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Network Rail

# Insight

SUMMER 2018

# Just the tonic

First distillery delivers  
for Manchester

## IN THE SPOTLIGHT

Curtain up  
on new  
LGBT+ theatre  
complex



## CHAIN REACTION

Bike charity  
for refugees  
moves up  
a gear



WIN!

AN iPAD  
MINI



# OUT & ABOUT

WITH  
INSIGHT  
EDITOR  
CHRISTINA  
SALZANO

Welcome to the Summer issue of *Insight*. This edition is packed with lots of fantastic venues that I'm sure will leave you shouting 'encore'.

Some of the many food and drinks businesses in our arches have been making hay during World Cup fever with promotions and big screen events but there are plenty of great venues that can't be beat for entertainment all year round.

A great example is Manchester, where we travelled to for the Tour this issue. From bowling alleys and a baseball bar to the chance to create your own gin – there really is something to keep everyone amused. We chat to Jay Cahill, a para-Jiu-Jitsu gold medallist, co-founder of Base Mcr and owner of a martial arts and fitness centre.

We also visited the newly opened Above The Stag Theatre and The Bike Project – a charity that repairs and refurbishes bikes for refugees and asylum seekers.

Follow us on Twitter and let us know what you are up to or if you'd like to feature in the next issue.

Until then, have a great summer...

## CONTACT US

If you have a story to tell or a question about the magazine

Drop us a line at [insight@abcomm.co.uk](mailto:insight@abcomm.co.uk)

Have your say using [@Insight\\_NR](#)

Call the editor 020 7922 5685

## HOW ARE WE DOING?

Please rate this magazine. Text 'Rate Insight' with a number from 1 to 5, where 1 is poor and 5 is excellent (e.g. Rate Insight 4) to 81888. Every response will be entered into a free prize draw to win a £25 Amazon voucher. Look out for the winner in the next issue.

Texts to this number are charged at your standard network rate. Your information will be treated confidentially and will not be shared with other organisations.



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Insight is printed on revive 50:50 Silk – a recycled paper containing 50 per cent recycled waste and 50 per cent virgin fibre and manufactured at a mill certified with ISO 14001 environmental management standard.



▶ A series of colourful hearts floating in space have been painted inside a Southwark railway arch in memory of those who died in the 2017 London Bridge terror attack.

Street artist Jimmy Cochran, aka Jimmy C, transformed the Network Rail arch in Stoney Street, painting eight hearts to represent the eight people who died in the attacks.

Jimmy said: "The terror attacks shocked everyone who loves our city. It's a great honour to be able to create a lasting image to the memory of those who lost their lives and to the resilience and spirit of London."

Since the mural was unveiled it has become popular with visitors to the area, who enjoy having their picture taken with the artwork.



Jimmy C said he was delighted that people were engaging with the mural, which he hoped conveyed the message, "that love is the force that will always come through".

It's not the first time Jimmy C has worked with Network Rail. Last year he created a mural of William Shakespeare in Clink Street, just around the corner from the Globe Theatre, to commemorate the 400-year anniversary of the playwright's death.

Eddie Burton, community engagement officer, said: "We've worked closely with Jimmy C in the past and knew he would create something beautiful for London on our arch."

"The murals brighten up our structures, brighten up our communities and engage with the community."



## NEWS IN BRIEF

Water fountains allowing rail passengers to refill their drinks bottles on the go have been an instant hit.

Free water fountains were installed at Liverpool Lime Street, Birmingham New Street, Manchester Piccadilly and London Euston stations for people to reuse water bottles.

In just one week, an impressive 5,000 bottles were re-filled at the fountains, helping to reduce plastic waste.

The initiative is in line with Network Rail's commitment to reduce our energy consumption by 18% and carbon emissions by 25% over the next five years.

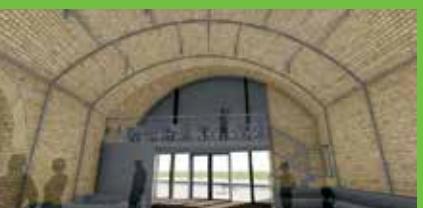
## REPEAT PERFORMANCE

▶ Southwark Playhouse is to return to the arches at London Bridge after a five-year hiatus.

The Playhouse, renowned for its inventive and creative productions, was based at London Bridge from 2006 until 2013, when it had to relocate due to the redevelopment of the station.

Next year it will open a new venue on the site of the former Southwark Playhouse at the corner of Tooley and Bermondsey streets.

