

MANAGED WORKSPACE CENTRES

INSIDE THE HUB OF CREATIVITY AND COLLABORATION

THE OFFICE IS NOT DEAD: FIVE-DAY OFFICE WEEK COULD BE

DREAM TO REALITY
WITH MARCIE OF CARLSON
GRACIE

A WINNING BREAK:
NEW EDITIONS TO THE
CENTRES

RIDING TO SUCCESS
WITH HUMBERSIDE MTB'S

DIRECTORY - FIND, CONNECT WITH OTHER BUSINESSES

INSIDE THE HUB

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Bespoke Centre

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Craven Park Centre

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Olivia Zrebiec

Ctrl, Alt, Fixed!
Chris Richardson, Technical Director
of FPS Tech

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LETTER FROM THE MANAGER



Dear Valued Members,

Welcome to Issue 20 of Inside the Hub of Creativity and Collaboration.

Reaching our twentieth edition feels like a fitting opportunity to reflect on something that continues to evolve for businesses everywhere – what makes a great place to work? The answer is no longer as simple as having an office, a desk, and somewhere to plug in a laptop. Increasingly, it is about flexibility, community, opportunity, and creating an environment where both businesses and people can thrive.

Our feature in this edition explores one of the biggest workplace debates of recent years: is the traditional five-day office week becoming a thing of the past? We take a balanced look at home, office, and hybrid working, examining the benefits and challenges of each. There may not be one answer that works for every business, but one thing remains clear - the office continues to play an important role in collaboration, learning, professional identity, and those spontaneous conversations that simply cannot be scheduled into a Teams call.

Our new pool tables at Bespoke and Craven Park mean all three of our centres now offer an informal space where people can take a break, enjoy a little friendly competition, and, importantly, meet people from neighbouring businesses. It may seem like a small addition, but creating opportunities for people to connect is an important part of building a genuine business community.

We also have two fantastic business stories in this edition, both demonstrating what can happen when passion, determination, and opportunity come together.

At Louis Pearlman Centre, we meet Marcin of Carlson Gracie Unit 51, whose remarkable journey began when he moved to the UK at just 21 with very little English, no qualifications or connections, and a dream of becoming an MMA fighter. Years of training, teaching, and determination have now led to him opening his own academy and creating a community where others can develop confidence, discipline, fitness, and resilience.

We also meet Paul Lowson of Humberside MTB's, whose business started with something much simpler - selling a mountain bike. Spotting an opportunity turned a personal passion into a growing business sourcing and selling quality used mountain bikes and eMTBs. It is another reminder that some of the best businesses begin not with a complicated plan, but with an idea, an opportunity, and the confidence to give it a go.

Behind every unit number and business name is a person with an idea, a story, and an ambition. Our role is to provide more than somewhere to work – it is to create an environment where those ambitions have the opportunity to grow.

Thank you, as always, for being part of our community and for continuing to make our Managed Workspace Centres such interesting, diverse, and vibrant places to work.

Enjoy the read!

Best regards

Allan Rookyard

Allan Rookyard
Managed Workspace Centre Manager

MEET THE TEAM



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CARL

CARETAKER



TONY

FACILITIES ASSISTANT

Louis Pearlman Centre Licensee Directory



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www.supplyhaus.co.uk | 29 | East Riding Electronics
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| 2 | Hilite Highways Control Specialist Ltd | 30 | Innovation Entertainment
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| 11 | Rick Byrne Carpentry and Joinery | 39 | | 121 | Skin and Laser Treatments |
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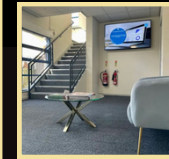


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www.seventy4hc.co.uk |
| 2 Hull Kingston Rovers
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www.mencap.org.uk | 22 Therapy Services UK
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| 3 Hull Kingston Rovers
www.hullkr.co.uk | 11 Total Training & Development
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Instagram @TRAINEDBYDP |
| 4 Hull Training
www.hcctraining.ac.uk | 12 Nexa Law | 24/25 By Design Holidays | 37 Travel Counsellors
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| | 19 SJS Flooring
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www.doorrepairandservice.co.uk | |
| | 20 Outreach Healthcare Ltd
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| 2 Rhapsody Activities | 12 Alex Carling Training & Therapeutic Services
www.counsellinginhull.co.uk | 18 Verrdi Transport Support Services
www.verrdis.co.uk |
| 3 Foxglove Supported Living
www.foxglovecare.co.uk | 13 Sunshine Technology
www.sunshinetechnology.co.uk | 19 Suzannah Hypnotherapy Solutions
www.shs-hypnotherapy.co.uk |
| 5 Kingswood Nutrition
www.kingswoodnutrition.co.uk | 14 | 20 |
| 6 RLB Services Electronical Ltd
rlbservices.co.uk | 15 | 21 Brightstart Day Nurseries
www.brightstartdaynurseries.co.uk |
| 7 Reliance Community Care Ltd
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www.foxglovecare.co.uk | 22 Brightstart Day Nurseries
www.brightstartdaynurseries.co.uk |
| 8 Reliance Community Care Ltd
www.reliancecommunitycare.co.uk | | 23 Brightstart Day Nurseries
www.brightstartdaynurseries.co.uk |
| 9 Louise Brewer Foot Health Practitioner
www.facebook.com/louise.brewer.foo
thehealthpractitionerpaftp0354 | | |

