

OUR COMMUNITY PARK MAGAZINE

WINTER 2022/23



Birmingham
Business Park



*environmental
social
governance*

ESG SPECIAL EDITION FEATURING YOUR COMMUNITY PROJECTS
AND ENVIRONMENTAL COMMITMENTS

hello!

Welcome to your Winter 2022/23 edition of 'Our Community' magazine.

First, a very happy new year to you all!

In this edition we share success stories from the businesses around the park, with an ESG focus that celebrates the commitment our businesses have to charities, schools, and our environment.

We feel incredibly proud of the sustainable practices that take place here at the Business Park. It proves that together we can create real positive change.

On the front cover we showcase our beautiful resident peacock, Philip who resides happily at the Crescent. The photo was sent in by Edward McMurray as part of our birdwatching campaign. I have loved seeing your wonderful entries of the various birds that inhabit BBP.

As always, I'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, feel free to email me at lori@birminghambusiness.co.uk.

See you around!

Lori Henebury, Marketing, Community and Business Development Manager



WHAT IS ESG?

Environmental, social and governance (ESG) is a set of standards which measure a business's impact on the environment, society and shows how accountable and transparent it is.

It can be used as a strategic framework to help businesses identify and improve their performance in areas ranging from carbon footprint and the wellbeing of staff to how it supports its local community.

Front cover photograph courtesy Edward McMurray

INTRODUCING OUR LANDSCAPE EXPERTS

Meet the team nurturing our great outdoors



From its wildflower meadow and nature walks to beehives and bird boxes Birmingham Business Park is not just a hive of business activity but a haven for biodiversity too.

The company which looks after the beautiful 148 acres of mature parkland and landscaped gardens is award-winning Nurture Landscapes.

BBP and Nurture have worked together to draw-up a Biodiversity Action Plan, which identifies, maps and evaluates biodiversity at the Park and opportunities to manage and enhance it for wildlife and people to help it achieve its ESG goals.

Nurture's landscaping team looks after BBP's 60,000-strong bee colony which plays an important part in its eco-system.

Tenants have been given the chance to put on beekeeping suits and get up close to the park's bees as part of a special event run by Dave Taylor and Graham Brown from Nurture.

Those taking part learned about the vital role bees play in sustaining our planet.

Anyone taking a stroll along BBP's woodland walk could soon be spotting more birds. Nurture is planning to place ten bird boxes along the route, along with a bug hotel.

Five different types of boxes have been chosen to encourage different species of birds.

The Nurture team also draws honey from the hives, which are based at the Main Lake.

Jars have been sold at the BBP Management Hub to raise money for the British Heart Foundation.

And BBP staff can pull on their gardening gloves and learn more about growing their own produce at Birmingham Business Park's allotments which were introduced in 2019.

Nurture's landscaping team holds regular community get-togethers at the plots.

Companies can sponsor an allotment for six months and be involved in its care and nurture which is great for team building, CSR and wellbeing.

Executive Chairman Peter Fane wanted to do more than offer traditional landscape maintenance when he launched the business' parent company, Nurture Group, in 2008.

His aim was for the company to live up to its name by looking after and championing the environment.

Nurture is now a multi-award winning contractor which uses local teams to provide grounds maintenance, interior and exterior plant displays and winter gritting across the UK.

It's aiming to be the country's leading green service provider and achieve

Net Zero by 2030. The company already has carbon neutral status and its Environmental, Social and Governance strategy is at the heart of everything it does.

The group pioneers initiatives to reduce carbon use, improve energy efficiency and seek to minimise the use of

chemicals. Like replacing its existing fossil fuel machinery with electric handheld ones, such as rechargeable hedge cutters.

The company has also installed solar panels at its head office and sixty per cent of its management cars are now electric or hybrid. Its main offices all have electric charging points.

Nurture Group's green credentials have been recognised with a string of awards, including being named national winner of The Social Responsibility and Environmental Awareness Award at the European Business Awards.

In fact Nurture may soon need to expand its trophy cabinet because it's also won no less than nine Green Apple Environment awards, including being named Green Champion of Champions in 2021. The honour



"As a company we seek to understand our business' impact on the wider world and consider how we can use this in a positive way by taking a responsible attitude."

Birdwatching at the Park



Picture:
Steve Coslett

Birmingham Business Park is full of amazing birds. Have you spotted Philip the Peacock at the Crescent yet? Or the family of mallards splashing around the Main Lake? From acrobatic blue tits and charismatic robins to noisy magpies and cheeky gulls, birds are our most visible and vocal wild friends!