The venue will occupy five arches and have two flexible performance spaces with 200 and 150 seats, and rehearsal rooms. It will be used to nurture and promote work by emerging playwrights.



Southwark Playhouse – London Bridge will be one of two new bases for the theatre company. The second will be a 700-seat theatre in Elephant and Castle.

Artistic Director Chris Smyrios said: "It means we can continue our good work but also significantly increase the opportunities we can offer to local Southwark residents and new artists."

# NEWS

## LET'S GET SOCIAL



Don't forget to follow us @Insight\_NR for all the latest from *Insight* magazine, small business tips and Network Rail community highlights

# Bowl with it



# Insight TOUR

MANCHESTER

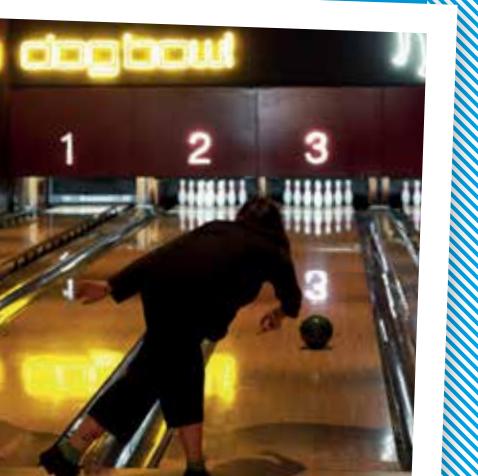
**COVERED: 1.3 MILES**

- Adopted in the 19th Century, the Manchester Bee symbolises the city's industrious nature and its people. The insect can be found on street furniture and on the mosaic floor of the town hall

- Manchester University professors developed the first computer to have a stored programme and memory in 1948. It was nicknamed Baby

# 1960

the year Coronation Street was first screened. The world's longest running TV soap opera is filmed in the city



# New BeGINnings



Founded by former university lecturer Dave Rigby, the tasty tipple turned out by Three Rivers is the only gin to be blended using oats.

And the business is Manchester's first ever distillery. Located near the banks of the River Irk, its name harks back to the city's historic waterways and started life in August 2015.

Dave, who runs the business with friends Mike Hughes, Louise Rivers-Hull, and Greg Hull, came across the premises by chance.

He said: "It's very difficult to find property in Manchester. I had one fall through and I lost a bit of heart."

When he got off a train in Manchester after visiting Greg in London, he noticed the arch. "I was so tired of messing around I thought, I want that arch."

A few months later, Manchester Three Rivers launched. The specially crafted gin, flavoured with cinnamon and Madagascan vanilla, is distilled on the ground floor in Dave's custom-made copper pot called 'Angel'. While the mezzanine level is home to the gin experience, where visitors learn about distilling, taste-test a range of cocktails and get to make their own tipple.

Having been rated the number one 'Manchester experience' on Trip Advisor, Dave and the team are now expanding this side of the business into a neighbouring arch.

"It's the perfect space for us and so many similar businesses have set up around us, it's almost like a creative community."



**MY SUCCESS**  
Our honesty and integrity and refusal to compromise





## Smash hit



At Base Mcr in the up-and-coming Green Quarter of Manchester, punters can enjoy a drink, watch Major League Baseball (MLB) games and test their sporting skills.

The venue has three batting cages, each containing a pitching machine that fires balls.

Guests stand at one end and using a bat attempt to hit the balls at a target. Entrepreneurs Si Kendal, Jay Cahill and Mark Bassett are the driving forces behind the business.

Si is a former baseballer with experience in the events industry, Jay is an ex-teacher and Para-Jiu-Jitsu gold medallist who runs a martial arts and fitness gym and Mark is a business analyst.

The trio decided to open Base Mcr after recognising the growing trend in social game playing, such as bowling and golf.

When it came to choosing a venue, the challenge was finding a location big enough, and with a square or rectangular footprint,

to accommodate the batting cages.

Si said: "Finding the right space in Manchester was difficult, but the arches provided an answer to our problem.

"A lot of customers say it feels like an underground bunker, a hidden gem. We've had lots of enquiries about hosting events because the venue is so unique and has so much character."



## Fighting spirit



When Jay Cahill isn't overseeing the running of two enterprises in the railway arches of Manchester, she's ruthlessly employing joint locks and chokes on her opponents on the mat.

Jay is a Brazilian Jiu-Jitsu practitioner who won gold in the para division at the UAE JJF World Championships in 2017.

She's also the co-founder of Base Mcr and the nearby social

enterprise Fighting Fit Martial Arts and Fitness Centre, which offers boxing, powerlifting, Muay Thai and Brazilian Jiu-Jitsu classes.

