

# Business Week

&amp; Wharf Media

## First for park

IT solutions provider was completed Kelway Ltd has become the first occupier in 2004 by Standard Building 1000 at the Life Investments, Royals Business Park in Royal Docks, Development Securities plc and the London Development Agency.

The building is the £70million landmark Martin McGuire, first phase of the investment director at £500million Royals Standard Life said: Business Park designed by AukettFitzroy-Robinson. "We are delighted to welcome Kelway. We are also in discussions with a number of other parties for suites and floors in the East building and hope to make further announcements shortly."

Building 1000 has two high specification glass and steel buildings linked by a Winter Garden which overlooks Royal Albert Dock and London City Airport. Kelway has taken 10,347sq ft on the first floor East on a 10 year lease. When completed the 50 acre Royals Business Park will be London's largest urban park with office, retail and leisure accommodation.



## YOUR CAREER

By NEIL OWEN

JOB stress affects a number of people in the workplace and should be tackled in its early stages. A certain amount of stress can be a good thing but if things are getting too much then the following tips may help you cope with stressful situations more effectively:

- **Prioritise:** Make sure that you plan your day so that most of your time is devoted to the tasks that are the most important.
- **Delegate:** This allows you the time to focus on key tasks and take on new tasks that may advance your professional development.
- **Take Breaks:** Simple actions like going for a

# GET YOURSELF A HOME HELP

## Busy City workers are now hiring personal PAs

By KAY HARRISON

**WITH long hours, tight deadlines and spiralling targets, Wharfers can be forgiven for neglecting things at home.**

But a new business is offering an ideal solution for overstretched workers – a home lifestyle service.

buy:time acts like a home PA, relieving stress in a client's life by taking on any home-related chores, from sorting out bills to picking up dry cleaning.

HSBC worker Neil Hutchison has become "addicted" to the service.

The 31-year-old said: "If you're busy it's almost vital. They help do anything you haven't got time for.

"When I was moving home it wouldn't have gone as smoothly if it hadn't been for them – arranging movers, liaising with solicitors, sorting out the utilities.

"You don't want to cash in your holiday just to sort out the electricity at your home, and that's where they come in. They're great for life's emergencies."

Claire Brynteson, buy:time founder and ex-Goldman Sachs employee, said: "I know just how stressful and demanding a City job



**Addicted:** Neil Hutchison uses the service to help him when he moved house

can be and how little time is left over for personal time. Typically in a week a client will have a diverse range of tasks they need us to take over at short notice.

"The things we get asked range from completing tax returns to organising dry cleaning and from arranging a social gathering to sourcing the best sporting ticket. At the moment one of the most popular is

managing home-related paperwork – that seems to be the cause of a great deal of stress and clients are very keen to have this taken off their hands."

buy:time estimates that by 2008, over 50 per cent of City workers will employ a home PA. For more information visit [www.buy-time.co.uk](http://www.buy-time.co.uk) or call **0870 486 2624**.

[kay.harrison@wharf.co.uk](mailto:kay.harrison@wharf.co.uk)

## New face at London 2012

THE London 2012 Organising Committee has expanded its team with the addition of a ceremonies, culture and education director.

The appointment of Bill Morris has been described as a significant development by London 2012 chief executive Paul Deighton.

Mr Morris, 47, currently project director of live events for the BBC, has helped to organise and produce some of the UK's biggest cultural events including the Queen's Golden Jubilee celebrations and live concerts at Buckingham Palace and last year's Live 8 concert.

"The Olympic Games is the world's biggest and most important sporting and cultural event, and Bill's appointment is a major step forward in our plans to welcome the world to the London 2012 Games with the biggest and most inclusive cultural celebration ever seen in the UK," Mr Deighton said.

Mr Morris was also project director for the 2004 Olympic Torch Relay Concert in the Mall and the VE Day 60 Concert in Trafalgar Square.

He said: "The Games represent a unique opportunity to showcase the cultural treasures and creative talents of contemporary United Kingdom to global audiences on the world's biggest stage at the Olympic Games and Paralympic Games."