



hello!

Welcome to your autumn 2023 edition of 'Our Community' magazine.

When I was much younger, I had mixed feelings about autumn – I suspect it had something to do with the dreaded return to school after the summer holidays, or the gradual hum of the days growing shorter and darker. But as I've gotten older, and my school days are far behind

me, I've learned to appreciate all that autumn brings - cosy evenings indoors, smoky bonfires, Halloween, and cool, crisp, autumn walks. So much so this is now my favourite time of year to go outside and walk!

Here at the business park, the trees undergo a stunning transformation, as their leaves turn various shades of fiery reds, oranges, and golds. It's the perfect time to step out of the office and go for an early morning or lunchtime stroll around the park.



In a world that often feels fast paced and overstimulating, we hope you take this magazine away from your desk, grab a hot drink, and enjoy a well needed break away from your screen.

I hope you enjoy the stories, and as always, we'd love to hear from you! if you've got a story you'd like to tell, or a club you'd like to set up in 2024, feel free to drop me an email at lori@birminghambusinesspark.co.uk

> Lori Henebury, Marketing, Community and **Business Development Manager**

stop-the press

WE'RE PROUD TO BE SHORTLISTED...

Birmingham Business Park is proud to have been shortlisted for a prestigious Solihull Chamber of Commerce award for its work creating a sustainable business location.

The Chamber has chosen BPP as a finalist in the **Excellence in Change & Sustainability category of its** annual business awards.

The judges, who included Chief Financial Officer at **Greater Birmingham Chambers of Commerce, Helen** Bates, had a tough job selecting this year's finalists as entries have risen by 30 per cent.

The winner will be revealed at a ceremony at Hilton Birmingham Metropole Hotel on Friday October 20.



Our Community magazine is produced for Birmingham Business Park by Edwin Ellis Creative Media w.edwinelliscreativemedia.com

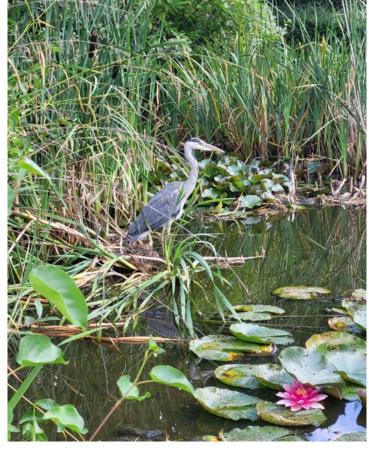


















From birds and butterflies to our resident peacock more than 100 people took up the challenge to grab their smartphones and cameras and head out into our lovely grounds to capture some of its residents.

Local photographer Terry Grove, who regularly spends time photographing the wildlife at our park, was asked to choose a winner. It was a tough job as there were so many striking entries but Fay Loewy, from IMI, caught his eye with her beautiful photograph of a gosling.

Terry explains: "There were some excellent submissions making it difficult to select the best image. However, in the end, Fay's gosling photo was considered the standout image.

"The cropping, the subtle colours along with the low-level angle gives the viewer an immediate engagement with the innocence of the subject - a great shot and a worthy winner."

Lori Henebury, BBP's Marketing, Community and Business Development Manager, adds: "Thank you to everyone who entered! Your snaps, whether taken with a fancy DSLR or your trusty smartphones, blew us away! " To see more photographs follow @bhambp on Instagram. You can find Terry Grove's pictures online at @No1.Ghostdog on Instagram or @NoGhostdog on Twitter.

Photographers go wild for challenge

HUGE NUMBER OF ENTRIES FOR BBP COMPETITION









MENOPAUSE ACTIVIST DELIVERS NEW BBP SESSIONS

Workshops offer invaluable advice

Businesses from across Birmingham Business Park attended a Menopause Workshop kindly hosted by the 4PS team at Bishops Court.

The event, which featured two workshops and a healthy lunch, took place on Thursday, September 28.

Experienced menopause activist Aline Boblin, of Menopause Knowledge CIC (see Park Life - opposite), delivered the first session, called 'Menopause Awareness In and Out of the Workplace'.

The second workshop, 'Menopause and the Law', was organised by employment law trainer Jacqueline Chantler of employment law service Worknest.

A free lunch was prepared by RIS catering and the Salus Fatigue Foundation to show how healthy food can also be tasty.

Those taking part also learned more about other free services offered by the project organisers.