Jay, an above the knee amputee, said: "Inclusivity is very important to me. Martial arts have given me so much self-confidence and I want others to experience the benefits.

"Our arches premises are close to public transport and very

accessible; we have 6,000 square feet of flat, open space."

The former teacher took up martial arts 20 years ago but later tried Brazilian Jiu-Jitsu, a discipline that predominantly focuses on ground fighting.

She said: "I started training without my prosthetic and my movement was so much better. When I'm competing on the mat I'm no different to anyone else."



## UPWARDLY MOBILE

**Since moving to a new workshop in Deptford arches, The Bike Project has stepped up a gear**

**T**he Bike Project is a charity that repairs and refurbishes second-hand bikes and donates them to refugees and asylum seekers.

Each week 25 bikes are given away, providing refugees – many of whom survive on a weekly allowance of £36 – with a low cost means of transport while they navigate the complicated asylum process. Each beneficiary also receives a helmet, lock, lights and basic cycling training.

Prior to moving to the 1,800 sq ft arches in Deptford, London,

the bike mechanics worked out of the charity's Denmark Hill headquarters.

Stuart Harwood-Hope, chief mechanic, said: "Space was very tight at Denmark Hill. Moving here has allowed us to step up production and work in a more efficient way by setting up different work stations for gears, wheels and brakes. We can store more bikes here too.

"It's also changed the dynamic; it feels more welcoming and relaxed and – for the refugees who visit us – less intimidating."

The charity started three years ago as a way of recycling some of the 27,000 bicycles that are abandoned in London each year. Since then it has given away more than 3,000 bikes.

It also runs cycle training for refugee women and Bike Buddies, a programme that aims to reduce isolation and improve social cohesion. Individual refugee cyclists are matched with a 'buddy'; a competent local cyclist, who takes them for regular rides in their area.

Anna Chapman, The Bike Project's marketing manager,

said: "A bicycle offers more than just a free and sustainable means of getting around, although that is clearly important. Riding a bike can be a real confidence booster. We're helping to create a sense of well-being and community."

A small number of the bikes refurbished by the charity are sold to the public through the charity's online shop. All proceeds go back to the charity.

For more on the charity, or to view the bikes for sale, visit <https://thebikeproject.co.uk>



# BEHIND THE SCENES



The UK's only full-time LGBT+ theatre has raised the curtain on its slick new premises in arches in London's Vauxhall.

Above The Stag Theatre's new £1.4million home features two performance spaces, a rehearsal room and a bar and art gallery.

General manager Tom McGregor said: "We're thrilled with our new home. It has allowed us to fulfil our dream of creating

a space that can support a range of LGBT+ works."

Above The Stag was founded by Peter Bull 10 years ago. Its first home was a theatre above The Stag pub in Victoria – hence the name.

When the pub closed, the theatre moved to a small space in arches at Vauxhall. Tom said: "We were in an off-the-beaten track

location and only had a 70-seat theatre. We wanted to be able to expand our offering, have a nicer bar and be open during the daytime. This new venue has allowed us to realise our ambitions."

The new theatre on Albert Embankment has a 100-seat performance space, which will host more elaborate productions, such as the theatre's annual panto, and a flexible



Debut play  
*Beautiful Thing* is a sell-out

60-seat theatre where more challenging works can be staged.

"In the past, we just didn't have the capacity to stage edgier works, whereas now we have the flexibility to do that, which is great," he said.

"There are so many LGBT+ issues that need to be discussed. Theatre is a great way to raise awareness and explore issues in an

approachable and accessible way."

Even though it's still early days, the move to the new premises appears to have been a hit with the first show to run at the new stage, *Beautiful Thing*, a story of teenage love on a London council estate, winning critical acclaim and selling out.

And there's plenty more to come this year including musicals, cabaret and comedy.



## OTHER THEATRES IN ARCHES

### UNION THEATRE

Many top West End performers and directors got their start by treading the boards at the Union. The fringe theatre in Southwark has been running for more than 20 years and is best known for its musicals, although it also stages comedy and drama. It is now in a new home in Old Union Yard with musical theatre star Ruthie Henshall a patron.



### CERVANTES THEATRE

Just a stone's throw from the Union, is the Cervantes Theatre, another independent venue breaking new ground. The proud creation of the Spanish Theatre Company (STC), the Cervantes brings the best Spanish and Latin American theatre to London and to British audiences. Shows are staged in Spanish and English.