We're encouraging our tenants to take part in birdwatching. Simply send in a photo of any bird(s) from around the park and receive a free hot drink on us to redeem from one of our food carts. To enter, please send your photos to lori@birminghambusinesspark.co.uk. Coffee vouchers can be redeemed at Coffee Bike.

staff earn more than the government's minimum or National Living Wage. Calculated annually by an independent panel The Living Wage is based on the actual cost of living.

Chris Notley explains: "Nurture Group voluntarily chooses to pay the real Living Wage because we believe

that a hard day's work deserves a fair day's pay and we're really proud of having made this commitment.

"We invest in our people to encourage continuous improvement throughout the business.

"All our employees can feel positive about working in an environment where we genuinely care about their development and wellbeing."

Nurture recruits and trains apprentices, providing an entry into horticulture and real work experience.

As part of its ESG commitment it hosts community events at client sites to educate, inform and inspire people. It's also set up an ESG fund to support projects within its local communities.

Chris says: "The Nurture Group of companies are an award winning national service provider working with the ethos of providing a local service with the resources and expertise of a national company.

"Clients respect the expertise and knowledge our staff possess of their business and they value that continuity so continue to work with us.

"Above all, we have remained true to our name, nurturing the environment, nurturing our clients and nurturing our staff and pioneering environmental innovation in many areas."

4020 LAKESIDE BACK ON THE MARKET

The centrally-located Grade A building 4020 Lakeside is now back on the market and undergoing extensive refurbishment. The refurbishment work is part of the Park's plans to reach Net Zero – every BBP building that goes back on the market will be refurbished to a higher standard.

The plot includes EPC targeted rating of A, LED lighting, open plan floor plates and a new VRF comfort cooling system designed for occupancy at 1:10 sq m
Visit www.parkpresentfuture.com/availability.html for more details

How Workman innovates in ESG



Environmental, social and governance standards should be seen as a positive spur for growth, innovation and change, according to Birmingham Business Park's managing agent Workman.

With ESG rising up the board agenda and increasingly influencing decisions the issue has become a challenge for businesses and markets, the UK's largest independent commercial property management and building consultancy says.

But rather than being seen as obstacles ESG should be viewed as an impetus for fresh ideas and growth.

Workman has created a specialist team to help its clients deliver sustainability, wellbeing and social value at asset level.

Its solutions range from reducing the carbon footprint of buildings to ensuring properties promote the wellbeing of occupiers and deliver a positive social impact in their communities.

ESG Director Vicky Cotton explains: "At Workman we have been developing and investing in our ESG expertise and can offer a comprehensive range of ESG solutions to suit the needs of investors and occupiers. We strive to ensure clients' assets operate in an environmentally

and socially responsible way and we proactively create destinations which occupiers and their staff want to work in and which engage positively with their local communities."

HOW WORKMAN MAKES SURE IT'S NOT BUSINESS AS USUAL

ENVIRONMENTAL

Energy Audits and Building Optimisation

Accurate and essential data for energy, waste and water consumption is the foundation of any successful ESG strategy and essential for achieving the level of performance required, according to Workman.

Its property management service collates energy and water consumption data as standard and provides a range of analytics so companies have the information they need to improve performance.

Energy Audits are used to review metering and plant set up and identify opportunities for greater efficiencies.

Workman assesses the potential for smart technology to automate and optimise maintenance programmes too.



Sustainability Asset Plans

Sustainability Asset Plans act as a starting point for implementing environmental strategies and targets.

They focus on areas like energy management and Energy Performance Certificate (EPC) ratings, biodiversity, social value and community impact.

The plans provide a platform for regular progress reports and an action plan going forward.

SOCIAL IMPACT

Modern workforces expect their place of work to incorporate things which encourage their health and wellbeing, says Workman.

This social aspect is a core element of the ESG framework and important part of the overall customer experience that occupiers demand.

Wellbeing Asset Plans

Workman's Wellbeing Asset Plans identify and introduce health and wellbeing opportunities to create environments where staff want to be.

Initiatives range from running clubs, workshops and seminars to installing gyms and specialist cycle storage facilities.

Workman's in-house Fitwel ambassadors can help clients achieve Fitwel certification.

The scheme is a data-driven certification system which optimises buildings to support people's health and wellbeing.