Birmingham Voluntary Service Council (BVSV), the Disability Resource Centre (DRC) and the Salus Fatigue Foundation jointly provided the government funded workshops.

They hope to use feedback from such events to help inform and influence government policy and create change in menopausal health support.

Clare Seymour, Support Manager, 4PS, said: "The session was very informative. Covering both the personal side of Menopause and within the workplace. It was all done in a friendly manner making everyone feel comfortable to speak out about their own experiences."





Pictures:



SESSIONS TO BREAK TABOO AND INCREASE AWARENESS OF HEALTH ISSUES

Following the popularity of the Menopause subject across the park, Birmingham Business Park is launching a Menopause Café to help both employees and employers access information and advice. The monthly session will be run by Menopause Activist, Aline Boblin, and will be an informative get together for people of all genders to come together to discuss all things peri and post menopause related.

Aline Boblin says: "The aim is to break the taboo and increase awareness of the impact of the menopause transition on those experiencing it, their family, friends, and their colleagues. Want to share some tips? Bring them along! Have a specific question about something bugging you with the menopause? You can ask others on the day or message us the week before! Want to bring a friend, or two? Sure! The more, the merrier! We welcome all ages, all genders, and all walks of life."

Lori Henebury adds: "We're delighted to launch our menopause café, where we'll be brewing up more than just tea and coffee. This will be an opportunity for our community to come together in a supportive space to start the conversation about menopause."

BBP launches Menopause Café





BBP WORKERS SHARE INSIGHTS INTO THEIR ROLES & COMPANIES

ALINE BOBLIN FOUNDER & CEO. MENOPAUSE KNOWLEDGE CIC

TELL US ABOUT YOUR BUSINESS

Knowledge Is Power! 51% of our population will experience menopause. We believe that the menopause journey should be an empowered time to thrive. But too many are still negatively affected at home and in the workplace. often because of a lack of understanding. Menopause Knowledge is here to change this narrative. We are a notfor-profit organisation born out of the challenges our founder faced for

10 years of misdiagnosed perimenopause. Founded in the spring of 2020, its purpose is to provide the information and education people and communities need to thrive in their menopause journeys, and to support those who need it the most. From virtual one-to-one support during the pandemic, the organisation now offers awareness talks and activities, workplace guidance to become menopause inclusive sustainably, and individual peer support. Our collaborations include working with the healthcare system to change the narrative about menopause and provide concrete, effective, preventative support and early intervention for those affected by its

challenges.

TELL US ABOUT YOUR ROLE

As founder and CEO of Menopause Knowledge, my role is to induct collaborations as well as deliver the type of interactions, activities and support that make a concrete difference to people's lives. I love the community and peer support

work I do, and seeing those lightbulb moments in women's eyes especially when they realise they are not alone, they are not going mad, there is a simple reason for their misunderstood challenges, and most importantly, a way for them to thrive and reconnect with themselves, their passions, their joie de vivre. I'm also passionate about empowering partners to support those they

TELL US ABOUT YOUR WORK ON THE BUSINESS PARK?

Working with the organisations and the people who work at the business park or live nearby will be amazing! We have a whole suite of ideas to engage with the communities here and join in with the ethos and positivity of what Lori offers at BBP. From Thursday 9th November, we're hosting Menopause Cafés at 1pm every month. Everyone is welcome! All genders, all ages, all walks of life.

I will also offer individual Menopause & Wellbeing consultations on site on those days. And this will be shaped to reflect what people feel they really need. So it'll be up to all of you around here! Menowalks, menopause cafes, one-to-one support, organisation training, menopause champions, Menopause and Wellbeing Fairs... Let me know, and we will make it happen.



Melcome to Birmingham Business Park...

COMBAT STRESS

Combat Stress, the UK's leading charity for veterans' mental health, has opened a new Central England hub at Birmingham Business Park.

Combat Stress provides specialist treatment and support for veterans with post-traumatic stress disorder (PTSD), anxiety and depression, focusing on those with complex mental health issues related to their military service. Combat Stress' work is life-changing and often lifesaving; no other organisation does what they do.

The charity has been helping former servicemen and women for more than a century. During the First World War, Combat Stress' founders saw how servicemen returning home with shell shock received little to no sympathy from the public. Veterans were either locked away in mental war hospitals or struggled in silence at home.

In 1919, Combat Stress was founded. Taking a stand against the contempt and misunderstanding around mental health at the time, they began



fundraising to introduce recuperative homes for veterans where they could take part in occupational activities to help them rebuild their lives.