### WATERLOO EAST THEATRE

This busy fringe 120-seat theatre, located in arches under Waterloo Station, was set up eight years ago to support independent, experimental productions. It hosts everything from productions of classic works by Shakespeare and Ovid, to cabaret and satire. *Trump the Musical* is coming soon.



# BE SAFE, NOT SORRY

**James Holland knows only too well the dangers of failing to take fire safety seriously**



In his previous job as a firefighter, he battled several serious blazes that could have been avoided had basic safety measures been taken.

James now works as Network Rail's principal fire safety specialist. He is encouraging all tenants to carry out regular safety checks and follow a few common-sense housekeeping rules.

James said: "All enterprises, no matter how small they are, have responsibilities when it comes to fire safety."

By law, reasonable steps must be taken at all premises to reduce fire risks and ensure

a safe escape route at all times.

This includes conducting regular fire risk assessments. Easy-to-follow guidelines explaining this five-step process are available to help smaller enterprises do this themselves (SEE BOX BELOW).

After the first risk assessment, a review should be carried out every year, or when there is a change in layout or equipment.

James said: "General housekeeping is also an important issue, especially for businesses that use flammable goods, such as gas cylinders, or equipment such as industrial freezers."

"Sometimes I visit premises and see basic housekeeping errors: boxes blocking fire exits; stacks of paper next to heaters; and multi-socket adaptors overloading electric circuit boards.

"A lot of it is common sense. But if people do have questions they can contact their local fire service for advice.

"It's better to be safe than sorry. Imagine the impact a serious fire would have on your business and on the entire train service."

## BASIC HOUSEKEEPING TIPS FOR TENANTS



Check your fire alarm regularly



Maintain fire safety equipment – fire extinguishers need to be serviced every year



If you have an extinguisher, people need to be trained to use it



Ensure fire extinguishers are accessible at all times



Don't obstruct fire exits



## IN THE EVENT OF A FIRE

- If you know how to use an extinguisher and it's a small fire, you can try and put it out yourself
- If you don't, then close the door, raise the alarm and evacuate the building. Leave it to the fire service

## FIVE-STEP FIRE SAFETY RISK ASSESSMENT



Identify fire hazards such as sources of ignition, fuel and oxygen



Identify people in and around the premises who are at risk, especially those with a disability or poor mobility



Evaluate the risk of a fire starting, the risk to people and remove any potential hazards.

Protect people by providing fire precautions



Record any major finding and action you have taken and involve other responsible people. Prepare an emergency plan and share it with relevant people. Provide training



Carry out regular fire risk assessments and make changes where necessary

For more information visit <https://tinyurl.com/y777zxdf> to download a short guide to making your premises safe from fire.

# BIG ADVENTURES

When she's not travelling around the North West, lettings manager Joanne Cruickshank likes to explore the globe

## What does your job entail?

My main role is to market and let the vacant properties across the North West.

## What skills are important to the role?

As I speak to a variety of customers on a daily basis, it's essential to have good people skills and the ability to sell, negotiate and communicate effectively.

## What's the best thing about the job?

It's a diverse role and no two days are ever the same. I'm not restricted to my desk. I travel around the North West and juggle office work and on-site meetings.

## What is your biggest challenge?

Sourcing the right customer for our properties and the local areas. I have visions of creating busy neighbourhoods and communities and to do this we need the right businesses.

## Favourite place?

Having grown up in various

towns and cities across the UK, Manchester has become my home and of course my favourite place to be. Manchester is home to some of the world's greatest musicians and two major football clubs. It's always an exciting place to be and the people are so friendly and welcoming.

## What would your dream career be?

My first degree is in contemporary art and creative writing, so if I wasn't focused on becoming a chartered surveyor, I would see myself as a writer. I love to travel too. It would be a dream to travel the world and write.

## People would be surprised to know:

I travelled solo through South East Asia and spent Christmas Day travelling down the Mekong river with people from all over the world. The whole experience was incredible and I would do it all again in a minute. I'm on a mission to visit 30 countries by the time I turn 30! Only two years and two countries to go...



**WIN!  
AN IPAD  
MINI**

## CAN YOU SCORE IN OUR WORLD CUP COMPETITION AND NAME THESE FOUR FABULOUS STRIKERS?

Send your answers, with your name, place of work and contact number via email to [insight@abcomm.co.uk](mailto:insight@abcomm.co.uk) or tweet us @Insight\_NR. You can also post your answer to Insight editor, AB Publishing, Unit B, Gemini House, 180-182 Bermondsey Street, London SE1 3TQ. Catherine Dunton, from Plymouth, won an iPad Mini in the last issue.

