

THE PERFECT

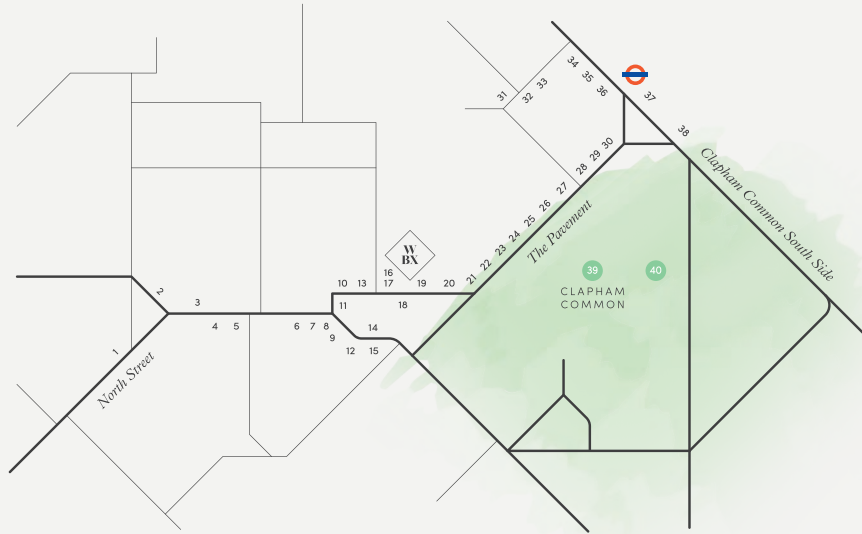
work
life
balance



WINGATE
BUSINESS
EXCHANGE



Clapham Old Town



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Clapham Old Town

Sometimes, the perfect work/life balance can seem like an impossible dream. You want to be central, in the thick of it, within easy reach of your clients. But you also want to take a breath and enjoy what this beautiful city has to offer.

Wingate Business Exchange can help you get the balance right. Located in the heart of well-connected Clapham Old Town, Wingate Business Exchange is close to everything. Some of London's finest eateries, coffee shops and bars are literally a stone's throw from the offices, giving you loads of options for entertaining clients, catching a movie or a play, or just hanging out with colleagues and friends.

There's no need to worry about day-to-day issues either. Offices at Wingate Business Exchange are fully furnished and serviced. We even help with the essentials, like taking care of business rates.

That means you can focus on the work you enjoy, not the admin you dread – bringing that elusive work/life balance one step closer.





Clapham Old Town is an amazing place to work, but it's so much more than that. You'll be itching to get done so you can get down to your favourite local, or enjoy a meal at one of the tempting restaurants just a short walk from the office. Just don't forget to book.

It all started in the 1980s when the regeneration of Clapham Old Town built up steam. From a commuter suburb, it became a place where people wanted to live, and where entrepreneurs and businesses wanted to relocate.



Now, 30 years on, Clapham Old Town offers the perfect balance. A couple of minutes' stroll from Clapham Common tube station (on the Northern Line), Clapham has got some of London's best restaurants, bars and cafés. If you want a world-class dining experience or a great night out, there are loads of options virtually next door to the office.

Clapham Old Town is also a great place to stay in shape. Shake off the desk cobwebs at Yoga Haven, our on-site yoga studio, or work up a sweat at a local gym. Or if you prefer getting out in the fresh air, the 220 acres of Clapham Common are just a couple of minutes' walk away – faster if you run.

If you're still not convinced, here's what Time Out says about Clapham in its online area guide:

"Clapham restaurants are perfect for everything from lazy brunches to large dinners for rowdy revellers. If that's not enough, there are plenty of things to do nearby, including club nights, concerts and a bit of theatre. Should all that be a bit too much, you can always lounge around on Clapham Common."

We couldn't agree more.



12 Birksen

Mega event in your life, or just picking up some flowers after work for that special someone. Lisbeth and Tim at Birksen elevate flowers to an art form.



19 Del'Aziz

Near neighbour Del'Aziz is a favourite here all day long: rich coffees, tasty breakfasts – and deliciously different business lunches with a North African and Middle Eastern twist.



Coffee & Cakes



38 The Black Lab

Know your coffee? Get the best craft brews at The Black Lab along with deli sandwiches.

4 Gail's

Bustling branch of the artisan bakery – 25 types of bread, amazing cakes and proper coffee. Office delivery service available.



28 Madeleine

Madeleine calls itself a boulangerie and patisserie – and delivers both in an iconic French style.



32 **Clapham Picturehouse**

Arthouse or mainstream flicks? Watch either at the 3-screen Clapham Picturehouse.



1 **Virgin Active**

Popular exercise classes delivered by expert trainers, and a buzzing gym. It's the Virgin Active Clapham Health Club.



16 **Yoga Haven**

Need some Zen in your life? Check out Yoga Haven, our local purpose-built hot yoga studio.



40 **Swift Fitness**

Why not try something different with 'wireless fitness' run by Swift Fitness on the Common. What is wireless fitness? Think silent disco meets boot camp!



39 **Clapham Common**

Three ponds, three cafés, pitches for 10 sports and a Victorian bandstand. Clapham Common is the perfect city retreat that helps you keep body and soul together.



