

OUR COMMUNITY PARK MAGAZINE

WINTER 2021



Birmingham
Business Park

WHAT'S INSIDE:

Introducing our new
charity partner

Business Park receives
a royal visitor

Recipes to try with a
jar of BBP honey

Winter Wonderland

PARK COMES ALIVE WITH SEASONAL COLOUR

hello!

Welcome to your Winter 2021 edition of 'Our Community' magazine.

Firstly, a huge thank you to all our occupiers, suppliers, and stakeholders for their full support throughout 2021. This year has been a measurable step forward from previous with the return of face-to-face meetings, WHSmith, community events and even queues in Greggs!

In this edition we share success stories, fundraising initiatives and news from our occupiers including a Royal visit!

We welcome new faces, share exciting stakeholder plans, and look ahead to plans for 2022.

I hope you enjoy the issue. I hope you find ways to stay connected to Birmingham Business Park, a place that stands committed to bringing a community together.

For now, it's time to celebrate! Rest well during the holiday season and stay tuned for special events all year long in 2022!

See you around!

Lori Henebury,
Marketing, Community and Business
Development Manager



on the cover

Beautiful scenes at Birmingham Business Park during the late November snowfall



**Birmingham
Business Park**
Invested in You

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Wreath-making event welcomes Christmas at BBP

FESTIVE GET-TOGETHER SUPPORTS AGE UK

 Businesses from across the Park were invited to get into the festive spirit at our annual wreath-making event.

Colleagues came together to learn a new skill and create beautiful Christmas wreaths to take home with them on Thursday, December 9th.

The BBP landscaping team, Nurture, hosted the one-hour workshops where attendees were shown step-by-step how to make beautiful, unique wreathes.

The event was free, with attendees asked to donate to the Park's partnered charity, Age UK Solihull.



Introducing

**Kevin Lee,
Birmingham
Business Park
Property Manager,
for Workman LLP**



Tell us a bit about your role at Birmingham Business Park?

I am responsible for overseeing all aspects of the day-to-day running of the park. I work with the on-site management team to ensure that all services are delivered to ensure that the park is a safe, welcoming and efficient place to work. I also deal with landlord and tenant issues and am responsible for reporting to the landlord.

What interests you about working at Birmingham Business Park?

I am very excited to be working on Birmingham Business Park, which is a flagship asset for our client and especially excited about the range of occupier events, community engagement and environmental initiatives that are offered. BBP is a market leader in these areas, all of which are becoming increasingly important in today's world.

Having previously managed central London and South East office assets I am excited to take on the new challenge presented by managing a forward looking modern business park. I look forward to continuing all of the great work implemented by my predecessor and the park management team and to implementing more great initiatives in the future.



SELECTION BOXES FOR OLDER PEOPLE IN LOCAL BOROUGH

The Birmingham Business Park community come together to collect sweet treats for Age UK Solihull in the run up to Christmas.

The campaign invited employees, suppliers, stakeholders, and contractors working on Birmingham Business Park to donate a selection box, box of chocolates or biscuits, which were then distributed to older people who attend Age UK Solihull's social clubs, or are clients of 'Linking People Together', the charity's 1:1 befriending scheme.

Personalised stickers were also supplied for people to leave a Christmas message.

Teams at HS2, LM and Traffix collectively donated over 250 boxes.

Age UK Solihull is a local charity which helps over 10,000 older people in the borough each year with the challenges faced in later life.

Lorraine Hart, Fundraising Manager at the charity, said: "Christmas can be a difficult time for many of our clients who face the festive season on their own. Having a little gift given by a local person can lift the spirits and reassure them that they are not alone, and someone is thinking of them at Christmas."

Find out more about Age UK Solihull on Page 5



HEART DISEASE CHARITY CAN SUPPORT COMPANIES' FUNDRAISING EFFORTS

BHF named as our new charity partner for 2022



The British Heart Foundation (BHF) will be Birmingham Business Park's official charity partner for 2022.

The Customer Service Centre of the BHF moved on to Birmingham Business Park in 2019 and remains the only charity with a base on the park.