The Office Is Not Dead

But the Five-Day Office Week Could Be

Few workplace debates have become as divisive as the argument over working from home. Supporters describe it as a modern, flexible and a productive way of working. Critics see it as damaging to collaboration, workplace culture and accountability.

For small and medium-sized businesses, the answer is rarely straightforward.

Working from home can offer genuine advantages. It removes the daily commute, gives employees greater control over their working environment and can make it easier to balance work with family responsibilities. For employers, flexible working may widen the recruitment pool and help retain experienced employees who might otherwise leave.

There is evidence to support this. A six-month randomised study involving 1,612 employees found that hybrid workers, who worked from home two days each week, were just as productive as fully office-based colleagues. They also reported greater job satisfaction, while resignation rates fell by approximately one-third.



For an SME competing with larger organisations for skilled employees, that flexibility could be commercially valuable.

However, homeworking also carries risks, particularly for smaller businesses.

An office is more than somewhere to place desks. It can provide a professional identity, a recognised business address and a clear separation between work and home. For businesses operating from Managed Workspace Centres, it can also create opportunities to meet clients, build relationships, and connect with neighbouring organisations.

These informal interactions are difficult to reproduce online. A chance conversation in a corridor or shared kitchen may lead to advice, a referral, a new supplier or even a business partnership. Video calls may be efficient, but they are rarely spontaneous.

Research has also suggested that fully remote working can reduce productivity by around 10% compared with fully office-based work. Communication difficulties, weaker mentoring, and reduced opportunities for learning are often identified as contributing factors.



This may be particularly important for start-ups and growing businesses. New employees often learn by listening, observing, and asking questions. When everyone works remotely, those small but valuable learning opportunities can disappear.

Creativity may also be affected. Research published in “Nature” found that people working together through video calls generated fewer creative ideas than those meeting face to face. Virtual teams were still capable of choosing strong ideas, but the process of creating them appeared to benefit from being in the same room.

Yet office working has its own disadvantages.

Requiring employees to attend five days a week may create unnecessary travel costs, reduce flexibility, and encourage people to measure productivity through attendance rather than results. An employee sitting in an office is not automatically productive, just as someone working from home is not automatically disengaged.

There is also no single arrangement that will suit every SME. A creative agency, consultancy or software business may operate effectively with hybrid working. A manufacturer, workshop, retailer or customer-facing service may have little practical choice but to be physically present.

Perhaps the real debate should not be about whether home or office working is better. It should be about what each location is best used for.

There is also an uncomfortable issue of inequality. In Britain, 28% of working adults were hybrid working in early 2025, but access was heavily influenced by income and education. Employees with degrees were ten times more likely to work hybridlike than those with no qualifications. Almost 45% of people earning £50,000 or more worked hybridlike, compared with only 8% of those earning under £20,000.

Home may provide the concentration needed for reports, administration, and focused individual work. The office may be more effective for meetings, collaboration, training, and building relationships.



The future may not be homeworking or office working. It may be employers having the confidence to judge people by what they achieve, while employees recognise that flexibility should not come at the expense of teamwork, visibility, or service.

Meaning the office is very unlikely to disappear. For many SMEs, it remains an important part of their identity, culture, and ability to grow. However, the assumption that every employee must be there every day may be increasingly difficult to justify.

The five-day office week could be changing - but whether that change strengthens or weakens a business will depend entirely on how it is managed.





