

WHAT'S ON NOVEMBER 2020

#BBPyourwellbeing

TWEET YOUR PHOTOS TO WIN PRIZES @birmingham_bp

BFit

YOGA EVERY TUESDAY

Time: 12.30pm – 1.15pm Venue: MSO Workplace. £5 per session (attend 10 get 11th FREE). Please book for each session as available places are reduced due to COVID protocols. Please contact: berengh@me.com 07759 461416 to register your place or for further information. Zoom sessions for those not yet back in the office, Mondays 6.30pm - 7.00pm, Wednesdays 12.30pm - 1.00pm, 6.30pm - 7.00pm, Thursdays 12.30pm - 1.00pm (chair yoga) £3.50 per session

MINDFULNESS THURSDAY 5TH & 26TH NOVEMBER

Time: 1.10pm - 2.00pm All sessions online via Zoom. Take some time to switch off, learn to de-stress and unwind. Please email lorraine@waystoflourish.com to register your place or for more details.

MASSAGE THERAPY MONDAY 9TH NOVEMBER

Time: 11.30am - 2.30pm Venue: MSO Appointment times: 11.30am, 12.00pm, 12.30pm, 1.00pm, 1.30pm, 2.00pm. Contact: balsal@commonmassage.com 07811187963 or lorraine@waystoflourish.com. I am covid-19 accredited and wear full PPE for your protection. Checkout my Facebook reviews and page for more information. £25 for 20 minutes. <https://www.facebook.com/balsalcommonmassage/therapy/>

TAI CHI QIGONG FOR HEALTH AND WELLBEING THURSDAY 12TH & 26TH NOVEMBER

Time: 12.15pm - 1.00pm Venue: The Studio at MSO. 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. www.hattontaichiqigong.com

NEW 'NET WALKING' THURSDAY 19TH NOVEMBER

Time: 12.30pm Venue: Meet outside Park Management Office. Meet more colleagues and lead the walk with a net along the way. Places are limited due to social distancing so booking essential. Please contact Julia directly to book. Tel: 07795 498949 email: bookings@hattontaichiqigong.com

BHappy

RESCHEDULED FOR POST LOCKDOWN WE WILL ADVISE IN DUE COURSE

Time: 11.00am – 2.00pm Venue: Main Lake

WOODFIRED TALKS RESCHEDULED FOR POST LOCKDOWN WE WILL ADVISE IN DUE COURSE

Time: 11.00am – 2.00pm Venue: Main Lake

"FOOD BANK"

All non-perishable donations for the food bank at the Park Management Office gratefully received and will be collected by the Picnic Basket that are supplying free meals and food parcel for vulnerable families in the local community

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"LISA'S SWEET TREATS" CANDIES & CHOCOLATES

Lisa's Sweet Treats offers corporate gifts as well as an online sweet shop. Christmas sweets and chocolates now in stock! Use code: HEREIS10 online for 10% off for BBP. Please have a look at www.lissaweeettreats.co.uk

THE BODY SHOP AT HOME THURSDAY 5TH & 19TH NOVEMBER

Time: 11.00am - 2.00pm Venue: Main Lake Discounts available on majority of Body Shop products for just £2.50 charge. FREE delivery for any orders over £25. Join Facebook group "The Pamper Place by Katie" for latest offers, email Katie Smith 07891225868 or https://the_pamper_place@outlook.com

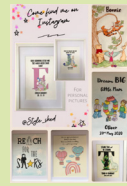
"TROPIC"

TROPIC skincare is a unique, vegan, and chemical free range that caters for women, men, and children. Our products are all natural, affordable and offer a wide variety of skincare, haircare, make up and gifts!! Why not start your Christmas shopping early with something a bit different, luxurious, and delivered right to your door for effortless shopping? Browse and shop online for natural, spa like products for men, women and children with free delivery at: <https://www.tropicskincare.com/chantellelediard> With our 30-day money back guarantee.... I promise you will not be disappointed!! Message 07542288207 for a brochure or more details!

STYLED SHED

The Styledshed - beautiful personalised artwork/gifts from the Style Shed.

Contact Maria on Instagram page @Style_shed



Birmingham Business Park

EVENT CALENDAR AVAILABLE ONLINE birminghambusinesspark.co.uk/whats-on

- birminghambusinesspark
- Birmingham Business Park
- @birmingham_bp

birminghambusinesspark.co.uk
reception@birminghambusinesspark.co.uk

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SAVE THE DATE

CHRISTMAS WREATH MAKING 1ST - 7TH DECEMBER

Please book a wreath kit via reception@birminghambusinesspark.co.uk collection from Park Management Office. Available to collect from the 1st December first come, first served, complete the wreath by no later than 7th December. Donations to Solihull Age UK would be much appreciated.

<http://uk.virginmoneygiving.com/fund/wreathworkshop>

Tweet or send your photos to reception for a prize @birmingham_bp

BReady

HS2 VIRTUAL DROP IN SESSIONS

To keep Birmingham Business Park occupiers up to date with the HS2 project and wider plans for the local area, we are joining with our partners at the Urban Growth Company and Solihull Metropolitan Borough Council's Sustainable Travel Team to record presentations outlining our works and plans in the area around Birmingham Business Park.

The link for the recording will be sent to Birmingham Business Park occupiers on the 16th of November, and you will be able to view it at your leisure. We will then hold virtual drop in sessions on the 24th November so that you can ask presenters any questions that you have once you have viewed the recording. Slots will be bookable via a link sent out on the 16th of November.

For further information about the HS2 project please go to <https://www.hs2insolihull.co.uk>

M42 J6 IMPROVEMENT SCHEME VIRTUAL UPDATE

Join members of the M42 J6 project team for the latest updates on the Highways England £282m infrastructure scheme. Join the Teams call on Wednesday 18th November from 1.00 - 2.00pm. The event invite will be provided by BBP reception team, if you would like an invite please email reception@birminghambusinesspark.co.uk Got a question for the project team? Submit up to 5 questions to sam.thorpe@mottmac.com for inclusion in the call by 11th November

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 virtual events by subscribing for live news updates at: <https://www.hs2insolihull.co.uk>

Invested in You