The Workman team at Birmingham Business Park regularly engages with occupiers to help them achieve a positive work-life balance for their employees.

They've created a programme called 'Invested in You' which is designed to create a sense of community and help attract and retain occupiers.

It's featured the introduction of fitness classes, lift shares, outdoor cinema, social and food events.

Delivering Social Value Programmes

In its role as a property manager Workman believes it has an increasing responsibility to realise the opportunities for assets to positively contribute to their community.

It works with local stakeholders, authorities, and occupiers to create and implement asset-level programmes which generate a positive social impact.

Initiatives include active management of the local supply chain, charitable events and fundraising, volunteering opportunities and running support networks for local residents.

At BBP the onsite team organised the park's first Business Games in the run-up to last year's Commonwealth Games in Birmingham.

The popular event, which was part of an ongoing calendar of workplace community building, raised funds for the British Heart Foundation.

GOVERNANCE

A robust governance structure is needed to underpin the effective delivery of any ESG strategy says Workman.

Such a structure provides an appropriate framework of checks and balances as businesses strive to achieve the ultimate goal of Net Zero carbon emissions and create sustainable communities.

"Agreeing this framework with clients is crucial to delivering an ESG strategy, establishing the level of compliance, performance and reporting required," says ESG Director Vicky Cotton.

"We can work with businesses to create this framework by collaborating to define the strategy, compliance, standards and certifications required."

For more information about Workman visit www.workman.co.uk



3,000 Christmas presents donated to good causes

Birmingham Business Park businesses, suppliers and stakeholders came together and donated over 3,000 gifts to seven local causes as part of the Park's seven days of gift giving appeal.

The donations included chocolate selection boxes, cereal bars and dog treats. The donations were handed out at Christmas and made the festive season a little brighter for those who might usually go without.

The Business Park would like to thank everyone for their generous donations.



Morgan Sindall: 'Doing business in a clear, open way is a commitment we work hard to keep'

"We are committed to making positive contributions to society through our work. We deliver positive social, environmental and economic impact, known as social value, within local communities by collaborating with our customers, supply chain partners, local communities and other stakeholders. Together, we co-design and deliver social value activities that prioritise the outcomes that matter most to local people. For example, our Millside Spencer Academy site team in East Leake, Nottinghamshire, recently collected and donated over £650 worth of food in support of Newark College's food bank initiative.

"We also provide training and work opportunities for people who live in the

communities where we work and engage with local schools and colleges to attract people from all backgrounds into careers in construction. For instance, our Atlas Works project team in Birmingham have hosted numerous site visits for Eden Girls' Leadership Academy, a local school nearby to site.

"Doing business in a clear, open way is a commitment we work hard to keep. We have voluntarily reported on our environmental and social performance since 2007. Our aim is to deliver real social value and create positive lasting legacies in the communities in which we work."

Andrew Clayton, Social Value Manager, Morgan Sindall Construction



UNIFORM SUPPLIER ELIMINATING CUSTOMER WASTE AND CARBON FOOTPRINT

ATTIRE provides the perfect package



Birmingham Business Park-based workwear and uniform supplier ATTIRE EMEA is committed to helping its customers across the world achieve their sustainable development goals.

ATTIRE EMEA recently worked with a leading international hotel group to provide new workwear and uniforms for staff in all areas of the business. ATTIRE EMEA eliminated unnecessary and excessive packaging, such as plastic clips, plastic collar stands and backing.

The initial production saw the removal of 36,000 clips and 6,000

plastic collar stands, changing to alternatives such as recycled plastic butterfly button stands and recycled polyester external packaging.

Recycled external packaging is being used across the entire manufactured product range of 25,000 units.

All products have utilised sea freight transportation, as opposed to air freight, negating the carbon footprint impact of air travel.

The uniform garment range has been rationalised, optimising the uniform offering into several front of house roles which reduces waste, whilst offering a unisex range to

further embed inclusivity throughout the hotel brands. At the end of the uniform's lifecycle, ATTIRE EMEA has established a recycling and disposal partner so uniforms can be responsibly recycled or donated.

Jenny McNamee, Managing Director, ATTIRE EMEA, said: "We offer a range of services to help our customers reduce their environmental impact, including the use of sustainable materials such as recycled polyester.

"Our goal is to help our customers minimise their environmental impact while maximising their return on investment. We believe that sustainability is good for business and good for the planet."