The BHF is the largest funder of research into heart and circulatory diseases in the UK, and their research has helped power breakthroughs such as pacemakers, statins, stents, the ability to fix arteries in tiny babies and even the first heart transplant.

Despite the progress that has been made, heart and circulatory diseases still kills 1 in 4 people in the West Midlands. The BHF remains focused on funding lifesaving breakthroughs in diagnosis, treatments and cures into all heart and circulatory conditions, such as coronary heart disease, stroke and vascular dementia, and their risk factors such as high blood pressure and diabetes.

The BHF is a national charity with a local heart, currently funding over 900 research projects across the UK and 30 in Birmingham. One project is aiming to find the safest way to protect the heart when children require open heart surgery – and this could ultimately help to improve their recovery.

Donna Stokes, BHF Fundraising Manager for Birmingham and Solihull said: "I am delighted we have been chosen as Birmingham Business Park's charity partner and I am looking forward to getting to know our neighbours on the park better.

"Please do get in touch with me if your organisation would like to support the



Donna Stokes of BHF with Hearty the charity mascot at BBP

charity. We can provide ideas and support for your fundraising activities whether virtual such as quizzes, competitions or physical challenges such as walking, running, cycling, treasure hunts or stock donations to your local BHF shop.

"We can work together to improve your employees heart health, share lifesaving CPR skills and give access to our heart health information and support services."

Lori Henebury, Birmingham Business Park Marketing Community and Business Development Manager, said: "We are thrilled to be working with British Heart Foundation, our only charity based here at

Birmingham Business Park. This partnership will allow us to work very closely with Donna and her team to go beyond fundraising to engage with our whole community here at the Park. I look forward to creating a partnership in 2022 that will make a tangible difference to people's lives and raise awareness of heart disease."

February is heart month and a great time to organise an afternoon tea party or a red themed event to support the BHF. Please contact Donna Stokes on 07714 069132 or email stokesd@bhf.org.uk if you would like to find out more about supporting the British Heart Foundation.

PUMPKIN PALS RAISE £240

The talented team at Business Park cloud computing experts Pinewood Technologies showed their creative side during Halloween.

Pinewood colleagues set about carving pumpkins to help raise over £240 for Breast Cancer Now as Halloween coincided with Breast Cancer Awareness Month. Pumpkin pictures were uploaded to the special JustGiving page and anyone who donated also voted for their favourite spooky carving.

Mitchell Christy, Pinewood Marketing Assistant, said: "It was such fun bringing the team together for a little spot of creativity. It proved a great opportunity for new placements and graduates to introduce themselves.

"We have some talented pumpkin carvers among us – and one walked away with a prized Toblerone! That it was all for a good cause – to raise funds for Breast Cancer Now – was the cherry on top."



To donate to the Pinewood JustGiving page visit justgiving.com/fundraising/pinewood-pumpkin-carving



Rebecca Jacob of Age UK Solihull at Birmingham Business Park's wreath-making event

LOCAL CHARITY REFLECTS ON THREE-YEAR SUPPORT

Age UK partnership comes to an end... but support will continue!

Birmingham Business Park's official charity partnership with Age UK Solihull – a local charity that supports older people with challenges faced in later life – is coming to an end after three fantastic years.

The Business Park chose Age UK Solihull as its partner for 2019-20, and the partnership was extended for a third year to maximise opportunities for fundraising and other support.

Over the three years, the Business Park has facilitated collections of food and gifts for older people, invited the charity's clients to Easter and Christmas events, raised funds by selling BBP honey, and invited the charity to run fundraising activities at BBP events. The business park has also sponsored several quiz nights – both virtual and 'live' – which have raised almost £3,000 over the course of the partnership.

The partnership concluded with the annual festive wreath-making workshop on Thursday, December 9th. The event raises funds for Age UK Solihull, and some of the charity's older clients took part in the workshop themselves.

However, the relationship won't end here. While the Business Park will have a new official charity partner in 2022, they will still be working with Age UK Solihull at a local level. The charity is also looking for a new official corporate partner, so if any businesses on the park are interested,

please contact Age UK Solihull using the details below.