DREAM TO REALITY

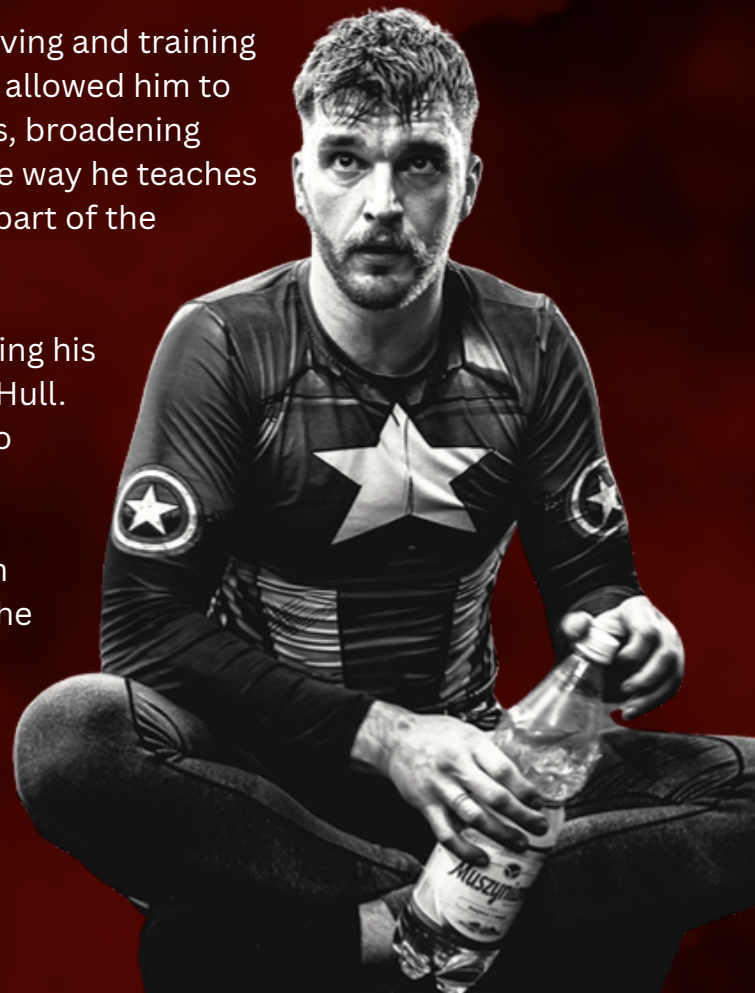
In July 2015, at just 21 years old, Marcin made a life-changing decision. With a dream of becoming an MMA fighter, he packed his belongings, gathered his savings, and moved to London alone. Arriving in a country where he spoke very little English, with no qualifications or connections, he relied on determination, hard work, and a clear sense of purpose to build a new life from scratch.

After securing a job to support himself, Marcin was able to begin his martial arts journey in September 2015. His original goal was to compete in MMA, leading him to train extensively in Muay Thai, kickboxing, and Brazilian Jiu-Jitsu. From his very first day in BJJ, he trained under Professor Martin Foot in Clapham, London, as part of the respected Carlson Gracie lineage. The values, discipline, and coaching philosophy he learned there continue to influence him today. Although Brazilian Jiu-Jitsu began as just one aspect of his MMA training, it quickly became his true passion. The technical depth, constant learning, and challenge of the sport drew him in, eventually becoming his main focus.

Over the following seven years, Marcin worked as a qualified Personal Trainer while continuing to develop his Jiu-Jitsu skills. During this time, he also taught both Gi and No-Gi classes at Carlson Gracie Hull in Bransholme, helping students build confidence, fitness, and technical ability on the mats.

During the COVID-19 pandemic, Marcin spent time living and training in Spain and Poland. Training at different academies allowed him to learn from a variety of coaches and training partners, broadening his understanding of the sport and helping shape the way he teaches today. Despite his travels, he has proudly remained part of the Carlson Gracie lineage throughout his journey.

Today, Marcin is fulfilling a long-held dream by opening his own academy at the Louis Pearlman Centre in West Hull. His goal is not only to teach Brazilian Jiu-Jitsu, but to create a welcoming community where people can improve their fitness, confidence, discipline, and resilience while building lasting friendships. If he can inspire even one person to begin their own journey, he considers that a success.



Carlson Gracie Unit 51
Louis Pearlman Centre

www.instagram.com/cgunit51

A WINNING BREAK



NEW POOL TABLES BOOST WELLBEING AND WORKPLACE CONNECTIONS

Managed Workspace Centres have further strengthened their licensee offering with the introduction of new pool tables at both Bespoke and Craven Park Centres'. The additions create welcoming social spaces where licensees, employees, and visitors can connect, relax, and recharge throughout the working day.

With pool tables now available across all three Managed Workspace Centre locations, the initiative forms part of the organisation's ongoing commitment to delivering high-quality workspaces that support both business growth and employee wellbeing. By creating informal areas for recreation and interaction, the centres are fostering a stronger sense of community among licensees while enhancing the overall workplace experience.

The new facilities offer far more than a recreational activity. They provide opportunities for businesses within the centres to build relationships, encourage networking, and create meaningful connections in a relaxed and inclusive environment. The spaces also support team building, helping employees take well-deserved breaks and return to work feeling refreshed and engaged.

