

# OUR COMMUNITY PARK MAGAZINE

SUMMER 2025



## MAKE TIME FOR LUNCH WITH MAMOXX

BUZZ AND BARBECUES AT NEW BBP FOOD DESTINATION





# hello!



## Welcome to your summer 2025 edition of 'Our Community' magazine.

The sun is out (well, most days), and so is this sizzling issue packed with flavour, fun, and feel-good stories from across the Park.

First up, say a big BBP welcome to Mamoxx! The Park's brand-new café is serving more than just great food – it's dishing out community spirit by the plateful. Run by three sisters with heart, heritage, and a whole lot of flavour, Mamoxx is your new go-to for good eats and good vibes. We sat down with the team to find out what's cooking.

Then it's eyes down for BBP Bingo at the Lake! From dodgy dabbers to lakeside laughs, we've got the lowdown on this sun-soaked social (spoiler: it was a full house of fun).

We've also been catching up with some of the brilliant tenants that make this place tick – innovators, creators, and community champions – all doing exciting things right here at BBP. And let's not forget our partner charity, Birmingham Hospice. Their work is truly inspiring, and we're proud to share how the BBP community is getting involved and giving back in meaningful ways.

Got an idea, a hidden talent, or a club you've always wanted to start? Let's chat! I'd love to hear from you – just drop me a line at [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk).

Until then, enjoy the sunshine (and maybe a cheeky iced latte from Mamoxx).

**See you around the Park!**

**Lori McDonagh, Marketing,  
Community and Business  
Development Manager**



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# Eyes down for Bingo at the





And the good times  
are far from over!  
Mark your calendars for our  
next lakeside event BBP's  
first-ever Comedy Club on  
Thursday 24th July, 12pm-2pm.  
Expect live stand-up, good vibes,  
and even a chance to grab the mic  
yourself. Don't miss it!  
Follow BBP across social  
channels for updates.



# Lake!

## A SUNNY SUCCESS AT BUSINESS PARK

What a way to welcome summer at Birmingham Business Park! The very first BBP Bingo at the Lake event took place in June under clear blue skies, bringing together park occupiers for a midweek dose of fun, laughter, and lakeside relaxation.

Set against the beautiful backdrop of the park's main lake, the event delivered exactly what it promised – midweek laughs, lakeside vibes, and B-I-N-G-O! Colleagues gathered outdoors to enjoy the sunshine, bond over bingo cards, and celebrate some well-deserved wins.

A big thank you goes out to everyone who joined in and made the day such a fantastic success. With such a great turnout and positive energy, Bingo at the Lake has officially set the tone for a vibrant summer of events at BBP.

Nicky Farrington from Colas, said: "Bingo was very entertaining and fun, what's not to love about laughs and lotto."

Abbey Sond from Siva Tec, said: "I had such a great time, The atmosphere was lively and fun. The set up was great; fresh air, good company and just enough breeze to occasionally blow your bingo ticket halfway across the park. There were plenty of laughs with a little friendly competition which made it more enjoyable."

Rebecca Dillon from Open Study College said: "BBP Bingo was SO much fun! A great way to bring the BBP community together and mingle with other businesses. I'd attend every week!"



Pictures: Ian Yates



# Introducing **MAMOXX**

A warm  
welcome  
(and a warm  
meal!) at  
Birmingham  
Business  
Park



There's a fresh buzz in the air at Birmingham Business Park and it smells delicious. Mamoxx, the park's newest coffee and lunch spot, is fast becoming the go-to destination for hearty lunches, great coffee, and warm hospitality with a distinctly Southern African flair.

With a great new outdoor seating area, a menu bursting with flavour, and a philosophy rooted in community, family and tradition, Mamoxx is more than just a place to grab a bite, it's a place to pause, connect, and experience something new. Whether you're refuelling between meetings or catching up with colleagues in the sunshine, Mamoxx promises a vibrant, welcoming space that feels just as good as it tastes.

We caught up with the team behind Mamoxx to find out what inspired their journey, the stories behind their menu, and what's next for this exciting new addition to the BBP community. Here's what they had to say...

## **WHAT INSPIRED YOU TO OPEN MAMOXX, AND**

## **WHERE DOES THE NAME COME FROM?**

Zoe has always loved cooking and experimenting with food. There has been an uptick in the interest in different cuisines and we decided to showcase food that highlights our Southern African heritage, the hospitality, warmth and sense wellbeing we associate with feeding people. Mamoxx is a term of endearment used by our family for the girl child, a moniker from our maiden name. A male child would be Moyo and female is MaMoyo. Our family always called the girls MaMo or MaMoxx.