Over time the charity has developed its services and now offers a range of free services online, in the community and at its treatment

Pictured: Simon West, Lead Peer Support Coordinator (and below), Leah Jukes, Administrator/ Receptionist, Rachel Moronev, Senior CBT Therapist and Lisa Dixon, Senior Administrator



centres including psychiatric and psychological treatment, substance misuse management, art therapy, occupational therapy, peer support, family support and a 24-hour Helpline.

Demand for Combat Stress' services remains high. On average it takes 13 years after leaving the military for veterans to contact the charity for help, by which time their condition is often highly complex. Combat Stress estimates that last year more than 12,000 veterans benefited from their help. With the support of Combat Stress, veterans can tackle the past and take on the future.

Jeff Harrison, CEO of Combat Stress, said: "We're delighted that our new England Central hub at Birmingham Business Park is now operational, allowing us to provide care and treatment to veterans with complex mental health problems living across central England, East Anglia and Wales.

"This is an important milestone in over 100 years of Combat Stress supporting veterans' mental health. Located at the heart of the Midlands conurbations and near the highest concentration of veterans in the region. which also corresponds to the region's highest source of referrals to Combat Stress, our new hub will ensure that those veterans in need can more easily access our life-changing specialist help."







HOLMAN

Holman, the rapidly expanding global Funding & Fleet Management specialist, has established a new presence at Birmingham Business Park.

With over 35 years of operation in the UK industry, based in Chippenham, Wiltshire, Holman's growth trajectory has been remarkable, highlighted by the recent landmark deal to manage BT Group's 37,000 commercial vehicles.

Distinguished by their commitment to deliver maximum value, Holman have become a leader in funding and fleet management. Driven by a culture of innovation and a devoted workforce, they exhibit the agility to adapt to the unique demands of their customers, ensuring value throughout every phase of a vehicle's lifecycle.

Holman is a global entity rooted in tradition, Holman boasts a nearly century-long legacy, with its global headquarters in the US. The company is focused on delivering value and flexibility to its customers while providing a fulfilling career path for its employees.

This new location provides even more opportunity to provide new and exciting career paths. Nick Caller, Managing Director of Holman UK, states, "As a family-owned company, we thrive on an atmosphere of caring, fairness and transparency. Our people are our greatest asset and the key to our current and future success."

Holman also lays out clear pathways for professional growth and advancement, coupled with active support for fundraising and volunteer initiatives within its workforce.

For more details on open job roles, please visit holman.com/uk/careers/



SOLIHULL COUNCIL TO HOST SPECIAL DAY OF SUSTAINABILITY TIPS



TIMETABLE: WEDS, OCT 18, AT BBP

- 12-1pm Join Solihull Council and National Express for a free travel clinic where you can find out how to sign up for a month of free public transport, borrow an e-bike and take part in e-bike demonstrations.
- 1-2pm Employers can find out more about offers like funding of up to £20K to help install EV chargers and employee incentives such as free public transport taster tickets.
- 12 noon and 1pm Free one hour cycle training sessions. Sign up to book a place. Email sustainabletravelteam@solihull.gov.uk to take part or for more details



Keen to save money, improve your health and help the environment? Birmingham

Business Park is set to host a sustainable travel event on Wednesday, October 18, to help businesses and employees do just that.

Free travel offers, e-bike loans and cycle training will be available as part of the event, along with tips on bike maintenance.

Businesses can also find out how to access funding to encourage more sustainable travel, by installing EV chargers and improving cycle storage for instance, at the session which will take place at the Park Management Hub

from 12-2.00pm.

People can also sign up for free one-hour cycle training sessions, at 12 noon and 1pm, to help brush up on their skills and improve their confidence. BBP's e-bikes will be available to borrow. All you need to do is book a place.

The event is being organised by Solihull Metropolitan Borough Council, which is delivering a DEFRA funded

project in North Solihull around the A45 to tackle congestion and air quality issues. The aim is to encourage commuters to try more sustainable modes of travel and save money on travel costs.

Sustainable Travel Officer, Simon Forth, from Solihull Council, explains: "Solihull is experiencing a low carbon mobility revolution. With transport accounting for 39 per cent of all emissions in Solihull, there has never been a better time to reflect on our journey patterns and travel more sustainably.

