

MANAGED WORKSPACE CENTRES

INSIDE THE HUB OF CREATIVITY AND COLLABORATION

IN FOCUS WITH - MIZNA COATES COATES COVER

DIRECTORY - FIND, CONNECT
WITH OTHER BUSINESSES

**WHAT IS A MANAGED
WORKSPACE CENTRE
AND HOW THEY
ACCELERATE YOUR BUSINESS**

**HEALTHY BODY
HEALTHY MIND
A HEALTHY LIFESTYLE WITH
DAN PEARCE**

**JODI DUGGAN - ENABLEMENT
GROUP
PEOPLE IN BUSINESS AWARDS
FINALIST**



INSIDE THE HUB

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You can read back issues by visiting the website



LETTER FROM THE MANAGER



Dear Valued Members,

Welcome to Issue 13 of the Managed Workspace Centres magazine!

As we move through another dynamic quarter, it's a pleasure to bring you a fresh edition filled with inspiring stories, practical insights, and a celebration of the people and businesses that bring our workspaces to life.

This issue highlights the power of community, the importance of wellness in the workplace, and the transformative role our Managed Workspace Centres continue to play in supporting enterprise across Hull.

From Mizna Coates' passionate journey with Coates Cover to expert lifestyle tips from Dan Pearce, this edition showcases the diverse talent and spirit within our business community.

We also shine a spotlight on the continued evolution and value of Managed Workspace Centres – not just as places to work, but as springboards for growth, collaboration, and regeneration. You'll find thoughtful reflections on how our spaces are helping to shape the future of business in Hull.

A special mention goes to Jodi Duggan of Enablement Group, who has reached the final of the Hull & East Yorkshire People in Business Awards. Her story is a testament to entrepreneurial drive and the impact that purpose-led leadership can have.

As always, this magazine is a platform to celebrate your achievements, support your ambitions, and strengthen the sense of connection across our centres. Whether you're just starting out or scaling up, we're here with you every step of the way.

As always, our magazine remains dedicated to you – our MWC business community. It's a celebration of your achievements, an encouragement in your pursuits, and a platform to connect and collaborate. Together, let's continue to build on our shared successes and embrace the opportunities ahead with renewed energy and enthusiasm.

Wishing you an inspiring and productive quarter ahead.

Enjoy the read!

Allan Rookyard

Allan Rookyard
Managed Workspace Centre Manager

MEET THE TEAM





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MIZNA COATES

COATES COVER

Over the last 20 plus years I have worked in NatWest bank as a personal financial advisor. During my role at NatWest I realised that helping people protect their families was my passion. I was reviewing a client's financial situation, when she mentioned her husband 4 years previous had suffered a heart attack whilst working in France and had to have an operation. Whilst reviewing the direct debits, I noticed that the couple had been paying for an insurance policy which she didn't even realise was providing cover for that very situation. I called the company and confirmed with them that the clients would be eligible for a claim to be paid and all the premiums would be refunded for the previous 4 years. What a life changing outcome.

In 2015 I went to work for a local mortgage broker who helped me grow my knowledge and gave me the opportunity to help protect clients if the worst were to ever happen.

I became a Protection specialist in 2019 where I developed my knowledge and skills to help as many people as possible.

I have been at the Craven Park Training & Enterprise Centre since January 2025 and have found my home.

I established Coates Cover on the 3rd of May 2022. It has been an amazing and challenging decision but I have not looked back and Coates Cover continues to grow. I started with local introducers in Hull and now due to my passion I am supporting a number of companies across the UK.

Think of me as your very own personal insurance shopper.

- Understanding your needs
- Comparing options
- Advising you
- Handling paperwork

I offer a range of products.

- Personal Protection – Life cover, Critical Illness cover and Income Protection
- Business Protection – Key Person Insurance, Shareholder or Partnership Protection, Business Loan Protection, Relevant Life Insurance and Income Protection for Business owners.

We also offer Group Life and Group Income Protection cover.

Get in Touch

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WHAT IS A MANAGED WORKSPACE CENTRE – AND HOW THEY ACCELERATE YOUR BUSINESS

In today's fast-paced business environment, start-ups and small to medium-sized enterprises (SMEs) face a variety of challenges ranging from sourcing affordable premises to accessing essential business resources. Managed Workspace Centres (MWCs) have become a crucial asset, offering more than just office space; they provide a comprehensive business support infrastructure that actively nurtures growth. Hull City Council's MWCs stand as prime examples of this supportive ecosystem, significantly contributing to business success and urban regeneration in Hull.



UNDERSTANDING MANAGED WORKSPACE CENTRES

A Managed Workspace Centre is a serviced office and workshop space specifically designed to accommodate the flexible needs of start-ups and SMEs. Distinctly different from traditional office leases, MWCs offer:

- **Flexible Agreements:** Businesses benefit from adaptable, short-term licences enabling them to respond rapidly to changing circumstances without the constraints of long-term commitments.
- **Inclusive Services:** Essential facilities and services such as utilities, a manned reception, maintenance, and high-speed internet are provided under one predictable monthly payment, crucial for forecasting.
- **Professional Support:** On-site business mentoring, support, and regular networking events help new enterprises gain vital industry insights.
- **Shared Amenities:** MWCs typically include shared meeting rooms, communal spaces, and modern kitchen facilities, creating an environment conducive to collaboration and innovation.