## **HOW HAS YOUR FAMILY'S BACKGROUND INFLUENCED THE MENU AND ATMOSPHERE?**

Our maternal great-grandfather was a cook on the luxury railways at the turn of the century. The Southern African trains were part of Cecil John Rhodes' unrealised Cape to Cairo dream and he cooked for travellers from Malawi, through Zimbabwe all the way to South Africa and back. My grandfather, who



*We are hoping to give people a taste of what African hospitality is all about – community, great food and coffee, laughter and sharing*



was a serial entrepreneur, picked up his talent and love for cooking from his father and it seems to have trickled down to us. My maternal grandmother was from Eastern Cape in South Africa who loved her high teas and her father-in-law really influenced her really high standards when it came to food and etiquette. Everything had to be done just so!

## **WHAT KIND OF VIBE OR FEELING WERE YOU HOPING TO CREATE WHEN PEOPLE WALK INTO MAMOXX?**

We are hoping to give people a taste of what African hospitality is all about – community, great food and coffee, laughter and sharing. We want people to enjoy being in our space and feel welcomed.

## **WHAT HAS THE RESPONSE FROM THE LOCAL COMMUNITY BEEN LIKE SO FAR?**

The response has been amazing so far.





We already have some regulars, and we keep getting suggestions on what people would love to see, which we love. We are seeking to engage more and have more people come out to see us and taste our food.

### ARE THERE ANY EVENTS OR COLLABORATIONS PLANNED TO BRING THE COMMUNITY TOGETHER?

We are planning to start a braai (a BBQ in English) during the summer and hopefully people will enjoy this as much as we do. We also have some other events in the pipeline which we will discuss once they are signed off. We plan on being an active member of the Birmingham Business Park Community.

### WHAT'S ONE MENU ITEM THAT CUSTOMERS CAN'T STOP TALKING ABOUT?

People love the rice boxes! I think it is not just the amazing taste but the versatility. It is not just one thing and there is always an element of surprise in that box of goodness.

### HAVE THERE BEEN ANY FUNNY OR UNEXPECTED MOMENTS SINCE OPENING THAT YOU'LL ALWAYS REMEMBER

We once lost power in the middle of service (lunchtime rush for that matter) and the shenanigans that ensued behind the scenes were in hindsight hilarious. Anything that could have gone wrong in that hour did but we are always up for the challenge, so we made it through!

### HOW DO YOU BALANCE RUNNING A BUSINESS WITH MAINTAINING A

### FAMILY DYNAMIC BEHIND THE SCENES?

Balance is very hard to achieve but one thing we do is prioritise family always and this includes our staff. You can work for money but you cannot get back time lost with your loved ones. We try to make sure family is taken care of first and then business. It's hard to give 100% when your mind is focused on the issues at home. We try to plan everything in a way that one area does not suffer because of issue in another. It's still a learning curve.

### IF MAMOXX HAD A MISSION STATEMENT OR PHILOSOPHY, WHAT WOULD IT BE?

Definitely UBUNTU – We are because you are. No man is an island, we need each other. It's that sense of community that's very important and integral to who and what we do because we grew up on the 'it takes a village' ethos.

### WHAT'S YOUR DREAM FOR MAMOXX IN THE NEXT FEW YEARS?

Definitely to be a household name by learning from the best – our customers. We want to grow and expand our brand. We want our name to be synonymous with our tagline "food, experience, coffee". We are also looking to expand our engagement with the local community by working with youth justice, probation services, local authorities, mental health and victims of domestic abuse charities.

We would like to provide training and employment opportunities for those who are marginalised in the society in our endeavour to pay it forward.





# OUR COMMUNITY Profile

UBC OFFICES



In this edition of Our Community we pop over to the fantastic UBC Business Centre to find out more about the great businesses who have used the modern workspace as their base.

UBC Business Centre Manager, Damian Cleaver (pictured), told us more: "UBC is situated at 1310 Solihull Parkway, and offers unbeatable access to Birmingham International Airport, the NEC, Resorts World, and major motorways (M42, M6, M40, M5).

"Whether you're commuting or welcoming clients, getting here is effortless.

"I've been the UBC centre manager for over two years now and I love the fact I get to meet and deal with amazing people every day.