Lorraine Hart, Fundraising Manager, said: "It has been wonderful to work with Birmingham Business Park over the last three years. First Liz Allister and now Lori Henebury have been incredibly supportive, particularly during the challenging past 18 months. While the official partnership is coming to an end, we look forward to continuing our relationship with the business park, and hopefully developing links with other companies based there."

Lori Henebury, Birmingham Business Park Marketing Community and Business Development Manager, said: "It has been a pleasure working closely with Lorraine and

Becky from Age UK Solihull over the past six months since I have been in post picking up from where Liz left off.

"I have learnt so much about the charity from the range of services they offer, to the work

they do to meet the needs of older and vulnerable people in the local borough. Although our official partnership ends this year, I hope for our relationship to continue at a local level and the team remain an active part of our community."

To find out about partnering with Age UK Solihull, please email events@ageuksolihull.org.uk or visit www.ageuk.org.uk/solihull/corporate-partnerships

To make a donation to BBP's fundraising page for Age UK Solihull, visit justgiving.com/campaign/BBPChristmas21 or text BBPXMAS followed by your donation amount to 70085



NFA TEAM SLEEPOUT RAISES £900 FOR ST BASILS CHARITY



A team of hardy colleagues from the National Fostering Agency, based at 1750 Solihull Parkway, braved the winter cold to take part in the St Basils annual fundraising sleepout.

The NFA colleagues slept directly outside their building on Friday, December 3rd, raising more than £900 for Birmingham-based St Basils, which supports young people battling with homelessness.

"We all feel that in today's society no-one should have to sleep on the streets of the UK and because we work with young people ourselves, St Basils seems the right choice to offer our support," explained NFA support worker David Jones.

"We set a target of £500 and we're now keeping our fingers crossed that we can eventually hit £1,000 for St Basils. Thank-you so much to everyone who has donated."



Honey recipes to try at home

If you've bought a jar of Birmingham Business Park honey, why not try a recipe with honey in. Share your photos of your cooking with us on social media!

HONEY DATE AND WALNUT CAKE

Oven temp: Conv. 160 degrees / gas-mark 3

1/2lb (220g) loaf tin lined with greaseproof paper.

Ingredients

225g self-raising flour
1/2tsp ground cinnamon
175g softened butter
100g light muscovada sugar
3tbsp clear honey
2 eggs beaten
2 medium ripe bananas (9oz/250g)
100g stoned dates
50g walnuts pieces

Tip flour, cinnamon, butter, sugar and 2tbs honey into a large bowl.
Mash bananas and chop dates (scissors are best for this) and add to bowl. Beat for 2/3 minutes until well blended.
Spoon into tin, scatter the top with walnuts, bake for one hour, test to see if cooked using a dry skewer.
Turn out onto a wire rack, when cold drizzle remaining honey over cake.
Cut into thick slices to serve.

GINGERBREAD

Sieve together into a bowl:
6oz plain flour
1 level dessertspoon ground ginger
1.5 level teaspoons ground cinnamon
1 level teaspoon bicarbonate of soda

Liquidise:

1 egg
3 level tbsp liquid honey
1 level tbsp treacle
4oz sugar
4oz soft butter or margarine
Quarter-pint of warm water

Gradually stir the liquid into the dry ingredients. The mix will become very runny. Pour all into a greased/lined 2 lb loaf tin and bake at 150C for 1 hour 30 mins. A few previously soaked sultanas or finely chopped pieces of crystallised ginger can be added part-way through baking. If added too soon, they tend to sink, as the mix is so liquid.

HONEY TRUFFLES

Ingredients

150ml double cream
200g dark (or a mixture of dark and milk according to taste) chocolate; not 'cooking' chocolate
Chocolate or cocoa to dip
60ml honey
Diced stem ginger or orange zest to flavour

Melt the chocolate in a bowl over a pan of hot water; add the cream and mix with any flavouring. Cool, roll into balls (vinyl gloves help) and put in the fridge until cold.
Either roll in cocoa, or use a cocktail stick to hold them as you dip them in tempered melted chocolate (white or dark chocolate works) – use the cocktail stick to stand them up to dry if possible. This can also be used as a filling in moulded chocolates.