SOFTWARE COMPANY RE-USES SURPLUS IT KIT

4PS working hard to support those in need

Leading construction software provider, 4PS, has demonstrated its commitment to the local community by supporting a foodbank throughout 2022, with an agreement to continue in 2023.

Understanding the immense pressure being faced by foodbanks and their need for critical support, the 4PS team has made regular donations to try to help ease the cost-of-living crisis.

In the past 4PS has also donated surplus IT equipment to local groups like Bromsgrove & District Asylum Seeker Support and a local Scout group and last year also saw some of the team jump out of a plane to raise vital funds and awareness for the Samaritans.

Alongside this the company runs the 4PS

Life programme for employees, promoting health and wellbeing through regular exercise challenges, in-office massages several times a year and by informative sessions on key topics that affect everybody, such as stress awareness and the menopause.

Several members of the 4PS team are certified by MHFA England as mental health first aiders – playing a key part in supporting colleagues with any difficulties they may be facing.

In October 2022 4PS became a Living Wage Accredited Employer and more recently,

has registered to be a Disability Confident Committed Employer to help play a role in changing attitudes for the better through inclusive recruitment practices.



THANKS TO HS2!

Birmingham Business Park would like to thank HS2 staff for their kind donations for our Christmas charity appeals. Pictured: Paul Ingram, Senior Health, Safety & Security Manager – Interchange Station, Rachel Johnson, HS2 Community Engagement Manager and Jane Smith, Engagement Manager for Laing O'Rourke



Airport is 37% of its way to net zero carbon

Birmingham Airport (BHX) is more than a third of its way to becoming a net-zero-carbon operation.

In April the company published its carbon roadmap setting out its plan to become a net-zero-carbon airport by 2033.

According to data revealed today, the Midlands transport hub was 37% of the way to this goal in December 2022.

Decarbonisation wins in the 2022/23 financial year include BHX reducing its on-site gas and electricity consumption by 18% compared to 2019/20.

Coupled with efforts by the national power grid to move to greener operations, this cut in energy use led to a 34% drop in greenhouse emissions at BHX against its 2019/20 benchmark.

Other contributions to this year's progress include closer monitoring of energy use, energy-saving behaviour by BHX staff, replacing traditional lights with low-energy LEDs and optimising temperature-control systems.

In the list of steps for next year and beyond at BHX: Moving high-mast lighting to LEDs, investment in solar power, smart metering and beginning to transition from gas to electric heating.

Tom Denton, head of sustainability for BHX, said: "We are pleased with our progress so far but by no means complacent. Back in April when we first publicly committed to our aim of hitting net zero by 2033, we said the first two thirds of this journey would be relatively straightforward.

"The final third is where the real challenge lies. We want to do this the right way. We want to achieve net zero by implementing low-carbon alternatives with minimal use of offsetting.

"It's likely we'll need to use technology not yet invented to make it to our goal. Failure is not an option when it comes to protecting the future of our planet."



Left-to-right: Ajaz Shafi, Chief Operating Officer; Glenn Christiansen, Head of Health & Safety; Paul Brown, Chief Executive Officer, preparing for the St Basils Big Sleep Out

BBP COMMUNITY RALLIES ROUND FOR FUNDRAISER

Sisk Sleep Out raises £13,000 for St Basils



Business Park-based John Sisk & Son (Sisk) raised £13,000 for charity... with a little last-minute help from the BBP community.

Sisk is an innovative, international construction and engineering company based in Regents Court, The Crescent.

Three senior Sisk staff members took part in December's The Big Sleep Out event at Millennium Point in Birmingham city centre, in aid of St Basils, a charity that works with young people in the West Midlands to enable them to find and keep a home and prevent homelessness.

Anna Byk, PA to the Managing Director UK North, explained how Sisk's Birmingham Business Park neighbours helped with their fundraising mission at the eleventh hour.

"After not receiving our anticipated cardboard delivery, I called Lori to see if our Business Park neighbours could help source some cardboard for us. To my amazement, the response was phenomenal!

"We had so many of our fabulous neighbours pop by with spare cardboard and well

wishes for the Big Sleep Out. This is a true demonstration of team spirit and rallying together when it is needed the most. Thank you to everyone that was able to help us, we couldn't have done it without you all!"

Paul Brown CEO, Sisk, said: "It was really humbling to hear the real stories that St Basils deals with every day. They've been doing this for 50 years and long may it continue. We will certainly be supporting their cause going forward."