"I'm very passionate about what I do, I always have done and always will be, and I make sure I'm there for my clients, 100%. There is such a great community feel about this area, and this is all thanks to the great work of all the guys at the Business Park, and the landscaped surroundings are amazing!"

## ABOUT UBC

From solo entrepreneurs to growing teams of up to 30, UBC provides fully serviced offices tailored to your needs. Choose from private offices, co-working spaces, or meeting rooms – all set within a beautifully landscaped park with water features and green spaces.

## TOP-TIER AMENITIES

- High-speed fibre optic internet
- Breakout areas
- Concierge and reception services
- Meeting and conferencing facilities
- Ample on-site parking
- Air conditioning and 24/7 security
- Wellness activities and a vibrant business community

## UBC TENANT PROFILE:

### EMOTIV

Emotiv is a specialist recruitment agency connecting top-tier technical engineering talent with leading companies in sectors like automotive, electronics and EV and battery technology.

With deep industry insight, Emotiv



From solo  
entrepreneurs to  
growing teams,  
UBC provides  
offices tailored to  
your needs

focuses on sourcing hard-to-find candidates across disciplines such as powertrain, functional safety, and control systems. Their approach combines technical expertise with a relationship-driven ethos, ensuring precise matches between clients and candidates.

Whether you're seeking your next

engineering challenge or looking to hire exceptional talent, Emotiv delivers tailored recruitment solutions that drive innovation and success. Learn more at [emotivtech.co.uk](https://emotivtech.co.uk).

Working at Birmingham Business Park offers several appealing advantages for the Emotiv team:

**Strategic location:** It's close to major transport links including the M42, M6, Birmingham International Airport, and the NEC – making commuting and client access convenient.

**Prestigious setting:** The park hosts over 100 companies, including global names, which enhances networking opportunities and professional credibility.

**Green environment:** The park is known for its landscaped grounds and green spaces, contributing to well-being and a pleasant work atmosphere.

**On-site amenities:** Cafés, meeting spaces, fitness options, and regular events foster a balanced and engaging workplace culture.

**Community feel:** There's a strong business community, ideal for collaboration and growth.





“ I’ve been the UBC centre manager for over two years now and I love the fact I get to meet and deal with amazing people every day ”

## UBC TENANT PROFILE:

### **PHYSIOTODAY 360**

PhysioToday 360 believe in complete, all-round care for your body and general wellbeing.

The expert team of physiotherapists and other specialists provide personalised treatments designed to restore movement, relieve pain, and enhance your overall health.

Whether you’re recovering from an injury, experiencing work-related health concerns (Display Screen Assessments), managing a condition, or looking to improve mobility, PhysioToday is here to support you every step of the way.

Conveniently located in Building 1310 at the Business Park, experience the full circle of wellness by emailing [PT360@physiotoday.org.uk](mailto:PT360@physiotoday.org.uk) or calling 07452 822422.

### **Birmingham Business Park deal:**

**First three months with a 30% discount and the final nine months with a 15% discount. Call or email the team to find out more.**





# The silent safety transformation happening on our roads

HOW AI-POWERED SYSTEMS ARE QUIETLY MAKING COMMERCIAL DRIVING SAFER FOR EVERYONE

## OUR COMMUNITY *Innovation* SPECIAL FEATURE



While most of us go about our daily commutes without a second thought, a quiet revolution is underway on our roads. Fleet management systems powered by advanced telematics technology are silently working behind the scenes to make every journey safer for drivers, passengers, and pedestrians alike.

Every day, thousands of commercial vehicles traverse our communities: delivery trucks bringing packages, service vans maintaining utilities, and buses transporting children to school. What many people don't realise is that an increasing number of these vehicles are equipped with cutting-edge monitoring systems actively helping to prevent accidents before they happen.

Companies like Powerfleet, with an office at Knight's Court on Birmingham Business Park, are leading this safety transformation. From their local base, they manage global operations in over 120 countries, supplying the technology that safeguards the roads we travel on every day.

These systems operate by monitoring driving behaviour in real-time. Small devices installed in each vehicle track speed, acceleration, braking, and cornering. If a driver brakes too hard or takes a turn too quickly, the system provides instant feedback, encouraging safer and smoother driving habits.