Anthony Tyzack of Solairo, based at Bespoke Centre "The pool table is a great addition to the building, and it's already proving to be a popular feature. We've used it during our lunch breaks, and my team has even planned a few friendly games, which has been a great way to encourage team interaction."

The introduction of the pool tables reflects Managed Workspace Centres' continued investment in facilities that enhance the day-to-day experience of their licensees. Alongside providing flexible, high-quality workspace solutions, the centres recognise the importance of creating vibrant environments that support collaboration, wellbeing, and business engagement.

As the facilities continue to be enjoyed across the centres, the pool tables are already proving to be a valuable addition, helping to create workplaces where community spirit, professional connections, and a little friendly competition can thrive.

"The introduction of pool tables into business centres was to help create a stronger sense of community by giving occupants an informal and accessible way to interact. Pool is a social game that people can enjoy regardless of skill level, providing a relaxed setting where individuals from different businesses can meet, build relationships, and feel more connected to the wider centre" said Allan Rookyard, Managed Workspace Centre Manager.

Laura Greenwood takes aim at Louis Pearlman Centre





RIDING TO SUCCESS

Young business entrepreneur Paul Lowson's business journey started through, like other riders, with a love for bikes. What began as a personal hobby soon turned into something much bigger after selling his mountain bike for a profit. Seeing that there was real demand for quality used bikes sparked an idea: what if a passion for riding could become a business?

After buying, improving, and successfully selling that first bike, the process quickly became addictive. It was not just about making money. There was a real sense of satisfaction in matching a rider with the perfect bike and seeing someone leave excited for their next adventure. That experience planted the seed for what would eventually become Humberside MTB's.

Before long, a side hobby had evolved into a dedicated business focused on sourcing and selling used mountain bikes and eMTBs.

Today, Humberside MTB's offers riders access to carefully selected bikes, helping cyclists get more bike for their money. The business may have grown, but the philosophy remains the same as it was with that very first sale: offer great bikes, honest advice, and a genuine passion for mountain biking.

Sometimes the biggest ventures start with a single opportunity, and for Humberside MTB's, it all began with one bike and the inspiration that followed.



www.humbersidemtbs.co.uk

YOUR BUSINESS MAKE IT OUR STORY

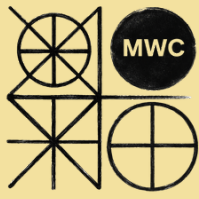
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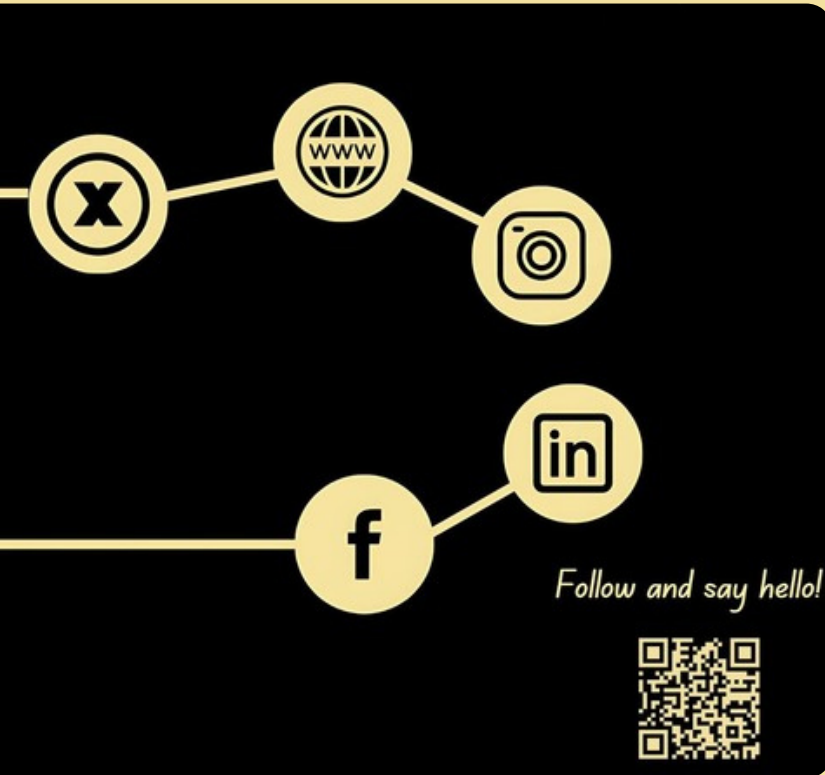
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in future editions?

Contact any member of the team to see if your business could featured soon





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