

WHAT'S ON SEPTEMBER 2020

#BBPWelcomeback

TWEET YOUR PHOTOS TO WIN PRIZES @birmingham_bp

BFit

YOGA EVERY TUESDAY

Time: 12.30pm – 1.15pm Venue: MSO

Reduced capacity of 8 per session in line with risk assessment/COVID measures - so attendees will need to book. Please contact: berengh@me.com 07759 461416 to register your place or for further information

TAI CHI QIGONG FOR HEALTH AND WELLBEING THURSDAY 3RD & 17TH SEPTEMBER

Time: 1.00pm - 1.45pm Venue: The Studio

at MSO or online. Please contact Julia for details of how to join online or access pre-recorded videos if you are unable to attend. Numbers will be limited. Email: bookings@hattontaichiqigong.com Tel: 07795 498949. Tai Chi Qigong is a series of gentle movements that can help to relax and re-energise mind and body. It can help boost your immune system and improve your balance and strength. It can help you to achieve a feeling of tranquillity & harmony. It is suitable for all. www.hattontaichiqigong.com

MINDFULNESS - LEARN TO DE-STRESS AND UNWIND THURSDAY 10TH & 24TH SEPTEMBER

Time: 1.10pm - 1.50pm (1.30pm start on 24

September) Online via Zoom. Please email lorraine@waystofLOURISH.com or call 07538 275113 to register your place or for more details. All you will need is a laptop, tablet or smartphone and quiet place to take part in the session

BHappy



Please donate non perishable food donations for Age UK Solihull and dog food/toys for Birmingham Dogs Home - all donations to be placed outside the Park Management Office



STREET FOOD CARTS EVERY THURSDAY

Time: 11.00am – 2.00pm Venue: Main Lake

EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on



MEAT FREE MONDAY

MONDAY 7TH SEPTEMBER

Time: 11.00 am - 2.00 pm Venue: Main Lake
Mr Nibbles - FREE food - first come, first served (see bbp website for menu)



SUSTAINABILITY WEEK

WEEK COMMENCING 7TH SEPTEMBER

Meat Free Monday, Pond Dipping, Bio Diversity Walk and Free Dr Bike



MEET AGE UK SOLIHULL & BIRMINGHAM DOGS HOME

THURSDAY 10TH SEPTEMBER

Time: 11.00am - 2.00pm Venue: Main Lake

BSpoil



"WICKS OF WATER ORTON" WAX CANDLES

Online at www.wicksofwaterorton.co.uk
BBP10 discount code, giving all BBP

employees 10% off orders. Wicks of Water Orton, independent local business producing hand poured wax candles, 100% soy wax, paraben free. please visit: <https://www.wicksofwaterorton.co.uk> and order on line, we also offer a gift service on our website



DR BIKE

TUESDAY 8TH SEPTEMBER

Time: 12.00noon - 2.00pm Venue:
Waterside near Pane e Caffe

FREE maintenance - to book your free 15 minute slot please email Emma reception@birminghambusinesspark.co.uk



KEEP UP TO DATE WITH HS2

HS2 are working near Birmingham Business Park throughout 2020. Stay updated with all their works, including traffic measures and the M42 closure, by subscribing for live news updates at:

<https://www.hs2insolihull.co.uk>

Invested in You

birminghambusinesspark.co.uk
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birminghambusinesspark

Birmingham Business Park

@birmingham_bp

BThere



POND DIPPING

TUESDAY 8TH SEPTEMBER

Time: Midday Venue: Main Lake
Meet our fish and bio diversity in our stunning lakes via Stonbury



BIO DIVERSITY WALK

WEDNESDAY 9TH SEPTEMBER

Time: Midday Venue: Main Lake
Take a stroll through our stunning lakes and landscaping via Nurture



MOVIE DAY

THURSDAY 10TH SEPTEMBER

Time: 11.00 am - 3.00 pm

Movie Starts: 12.30 pm

Venue: Main Lake



Join us for Back to the Future. Food Carts with FREE popcorn/food - first come first served. Air Stream Photo Booth with FREE photos. BBP Rubiks Cubes for best 80's fancy dress. FREE ice cream/ice lollies -

Pane e Caffe - first come first served Please adhere to social distancing and bring your own hand sanitiser and picnic blankets. We have picnic blankets to give out on the day

BLearning

Aston Business School

BIRMINGHAM, UK



POST PANDEMIC WORKPLACE WEBINAR

29TH SEPTEMBER

Time: 12 noon

FREE 60 minute live webinar looking

at post pandemic workplace culture and integrating employees back into the workforce. Register to attend here

<https://bbpandastonbusinessschoolwebinar1.eventbrite.co.uk>

BReady



NEW BUS SERVICE

Our new bus service X12 by National Express commences on 30th August. It will operate

between Solihull and Birmingham City Centre, via Damsonwood, Birmingham Airport, Birmingham International Station, Solihull Train Station, Solihull Town Centre, Chelmsley Wood and Castle Bromwich. It will serve Birmingham Business Park in both directions 7 days a week FREE Bus tickets – First come first served – please contact reception@birminghambusinesspark.co.uk

