

# OUR COMMUNITY WHAT'S ON

APRIL 2024



## BBP EVENTS

### BBP LUNCH CLUB X CATERLY

EVERY THURSDAY

TIME: 11.30AM - 2.00PM

LOCATION: WATERSIDE CENTRE

LET'S TACO BOUT IT - MEXICAN  
THURSDAY 4TH APRIL

ONE UK  
LEAVE IT TO ESMIE  
CHEEKY PANCAKES  
WEDNESDAY 10TH APRIL

FALAFEL BAFFLE  
GURDEV'S INDIAN STREET FOOD  
CHEEKY PANCAKES  
THURSDAY 11TH APRIL

NEIGHBOURHOOD COOP -  
FRIED CHICKEN  
THURSDAY 18TH APRIL

CURRYWURST - HOT DOGS  
THURSDAY 25TH APRIL

BAKERY 91 - BAKES  
THURSDAY 25TH APRIL

### TRAVELLING COFFEE BAR

EVERY THURSDAY  
Serving 11.30am - 2.00pm

KATIE & TROPIC SKINCARE  
EVERY THURSDAY

Serving 11.30am - 2.00pm

Follow the BBP Lunch Club on Instagram for the most up to date schedule:



April						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



### BBP WORLD FOOD FESTIVAL

WEDNESDAY 10TH & THURSDAY 11TH APRIL

Time: 11.30am - 2.00pm

Location: Main Lake



Experience a gastronomic extravaganza at our World Food Festival hosted in the vibrant setting of our business park! Delight your taste buds with a diverse array of cuisines from six food vendors spanning two delectable days. Indulge in over 500 complimentary food samples, showcasing culinary delights from around the globe. Immerse yourself in the rhythmic energy of Bhangra dancers, adding cultural flair to the festivities. Groove to toe-tapping beats spun by a dynamic DJ, creating an atmosphere of celebration and joy. Explore the artistry of henna, with skilled artists adorning guests with intricate designs. Whether you're a connoisseur seeking new flavours or simply craving a lively atmosphere, our World Food Festival promises an unforgettable culinary adventure fused with cultural richness.



## BBP NETWORKING

### MENOPAUSE CAFE

THURSDAY 25TH APRIL

Time: 1.00pm - 2.00pm

Location: Park Management Hub

Come along to our monthly Menopause Café! Meet like-minded people, chat about all things menopause over a cuppa tea or coffee and share your experiences! This is an open meeting for people of all genders to come and chat about all things peri and post menopause related. 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

BOOK HERE

## BBP ALLOTMENT CLUB

WEDNESDAY 24TH APRIL

BOOK HERE

Time: 12.00pm - 1.00pm

Location: Park Allotments, Wild Meadow between Knights Court and Bishops Court

Join us at the BBP allotments for a community get together with Graham Brown from Nurture Landscapes Group offering tips and advice on managing your own allotment plot. Hot drinks and refreshments provided

## BBP NEWS



### HS2 BBV DROP IN SESSION

THURSDAY 18TH APRIL

Time: 1.00pm - 3.00pm

Location: Park Management Hub

High Speed Two (HS2) is the new high-speed railway for Britain. The team will be holding drop in events every third Thursday afternoon here at Birmingham Business Park in the Park Management Hub. At these drop-in events, you will be able to:

- talk to your local community engagement team about any concerns you may have
- see maps and plans of the project near you; and
- ask questions and explore the new railway in more detail

This month we will be joined by the stakeholder team from the M42 J6 Improvement scheme

### NUMBER BRUNCHING WITH SOLIHULL COLLEGE

WEDNESDAY 17TH APRIL

Time: Session One	12.00pm - 12.20pm
Session Two	12.30pm - 12.50pm
Session Three	1.00pm - 1.20pm
Session Four	1.00pm - 1.50pm

Location: Park Management Hub

We're teaming up with Solihull College to help increase confidence in numeracy in the workplace. In today's workplace, numeracy skills are invaluable. Whether it's analysing data, managing budgets, or interpreting financial reports, confidence in numeracy can significantly impact our effectiveness and success. However, many individuals struggle with confidence in this area. This 20-minute drop-in session, led by Solihull College Lecturer, Simon Horne, aims to provide quick yet impactful strategies to boost numeracy confidence in the workplace.

To book your 20-minute session for you and your team, please email [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk). Each session is capped at 12 people

## BBP PERKS



### CYCLING INCENTIVES COURTESY OF SOLIHULL COUNCIL

SIGN UP HERE

Working in partnership with Solihull Council, Love to Ride is free to anyone living or working in Solihull, as well as all Solihull businesses. Love to Ride supports and encourages people to ride bikes for fun, transport, the school-run, to get fit, to be more sustainable, to save money... you name it! Everyone is invited, from regular riders to people who haven't been on a bike in years (or ever!). Sign up to receive give away prizes throughout the year and take part in challenges designed to build bike habits that can last a lifetime

### HILTON LIVINGWELL HEALTH CLUB 7 DAY FREE PASS

Location: Park Management Hub

Discover a new you, powered by LivingWell – with a corporate membership. We all know that regular exercise can help improve wellbeing, concentration and reduce stress levels. LivingWell, over at Birmingham Hilton Metropole (only 2 miles from Birmingham Business Park) are offering BBP businesses a 7-day trial of their services which include swimming pool, steam room & sauna and access to their club. Collect your free pass from the Park Management Hub