Ajaz Shafi, COO, UK, Sisk, added: "It was really thought provoking and humbling. St Basils' work is so valuable in providing young people with safe and affordable accommodation to get them off the streets and onto their feet. There's lots we can do here going forward."

Sisk would like to thank all of the local businesses in Birmingham Business Park and the company's supply chain partners for donating cardboard and supplies to their team on the night.

For more information about Sisk visit www.johnsiskandson.com



SISK AND THE ENVIRONMENT

Sisk forecasts, continually monitors and targets waste reductions throughout construction from project inception to completion. The company engages with its supply chain to identify and target reductions in waste stream generation.

Sisk provides effective and progressive management of waste on-site through the use of supplier take-backs and recycling services.

Site teams engage with first-class waste contractors with advanced systems to ensure Sisk waste is expertly processed following the waste hierarchy for reuse, recycling and recovery prior to disposal as a last resort.

The company ensures that decisions taken regarding the procurement and engagement of any organisations, individuals, goods or services are governed by integrating environmental, legal, social and economic considerations into all stages of the procurement process.

Procurement teams actively seek to collaborate with clients, consultants, specialist contractors and suppliers to develop integrated supply chains which respect biodiversity and human rights and promote fair employment practices.

Sisk will reduce waste intensity by 50%, when measured against the 2019 baseline, by 2025. All operations will be undertaken with Zero Avoidable Waste by 2028.



HOW YOU CAN CUT COSTS AND CARBON BY WORKING TOGETHER

Attend 'waste speed dating' session



Even the most efficient company will produce waste that cannot be reintroduced into their own processes. Often, opportunities can be found where a company's waste can be another company's input.

International Synergies Limited is an SME based in Birmingham, currently delivering business support projects assisting companies to reduce costs and increase revenue by improving resource efficiency.

On Wednesday, March, Birmingham Business Park is hosting a 'Waste Speed Dating' session at the Park in collaboration with International Synergies. Representatives from businesses will be brought together for 'speed dating' with a difference. Instead of people looking for a date they are looking to get rid of waste or make use of someone else's waste!

EXAMPLES INCLUDE:

- Companies supplying waste packaging and other small items to Birmingham Play Care Network (BPCN) to be used in children's craft projects.
- Wearwell UK converting textile offcuts from clothing manufacturing, into oil wipes for use by engineering companies lowering waste disposal costs by £14,500 and halving waste produced.

HOW DOES IT WORK?

ISL works with businesses to identify business by-products, wastes and other under-utilised resources that are useful for others. These materials could be used by another organisation either in the same condition or reprocessed for a different use. ISL business consultants then search their extensive networks for opportunities to reuse these wastes with other businesses



and bring the opportunities to the waste producer's attention. ISL can also support the business to assess the opportunities, and report impacts delivered to feed into their own ERG and Net Zero requirements.

WHAT ARE THE BENEFITS?

- Improve business profits by reducing waste and disposal costs
- Reduce energy costs and improving the bottom line
- Identify potential funding partners, grants, and investment opportunities
- Achieve compliance, assist in obtaining environmental licenses
- Increase CSR 'Corporate Social Responsibility' and deliver ESG objectives
- Delivering carbon reduction that will support your Net Zero ambitions

To take part in the Waste Speed Dating session, please contact Lori at lori@birminghambusinesspark.co.uk by February 22nd.

ParkLife

BBP WORKERS SHARE INSIGHTS INTO THEIR ROLES & COMPANIES

Caron Brown
Office Manager, Vanderlande

TELL US ABOUT YOUR BUSINESS

Vanderlande is a market-leading, global partner for future-proof logistic process automation in the warehousing, airports and parcel sectors. Our office at Knights Court on the Business Park, is for Warehousing UK. We offer a portfolio of integrated solutions to provide fast, reliable and efficient automation technology. The company was established in 1949 in Veghel, the Netherlands. It is now part of the Toyota Industries Corporation. Our customers in warehousing include those in the general merchandise, food and fashion sectors.

WHAT DO YOU DO?

I am the Office Manager at our office based in Knights Court. I have worked for Vanderlande for a very enjoyable four-and-a-half years. It is a great company to work for and I work with great people.

My duties include reception, telephony, mail, meeting rooms, plus catering and all



statutory and mandatory requirements. Every day is different and varied and I take pride in offering great customer service.

I recently project managed the refurbishment of our office. I did not realise closing a building for refurbishment is quite a task! It was amazing seeing the building transform over 12 weeks and I am proud to say that the building is now a modern, comfortable, sustainable, and ergonomic place to work.