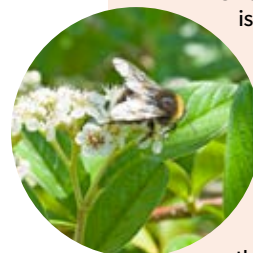
DID YOU KNOW? WE SELL HONEY FROM OUR HIVES

Bees are often seen buzzing from flower to flower around Birmingham Business Park.

One third of the UK's food is pollinated by bees and yet despite this they are in decline on a global scale. Without them the world would be a very different place.

One of the largest threats to bees is a lack of safe habitat – beekeeping helps boost the bee population. If you're strolling through BBP, you will spot two beehives on the side of the Main Lake.

Set up in 2013 by our landscaping team, Nurture, our two beehives produce over 250 jars of honey each year. Containing a variety of nutrients and high in antioxidants, honey offers several potential health benefits that can help reduce the risk of many serious health conditions.



Recipes courtesy The British Beekeepers' Association, a national charity supporting bees and beekeepers with advice, fundraising appeals, research and latest news. Visit www.bbka.org.uk

Main picture: Arwin Neil Baichoo/Unsplash



How Canon dug in for a great allotment

GARETH IMBER, SHOWROOM DEMONSTRATOR,
CANON CUSTOMER EXPERIENCE CENTRE, SHARES
THE SECRETS OF A SUCCESSFUL ALLOTMENT



How do you/your team find the time to manage your allotment plot?

Keeping the plot in good shape has become a favourite pastime for myself and my colleague, Steve Creighton. We're always very busy in the Birmingham Canon Customer Experience Centre, but we make it our mission to take an hour out at lunchtime, on most days, to work at the allotment.

The amount of jobs to do there is very dependent on the season. In the winter months we spend time weeding and disposing of any dead crops, whilst in Spring it's more time intensive as we sow lots of seeds ready for the warmer months.

There is always something to do there, whether it's weeding, pest control or keeping the crops fertilised and watered. Some days we may not have an hour to spare but we will always try to visit the allotment, even if it's just to relax and enjoy the peace it brings.

What are the benefits for a business to have an allotment plot?

The allotment brings a huge amount of benefits to the team:

- **Fresh vegetables** – We've grown some delicious vegetables including onions, courgettes, and pumpkins which we've all been able to take home and enjoy. They definitely taste better than the veg you buy in the supermarket.
- **Exercise** – Digging the vegetable beds and keeping it maintained is great exercise. We get a workout almost every day!
- **Environment** – As an organisation, we're

committed to reducing environmental impacts and the allotment, although small, helps to support this.

● **Social** – We get to meet other employees on the park, something which people have really missed during lockdown. We all chat as we manage our own plots – sharing tips, success stories and encouragement.

● **Mental wellbeing** – It's easy to skip a lunchbreak and keep working, but the allotment makes us take a break. One of our visions at Canon is to boost mental wellbeing and help people thrive. The allotment has certainly been great for the team.

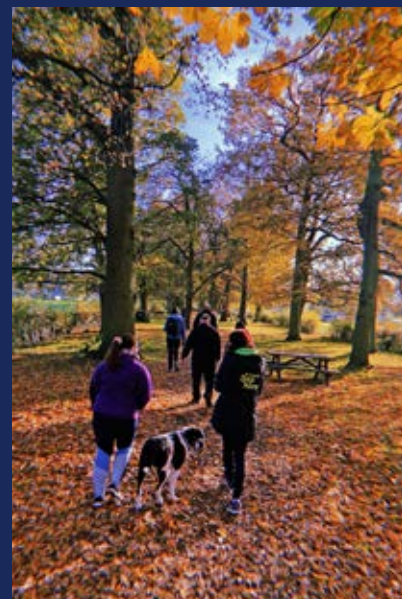
What advice would you give on how to maintain a successful allotment plot?