"Alongside the transition to electric vehicles, more of us are realising the wellbeing and environmental benefits of active tavel by walking and cycling.

"Businesses engaging with the project can access grant funding for improved cycling facilities and EV charging points and contribute to their journey to net zero by supporting employees to travel more sustainably.

"Employees can take advantage of free public transport, e-bike loans and free cycle training and maintenance sessions.

"Whether your motivation is to benefit the environment, to save on petrol money or to improve your general health and well-being, there's no doubt that changing the way you travel can have a major impact."

To book a place on one of the cycling courses visit www.solihull.cycleready. co.uk/publicbooking





PARK SECURITY

With so many people coming and going, ensuring the safety and security of employees, and visitors and property is of paramount importance to Birmingham Business Park.

Keeping a watchful eye on what happens is key to maintaining a high level of security. Operating 24/7, the on-site security team work around the clock so whether you're working the night shift, or coming in early to avoid the traffic you're never alone. Security is there so you're safe and sound.

DUTIES INCLUDE

- Carrying our patrols on foot or in the security vehicle
- Monitoring CCTV
- Responding to any reported incidents such as intruder, fire or panic alarms
- Testing fire and refuge alarms
- Reporting on any health and safety hazards
- Being on hand to answer any queries at the park management hub
- Managing any incidents that arise throughout the day.

WHAT'S THE BEST WAY FOR **BIRMINGHAM BUSINESS PARK OCCUPIERS TO CONTACT THE SECURITY TEAM IF NEEDED?**

Email -

security@birminghambusinesspark.co.uk Landline - 0121 717 7000 line 1 Park Management Hub - What3words: ///glove.bunk.spare

LOCAL NEIGHBOURHOOD POLICE

Birmingham Business Park also works collaboratively with the local neighbourhood team.

Nick Fennel, North Sector Coordinator from West Midlands Police "We work in conjunction with Birmingham Business Park in order to reduce crime and anti-social behaviour

"The team conduct patrols around the business park during their tours of duty on weekdays and weekends.

'We encourage businesses to report any criminal offences or suspicious behaviour to West Midlands Police. This can be done through 999 or 101 systems, or by utilising the Webchat Function on WMP Website in a non-emergency circumstance."

WHAT'S THE BEST WAY FOR **BIRMINGHAM BUSINESS PARK OCCUPIERS TO CONTACT THE POLICE IF NEEDED?**

Email.

chelmsleywood@westmidlands.police.uk Call - 999 for emergencies or 101 for nonemergency calls

Online - Webchat Function on www.west-midlands.police.uk/contact-us



How we're working together for a safe and secure BBP

WHO TO CONTACT AT BUSINESS PARK OR POLICE

















Business Park charity partner, Birmingham Dogs Home, is asking Park occupiers to consider supporting the charity by becoming a Business Patron.

Becoming an official Business Patron of Birmingham Dogs Home (BDH) is a great way to give back to your local community, making a huge impact on the lives of thousands of homeless dogs from across the Midlands every year.

Business Patrons help the BDH team to provide lifesaving treatment and care for thousands of dogs across the Midlands, but also get to see the charity's work first hand.

BDH opens its doors to Patrons so they can support the mission and see just how much change they make with every donation.

As an official Business Patron, BDH is able to offer lots of great benefits too, from staff team building and staff engagement to PR and commercial partnership opportunities.

Among those supporting BDH through patronage is BBP occupier Sulzer, a global leader in fluid engineering, with two centuries of experience developing

How you can help the work of dogs home

BUSINESS PATRONS CAN SEE IMPACT AT FIRST-HAND

innovative products and services.
Sulzer recently hosted a quiz to

Sulzer recently hosted a quiz to support BDH, with over £1,000 raised from the night.

Fi Harrison, Head of Fundraising and Communications for Birmingham Dogs Home, said: "Fundraising for Birmingham Dogs Home can be challenging but so rewarding. With full kennels and tricky economic times, we have been working very hard throughout 2023 to care for thousands of dogs and keep our supporters engaged and committed.

"Support from Midlands businesses is vital to the help we can provide, with funds from our corporate BDH Business partners helping to fund essential medical care and our daily operational costs. We have a friendly and dedicated fundraising and communications team to make sure we make the most of our pawtnership together, we will make sure we look after you, as well as we look after our residents."

Chris Adams Operations Manager, Services Division, Sulzer, said: "Being able to help a local charity and seeing our donations at work is a fantastic thing. We take pride in supporting Birmingham Dogs home and long may it continue."