Shopping



26 M. Moen & Sons

Carnivorous? You'll be in heaven at M. Moen & Sons traditional butchers shop at 24 The Pavement.

29 Sass & Belle

Find the perfect gift for a loved one, home inspiration or a touch of style for the office at Sass & Belle.



36 Little Waitrose

Handy branch of the supermarket chain, open till 11pm every night. Sandwich platters available by request for working lunches.



27 Oliver Bonas

Sate your desire for small objects of beauty at Oliver Bonas. Fabulous office accessories as well as fashion and homeware.



24 Clapham Books

While away a lunch hour or seek inspiration in proudly independent Clapham Books.





30 The Dairy

Contemporary, seasonal British food, beautifully prepared and presented. It must be The Dairy.



31 Gastro

This popular bistro has been part of the Clapham scene for some years, offering classic French cuisine and an impressive wine list.

14 Trinity

Simple, refined dishes, excellent service, cool Clapham vibe. Visit Trinity for an unforgettable gastronomic experience.



20 No 32

Buzzing gastropub serving a broad British menu of food and drinks. If you're in the area at weekends, the Sunday roasts are amazing.



37 Joe Public

California-style pizza at this chilled-out pizzeria by Clapham Common tube. Outside seating, imaginative toppings and lots going on from dawn till long after dusk.



Drinks

2 The Calf

A hidden gem. Hole up and enjoy some great British pub food.



9 Prince of Wales

Quality tipples and a massive collection of seafaring memorabilia. The Prince of Wales is perfect for an after-work drink.



11 Rose & Crown

A friendly real ale mecca that can soothe the most severe case of desk fever.



13 The Sun

Bask in the warmth of Clapham's cosiest pub. Great ales and the best Sunday roast south of the river.



The Offices

Part of your work/life balance is not sweating the small stuff. At Wingate Business Exchange, you get a work-ready space with none of the management and maintenance hassles.

The luxury offices range from 158 sq ft (ideal for 3 people) to 1,026 sq ft (ideal for up to 15 people), and each has its own heating and cooling controls. We provide stylish office furniture and daily cleaning, plus access to a range of communal services such as showers, changing rooms and kitchens.



Best of all, it's all wrapped up in a single monthly payment – including electricity, water and business rates – so there are no hidden costs. The only thing we don't include is internet and phone services, so you can pick a package that suits you.

Finally, terms are flexible, so when you outgrow your current space, it's easy to move to a bigger one. But in the meantime, you can always use our on-site secure self-storage to free up a bit of a room.

Getting to Wingate Business Exchange

Wingate Business Exchange is four minutes' walk from Clapham Common underground station (Northern Line) – from where it's just 11 minutes to Waterloo or 15 minutes to Leicester Square. So whether you need to travel to meetings or fancy a night in the West End, you're perfectly placed.





The Offices

Inside, the offices are bursting with energy and ideas. Outside, the streets are abuzz with the bustle of Clapham Old Town. In between, there's Wingate Square: a small oasis of calm where you can relax, recharge and reflect.

Wingate Business Exchange is situated on Wingate Square – a pedestrianised area that connects the Old Town on one side and Grafton Square on the other.

Surrounded by contemporary buildings, you instantly escape the noise of the neighbouring streets. Instead, there's the soothing sound of the water feature, and the gently sloping lawn offers a place to sit and think in the summer sun. Or grab a coffee from Del'Aziz and take advantage of sitting on the landscaped stone benches for a

moment to yourself, or a place to have a chat outside the office walls.

The square is intimate enough to feel like you can always find someone you know, but big enough that it's easy to grab a corner for a private call. And while the likes of Yoga Haven ensure there's a steady flow of visitors, it remains tucked away from the main thoroughfares – no car horns disrupting your thinking.

All this, and yet within 30 seconds of stepping out of the office door you can be back on the busy street, nipping into Sainsbury's or catching a bus home.

It's the perfect balance between city life and an effective working environment.





Cleaning three times a day

To stop any squabbles, we clean the communal areas – including toilets and tea-points – three times a day, and each office once.

Cycle parking and changing rooms

To make your commute easier and more enjoyable, there are secure cycle parking racks on site – and changing rooms with showers in the basement.



Communal spaces

While your offices are private, there are communal spaces – such as a stylish reception area – that all the tenants share as well as fully equipped tea-points on each floor, with a microwave and dishwasher.





Car clubs and visitors' parking

Your visitors might not know the area like you do, so there are parking spaces for them on site (which can be booked via the estate office) – while you can benefit from discounted car club membership and on-street parking permits.

Late nights and early mornings

You're a growing business, so sometimes that means a late night. 24-hour video surveillance is a reassuring presence – and a video entry phone means you can check it's the pizza delivery.



Networking

When you move into Wingate Business Exchange you can list your company's details on our website and we'll email our other tenants to let them know what you do.



Your monthly rent includes		At extra cost	Not included
Your rent	Visitor parking spaces	Car club usage	Telephone/internet services (if required)
Business rates	Tea-point facilities	Annual locker hire	
Service charge	Waiting area	Storage cupboard hire	
Electricity bills	Toilet facilities	Parking permits (on nearby streets)	
Water bills	Cycle racks		
Heating/cooling	Use of changing rooms, lockers and showers		
Office cleaning			
Office furniture			
Individual security alarms			
Individual video entry			
24-hour security			

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