I am lucky enough to have a small allotment plot at home so over the last few years, I have been able to experiment with growing vegetables, herbs and flowers – but I am still constantly learning and picking up new tips every day.

I would definitely not claim to be an expert, but my main advice is to get stuck in, give it a go and have fun. Don't get too demoralised if things don't work first time.

The BBP Allotment Club meets on the first Thursday of every month. It's a great opportunity to bring colleagues together and support the local community as fresh produce can be donated to local food banks.

Email lori@birminghambusinesspark.co.uk to register your interest in the BBP Allotment club or an allotment plot for your business.



COME ALONG TO NETWALKING

If you're looking for networking events with a difference, come along to a Birmingham Business Park 'Netwalking' lunch hour.

It's a chance to meet new colleagues, get some fresh air and add to the daily steps.

Netwalkers take in the Park's landscaped paths and woodland walk, giving them chance to make new connections in a different setting to usual networking events.

Keep in touch with BBP social media and download the app for details about future Netwalking events and for tips about places to walk on the Park.

To find out more or reserve a place, email Julia at hello@yourhealthysteps.co.uk



GREENER SCHOOLS RECOGNISED AT ANNUAL AWARDS

Birmingham Business Park sponsored two local primary schools – Merstone School and St. Anne's Catholic Primary School – for the Greener Solihull School Awards.

The online awards, on Thursday, 25th November, recognised school staff with an interest in sustainability and climate action with a focus primarily on 'Net Zero'.

Schools were informed of how the local education sector fits in to the council's Net Zero Action Plan and local business champions from Birmingham Airport, Prologis, Touchwood and Solihull Chamber took part in providing feedback to the schools who have worked towards Solihull Greener Schools Awards to develop a sense of pride in the schools' sustainability activities and to encourage further activities through highlighting positive stories and role models.

Organiser, Sarah Lardner, Engagement Officer at Solihull Council, said: "The conference is a wonderfully collaborative event, with businesses, council officers and various organisations all contributing. I'd like to extend my thanks to all the business champions for their motivational feedback and to the dedicated teachers who shared their fabulous best practice. It was especially lovely to hear about the generous rewards the schools have received from businesses."

Birmingham Business Park site champion, Lori Henebury, said: "It was a fantastic event run by Sarah at Solihull Council, and wonderful to be able to sponsor two local schools who are committed to making their schools eco-friendlier – I definitely took some tips from them myself! This is a great opportunity for businesses to do their bit and get involved with schools in the local area."


If you would like to find out more information on how to become a business champion to sponsor the next Greener Solihull Schools Award, please get in touch with Sarah Lardner at slardner@solihull.gov.uk

Open Study College launches recruitment division



Jak Whitehouse

NEW CONSULTANCY WILL BE BASED AT BUSINESS PARK

 Birmingham Business Park-based Education provider, Open Study College, has announced the launch of 'OSC Recruitment' a consultancy dedicated to supporting employers and job seekers alike.

OSC Recruitment is headed up by specialist recruitment consultant Jak Whitehouse, Assoc. CIPD MREC, who has been recruiting for over 15 years for roles, from junior to senior levels, across the UK.

"I'll be using my in-depth knowledge in the industry to help other businesses recruit high quality talent, aiming to make the recruitment process a seamless one for both our clients and candidates," said Jak.

Shawna Baker, Business Support Director, added: "We are very lucky that due to Open Study College's success and expansion we have needed to continually recruit over the past 14 years, and we understand how time consuming it is to look through CVs, find the right candidates to interview, book interviews through to offering them the role. With this in mind we felt there was an opportunity for a recruitment consultancy that was competitively priced, personal and really took the time to understand the roles available and this is essentially how OSC Recruitment was founded."

OSC Recruitment is a dedicated recruitment consultancy offering a tailored professional service and a dedicated careers consultant who will provide businesses with the expertise they deserve and require, ensuring the highest of standards are met.

OSC Recruitment understand every client's needs are different, so they ensure they tailor their process to the client and their requirements.

