a costume. So this was how he ended up braving the weather and the spectators dressed in the infamous 'Borat mankini'. He managed to preserve his modesty by fashioning a complete undersuit from flesh-coloured tights. When asked if he minded wearing such an outfit he replied 'I am an exhibitionist anyway so it didn't really bother me. It also seemed to help get the crowd supporting me.'

Simon, who completed his 6 miles in 44 minutes and 50 seconds, said that what really made the event was the community atmosphere. 'There were bands playing in Roald Dahl Plass and lots of people in fancy dress which all helped to make it a really family friendly day out.'

For more information on Sport Relief visit www.sportrelief.com

60 Seconds with...

Name:
Sarah Rowntree



Company:
Community Pharmacy Wales

Where:
Caspian Point 2

What do Community Pharmacy Wales do:
We represent and negotiate NHS contractual matters on behalf of community pharmacists in Wales.

What do you like to do in your leisure time:
keeping fit, socialising, cooking and going to the theatre.

How many cups of tea/coffee do you drink a day?
I limit myself to 2 teas and 1 coffee

Favourite film:
Breakfast at Tiffany's

Where were you born:
Dublin

Who would you most like to have dinner with:
Barrack Obama

Favourite local restaurant:
The Olive Tree, Penarth

Favourite place in Wales:
Waterfalls at Ystradfellte

Caspian Point 2 Now Fully Occupied After Two More Companies Relocate To Cardiff Waterside



Ben Bolton, Cooke and Arkwright, Beverly Jenkins, Knight Frank and Laura Clements of Cardiff Waterside welcome Deborah Stux, NCAS and Jeremy Davies, AWD to Two Caspian Point.

National Patient Safety Agency (NPSA) and AWD Plc have both acquired Grade A accommodation within Two Caspian Point meaning that the building is now 100% let.

NPSA are part of the NHS, and were established in 2001 to identify patient safety issues and find appropriate solutions.

NPSA have acquired 1,521 sq ft of Grade A accommodation on a 10 year lease term.

Tim van Zwanenberg, Associate Director of NPSA commented "We are delighted with the move to Caspian Point, as we now have a spacious modern office with excellent local facilities."

AWD Chase de Vere Wealth Management is a member of AWD Group Plc, and one of the largest independent financial advisors in the UK. AWD have taken a 10 year lease on 3,217 sq ft.

Jeremy Davies, Senior Manager of AWD commented "We are delighted to be moving to new offices in 2 Caspian Point in Cardiff Bay which helps our growth strategy and further cements AWD Chase de Vere's commitment to providing independent financial planning advice across Wales. The move will further enhance our presence in the Welsh business community and allow us to maintain our close links with our professional connections."

Both NPSA and AWD have relocated from Cathedral Road in Cardiff.