Visit birminghamdogshome.org.uk/become-a-bdh-business-patron







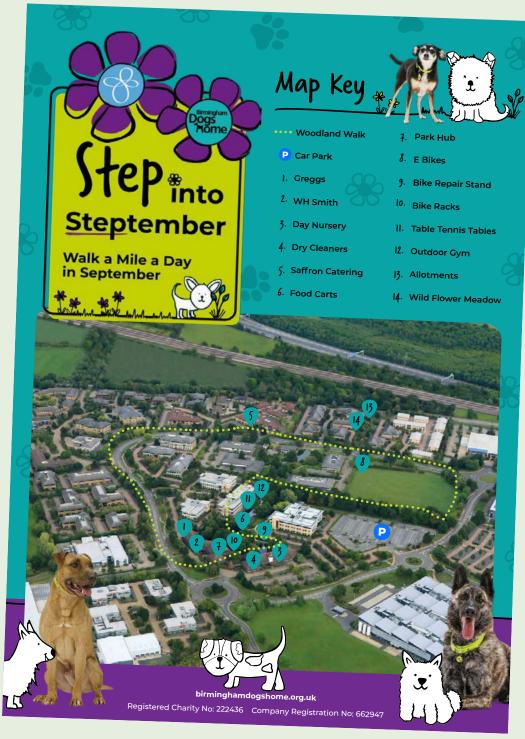


September with a walking challenge to help raise money for partner charity, Birmingham Dogs Home.

To help keep spirits high, the team at Birmingham Dogs Home joined colleagues on their walks alongside some of their lovely dogs who are hoping to find new homes. They followed a special BBP walking route created by the dogs home team and available on the website.

What's more, at the beginning of the challenge every business was matched up with one of the dogs currently receiving care at the charity.

Complimentary coffees incentivised



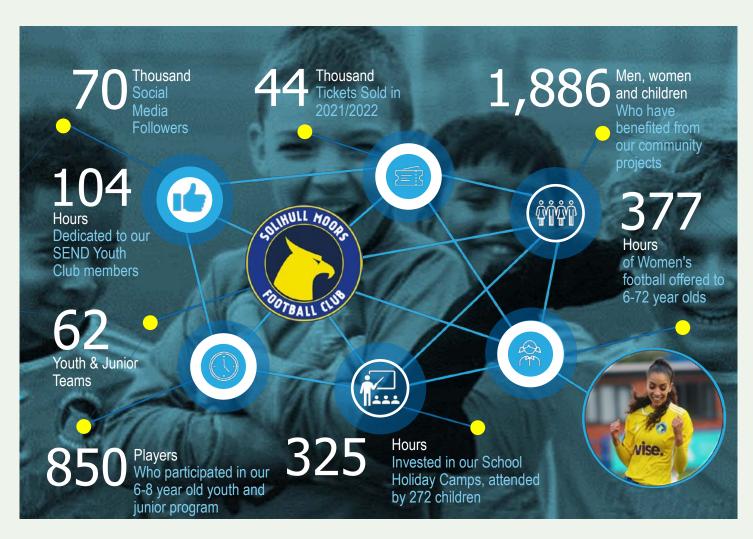
COMPLIMENTARY COFFEE AND SNACKS FOR WALKERS!

the walks on Thursdays as anyone who took part in a lunch time walk received a voucher to redeem at the BBP Lunch Club.

The challenge was set to encourage people to step out of their office and enjoy the 140 acres of mature parkland. Lori Henebury, Marketing Community and Business Development Manager at Birmingham Business Park, said: "It is always great to see people out and about walking around the Business Park, making good use of the 140 acres of mature parkland on our doorstep."

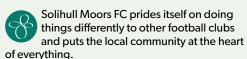
Every step supports our pawtners





Give back to borough by joining Moors' community ticket scheme

Help break down the barriers to allow families in our Community to access football



Whilst Moors' passion and driving force centres on achieving footballing success, the club is committed to positively impacting all of our stakeholders, its fan base and local communities.

This ethos is shared throughout the entire club, from Chairman, Darryl Eales, right through to the players and supporting staff.

And this is where Birmingham Business Park occupiers can help!

Moors are asking BBP tenants to get involved in the club's Community Season Ticket scheme – an initiative all about giving back to the community and enabling children and families to attend games for FREE.

