

EVENTS MAY 2019

#HelloSpring

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

Sustainability Week

Monday

EVERY MONDAY
"CHERISHED HEALTH"

Time: Book direct with Janemiller17@outlook.com
07480460054
Venue: Park Management Office

£12 for 15 minute massages
(Back, Neck, Shoulder massage)

EVERY MONDAY
"RUNNING CLUB"

Time: 5.15pm - 6.15pm
Venue: Meet At The Waterside Pagoda
Contact Jack Brown jack.brown@capp.co
for more information

Tuesday

EVERY TUESDAY (EXCEPT 21ST MAY)

YOGA
Time: 12.30pm - 1.15pm
Venue: MSO - Unit 2010 FF
To book contact: berengh@me.com
or 07759461416 directly - £5 Cost

14TH MAY
MEET THE TEAM FROM EUROPE
CORPORATE GAMES 2019

Time: 11.00am - 2.00pm
Venue: Park Management Office
Discounts and offers for BBP occupiers, great
for team building, CSR and social value

EVERY TUESDAY
GROUP CYCLE

Time: 17.45pm
Venue: Outside IMI - 4060 - Lakeside
It's a 20 mile steady group cycle averaging 16-18mph
depending on who is there. We won't drop riders so
if you are comfortable with that average and fancy a
group cycle - come and give it a try!

Wednesday

EVERY WEDNESDAY
PILATES & BODY CONDITIONING

Time: 12.30pm - 1.30pm / 6.15pm - 7.00pm / 5.15pm - 6.00pm
Venue: MSO - Unit 2010 FF
Contact: nicolaholmes_1985@yahoo.com

8TH & 22ND MAY
HS2/LMV DROP IN SESSION

Times: 12.00pm - 2.00pm
Venue: Park Management Office
Q&A re local works via HS2

Thursday

EVERY THURSDAY
POP-UP FOODIE CARTS

Time: 11.00am - 2.00pm
Venue: Main lake

2ND AND 16TH MAY
THE BODY SHOP

Time: 11.00am - 2.00pm
Venue: Waterside Centre
Amazing products, great discounts and personal service

EVERY TUESDAY AND THURSDAY
THE RETREAT

Venue: Park Management Office - Waterside Centre
Beauty treatments, full massages, eyebrow waxing, shellac nails and
toes, facials, reflexology, and waxing. Booked with Katie Millward
Booking by appointment only:
archiemax10@gmail.com - 07944 298947

2ND, 9TH & 23RD MAY
MINDFULNESS

Time: 1.10pm
Venue: Park Management Office - Waterside Centre
"Mindfulness training could offer just what you're looking
for; providing you with the ability to distance yourself from
negative thoughts and feelings and building your personal
resilience"

To book your place, please call Lorraine on
07538 275113 or e-mail:
lorraine@waystoflourish.com

8TH MAY
THE BOOK PEOPLE

Time: 11.00am - 2.00pm
Venue: Waterside
Buy books at reduced prices

21ST MAY
SERVICE FOR RECRUITING

Time: 10.30am - 1.00pm
Venue: Park Management Office
My name is Sharon and I am one of the Employer Advisors
based at Chelmsley Wood Job Centre Plus. We help
employers in the B36, B37 and B46 areas with their recruitment.
My aim is to get local people into local jobs. We offer a range
of free services.

MONDAY 13TH MAY
FREE BBP REUSABLE BOTTLE

Times: 12.00pm
Venue: Park Management Office
Collect your own FREE BBP reusable bottle from
the Park Management Office.

MONDAY 13TH MAY
PONG DIPPING

Time: 1.00pm
Venue: Main Lake
Meet our bio diversity and wildlife in our beautiful
lakes and ponds - quiz and prizes

TUESDAY 14TH MAY
ALLOTMENTS LAUNCH

Time: 12.00pm
Venue: Between Knights Court & Bishops Court
Allotments for companies to sponsor for 6
months. Opening by Mayor of Solihull

TUESDAY 14TH MAY
BIO DIVERSITY WALK

Time: 1.00pm
Venue: Main Lake
Bee talk, bug hotels, bat boxes

WEDNESDAY 15TH MAY
ACTIVE TRAVEL DAY

Time: 11.00am - 2.00pm - FREE DR Bike
1.00pm - FREE led cycle to the International Station
Venue: Waterside Centre
Book your FREE DR Bike via liz@
birminghambusinesspark.co.uk. Book your Free led
group cycle from Waterside Centre to International
Station - book via liz@birminghambusinesspark.
co.uk

WEDNESDAY 15TH MAY
MEET THE SOLIHULL COUNCIL TRANSPORT
TEAM

Times: 11.00am - 2.00pm
Venue: Waterside
Learn about sustainable journey
planning for you and your team

THURSDAY 16TH MAY
MINI BUG HOTEL MAKING

Times: 11.00am / 12.00pm / 1.00pm
Venue: Park Management Office
FREE make your own mini bug hotel - book via
liz@birminghambusinesspark.co.uk

Friday

31ST MAY
FOODIE FRIDAY

Time: 11.00am - 2.00pm
Venue: Main Lake
"Meet our new foodie carts
and your favourites for 2019"

TWEET PHOTOS WITH YOUR VERY
OWN REUSABLE BBP BOTTLE FOR
FANTASTIC PRIZES.

#birmingham_bp #hellospring

EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

 @birmingham_bp
 birminghambusinesspark
 Birmingham Business Park

liz@birminghambusinesspark.co.uk

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Invested in You