HOW'S LIFE AT THE BUSINESS PARK?

Life at the Business Park is brilliant. I think we are all very lucky to work in such a central but green environment. I arrive at the office early every day to take a walk around the lakes, keeping a careful eye on the wildlife

particularly the ducks and herons which I love. The events programme offered at BBP is amazing. We enjoy the wreath-making at Christmas time. The food carts around the lake are popular with our employees. I particularly like sitting on a deckchair by the lake eating lunch in the summer!

YOUR MESSAGE TO A COMPANY THINKING OF MOVING HERE

I would highly recommend being located at the Business Park. It is so well managed and a safe and secure site. The location is excellent with great motorway and airport links. Offices are all modern with great facilities. The chance to wander around woodland and lakes at lunchtime is unique to the park and of great benefit.



PARK-BASED TEAM DIG DEEP TO HELP COMMUNITY

College Christmas charity drive for local food banks

Open Study College took the season of goodwill to heart with a charity drive to support the local community.

The Open Study College team collected hundreds of food items and toiletries to donate to local food banks at Around Again Social Supermarket, The Colebridge Trust, and The Trussell Trust.

The team also created gift bags containing presents staff members had bought to hand out to Age UK Solihull to give to any elderly people who were on their own for Christmas.

Established in 2007, Open Study College is a nationwide distance learning course provider that has helped over 110,000 people take the next step towards achieving their ambitions. Offering more than 700 courses ranging from business and accounting through to IT and childcare, all of their qualifications are independently accredited by established awarding organisations. Based at BBP since

2008, Open Study College work with a range of businesses to upskill their workforce as well as individual learners.

The Christmas charity drive was championed by Open Study College CEO, Samantha Rutter-Bryant, pictured above, who said: "As I delivered the food parcels I was humbled by the volunteers and staff at these organisations who work to help feed people and their families.

"One in five people using food banks come from working households, which really highlights that poverty is closer to home than you may think. The donations from Open Study College meant that families were able to enjoy at least a few days over Christmas with three meals a day.

"Whilst December is often a time we pause to consider those less fortunate than us, these charities need our help all year around. If you can donate to food banks, please consider it, you really would be helping to change people's lives."



ALLIANCE AUTOMOTIVE GROUP'S £17k FOR CHARITY



During 2022, Alliance Automotive Group raised an incredible £17,744 for six impactful charities across the UK & ROI in support of the company's CSR ambitions.

The charity events were a huge success, ranging from bake sales to raffles, to colleagues taking on the Yorkshire Three Peaks Challenge and of course, the classic Christmas Jumper day.

The six charities that Alliance Automotive Group raised over £17,000 for during 2022 were:

- Ukraine Crisis Appeal
- Macmillan
- Irish Cancer Society
- Children in Need
- MIND & Harefield Hospital
- Christmas Jumper Day

A spokesperson said: "Although it was a significantly challenging year with the Ukraine war, cost of living crisis and the energy rise, AAG are so proud of our colleagues coming together to raise money and awareness for those in need.

"AAG look forward to raising donations for more valuable charities around the UK and Ireland again in 2023."



'The Communities Forum encourages local community engagement and allows time for our employees to make a difference by fundraising, or donating their time'



MORTGAGE SERVICE NETWORK'S ACTS OF KINDNESS TO HELP OTHERS

PRIMIS Communities Forum drives positive contribution to society

PRIMIS Mortgage Network and TMA (based at 3700 Parkside, Birmingham Business Park) employ over 300 people across the UK.

As responsible businesses we believe we need to contribute positively to society and that strategy and sustainability need to work hand in hand. To reflect this there are several Forums, driven by our colleagues, to help us do just that – the Communities Forum encourages local community engagement and allows time for our employees to make a difference by fundraising, or donating their time

and expertise to support charitable initiatives.

Recent examples of this include:

Collecting donations for St Basils before Christmas – colleagues gave non-perishable food, toiletries and clothes to the charity which supports young homeless people in the West Midlands.

Act of Kindness Day – capturing goodwill and community spirit was the ethos of this event – with many amazing examples ranging from giving blood, litter picking and charity



car washes, to cutting an elderly neighbour's lawn or just popping in for a cuppa and a chat.