The results are impressive. Swans



Travel, a UK-based coach hire company, achieved a 56% reduction in harsh acceleration and a 24% reduction in harsh braking within 6 to 12 months of implementing Powerfleet's safety solutions. The company also saw a 14% drop in fuel consumption over six months – proof that technology can make a measurable difference in accident prevention.

However, these improvements involve more than just technology. In-vehicle feedback is paired with targeted coaching based on specific driving behaviours. Fleet managers can use the collected data to provide personalised training, helping each driver improve their performance.

The benefits of safer commercial driving ripple outward. Smoother

driving, along with less harsh braking and sudden acceleration, results in better traffic flow in town centres. Optimised routing decreases the risk of near-misses at hazardous junctions, making everyday travel safer for everyone.

Even with all this innovation, the human element remains crucial. These systems do not replace drivers' judgment; instead, they enhance it. By providing drivers with clear, objective feedback on their habits, the technology fosters awareness and encourages positive change. Drivers gain insights into patterns they might otherwise overlook, enabling them to become safer and more responsible road users.

This quiet revolution in road safety might be one of the most significant advancements in transportation in recent decades. It shows how carefully applied technology, supported by human coaching, can lead to safer streets and stronger communities.

As more companies adopt these systems, the impact will only grow. Whether you're behind the wheel, cycling to work, or walking your child to school, chances are the benefits of this innovation are already making your daily journey a bit safer.

## INSIGHT

**Powerfleet shares three AI-powered approaches it uses to enhance road safety:**

**VISIONAI TECHNOLOGY:** Advanced AI-powered cameras continuously monitor driver behaviour, detecting fatigue through eye closure patterns and head position analysis. Real-time alerts prompt drivers to take breaks when drowsiness is detected.

**DISTRACTION PREVENTION:** AI systems analyse head movements and gaze direction to identify mobile phone use and other distractions, providing immediate alerts to help drivers refocus.

**COLLISION AVOIDANCE:** Predictive analytics assess vehicle speed, road conditions, and the surrounding environment to identify risks, providing warnings before incidents happen.



# OUR COMMUNITY

## Well Being

SPECIAL FEATURE



At Rolls-Royce Control Systems, employee wellbeing is a shared priority and a core part of the way the site operates.

Through the company's global LiveWell programme, teams across the Birmingham Business Park Derwent Building are creating a healthier, safer and more connected working environment, together.

LiveWell is designed for everyone, no matter their role, location or background. LiveWell offers clear steps for improving wellbeing while prioritising safety. The programme includes an accreditation framework to help teams make meaningful progress guided by leadership and supported by data insights.

The BBP team has embraced LiveWell in full, embedding its values through a wide range of practical initiatives and culture-building activities.

Mental health is a key area of focus, with layers of support in place. Managers have received targeted mental health training, helping them identify and respond to challenges within their teams. In addition, the site has hosted awareness sessions delivered by external experts, and maintains a strong network of Mental Health Champions who regularly run events for teams and the wider site community.

A favourite among employees, the ZenBus returned to the site in March, a response to colleagues who requested its return. Meditation sessions are also



held three times a week, including two guided by a qualified facilitator, offering regular opportunities for mindfulness and stress relief.

Physical health is supported in both structured and informal ways. The on-site canteen provides balanced meal options with clear nutritional information, helping staff make informed choices. A nutritionist-led talk also provided valuable education around eating well for energy and health.

The site participates annually in the Stepember challenge, encouraging movement and team engagement, while colleagues in Hydromech have even formed a darts league, showing that wellness can be fun and social too. Additionally, the team manages a business park allotment, offering an opportunity to grow fresh produce and enjoy the benefits of gardening.

The site also recognises the importance of financial and everyday wellbeing. Over 100 employees

attended a recent pension session, demonstrating strong demand for clear, accessible financial advice. Other initiatives include:

"Sadmin" sessions in collaboration with Birmingham Hospice, designed to support employees with important life admin.

A gambling awareness workshop hosted virtually by GamCare, making important resources available across work patterns and locations.

Wellbeing at Birmingham Business Park also extends to community engagement and sustainability. The team supports STEM education and actively promotes site recycling both for staff waste (including food) and production materials such as packaging.

The team continues to track progress through the annual LiveWell survey, with session feedback forms recently introduced to collect real-time insights. These tools, along with results from annual health assessments, guide the site's ongoing plans and priorities.

"As a global organisation, our LiveWell wellness programme is a fantastic framework to guide sites across our geography to work towards impactful wellbeing goals," says Nikki Kirbell, Global Head of Wellbeing.