Neal Simmonds, Building Manager of UKO Serviced Offices, recently worked with OSC Recruitment to fill a role and said: "The whole process from start to finish was an incredibly professional and supportive one, completely removing any stress from the recruitment experience."

"Jak consistently provides the highest quality service, is fully engaged in the process, and truly wants what's best for both the employer and the employee, as well as having a wonderful understanding of the candidate's individual qualities and how they are applicable to our needs."

To find out more about the services OSC Recruitment offers, please email hello@oscrecruitment.com

'We understand how time consuming it is to look through CVs and find the right candidates to interview'

OSC RECRUITMENT PROVIDES THE FOLLOWING SERVICES:

- Promote roles on the largest UK job board and the candidate's choice with over 63% of job seekers using this platform to find their next role.

- Plus, advertise roles on their website and use social media platforms to source the best talent
- Take into consideration the candidate's location and their journey to work
- Review all CVs, saving you time and energy
- All candidates will be

pre-screened and pre-interviewed before they introduce them to you.

- Arrange and organise all interviews, provide feedback and ensure all documents are in place
- Discuss and negotiate pay expectations, location and start dates

Sulzer's move sealed by royal occasion

DUKE OF KENT VISITS BBP FOR TOUR OF NEW CENTRE

Following the recent completion of Sulzer's purpose-built service centre at Birmingham Business Park, the facility was officially opened by His Royal Highness The Duke of Kent.

Complete with a range of new equipment and state-of-the-art additive manufacturing and digital technologies, the service centre represents Sulzer's commitment to delivering the next generation of service excellence and will provide 24/7 support to customers around the world.

Following the official opening on 27th October, guests were given a guided tour of the new facilities and shown how their businesses will benefit from the latest in advanced repair technologies provided by Sulzer.

Building on the legacy of the Camp Hill site, which has provided engineering expertise for 100 years, Sulzer has relocated its wealth of engineering knowledge and craftsmanship to a purpose-built facility.

Chris Powles, Head of Electro-Mechanical Services – EMEA, said: "The comprehensive range of in-house design skills and cutting-edge technology are being used to deliver precision repairs and improve equipment performance.

"We have created a centre of excellence that operates on lean manufacturing principles and sets the benchmark for the maintenance and repair of all vital equipment. Our engineering expertise and experience mean we deliver the highest quality of service and we encourage customers to visit us and see for themselves."

As part of the relocation, Sulzer invested in new equipment including larger, 50-tonne overhead



cranes and constructed an upgraded overspeed balancing pit, which is the only independent facility in the UK.

The company offers optimised overhaul projects for all crucial industrial equipment including cutting-edge additive manufacturing and state-of-the-art digital technologies. Together with the ability to design, manufacture and test high-voltage coils, as well as advanced reverse engineering capabilities, Sulzer delivers best-in-class services to its customers.



BBP SECURES TRIO OF NEW TENANTS

Birmingham Business Park has underlined its reputation as the West Midlands' most successful out-of-town location by securing a quartet of lettings – in just three months.

The combined space of 27,189 sq ft represented more than 20% of the total take-up for Q3 2021, across the M42 and Solihull office markets.

Malcolm Jones, KWB's head of office agency, said the transactions emphasise the continued appeal of the park, which is majority owned by the US-based investment giant BlackRock.

Vienna Kang Advocates, a national solicitors' practice, is taking 3,875 sq ft at 3120 Park Square, the quoted construction company Galiford Try has signed for just shy of 9,500 sq ft at 3100 Park Square and technical services' group Imtech is moving into 8,241 sq ft at 3160 Park Square.

Those three were relocations within the park.

"The park continues to attract interest from a wide array of sectors which is a major reason for its success over the years. This time, the tenants are from the legal profession, construction, tech services and energy," said Fred Reynolds, Director, BlackRock Real Assets. "The excellent connectivity via road, rail and rail is regularly mentioned during discussions with potential tenants, and it's great to see that Greater Birmingham and the M42 corridor continue to be places where ambitious companies and individuals want to be."

