**Ambling with Angie – by Phil Stredwick**

The benefits of taking a lunch break are well-known although not always practiced. There should be no guilt about taking a break as this is the part of the working day where we are not being paid to work.

When working from home, my lunch break might be spent pottering in the garden, having a walking catch-up with a colleague who lives close by, doing housework, or simply getting away from the laptop and catching up with the lunchtime news from the comfort of the sofa.

Lunch break when working from the office in Halesfield is a bit different though. Whilst there is a staff rest area downstairs (and picnic tables outside for when the weather picks up) tucked away behind all the factories and offices around the industrial estate there are plenty of footpaths to explore.

When I started working from Halesfield I was lucky enough to find a local tour guide in the form of Angie Porter who introduced me to a number of routes that can be covered in less than 30 minutes. If we’re in Halesfield on the same working day, I’ll do a walking catch-up with Angie but if I’m on my own I now know the area well enough to find my way around the network of paths and underpasses.

If you find yourself working from Halesfield and want to get some fresh air and a few steps in at lunchtime, give one of us a shout. You could find out more about the Monkey Puzzle Tree, visit the Grassy Knoll, Space Centre or Tardis Hire, navigate your way around the ‘Wedge in the Woods’ or discover what service ‘Bubbles’ provides.

Not everybody will have the opportunity to work from Halesfield and experience the local sights there but, whether working from Ptarmigan House or wherever home is, a bit of fresh air (with or without company) is a simple way to switch off from work, get away from the computer screen for a bit, and then return to your desk/dining room table with renewed energy for the afternoon.