"The LiveWell team at Birmingham Business Park have really embedded the programme to make positive lasting changes for their colleagues because work should be a positive and supportive place for everyone and the team work hard to ensure that it is."

At Rolls-Royce Birmingham Business Park, LiveWell is more than a programme, it's a daily commitment to creating a safer, healthier, and more connected workplace for all.

*Rolls-Royce colleagues at their Birmingham Business Park allotment*







# YOGABON

## Yoga & Meditation

Pranayama, Asanas & Deep Relaxation  
Leaving you with a sense of profound well-being

### Events

Away days, Corporate Events  
& Training Days

### Business

Classes in your office space  
Micro classes, set over lunchtime periods

### Celebrations

Yoga for Birthdays, Hen Do's & Festivals



## BBP YOGA CLUB

### WHEN?

The second Wednesday of every month.

Come along for a well-earned movement break at BBP with 20 minutes of flowing yoga guaranteed to leave you feeling energised and rejuvenated.

### WHAT DOES IT INVOLVE?

We'll be using a range of postures specifically chosen to combat physical issues arising from sitting at the desk and finishing with a moment of relaxation.

### WHAT DO I NEED?

Clothes you can move in, a yoga mat if you have one (but some will be provided)

Everybody welcome! No experience needed, just a desire to move and feel better!

## Meet EMMA SMITH OF YOGABON

*'The midday yoga break acts as a reset button for both the body and mind'*

### WHO AM I?

I first discovered yoga 23 years ago and immediately loved its ability to strengthen my body and calm my mind. Ever since I have strived to make yoga a part of my daily life. I know it's good for my body but more importantly I know it's good for my mental health.

I have been teaching for over five years and aim to create relaxed, fun and inclusive classes, where all shapes, sizes, ages and abilities are welcome. And I feel incredibly lucky to be able to help others move, breathe and feel better.

### WHAT DO I DO?

My aim is to bring a sense of wellbeing through movement. I understand some people think that yoga is not for them because they're not 'flexible enough', or 'it's too slow, I don't see the benefits'.

For me yoga is about mindful movement. It's not about holding 'perfect poses.' No two bodies are the same, yoga looks different for everyone.

It's about breathing better, connecting the breath and the body and it's about taking some time out for yourself on the mat. Whether you decide to do the postures or simply lie down for the entire class, you are still doing yoga.

### WHY SHOULD BBP TENANTS GIVE IT A GO?

Lunchtime yoga introduces some well needed movement into what can possibly be a very sedentary working day.


Stretching, bending, and flowing through yoga poses promotes blood circulation, alleviates muscle tension, and combats the negative effects of prolonged sitting. The midday yoga break acts as a reset button for both the body and mind.

We know that physical activity stimulates the release of endorphins, promoting a positive mood and increased energy levels, leaving you ready to finish the working day with renewed stamina.



# Drug and alcohol awareness session hosted at Birmingham Business Park

'LUNCH AND LEARN SESSION PROMOTES RESPONSIBLE CHOICES FOR ALCOHOL AND DRUGS

 Solihull Integrated Addiction Services (SIAS) delivered a 'Lunch and Learn' session on drug and alcohol awareness to companies at Birmingham Business Park, as part of its ongoing programme to work closely with businesses across the borough.

Around 17 million working days are lost due to alcohol-related illness each year, resulting in an economic loss of £7 billion while drug misuse is estimated to cost UK businesses £1.4 billion annually, so it has become a significant issue to tackle for both employers and employees.

SIAS developed a 'Stay Safe, Stay

**Delivered by Mark Pemberton, service manager-engagement at SIAS, the session at Birmingham Business Park covered:**

- How to spot the signs and symptoms of drug and alcohol misuse
- The impact on individuals, families, and workplaces
- How to approach conversations with someone who may be struggling
- Support services and resources available through SIAS
- It was followed by a Q&A session and discussion.

Smart' wellbeing support package for Solihull businesses to help promote responsible choices for alcohol and

drugs. Its experienced team can help employers to identify the signs that an employee or colleague could be struggling, to understand the issues involved and how to support them. Ultimately, the aim is to support employees so that they stay well and enjoy their job while also helping businesses protect productivity.

Lori McDonagh of Birmingham Business Park said: "We recognise that this is an important topic to address, and the session was aimed at employers, employees, colleagues and friends, in fact all those who wanted to find out more. Our experienced facilitators from SIAS provided practical insights and guidance in a relaxed, welcoming environment.