He said the decision of three existing tenants to stay on the park also emphasised the merit of regularly refurbishing office space.

"It's a useful reminder that, even when you're running a hugely successful business park, the asset management team always needs to be thinking which spaces might need additional investment to ensure they're meeting contemporary standards."

FLEXIBLE OFFICE PROVIDER UBC SCOOPS TOP HONOURS

Flexible workspace provider UBC won 'Customer Service Excellence' awards at a prestigious industry event, with its Birmingham Business Park headquarters a finalist in the regional awards.

The annual FlexSA (The Flexible Space Association) awards were relaunched in 2021 after being postponed due to ongoing restrictions and lockdown measures at the time.

The new-look 2021 awards introduced regional categories and attracted nominations from workspaces all over the country. The awards programme has become increasingly competitive as the flexible workspace industry has grown and diversified within the UK.

UBCUK Ltd operates flexible workspace locations across the UK providing over 300 businesses with an all-inclusive office base. Headquartered at Birmingham Business Park, the company partners with property owners and developers and is committed to a policy of expansion in strategic locations around the UK.

UBC Birmingham Business Park was a finalist in its region, while two other UBC locations won their region: Sentinel House on Ancells Business Park in Fleet (Hampshire) and Forward House in Henley in Arden (Warwickshire).

Commenting on the achievement, Managing Director, Richard Johnson, said: "UBC has long focused on creating positive, supportive communities at each of its locations; to have this recognised by our industry peers with these awards for Customer Service Excellence is really special. The result is especially meaningful."

Jane Erasmus, Sales & Marketing Director, added: "Supporting our customers is at the heart of everything we do."

"Listening to our customers and understanding what is important to them is key to our future success. That's why we are making things easier for those customers who have chosen to embrace hybrid working patterns by enhancing the services we offer online and incorporating even more flexibility into our service range."

Yellow Zen Den bus to stop at BBP



The bright yellow Zen Den bus will be at the Business Park in spring 2022



In March 2022 the Zen Den mobile meditation space will be coming to Birmingham Business Park for a day of guided zen sessions.

The Zen Den is a traditional yellow American school bus with the interior transformed into a tranquil zen space for meditation and breathwork.

Kaye Smith and Corinne Gardner – co-founders of Zen Den, said: "We're so excited about bringing the Zen Den to Birmingham Business Park in the new year and we can't wait to share some of our signature bite-sized zen sessions to you all."

"This project is the first of its kind on these shores and we can't wait for as many people as possible to experience the benefits. With our bus we visit workplaces, corporate events, schools, hospitals, festivals and public spaces and give everyone the gift of 11 minutes of zen."

The experience doesn't end after the session. Once you have been on board the Zen Den you're given a pack of Zen Tips, which involves some easy routes to zen including some simple breathing techniques that can make a huge difference.

You will also be given access to the online support platform and newsletter which includes regular Zen Tips plus live streamed and pre-recorded sessions.

Reflecting on how they came up with the Zen Den concept, Corinne and Kaye say they were spending too much time looking for fulfilment in all of the wrong places. The end result was disconnection and exhaustion. So they started looking for ways to heal their tired minds and



incorporating zen into their lives was that lightbulb moment.

"After looking at what's on offer, we realised that there wasn't a lot of simple, accessible information on all of the routes to zen such as meditation and breathwork."

"We're here to change that, and to show you how easy it can be to give yourself some zen even when life feels so busy. We believe in creating calm amongst the chaos we want to show people how simple it can be to use our zen tips and techniques to take the pressure off a little bit."

Lori Henebury added: "It is really exciting to book a brand-new, unique wellbeing offering here at Birmingham Business Park for occupiers to enjoy. It will be great to see Business leaders carve out time for their staff to access these services during their working day."

NEC masterplan for 5,000 new homes



A computer-generated image showing the new-look NEC campus



The NEC Group has launched the new NEC Masterplan which will transform over 27 hectares of surface level car parking and surplus land, to create new residential, office, leisure and community spaces.

