

WHAT'S ON MAY 2021

#BBPSpring

TWEET YOUR PHOTOS TO WIN PRIZES @birmingham_bp



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 Sessions 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. Please contact: berengh@me.com

07759 461416 to register your place or for further

information



TAI CHI QIGONG FOR HEALTH AND WELLBEING

THURSDAY 6TH MAY & 20TH MAY

Venue: Online via Zoom

Time: 12.15pm - 1.00pm

Feeling overwhelmed, struggling to sleep, or just finding it difficult to relax? Join me to 'Relax, Rebalance and

Re-energise' with slow gentle movements, suitable for all. What other ways can Tai Chi Qigong help me?

- Boost your immune system.
- Improve balance & strength.
- Help you to achieve a feeling of tranquillity & harmony

Email: bookings@hattontaichiqigong.com. Tel: 07795

498949 www.hattontaichiqigong.com

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



MINDFULNESS

THURSDAY 6TH MAY

Time: 1.00pm - 1.30pm

Venue: Online via Zoom

Time for you to find your inner calm. Please email

lorraine@waystoflourish.com or call 07538 275113 to

register your place or for more details. 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

UPCOMING HS2 EVENTS AT THE PARK

HS2 also host a variety of virtual events on topics ranging from station design to archaeology, supply chain opportunities to ecology. We advise subscribing for news updates at www.hs2insolihull.co.uk to receive invitations to HS2's public events.

BReady



HS2 INTERCHANGE AREA ONE TO ONE VIRTUAL SESSIONS

TUESDAY 25TH MAY

Time: 11.00am - 3.00pm

HS2 and their contractors LM and BBV have joined forces with the Urban Growth Company, Solihull Metropolitan Borough Council's Sustainable Travel Team and Highways England's M42 Junction 6 team to host monthly one to one virtual drop in sessions, exclusively for Birmingham Business Park occupiers. Click link to book:

<https://www.eventbrite.co.uk/e/hs2-interchange-area-one-to-one-virtual-meetings-tickets-14800068600>

BHappy



STREET FOOD BY MISTER V

EVERY THURSDAY

Time: 11.00am - 2.00pm

Venue: Main Lake



BSpoilt



DR BIKE

WEDNESDAY 19TH MAY

Time: 12.00noon - 2.00pm

Venue: Waterside

FREE service- to book your appointment

please email

reception@birminghambusinesspark.co.uk



INTRODUCTION TO E-BIKES

WEDNESDAY 19TH MAY

Time: 12.00pm - 2.30pm

Lead Rides: 1.00pm - 2.00pm please book via

reception@birminghambusinesspark.co.uk

BConnected



BIRMINGHAM BUSINESS PARK APP

In order to download the BBP APP

please register by clicking here:

<https://www.bbportal.co.uk/home/login/1>

Await confirmation of registration and then scan the

QR code, log on to www.bbportal.co.uk, log in with

your username and password then enjoy the BBP App



BThere



AGE UK QUIZ

TUESDAY 4TH MAY

Join Age UK Solihull and Mister Quiz,

Stoo, for another Online Charity Quiz Night

sponsored by Birmingham Business Park. The quiz

will take place on Zoom (you don't have to have your

camera on if you're shy) and questions are answered on

the SpeedQuizzing Live app. Prize for the winning team.

Tickets are £6 per household (plus £1 booking fee),

and all funds will stay in Solihull to help local older and

vulnerable people. Book your ticket at

<https://www.tickettailor.com/events/ageuksolihull/496055>



CHARITY TANDEM PARACHUTE JUMP FOR AGE UK

Tick an item off your bucket list and raise funds

to help older people in the Solihull borough by

taking part in a skydive on a weekend of your

choice. Raise at least £450 and your jump will be free! Covid

measures are in place, but if the jump can't go ahead on your

chosen weekend it can be rearranged. Find out more and

book your place at www.ageuk.org.uk/solihull/parachute-jump



B Learning



MENTAL HEALTH FIRST AID TRAINING

20TH, 21ST, 24TH & 25TH MAY

Time: 10.00am - 1.00pm Venue: Online

A blended learning programme, providing

participants with the skills to identify and support

mental health in the workplace. Reduced price of

£249 per person for Birmingham Business Park.

Please contact Lorraine Lorraine@waystoflourish.

com or call 07538 275113 please quote BBP1



WITHOUT WASTE

16TH JUNE

Venue: Online Time: 12.15pm - 1.00pm



If you ask any modern day organisation if they'd like to operate in a way that minimises their impacts on both the local and global environment then they'd likely say 'YES' without as much as a second thought. Where most businesses start to find difficulty is moving from this initial commitment to knowing how to begin their journey to becoming a greener and more responsible company.

It can sometimes seem an overwhelming prospect and most organisations mistakenly believe that it'll always require significant investment to improve. Operating in a way that manages your impacts is not only good for customers, but great for employees and a must in today's ever demanding commercial world.

The BASIS project provides FREE to use support to assist you on your journey in making a difference, and is operating in Birmingham and the surrounding areas. Find out how this fully funded project can help you identify simple ways to minimise your business impacts and reduce cost in the process. You'll get to hear about our full range of services, along with some practical hints and tips on some simple things that you can do today.

We'll help you understand how you can reduce waste, be more energy efficient and identify available grants and tax breaks that can offset any financial outlay in making a change for good. Protecting the planet doesn't have to cost the earth, so to find out how you can be part of our expanding regional network of likeminded businesses, and join us on our latest Birmingham web event.

To book please contact

reception@birminghambusinesspark.co.uk



INTRODUCTION TO BIO DIVERSITY AND HISTORY OF OUR BIRMINGHAM BUSINESS PARK WOODLAND

WITH DAVE TAYLOR, NURTURE

<https://vimeo.com/527861944>

Please adhere to Government guidelines regarding social distancing, thank you



EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

[f](https://www.facebook.com/birminghambusinesspark) birminghambusinesspark

[in](https://www.linkedin.com/company/birmingham-business-park) Birmingham Business Park

[t](https://twitter.com/birmingham_bp) @birmingham_bp

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