

WHAT'S ON JANUARY 2021

#BBPHappyNewYear

TWEET YOUR PHOTOS TO WIN PRIZES @birmingham_bp



WINTER WELLNESS WEEK

WEEK COMMENCING 11TH JANUARY

Tuesday 12th January – FREE Yoga – 45 mins session

Thursday 14th January - FREE Tai Chi Qigong - 1pm
Relax, Re-charge & Re-energise with Tai Chi Qigong
This session will focus on some of our key energy points helping to boost your immune system and energy levels.

Wednesday 13th January - FREE It's Time to Choose Cycling - 15/20 mins webinar via British Cycling followed by open floor for any cycling questions. Register online at <https://britishcycling-org-uk.zoom.us/meeting/register/tJ0qce2rqjwqGNwrBmUBora9buFAjUUt2rp>

BFit



YOGA

EVERY MONDAY, WEDNESDAY THURSDAY

Venue: Online via Zoom

Afternoon Yoga sessions ALL sessions

via Zoom: Monday 1-30pm - 2.15pm chair yoga £3.50

Wednesday 12.30pm – 1.15pm Hatha yoga £5.00

Thursday 12.30pm – 1.15pm Chair yoga £3.50

Evening Yoga session ALL sessions via Zoom:

Monday 7.00pm – 7.45pm Hatha yoga £5.00

Wednesday 6.45pm – 7.30pm HIIT, resistance band,

guided meditation £3.50 Thursday 6.45pm - 7.30pm

Hatha yoga £5.00 per session. (Attend 10, get 11th free).

Please book in for each session as available

places are reduced due to COVID protocols

information. Please contact: berengh@me.com

07759 461416 to register your place or for further

information

TAI CHI QIGONG FOR HEALTH AND WELLBEING

THURSDAY 7TH, 14TH & 21ST JANUARY

Venue: Online via Zoom. Thursday 7th

January 12.15 – 1.00pm Thursday 21st

January 12.15 – 1.00pm Thursday 14th January 1pm

Relax, Re-charge & Re-energise with Tai Chi Qigong

This session will focus on some of our key energy

points helping to boost your immune system and

energy levels. What are people saying about Tai

Chi Qigong? 'An hour of peaceful bliss. Helps my

body and mind feel relaxed for the rest of the day.

Lovely class suitable for all abilities' 'It was relaxing

mentally while being physically beneficial' Tel: 07795

498949 www.hattontaichiqigong.com

<https://www.facebook.com/HattonTaiChianNordicwalking/>

MINDFULNESS

THURSDAY 14TH & 28TH JANUARY

Time: 1.00pm - 1.30pm

Venue: Online via Zoom

Please email [lorraine@](mailto:lorraine@waystoflourish.com)

waystoflourish.com or call 07538 275113 to register

your place or for more details. The event on 14th

January is kindly being provided by Birmingham

Business Park. Other sessions are £5 to attend. All

you will need is a laptop, tablet or smartphone and a

quiet place to take part in the session

BHappy



STREET FOOD BY MISTER V

EVERY THURSDAY

Time: 11.00am – 2.00pm Venue:

Main Lake



WOODFIRED PIZZA BY TWISTED KITCHEN

EVERY FRIDAY

Time: 11.00am – 2.00pm Venue:

Main Lake

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STYLED

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

Instagram page @Style_shed



BBP HONEY FOR SALE

Honey can be collected from the park management office £5.00 a jar with all proceeds to Age UK Solihull – BBP Charity partnership for 2018/2019/2020



DR BIKE SESSIONS

TUESDAY 5TH & 12TH JANUARY

Time: 12.00noon - 2.00pm. FREE sessions.

At Dr Bike sessions experienced cyclists

and mechanics check everything on your

bike from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more. By the end, your bike will feel loved and cared for.

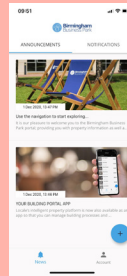
Any minor adjustments we can make to the bike we do there and then. Anything we can't fix on site we will let you know exactly what needs doing and a rough guide to what it should cost at a bike shop. Please email reception@birminghambusinesspark.co.uk to book an appointment

BConnected



BIRMINGHAM BUSINESS PARK APP LAUNCH

COMING SOON



Birmingham Business Park

BThere



MENTAL HEALTH FIRST AIDERS TRAINING

21ST, 22ND, 25TH & 26TH JANUARY

Time: 10.00am - 1.00pm

Venue: Online

Online course which teaches participants how to spot the signs and symptoms of mental ill health and provide first aid support. Places are being offered at a BBP discounted rate of £225 per delegate, which includes 4 online sessions, pre-learning, training materials and certificate. Minimum of 10 delegates. All delegates must be able to attend all four sessions and be committed to the completion of pre-learning. Certificates are issued upon completion. Please contact Lorraine Checklin, of Flourish Health and Wellbeing on 07538 275113 or email lorraine@waystoflourish.com for more information or to reserve your place



CHARITY TANDEM PARACHUTE JUMP

21ST MARCH

Age UK Solihull have booked a Tandem

Parachute Jump Day for Sunday 21st March. If you would like an information pack please email: events@ageuksolihull.org.uk



PHOTOGRAPHY COMPETITION

Tweet your photos of Birmingham Business Park, wildlife, bio diversity @birmingham_bp for some great prizes!



KEEP UP TO DATE WITH HS2

HS2 are working near Birmingham Business Park throughout 2021. Stay updated with all their works, including traffic measures and virtual events, by subscribing for live news updates at: <https://www.hs2insolihull.co.uk>

Please adhere to Government guidelines at Birmingham Business Park



3 ways to protect each other:

WASH HANDS

COVER FACE

MAKE SPACE

Invested in You

EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on



birminghambusinesspark



Birmingham Business Park



@birmingham_bp

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