This holistic approach allows SMEs and new start-ups to significantly reduce overhead costs, enabling them to direct more resources towards core business activities and growth initiatives.

HOW MANAGED WORKSPACE CENTRES BENEFIT START-UPS AND SMES

Managed Workspace Centres play a vital role in accelerating business growth through various advantages:

- **Cost Reduction and Predictability:** Start-ups typically operate on limited budgets; MWCs offer savings by consolidating multiple business expenses into a manageable monthly fee.
- **Scalability:** Growing businesses can easily expand or reduce their workspace requirements without the burden of rigid leasing contracts, offering essential agility in competitive markets.
- **Enhanced Professionalism:** An address within an MWC lends credibility and enhances the professional image of smaller businesses, which can be critical when attracting new clients and potential investors.
- **Networking and Collaboration:** Shared spaces facilitate networking opportunities, allowing businesses to connect, exchange ideas, and form valuable partnerships.
- **Access to Expertise:** MWCs often provide workshops, training sessions, and mentoring, significantly improving the skill sets and knowledge bases of their resident businesses.



HULL CITY COUNCIL'S MANAGED WORKSPACE CENTRES – A PROVEN SUCCESS

Hull City Council has successfully developed a series of Managed Workspace Centres across the city, becoming a cornerstone of local business development and economic regeneration. The success of these centres is underpinned by their commitment to providing businesses with comprehensive support, modern infrastructure, and strategic locations.

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Key aspects of Hull's MWCs include:

- **Extensive Business Support:** Centres offer tailored business advice, administrative support, and structured mentoring programmes, actively nurturing and supporting growing businesses.
- **State-of-the-Art Facilities:** Hull's MWCs are equipped with cutting-edge facilities including high-speed internet, fully-equipped meeting rooms, and inviting communal areas designed to harbour in excellent collaboration.
- **Prime Locations:** Strategically situated throughout Hull, these centres offer businesses access to local markets, suppliers, and transport networks, significantly enhancing operational efficiency.



THE IMPACT OF HULL'S MANAGED WORKSPACE CENTRES

Hull's Managed Workspace Centres have had a measurable impact on the local economy, evidenced by the numerous successful enterprises which began their journeys within these facilities. The centres have effectively removed barriers for entry-level businesses, enabling rapid growth, job creation, and increased economic activity within the region.

A prominent example is the Bespoke Centre in Bransholme, which underwent significant renovation to provide purpose-built spaces for local start-ups. Its launch has been a resounding success, showcasing Hull City Council's dedication to economic revitalisation through practical business support.



DRIVING REGENERATION AND FUTURE POTENTIAL

The Managed Workspace Centres have also been instrumental in Hull's broader regeneration strategy. Previously transforming underused buildings into thriving business communities, these centres have:

- **Stimulated Local Economic Activity:** Increased occupancy of previously vacant buildings boosts surrounding businesses and local services.
- **Promoted Job Creation:** New enterprises foster employment opportunities, contributing positively to Hull's employment rate and local economy.
- **Improved Urban Environment:** Redevelopment of previously neglected sites has enhanced the visual and economic appeal of various areas, drawing further investment and interest.

Looking ahead, and in particular for Hull City Council's MWC offering, identifying new sites to further support the local entrepreneurial community is a possibility. Additional centres would:

- **Accommodate Increasing Demand:** Provide much-needed space and support services to meet rising entrepreneurial interest.
- **Diversify Economic Activity:** Encourage growth in various industry sectors, from technology and innovation to creative and digital industries.
- **Enhance Community Engagement:** Strengthen community relations through business-community partnerships, promoting a sense of shared local growth and prosperity.
- **Boost Regeneration Efforts:** Act as catalysts for further regeneration, particularly in underserved or developing areas of the city.

CONCLUSION

Hull City Council has successfully developed a series of Managed Workspace Centres across the city, becoming a cornerstone of local business development and economic regeneration. The success of these centres is underpinned by their commitment to providing businesses with comprehensive support, modern infrastructure, and strategic locations.

HEALTHY BODY HEALTHY MIND

With Dan Pearce

Craven Park Training and Enterprise Centre licensee Dan Pearce offers his expertise for a healthier lifestyle.

A healthy lifestyle isn't just something I try to instil in all my clients, but also think pretty much everybody could benefit from some small and easy changes. A lot of people don't realise the difference that a few small tweaks can make to your energy levels, mental wellbeing and overall day-to-day life.

