

# News Exchange

## JUST A PURRRFECT DAY



### Comic Relief Day @ Exchange Tower

Everyone at Exchange Tower got into the spirit this Comic Relief Day, raising over £1,000 for charity

#### In the money

BT's Simon Taylor & Ashima Hafesji with main building receptionists Simone Gyer & Charlie Levey.

Leather-clad Simon Taylor and cat-woman Ashima Hafesji, team leaders at BT major business Docklands service centre, clawed in £639. Colleagues snapped up Simon's homemade gingerbread men at £2 a pop, while drinkers in the local pub and other tenants made up the remaining £439. Simon is setting his sights on raising £1,000 next year (you have been warned).

Book-lovers also opened their wallets at the 'Bookworms Delight' stall in the Exchange



Tower atrium. After selling out all the stock they brought, the Book People, who were running the stand, donated £248.80 (ten per cent of the profits) to Comic Relief. They subsequently returned to the atrium with more books at the end of May and gave ten per cent of the profits on that day to the Great Ormond Street Hospital for Sick Children.

Meanwhile, to the strains of a jazz band, Caroline from the management office made

£65.20, selling wine donated by Fino's and customers were further entertained by Beano the clown.

The Cushman & Wakefield Healey & Baker building management raffle raised £140. Christine Clayton of Marconi won two tickets to see a theatre show of her choice.

**Next year, we hope to raise even more money. So please contact [val@exchange-tower.co.uk](mailto:val@exchange-tower.co.uk) with practical ideas for fund-raising.**

## Keen to be Green!

### Tree Huggers Unite!

By recycling 6,111 kilos of our waste from January to June this year, Exchange Tower tenants have saved the equivalent of 104 trees and earned the accolade of 'best newcomer' from recycling contractor Paper Round.

This has helped our partners in recycling reach a staggering total of 3.3 million kilos, which breaks down as follows:

**3,270 tonnes of paper, equivalent to 50,000 trees**

**3,000 sacks of plastic bottles, enough to make 24,000 t-shirts**

**18,000 glass bottles, saving enough energy to run a 100-watt bulb for 12 years**

**Roll on next year!**

## Tenants News

We are pleased to welcome our new tenants who have recently moved into the building. They have kindly provided a brief overview of their company's activities.



A chemical importer and distributor, British Traders has been a business partner of leading Japanese chemical manufacturer Nippon Gohsei for over 40 years.

Since early 2003, the two companies have been working more closely together to expand NG's market presence and to provide more local back-up for its customers in Europe. British Traders has ISO9001 accreditation and, with the aid of its experienced team of 13 supply chain experts, handles sales and marketing, technical sales, quality management, warehousing and distribution, finance and accounts, as well as offering languages including Japanese, German, French, Italian and Spanish. [www.britishtraders.co.uk](http://www.britishtraders.co.uk)



This firm of railway engineering consultants first established a London office in 2000 and, following considerable expansion, relocated its London-based team to Exchange Tower on 30 June.

It works with a wide range of rail organisations, including London Underground, Network Rail, the Strategic Rail Authority and Transport for London. It provides a range of engineering and technical support. [www.interfleet.co.uk](http://www.interfleet.co.uk)

## Up to the Minute

The redesign of this newsletter is just part of a total rebranding of Exchange Tower. Also look out for our new logo, marketing literature, site staff uniforms and entrance signage.

## Managed Services Given New Lift

Following an intensive tendering procedure by managing agents Cushman & Wakefield Healey & Baker, Exchange Tower has appointed new mechanical and electrical services contractors. Norland Managed Services replaced Honeywell in April. They will provide management support to the existing on-site team, who maintain the building systems including the air-conditioning units. By changing the head contractor, we shall iron out the problems, such as delays that Exchange Tower has experienced in the recent past, and it should also help to reduce the overall bill.

## Canary Wharf Jog

Congratulations to the Norlands and building management team who took part in this year's Canary Wharf jog. Also sponsored by Norlands, they raised £250 for the British Heart Foundation, running the distance of 5 miles in approximately 45 minutes. The helpdesk's Ify Mkaru said: 'I was impressed by the turn out and really enjoyed myself on the day'.

## Stress-Free & Shapely

If you're after that body beautiful, sign up for 45-minute exercise classes with Amanda D'Archambaud, held on Wednesday and Friday lunchtimes from 12.15 at Exchange Tower. Amanda is a certified professional fitness trainer and dancer and has designed the classes to strengthen the back, improve posture and alleviate the stresses and strains of working at a PC all day.

The cost of a six-session course is £36 and you can call Amanda on 07787 977222.

## We are in Good Health

Exchange Tower has become one of the first buildings in the country to be issued with health and safety compliance certification by top H&S consultants National Britannia.

A building review will be carried out annually to ensure on-going compliance.

## Flower Power

Riffifi, our on site flower stall, have introduced a special offer: £5 for a lovely bunch of flowers. Now everyone can afford to be more romantic. Riffifi also arrange gift presentations, vase designs, funeral tributes and wedding displays.

Ring Samantha or Kirsty on 020 7517 9555 for a free consultation.



## The Winning Team!

Congratulations to Ravi Takyar and Martin McAllister of First Security Guarding and A Bah and Salvador Vasquez of Office and General Cleaning, the winners of Exchange Tower's monthly contractor awards this year. They were responsible for providing that little bit of extra service with a smile. They each received a £50 Marks and Spencer voucher and signed certificate.



From left: Martin, A. Bah, Salvador and Ravi

## Champagne Charlie!

### The Guessing Game

Guess how many visitors came to Exchange Tower in 2002. E-mail your answers to Charlie, Simone or James at [mainreception@exchange-tower.co.uk](mailto:mainreception@exchange-tower.co.uk) by end of play on 31 August and the first person with the right answer out of the hat will receive a bottle of champagne.