Each package costs £1,500 + VAT, including:

■ 4 x Adult season tickets which will then be handed out to underprivileged and disadvantaged

individuals throughout the borough.

- 4 x season tickets to be used by the Moors Foundation to give free access to each of our 23 league games.
- 4 x places in the Jerroms Suite with full hospitality, including a four-course meal for a game of your choice, subject to availability.
- 1 x 12 month entry into our 500 Club Draw. The 500 Club draw is a monthly prize draw, of which all monies (£13 per month pp) go towards community projects.
- 1 x signed Moors first team shirt.
- Recognition of your company's participation via social media and on the Moors website.

More than 20 companies have already signed up, both local and national.

Bradley Rice of Solihull Moors, said: "It would be great if Business Park companies could join us as we come together to welcome people and families who without your support wouldn't be able to enjoy a matchday at the Moors."







BBP workers enjoyed late-summer lunchtime treats courtesy of Moxy Hotel NEC

Pictures: Ian Yates









The daily grind of a typical workday often leaves us craving for a little excitement during lunchtime.

But what happens when a local hotel decides to sprinkle a bit of joy into the lives of busy professionals? Well, the answer is simple: you get an unforgettable lunchtime experience filled with laughter, community, and free ice creams!

The sun was high in the sky, and the scent of the BBP Lunch Club wafted through the air as employees dispersed in search of their midday meals. But just as we were beginning to settle into our usual routines, a familiar jingle rang out. It was the unmistakable melody of an ice cream van. Heads turned, and curiosity piqued as the van rolled into our Business Park, courtesy of Moxy Hotel NEC.

Colm Feeley, Director of Sales at Moxy Hotel, said: "As Moxy is a hotel chain that likes to be different, we wanted to inject a bit of our #playon ethos into the Business Park. It doesn't have to be all work and no play, and

Moxy hotel whips up a **BBP treat!**

FLAVOURS OF SUMMER FOR PARK WORKERS

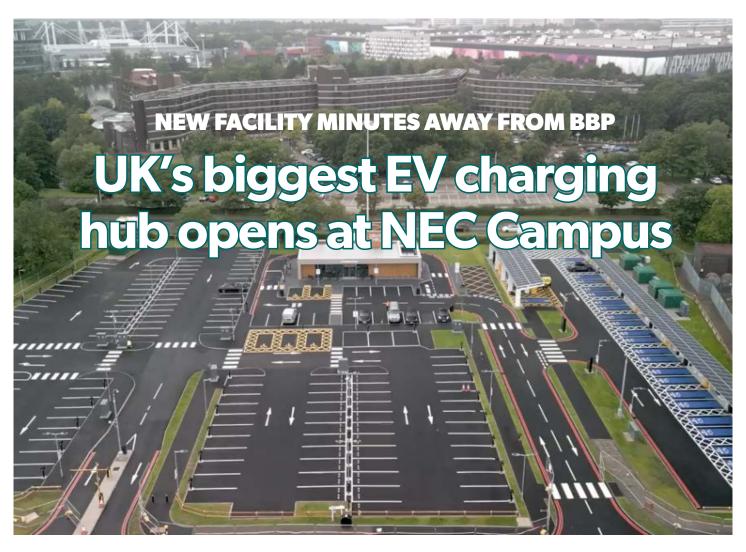
that's absolutely what Moxy Birmingham NEC, and all of our hotels are about."

With its stylish design, playful atmosphere, and modern amenities, Moxy Hotel NEC offers a unique blend of comfort and fun for business and leisure travellers.

Special thanks to team Moxy who showed us a bit of their #Playon ethos by joining us at our lunch club.







A new electric vehicle charging hub - big enough to charge 180 cars simultaneously - has opened at the NEC Campus, which neighbours Birmingham Business Park.

The Gigahub is the largest-ever private investment in a UK electric vehicle project to date. The project has been developed by a three-way collaboration between the NEC, EV Network and bp pulse, and is now operated by bp pulse.

It is funded by a record £8 million from its investment partner, Zood Infrastructure Limited. The site will provide 30 super-fast, 300kw DC charging bays and a further 150 7KW a/c charging bays - one of the largest amounts of super-fast chargers in one location in the UK.

The site is strategically positioned to become a major transport hub for the future - located in the heart of the UK motorway network, including the M42, M6 and A45, the new HS2 interchange station and is ideal for visitors to Birmingham Business Park.