A few tips I'd give everyone is:


- **Steps** – Steps are criminally underrated. This doesn't mean you have to go walking marathons each day. Just going out for a 10-20 minute walk a day can work wonders, walking to the shops rather than driving, stuff like that.
- **Hydration** – I find a lot of people struggle with this, I personally know people that get through their days on a few cups of coffee or cups of tea. Sure in a perfect world everyone would get 3 litres of water in day. But even just starting off by getting a bottle or two in, or using zero calorie cordial would go a long way for some people. Maybe try and get through a Stanley Cup per day to begin with.
- **Sleep** – This one goes without saying, but a lot of people (And I'm guilty of it too) put sleep on the back foot. A consistent sleeping pattern allows both the body and mind to rest & rejuvenate.

Now obviously, we spend a good deal of our time at work, which can make some of the more "obvious" tips like exercising or going to the gym a bit more difficult, or even out of reach for some people. But that doesn't mean there's not stuff we can do to help our health:

- **Screen Breaks** – Take regular breaks when working with screens when you can, 5-10 minutes every hour or so. Also using the 20-20-20 rule, every 20 minutes, look at something 20 feet away for 20 seconds.
- **Standing Desks** – If you can, get a standing desk, alternating between sitting and standing will do wonders for you also.



Visit Dan on Instagram

 @TrainedbyDP

Finalised at this year's Hull & East Yorkshire People in Business awards

A massive congratulations to Jodi Duggan from all at our MWCs on reaching the final of the Start up Entrepreneur of the year. A category at this year's Hull & East Yorkshire People in Business Awards, with the winner to be announced in July! What an achievement this is.

The Start-Up Entrepreneur of the Year category at the Hull & East Yorkshire People in Business Awards celebrates individuals who have demonstrated exceptional entrepreneurial spirit, innovation, and business acumen. This award recognises those who have successfully launched and grown their businesses, making a significant impact in their industry and community.

Jodi is a hands-on leader with a wide-ranging background across HR, operations, and business strategy. Her experience spans multiple industries, including construction, healthcare and professional services, where she's supported organisations through everything from rapid growth to complex compliance challenges.

Based at Louis Pearlman Centre, Enablement Group Limited is your trusted partner for all things business consultancy – bringing together expertise in human resources, recruitment, health and safety, and learning and development

The Hull & East Yorkshire People in Business Awards (HEYPIBA) celebrate the incredible talent, innovation, and dedication within the region. This event recognises individual and team achievements across various industries, highlighting rising stars, inspiring leaders, outstanding teams, and customer champions.

We'll be sharing a follow-up on this event in our next feature to let you know how the evening went. But before then, we want to take a moment to wish Jodi the very best of luck and encourage her to simply enjoy the night. Reaching this stage is an incredible achievement in itself, and everyone, both staff and occupiers alike, is wholeheartedly rooting for you!



 www.enablementgroup.co.uk  01482 249400

IN FOCUS

Want Your Business Featured In Our Next Issue?

As part of upcoming issues, we are looking to help our local businesses by shining a spotlight on them – showcasing what makes each business special and an opportunity to introduce yourselves to other licensees.

Find out how your work could be included in our next issue by speaking to any member of the team. *Applies to current licensees only*

CRAVEN PARK TRAINING & ENTERPRISE CENTRE

BUSINESSES IN OUR WORKSPACES ENJOY BEING PART OF A THRIVING BUSINESS COMMUNITY

ESTABLISH, DEVELOP, GROW, AND FLOURISH

Craven Park Enterprise Centre is one of our managed workspaces on the grounds of one of Hull's rugby league teams. It comprises 39 units ranging in size from 117 to 476 sq ft.

We have dedicated support available with our approachable on-site team who will enable you to focus on running your business without the strain and time-consuming task of dealing with office facilities and building management.

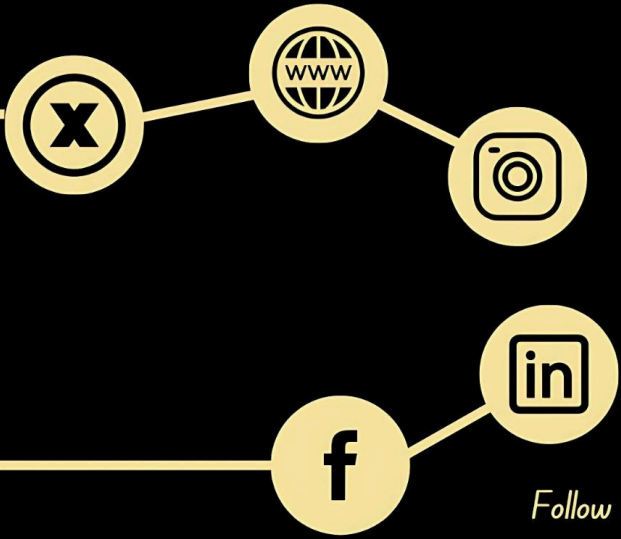
If you're a new or growing business the decisions around business premises is a crucial one. Being based at one of our Managed Workspace Centres means with flexible rolling monthly rentals this makes budgeting and cost projections easy to manage. You'll receive a host of other benefits too including free parking, use of meeting rooms and the benefit of on-site staff.

Craven Park Training & Enterprise Centre
Poorhouse Lane
Hull
HU9 5HE
01482 379 514

Take our virtual tour and view the facilities on offer



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