

EVENTS SEPTEMBER 2019

#BBPGoesGreen

TWEET YOUR PHOTOS
TO WIN PRIZES
@birmingham_bp

Live Better

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



EVERY TUESDAY YOGA

Time: 12.30pm – 1.15pm
Venue: MSO - Unit 2010 FF
To book contact: berengh@me.com
or 07759461416 directly - £5 cost. Loyalty cards -
attend 10 sessions, get 11th free.



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! Book via Alan
Cooper at alan.cooper@imi-precision.com



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



5TH SEPTEMBER KRAV MAGA - SELF DEFENCE

Time: 5.30pm – 6.30pm
Venue: MSO - Unit 2010 FF
FREE Taster session - vouchers first come first
served from the Park Management Office.



12TH & 26TH SEPTEMBER MINDFULNESS

Time: 1.10pm
Venue: MSO - Unit 2010 FF
"Mindfulness has been shown to provide a number
of powerful health and wellbeing benefits. This
session provides the opportunity to take some time
for yourself and is aimed at reducing stress and
building personal resilience."
To book your place, please call Lorraine on
07538 275113 or e-mail:
lorraine@waystoflourish.com



EVENT CALENDAR
AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

 @birmingham_bp
 birminghambusinesspark
 Birmingham Business Park

Treat Yourself

EVERY MONDAY CHERISHED HEALTH

Book direct with Janemiller17@outlook.com
07480 460 054
Venue: MSO - Unit 2010 FF
£12 for 15 minute massages
(Back, neck, shoulder massage)



EVERY TUESDAY AND THURSDAY THE RETREAT

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



5TH & 19TH SEPTEMBER THE BODY SHOP

Time: 11.00am – 2.00pm
Venue: Main Lake
Amazing products, great discounts and personal service



19TH SEPTEMBER THE BOOK PEOPLE

Time: 11.00am – 2.00pm
Venue: Waterside Pagoda or Park Management Office
(dependent on weather)



19TH SEPTEMBER THE WRINKLY ELEPHANT - HANDMADE SOAPS

Time: 11.00am – 2.00pm
Venue: Waterside Pagoda



Work Ready

11TH & 25TH HS2/LMV DROP IN SESSION

Times: 12.00pm – 2.00pm
Venue: Park Management Office
Have a question about HS2's works in the area?
Contact the HS2 Helpdesk team on 08081 434 434,
or at hs2enquiries@hs2.org.uk. Sign up for live news updates
at www.hs2insolihull.commonplace.is



18TH SEPTEMBER LIFE READY PROGRAMME

Time: 12.00pm – 2.00pm
Venue: Park Management Office
This session is open to anyone with an interest in supporting young
people to be prepared for the world of work. However may be
of particular interest to HR Managers, Learning and Development
Managers and Corporate Social Responsibility teams. If you would
like any information please contact Hannah Colson on 0121 704 8744
or hcolson@solihull.gov.uk



18TH SEPTEMBER SERVICE FOR RECRUITING

Time: 10.30am – 12.30pm
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.



liz@birminghambusinesspark.co.uk

BIRMINGHAMBUSINESSPARK.CO.UK

Invested in You



Special Event

THURSDAY 12TH SEPTEMBER LIVE MOVIE "GREASE"



Venue: Main Lake

Times: 11.00am – 3.00pm

Foodie carts & Air Stream photo booth
Free photos as a memento of your day

12.00pm – "Grease"



11.00am – 12.00pm

Live Music – Bexi

Dress up & show up for amazing prizes on the day!"
Outdoor games, deckchairs, bean bags and more....

Tweet your photos @birmingham_bp to win Little
Mix tickets

Food & Fun

EVERY THURSDAY POP-UP FOODIE CARTS

Time: 11.00am – 2.00pm
Venue: Main lake



MONDAY 9TH SEPTEMBER LAUNCH OF BBP CANVAS REUSABLE TOTE BAG

Venue: Park Management Office
Times: 12.00pm Onwards



First come first served from the Park Management Office -
tweet your photos of your new tote bag @birmingham_bp

MONDAY 9TH SEPTEMBER POND DIPPING

Venue: Main Lake
Times: 1.00pm



Meet our bio diversity and wildlife in our beautiful lakes and
ponds - quiz and prizes

TUESDAY 10TH SEPTEMBER BIO DIVERSITY WALK

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



THURSDAY 12TH SEPTEMBER ACTIVE TRAVEL DAY

Venue: Waterside
Times: 11.00am – 2.00pm



Meet the Solihull Council Team to help you plan your
journey greener

THURSDAY 12TH SEPTEMBER FREE DR BIKE

Venue: Waterside Pagoda
Times: 11.00am – 2.00pm
Book via liz@birminghambusinesspark.co.uk
(15 minute slots)



Free public transport taster tickets from
Solihull council. Sign up to lift share and get
a free £10 Resorts World gift card

SUNDAY 15TH SEPTEMBER ROAD CYCLING RACE

Times:
09.30 - 3rd category
11.00 - Ladies only
12.30 - 3rd and 4th category
14.00 - Elite 1st and 2nd category



THURSDAY 19TH SEPTEMBER COMMUNITY ALLOTMENTS CLUB

Venue: Allotments
Times: 1.00pm