Mark Pemberton of SIAS added: "We were delighted to be invited to deliver this session at Birmingham Business Park and would welcome enquiries from any organisation who would like to extend their HR toolkit with our wellbeing programme.

"Raising awareness with open and honest communication and early intervention makes an enormous difference, with the main objective being a healthy and productive workforce."



*Pictured (L-R): Helen Forman, IPS Employment Service and Mark Pemberton from SIAS at the Lunch and Learn session*

**Further information is available on [www.sias-solihull.org.uk](http://www.sias-solihull.org.uk) or by calling 0121 301 4141**

## BBP Corporate Deal

### SPECIAL BBP OFFER FOR JEWELLERY QUARTER BAR

Located in Birmingham's historic Jewellery Quarter, The Jam House is a vibrant, award-winning venue known for its live music, delicious food, and electric atmosphere. Spread across three open-plan floors, it hosts everything from corporate events and private parties to unforgettable live performances.

With a menu of international cuisine, themed party packages, Salsa nights, acoustic sets, and tribute acts to legends like Elvis and Amy Winehouse, there's something for everyone.

As a special offer for Birmingham Business Park companies, The Jam House is offering free entry for any event in August (subject to availability).

**To claim, email Saoirse McLoughlin at [saoirse@thejamhouse.com](mailto:saoirse@thejamhouse.com), quote BBP825 and provide proof of employment at the park when booking.**





# A to Z of fundraising fun at work

CREATIVE WAYS TO SUPPORT A GOOD CAUSE AT BIRMINGHAM BUSINESS PARK

## A – AFTERNOON TEA AT WORK

Host an afternoon tea at work with scones, cakes, and finger sandwiches. Ask colleagues to donate in exchange for a delicious break from their desks.

## B – BEARD CHALLENGE

Take on a beard challenge by shaving it off or growing one if you're usually clean-shaven. You could even dye it for a day. All for a good cause.

## C – COFFEE MORNING

Organise a coffee morning in the office with homemade cakes and hot drinks. A perfect chance to catch up with colleagues while raising funds.

## D – DRESS-DOWN DAY

Hold a dress-down or themed day where everyone donates to swap suits for something more casual or quirky.

## E – EMPTY AND DONATE

Empty out your desk drawers, lockers or home office for a declutter and donate any useful items to raise funds through resale.

## F – FOOTBALL FUNDRAISER

Set up a friendly football match or five-a-side game between departments and raise money through entry fees and fun penalty shoot-outs.

## G – GUESSING GAME

Run a guessing game like 'how many sweets in the jar' or 'guess the number of paper clips in a pot' and offer a prize like an extra hour for lunch.

## H – HANDMADE FOR A CAUSE

Put your creative skills to use by designing cards, posters or desk signs and selling them to coworkers for charity.

## I – INDOOR JUMBLE SALE

Turn a spare meeting room into a mini indoor jumble sale with second-hand

Looking to bring your team together, have some fun and raise money for Birmingham Hospice, BBP's charity partner?

Here's an A-Z of fundraising ideas to inspire your next charity challenge. From Afternoon Tea and Office Olympics to Zoom Bingo and Yes Day antics, there's something for everyone – whether you're a budding baker, quiz master, or thrill-seeker. Every pound raised makes a difference, and every activity is a chance to connect and make the working day brighter.

***Taking on the challenge? Email [Lori@birminghambusinesspark.co.uk](mailto:Lori@birminghambusinesspark.co.uk) and we'll feature you in Our Community magazine.***

books, clothes, or office supplies. Invite colleagues to browse and buy.

## J – JUST QUIT IT

Challenge yourself to kick a habit such as sugar, coffee, or scrolling social media. Ask your team to sponsor your efforts over a set period.

## K – KEEP THE CHANGE

Collect loose change in a jar at reception or in the break room. You'd be surprised how quickly coins add up when everyone pitches in.

## L – LUNCHTIME MASTERCLASS

Host a lunchtime masterclass where you teach a skill like Excel tricks, calligraphy, or public speaking in exchange for donations.

## M – MYSTERY OBJECT NAMING

Run a "name the object" contest using a stuffed toy, plant, or mystery office item. Colleagues donate to guess the name and win a small prize.

## N – OFFICE OLYMPICS

Launch Office Olympics with paper tosses, chair races or typing speed battles. Compete in teams and raise funds through entry fees.