Neighbouring Birmingham Business Park, the NEC campus is home to the UK's largest exhibition venue – the National Exhibition Centre (NEC), the Vox Conference Venue, Resorts World Arena, Resorts World Birmingham, The Bear Grylls Adventure and a number of hotels.

Overall, the plans are set to create:

- 5,000 new homes
- An estimated 3,500 new local jobs
- 35,000m² of new commercial space
- 14,000m² of new outdoor event space
- A new hotel
- New restaurants and cafes
- New primary school
- A greener and more sustainable environment on the NEC Campus

The new 5,000 homes will form a new urban village located in the north of the site, and are set to establish an inclusive, diverse and prosperous community for over 11,000 people.

The village will include a mix of homes and include a range of new services and amenities such as a primary

school, mobility hub, and a local centre with shops, cafes and community space.

As one of the nation's largest brownfield residential development opportunities, the site will make a major contribution to meeting housing needs.

In addition to the urban village will be a new grand plaza and urban boulevard to redefine the area surrounding the NEC's atrium halls. The development will create an estimated 3,500 jobs.

Connecting the site with Arden Cross and the High Speed 2 Interchange, the urban boulevard will extend an inspirational pedestrian focused public realm from the NEC Piazza to a new bridge link over the M42. The urban boulevard will host a series of commercial buildings with ground floor retail and leisure space.

Central to the plans for the site will be sustainable development principles promoting positive social, economic and environmental outcomes from future development. Site specific sustainability interventions will support climate change and clean air initiatives.

With access to road, rail and air travel, the area has exceptional local, national and international connectivity. This will be further enhanced by the arrival of High Speed 2 (HS2), with a new Interchange Station being built at Arden Cross adjacent to the NEC Campus.

The NEC is owned by The Blackstone Group.

HS2: Interchange area news



High Speed Two (HS2) is the new high speed

railway for Britain. Near Birmingham Business Park, HS2 is working around the A452, A45 and M42, which surround the site of the future HS2 Interchange Station. Early works for HS2 in this area, which is referred to as the Interchange area, are being carried out by Laing O'Rourke and J. Murphy & Sons, known as LM, and main works are being carried out by Balfour Beatty VINCI, known as BBV. Find out more about HS2 in Solihull at: hs2.org.uk/solihull

To ensure that the local road network is fit for purpose when Interchange Station is operational, LM is remodelling and improving the existing network on and around Northway Island and creating new routes on HS2 land. LM are also installing intermittent, off-peak lane closures along short sections of the A452, A446, B4438, M42 and the Northway throughout its programme.

During HS2's work, access to and from Birmingham Business Park may alter but will always be maintained either via Progress Way off the B4438, or off Northway Island. HS2 and its contractors will continue to join Birmingham Business Park's events throughout 2022 to share information about the scheme in the Interchange area.

You can also find out more about HS2 in Solihull on the BBP App and sign up for news updates at engagement.hs2.org.uk/join-mailing-list, including information on traffic measures, online events, community and business funding, and station development.

Do you have a question about HS2? You can get in touch with HS2 via the Helpdesk team on:

08081 434 434
hs2enquiries@hs2.org.uk

Become a Birmingham Business Park ESG Business Champion in 2022



ENVIRONMENTAL

Biodiversity
Energy Efficiency
Carbon Offsetting
Waste Management

SOCIAL

Community events
Equality and Diversity
Staff Well-being
Social Responsibility

GOVERNANCE

Committee structure
Onboarding best practices
Transparency
Policy Change

We need representatives from around the Business Park to come together in 2022 as Business Champions to promote widespread action relating to Environmental, Social and Governance change.

WORKSHOPS • ACTION PLANS • STRATEGY • BEST PRACTICE • REPORTING • EVENTS • COMMUNITY CLUBS

For further details of how you can become a
ESG Business Champion please contact Lori.
T: 0121 717 7000 E: lori@birminghambusinesspark.co.uk
www.birminghambusinesspark.co.uk
Birmingham Business Park, Solihull Parkway, Birmingham B37 7YN

