

WHAT'S ON AUGUST 2021

#BBPSUMMERTIME

If you would like the next What's On to be sent directly to your inbox please email: reception@birminghambusinesspark.co.uk

B Fit



CHIROPRACTOR

A brand-new wellness practice has opened on the business park recently, offering a range of treatments that can help with many common aches, pains, and ailments, both physical and emotional. For further information visit www.cnwb.co.uk or call 0121 5100 115 to book an appointment. Chiropractic & Natural Wellbeing are located in the UBC building at 1310 Solihull Parkway



TAI CHI QIGONG FOR HEALTH AND WELLBEING

THURSDAY 12TH & 26TH AUGUST

Venue: Online via Zoom

Time: 12.15-1.00pm

If you are looking for some 'mindful movement', a way to, relax, rebalance, and recharge, this lunchtime session is a perfect place to start. This session may take place at Birmingham Business Park or via Zoom (or both), depending on numbers. It is suitable for all abilities and can be enjoyed standing or seated. You don't even have to get changed!

Please contact Julia for more information and to book. www.yourhealthysteps.co.uk hello@yourhealthysteps.co.uk Tel: 07548 251234



HYPNOTHERAPY WITH ASHA

Is the possibility of returning to the site or continued working from home causing you to feel stressed or anxious? Are you feeling overwhelmed? Hypnotherapy can help you feel calmer and manage life's challenges.

Hypnotherapy can:

- boost your confidence
- challenge negative thoughts
- improve sleep
- clear the mind
- help you be the best version of yourself!

Face to face sessions is now available every Friday on site. Not sure if I can help? Why not book a FREE initial consultation. Call Asha on 07902 580 703 or visit <https://inspiredtochange.biz/hypnotherapist/asha-berzon/> book your appointment today!



EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

- [birminghambusinesspark](https://www.facebook.com/birminghambusinesspark)
- Birmingham Business Park
- @birmingham_bp
- @bhamp

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

B Ready



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://engagement.hs2.org.uk/join-mailing-list/>

B Spoilt



LISA'S SWEET TREATS

Lisa's Sweet Treats is an online pick 'n' mix store focusing on a great value and quality pick 'n' mix. Order online, for delivery to you or send to a friend as a gift. Use code:

HEREIS10 online for 10% off for Birmingham Business Park. Please have a look at <https://www.lissweettreats.co.uk>



THE BODY SHOP AT HOME

THURSDAY 5TH & 19TH AUGUST

Venue: Main Lake

Time: 11.00am-2.00pm

Come and treat yourself or a loved one on your lunch break. Amazing products, great discounts and personal service with Katie Smith Mobile:07891225868



BBP HONEY FOR SALE

Honey can be collected from the park management office £5.00 a jar with all proceeds to Age UK Solihull



B Connected



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 information re the Park, travel, events, street food carts, activities and push notifications direct to your phone



B Happy

We're giving away FREE water bottles- all you have to do is vote for your favourite BritishTV show here- <https://www.surveymonkey.co.uk/3NF5YTF>. The top 6 will be aired on the big screen at the Main Lake on 9th September 11.00am- 2.00 pm

You choose... ...vote now

Vote for which Classic British TV Programme you would like to see on the big screen. Main Lake, Thursday 9th September 11.00 am - 2.00 pm



SCAN HERE TO VOTE

Deadline Friday 20th August 5.00 pm.



[birminghambusinesspark](https://www.facebook.com/birminghambusinesspark) [Birmingham Business Park](https://www.linkedin.com/company/birmingham-business-park) [@birmingham_bp](https://twitter.com/birmingham_bp) [@bhamp](https://www.instagram.com/bhamp)



STREET FOOD BY MISTER V

EVERY THURSDAY

Time: 11.00am – 2.00pm

Venue: Main Lake



COFFEE BIKE

EVERY THURSDAY

Time: 8.30am – 2.00pm

Venue: Main Lake



ICE CREAM BIKE

EVERY THURSDAY

Time: 11.00am – 2.00pm

Venue: Main Lake

B There



SPEEDQUIZZING NIGHT IN AID OF AGE UK SOLIHULL

TUESDAY 10TH AUGUST

Time: 6.00pm

Venue: Old Edwardians Rugby Club,

Streetsbrook Road, Shirley B90 3PE

Age UK Solihull are excited to hold another Quiz Night, and this one will be our first "live" event since March 2020. The event has been kindly sponsored by Birmingham Business Park and will be hosted by Speedquizzing legend, Stoo Pittaway. Tickets are £15 per person (includes a hot meal). Up to 6 people per team. Book now at <https://www.ageuk.org.uk/solihull/quiz-night> or email events@ageuksolihull.org.uk

If the quiz cannot go ahead due to covid restrictions, it will be postponed