## O – ONGOING PAYROLL GIVING

Promote payroll giving by encouraging staff to set up regular tax-free donations through their salary. Find more info on the Birmingham Hospice website.

## P – PUB QUIZ AT WORK

Host a pub-style quiz night in the office or online. Charge entry and compete for a small prize or eternal bragging rights.

## Q – QUIET FOR A CAUSE

Take on a sponsored silence. If you're known for chatting in the office, this will be a real challenge!

## R – RAFFLE FUNDRAISER

Run a classic raffle. Ask local businesses or colleagues to donate prizes and sell tickets around the office.

## S – STEP CHALLENGE

Start a step challenge with colleagues. Use fitness trackers to count steps and ask for sponsorship based on progress.

## T – TANDEM SKYDIVE

Sign up for a tandem skydive and get your workplace to sponsor you as you take fundraising to new heights - literally.

## U – UPCYCLING PROJECT

Try an upcycling challenge. Turn office waste like old mugs, furniture, or stationery into something useful or decorative and auction it off.

## V – VIRTUAL CHALLENGE

Take part in a virtual fundraising challenge, like a remote cycle or run, and invite your colleagues to cheer you on or join in from home.

## W – WALK TO WORK WEEK

Walk to work for a week and donate your commuting costs. Encourage co-workers to do the same and share your progress.

## X – X MARKS THE SPOT

Organise a treasure hunt around the office (or virtually for remote teams) where participants follow clues to find a hidden "X." Each clue leads closer to a prize, with entry fees going to charity. You can make it themed -pirate, mystery, or office trivia - and even include team challenges along the way. The first to uncover the final spot wins a prize!

## Y – YES DAY

Say yes to everything (within reason) for a day and let co-workers sponsor each task or request – expect some creative challenges.

## Z – ZOOM BINGO

Host a virtual bingo session over Zoom (or in person if preferred). Charge for bingo cards, throw in some fun prizes, and let the laughter and competition begin. It's ideal for hybrid teams or remote workers looking to connect and contribute.







# Blooms and sunshine!

A WONDERFUL HANGING  
BASKET EVENT HELD AT  
THE BUSINESS PARK



Staff and visitors at Birmingham Business Park enjoyed a blooming lovely day in the sunshine thanks to our latest hanging basket workshop, hosted by landscape experts Nurture in support of Birmingham Hospice.

Held in the peaceful landscaped spaces of the Park, the event invited workers and Birmingham Hospice service users to get creative with a bit of outdoor planting. With expert guidance from the Nurture team, participants filled handcrafted baskets with a colourful mix of summer flowers and greenery – and each person proudly took their basket home to enjoy.

As well as brightening up offices and homes, the day raised awareness of the important work of Birmingham Hospice and brought together colleagues and community members in a relaxed, nature-filled setting.

Luke Manley, Corporate Fundraising Manager, Birmingham Hospice, said: "It was such a fantastic day to

join Birmingham Hospice's patients and hospice teams, alongside Lori, Robbie and Graham for Birmingham Business Park's annual hanging basket workshop, courtesy of Nurture Group.

"The hospice was gifted the first session of the day, which was followed by many more sessions, each raising vital funds for our hospice services. The sun was popping, soil was flowing and the group produced some lovely displays to keep and enjoy.

"I feel very lucky to have been able to arrange this experience for Birmingham Hospice's patients and it's all thanks to the incredible team and our charity partners at Birmingham Business Park, who help make every moment matter. Thank you all so much."

Denise, who attends the Birmingham Hospice Living Well Centre at its Selly Park site, added: "It was such an enjoyable day, being able to come out in the outdoors in beautiful weather, and surroundings, to make something living that is really pretty to enjoy."



Pictures: Ian Yates



# 10-MINUTE TEA BREAK



*With*  
**KASIM CHAUHAN**  
INTERNAL COMMUNICATIONS  
EXECUTIVE  
**PINEWOOD.AI**



## WHAT DOES YOUR MORNING AT WORK LOOK LIKE?

A typical morning for me starts with a quick check-in on emails and planning what I want to accomplish that day. Marketing and Internal Comms is one of those careers where your job list can change at any minute, so my plan always takes a couple detours throughout the day – setting my priorities, however, gives me a bit of structure.

## TEA OR COFFEE?

To be honest, neither! I'm more of a cold drink person. I tried to be that guy

that relies on coffee to function, but it just wasn't working out.