This ethos reflects the culture of PRIMIS and TMA and is actively encouraged and supported. If you'd like to learn more please visit:

■ www.primis.co.uk/environmental-social-and-governance-strategy/act-of-kindness-day-2021/

■ www.tmaclub.com/tree-planting

Vikki Jefferies, Proposition Director

SOLIHULL CHAMBER OF COMMERCE EVENT CLOSES WITH WOODLAND WALK



Blue Monday speakers Stacey Glen, left, Jeffrey Lewis, above, and Annette Palmer, right

Pictures: Ian Yates



BBP banishes Blue Monday with lively wellbeing speaker event



Birmingham Business Park helped banish any notion of Blue Monday with a lively and engaging wellness speaker event on Monday, January 16th.

The morning-long event, arranged by Solihull Chamber of Commerce, covered various work-related topics and closed with a Netwalking session through the Park's woodland walk and hot drinks and food at the Park's lakeside food carts.

Speakers were introduced by Solihull Chamber President Tony Elvin, who talked about the work of the Chamber and its charity initiatives.

The morning's speakers were Stacey Glen, Director, The Glen Health Group, Jeffrey Lewis of Zephyr Training Services, Annette Palmer, NLP Business Master Practitioner, Leadership Mindset & Change Management Specialist.

Stacey Glen's talk shared insights into Bemer Physical Vascular Therapy, which changed her life after experiencing ongoing pain.

After living with and managing various chronic pain conditions including fibromyalgia, arthritis and chronic fatigue syndrome – among other illnesses and neurodiversity – and finally finding something which helped her rebuild her life, Stacey retrained as a Pain Management Practitioner alongside becoming a Bemer Therapist to help others. The therapy improves micro-circulation and promotes blood flow in the smallest blood vessels.

Jeffrey Lewis of Zephyr Training gave the latest advice and tips for first-aid techniques in the workplace.

Zephyr Training is a small family run business with experienced trainers delivering a range of informative, but fun courses. First aid is a potential life-saving skill to have and for many business owners, a requirement under HSE law.

Annette Palmer is passionate about helping people develop skills to become solution focused and flourish no matter where they find themselves on their life or work journey.

Annette talked about how she has helped business professionals use NLP (Neuro Linguistic Programming) tools to enhance their leadership skills and tap into their inner resources, strength, and resilience.

Lori Henebury said: "It was wonderful to host the Blue Monday event here at BBP bringing together businesses from around the park and the wider borough with the help of the Solihull Chamber of Commerce. It's a great networking opportunity and all three speakers were very inspirational and made my Blue Monday much brighter!"

Natasha Lee, Business Education Specialist, Open Study College, added: "I learned so much at this event – great speakers and topics and the breakfast was fabulous! I also have meetings booked with new-found contacts in business that I met. Thank you GBCC and BBP, I look forward to the next one."





PICTURES FROM BBP WREATH-MAKING AND CHRISTMAS EVENTS


We had a *Merry* Christmas

Pictures: Ian Yates



Consider a new role volunteering in the community



 Fancy trying something new which can help boost your skills, meet new people and make a difference to the local community?

Solihull Community and Voluntary Action (CAVA) is inviting people from Birmingham Business Park to volunteer their time and experience to help everyone from young people in care to older people experiencing loneliness.

The organisation acts as a gateway to volunteering and aims to promote, support and develop volunteering opportunities across the borough.

If gardening and history is your thing CAVA has recently been appealing for volunteers to help maintain Castle Bromwich Historic Garden's ten acres of beautiful grounds.

It's also invited people to join Solihull Conservation Volunteers, which aims to teach people basic conservation skills while improving the local environment.

CAVA in Solihull is also keen to encourage anyone with specialist skills, in areas like finance, to get involved. It's recently been working with a literacy charity called Read Easy to help it find a treasurer.

Marie Curie is another good cause it's finding volunteers for. The charity is looking for people to provide one-to-one companionship and support to local people with terminal illnesses and their families.

Marie Curie is also appealing for therapists willing to donate their time

and professional skills to its hospice patients as part of its Complementary Therapy Team.

If you're not sure how you might get involved CAVA in Solihull runs one-to-one sessions to help people find the right volunteering opportunities.

Volunteering Co-ordinator Donna Norford explains: "We want to ensure that everyone who wants to volunteer can access valuable volunteering opportunities in Solihull.

"We provide vital support to the volunteers, groups, organisations, enterprises and charities who are working to strengthen all of our communities across the county.

"Every year our dedicated teams of staff and volunteers help lever in significant investment into the county.