The site supports the government's electric vehicle infrastructure strategy and commitment to decarbonising transport, backed with more than £2 billion to support the transition

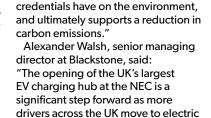
to zero emission vehicles including accelerating the rollout of chargepoint infrastructure.

Paul Thandi CBE, DL, Chairman of NEC Group, said: "We are proud to contribute to the UK Government's Electric Vehicle Infrastructure Strategy. Working in collaboration with EVN and bp pulse, the opening of our EV charging hub provides NEC Campus customers, commuters, and those working for local, regional or national businesses, a reliable and convenient way to recharge and support a lower carbon travel future.

"This strategic collaboration and

The new NEC EV charging hub is at the heart of the UK motorway network

> Picture courtesy The EV Network



vehicles, with sites like this playing an

initiative strengthen our destination

offer, demonstrate our commitment

to reducing the impact our business

practices and our Masterplan

important role in supporting the UK's energy transition.

"Blackstone has been invested in the NEC since 2018, and this development demonstrates the positive impact private investment can have in driving innovation and creating green jobs, and we're proud to be backing the industries of the future in the West Midlands and beyond that are helping build a more sustainable future.'

The Chancellor of the Exchequer, Jeremy Hunt, added: "This is the biggest private investment in electric charging in the UK and is a huge vote of confidence in Britain's role as a leader in green industries."



■ The NEC Group has appointed Melanie Smith CBE as the Company's new Chief Executive Officer, succeeding Paul Thandi CBE, DL, who moves to the position of Chairman after nearly 17 years as CEO.

Melanie brings more than 25 years' experience in executive and operational leadership to the UK's leading live events business, having successfully delivered performance transformations at leading UK consumer and retail businesses.

Most recently, Melanie served as CEO of Ocado Retail, the online grocer.



Take 5!

In our fast-paced, hyper-connected world, taking a break often gets overlooked. We often find ourselves caught up in the daily grind, overwhelmed by responsibilities and burdened by the constant demands of work and life.

Taking a break isn't a luxury; it's a necessity for a balanced, healthy life. By incorporating regular breaks into your daily routine, you can reduce stress, boost creativity, enhance focus and improve your overall wellbeing. So, don't wait – take that break today and experience the benefits for yourself.

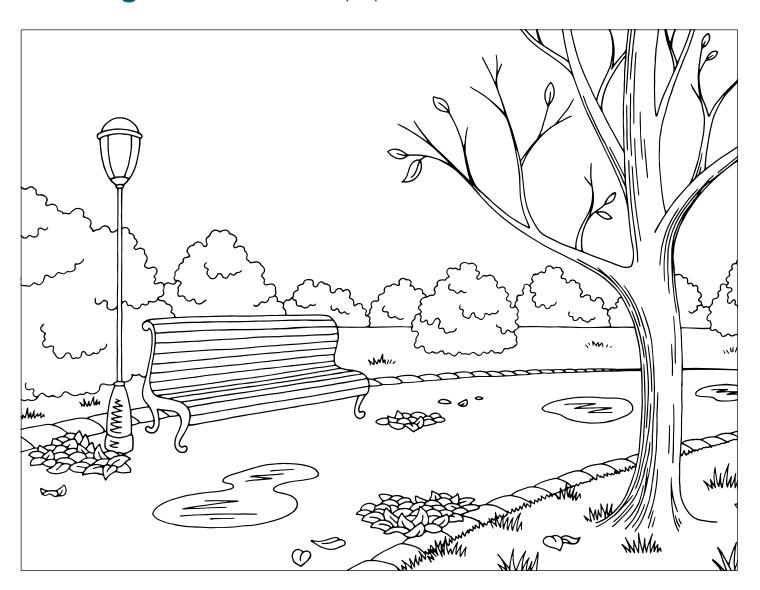
To make your break even more enjoyable, why not fill out our word search or colour in the park scene below?

Grab your FREE felt tip colouring pens from the Park Management Hub!

AUTUMN WORDSEARCH

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pumpkin leaf acorn scarf conker bonfires





By sponsoring a kennel you will be helping to keep a homeless dog warm and safe until they find their fur-ever home!

For just a few pounds a month, you can help us to pay for the daily costs of heating kennels, washing bedding, buying food and treats. Regular donations also help us fund the training and medical care our dogs need to help them find a new home.

