

# July

**Tuesday 8th**

## BBP Netwalking

**12:15pm**  
BBP Management Hub

Netwalking is back for 2025! It's a win-win: fresh air, gentle exercise, and the chance to build relationships that support your wellbeing and work life. Walk takes approx. 25 minutes. Please visit our website to book your place.

**Wednesday 9th**

## BBP Yoga Club

**12pm, 12:30pm, 1pm & 1:30pm**  
6270 Knights Court

Recharge with 20 minutes of revitalising yoga. This gentle, flowing session will help you reset your body and mind, leaving you feeling clear, calm, and energised. Just £5 per class.

**Thursday 17th**

## BBP Social Value Committee

**12pm - 2pm BBP**  
Management Hub

Join the Birmingham Business Park Social Value Committee for our second session, featuring Luke Manley from Birmingham Hospice and Carol Glenn from Solihull Council, as they share ways to create impact through charity partnerships and local support.

**Thursday 24th**

## BBP Comedy at the Lake

**12pm - 2pm**  
Main Lake

Get ready to laugh at BBP's very first Comedy Club! Join us for an afternoon of live comedy featuring three fantastic comedians and an open mic session. Want to take part in the open mic? Email [lari@birminghambusinesspark.co.uk](mailto:lari@birminghambusinesspark.co.uk) to book your slot.

**Tuesday 29th**

## BBP Shared Reading Club

**1pm - 2pm**  
BBP Management Hub

Join Alison Belbin for Reading for Wellbeing, a relaxed session exploring stories, poetry and discussion to boost connection and wellbeing, with all materials provided, refreshments included and a great chance to network with fellow businesses.

**Wednesday 30th**

## BBP Allotment Club

**12pm - 1pm**  
BBP Allotments

Spend an enjoyable hour on our community allotment with a guided tour, expert advice from Nurture Landscapes, opportunities to meet fellow gardening enthusiasts, plus a free lunch and drink. Ideal for anyone passionate about gardening or eager to learn how to grow their own food.



## BBP Lunch Club x Caterly

Every Thursday | 11:30am - 2pm | Main Lake

3rd	English Indian
10th	Yello Yard
17th	Disco Fries
24th	Su Casa
31st	Leave it to Esmie

**Stay tuned for upcoming events**



Visit our  
website  
for more  
information