"In 2018 and 2019 the collective value of funding secured and volunteering opportunities developed was worth £2.7 million to the local economy. We are committed to providing all of our services locally and accessibly. Whether you need support accessing volunteering opportunities, developing a community group, accessing funding or strengthening your governance, we have a local office and dedicated team which can help."

Solihull Community & Voluntary Action is based at The Lower Core, Homer Road, Solihull, B91 3RG.

To find out more visit www.wcava.org.uk or call Donna Norford on 07708474076 or email her at donna.norford@wcava.org.uk

A SMALL SELECTION OF THE ROLES AVAILABLE THROUGH CAVA



LOCAL AWARENESS VOLUNTEER

To be a vital link between the Carers Trust and the community. You will be raising awareness of the organisation and the services it offers. You will promote up and coming events and fundraisers in the local area by putting up leaflets/posters, possible sharing information on social media

Contact: Emma Hunter

ehunter@solihullcarers.org - 0121 788 1143



BEFRIENDER

We are looking for volunteers to be part of our Team to help people who are not active, over 60, isolated or who have had Covid. It's to help them stay active at home with a weekly phone call. It's a 6 week plan for each client to have a chat to see how they are, followed by some low key exercises with them.

Contact: Chelsey Bryant

Chelmsley@casb.org.uk - 0121 779 6707



MEET & GREET RECEPTION VOLUNTEER

To be at the front desk to meet and participants through registration, check-in and payment - to be the welcoming face to people with a disability and their families / carers with restricted mobility at the start of the journey to fun within wheeled recreation.

Contact: Paul or Lydia Robinson

lydiarobinsonswfa@gmail.com -



ADVISOR

Want to help your local community in a variety of different ways? Learn something new? Our advisers talk to people in the local community over the phone, face to face and online to explore what problems they've come for help with and find information about possible solutions. Advisers then help these people to understand the information, and support them to take action. Full Training and continued support and development given.

Contact: Wesley Richmond

Chelmsley@casb.org.uk - 0121 779 6707



AMBASSADORS

Central Fast Response offers free first aid training and we are looking for ambassadors to assist at training sessions, maybe present some sections of the training material and additionally help with fundraising at other events we attend.

Contact: Linda Atherton

chair@centralfastresponse.org.uk 07539 720152

20,000 sq ft OF GRADE A OFFICE SPACE DEALS AGREED AFTER BUMPER YEAR



Four companies sign to move to Birmingham Business Park



Deals for over 20,000 sq ft of Grade A office space have been agreed at Birmingham Business Park.

A quartet of new deals have been struck for space at the site, which will see house builders Persimmon Homes and Stonebond Solihull moving into new premises, along with parts specialist TVH UK Ltd and Spirotech, the leading expert in developing solutions to prevent and remove air and dirt in HVAC and process systems.

Avison Young, KWB and JLL acted on behalf of asset management firm BlackRock to negotiate the deals for the four office spaces. Persimmon Homes will be taking 10,723 sq ft, Stonebond Solihull have moved into 3,534 sq ft, TVH UK Ltd have moved into 3,909 sq ft of office space and Spirotech will be taking 2,018 sq ft.

This latest collection of deals comes off the back of 50,000 sq ft of lettings on Birmingham Business

Welcome to

**Persimmon Homes • Spirotech
Stonebond Solihull • TVH UK**

Park in the first half of 2022, with the Government leasing 37,500 sq ft – marking the largest deal at the Park in 22 years.

Adrian Griffith, Principal and Head of Birmingham Office Agency at Avison Young said: “This collection of deals shines a spotlight on the enduring stability and resilience of Birmingham’s out-of-town market and shows that businesses are continuing to invest in office space within an ever-changing market.

“Sites like Birmingham Business Park are key players in bringing companies back to the workplace

for prime office space. BlackRock have new stock coming back to the market in 2023 including two self-contained Grade A buildings extending to 60,000 sq ft and 16,000 sq ft.”

Birmingham Business Park is the most established out-of-town office destination in the Midlands and a multi-award winning location for walking and cycling and an International Corporate Social Responsibility recognised business park. The destination offers ‘social value’ with wellbeing and sustainability at the heart of its offer.

‘This collection of deals shines a spotlight on the enduring stability and resilience of Birmingham’s out-of-town market’

**ADRIAN GRIFFITH,
AVISON YOUNG**

Join Our Online Community



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Business Park



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www.birminghambusinesspark.co.uk