## TELL US A LITTLE ABOUT YOUR ROLE AND WHAT A TYPICAL WORKDAY LOOKS LIKE FOR YOU.

The core function of my role is to keep the business informed and updated. I don't think there is a typical day in Communications, everyday I'm doing something different – which I love! Regular projects include drafting comms, planning and reviewing internal campaigns, and working closely with senior leadership to share key messages.

## WHY DO YOU THINK INTERNAL COMMUNICATIONS PLAY SUCH A KEY ROLE IN A BUSINESS?

If a business wants external success, they must ensure they are succeeding internally first. This often happens with the help and support from Internal Comms to ensure everybody is aligned and pulling in the same direction – growth happens when everybody is on the same page. I believe employees that are properly engaged, feel valued and connected to a business are in turn motivated to



contribute to success. Internal Comms often explains the 'why' with clear and consistent communication and informs colleagues exactly why a decision has been made. I see the genuine interest people have in my comms – that feeling is what keeps me so motivated in my role.

### HOW DO YOU SEE AI INFLUENCING YOUR ROLE – IS IT SOMETHING YOU'RE ALREADY USING OR EXPLORING?

Working in the tech industry means AI is on the forefront of our minds all the time. We're doing some fantastic things with AI already here at Pinewood.AI. I like to explore uses of AI to support in the mundane/admin heavy tasks. I see it as an aid rather than a tool to rely on.

### DO YOU THINK AI COULD EVER FULLY REPLACE YOUR JOB – WHY OR WHY NOT?

I think I'm safe, for now! An AI bot can draft a piece of comms but it will lack in the tone of voice and specific business knowledge that allows it to be well received. Internal Comms is all about warmth, culture and connecting with your colleagues – something that I feel lacks in a lot of AI chat bots. Also, I see so many articles and LinkedIn posts that have been clearly written by AI, and I'd hate for my comms to look replicated – it loses that important stakeholder engagement that I need.

### DO YOU WORK IN A HYBRID SETUP, FULLY REMOTE, OR ARE YOU BASED IN THE OFFICE? HOW DOES THAT WORK FOR YOU?

I work in a hybrid set-up, which I'm really grateful for. I get to focus at home and then have that much-needed social time with my team. Laughing to myself at my desk at home isn't as fun as a catch-up with my colleagues.

### WHO INSPIRES YOU IN YOUR CAREER OR PERSONAL LIFE?

My wider Marketing team is very female-heavy and I'm grateful to work with some strong female professionals from Student Placement level and Managers, all the way up to Chief. In the traditionally male-dominated tech field, I'm inspired by their creativity and collective success. My team have often given me career advice that I

will keep with me for years to come – they are a huge reason as to why I genuinely love my job and I'm very lucky to work with them all.

### WHAT DO YOU LIKE TO DO OUTSIDE OF WORK? ANY HOBBIES OR INTERESTS?

Outside of work, I love to cook, socialise with friends and fill my passport with as many stamps as possible. Being able to travel the world is a luxury I'm really lucky to have, and I try my best to see as many new places as I can.

### WHAT'S YOUR GO-TO WAY TO UNWIND AFTER A BUSY DAY?

An after-work gym session keeps me grounded and helps me to unwind when work gets busy. Or a huge plate of food at one of my favourite restaurants does the trick too – I'm not picky!

### WHAT'S ONE THING ABOUT YOUR JOB THAT PEOPLE MIGHT FIND SURPRISING?

That Internal Comms is more than just sending out a newsletter, email, or intranet post. A huge part of my role is understanding the collective feelings of my colleagues and how my messaging can best represent everybody. Timing, transparency and sensitivity are the three key pillars in ensuring success in Comms. Every piece of comms I draft is always done with the view that it should be easily digestible by every member of my organisation, no matter what level they work at.

### ONE PIECE OF ADVICE FOR SOMEONE STARTING OFF THEIR CAREER?

Be inquisitive and ask as many questions as you can. I've learnt a lot from my team when we're all in the office and have those five minutes chats when we need a break from our screens. Whilst it is crucial to find your voice to establish yourself, there is equal importance in listening and observing the way people operate and communicate.

Also, I always recommend early-starters to network and build relationships. Working in Comms, I want people in my business to experience success and think 'I must tell Kasim this so he can share it with everybody'. Being a dependable and friendly face will get you very far in the world of Comms.

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