

WHAT'S ON SEPTEMBER 2021

#BBPSEPTEMBER

From 9th September every Thursday you can collect vouchers for a FREE coffee from the Park Management Office if you are taking part in September. Whether that be a walking meeting around the Park or a lunchtime stroll

BHappy



THURSDAY 9 SEPTEMBER

Time: 11.00am – 2.40pm

Venue: Main Lake

Come along and watch classic British TV Sitcoms, as voted by you, on the big screen! There will be food carts, arts & craft stalls and activities such as face painting, a tombola, and a raffle where you can win a luxury hotel stay for two courtesy of Resorts World. There will be FREE food vouchers, subject to availability from the Park Management Office. Please collect them from 11.00 am.



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

BReady



HS2 INTERCHANGE AREA 1 TO 1 VIRTUAL SESSIONS

TUESDAY 28TH SEPTEMBER

Time: 11.00am-3.00pm

HS2 and our contractors LM and BBV have joined with our partners at the Urban Growth Company, Solihull Metropolitan Borough Council's Sustainable Travel Team and Highways England's M42 Junction 6 team to host one to one virtual drop in sessions, exclusively for Birmingham Business Park. Use the following link to book a 30 minute virtual session: [CLICK HERE](https://engagement.hs2.org.uk/join-mailing-list/) 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/>



Birmingham Business Park
Invested in You

EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on



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[birminghambusinesspark.co.uk](https://www.birminghambusinesspark.co.uk)

BSpoil



GRAND DESIGNS LIVE BIRMINGHAM

We have teamed up with Grand Designs Live to offer you two free weekday tickets to this year's event, taking place at

Birmingham's NEC from 6-10 October

How To Claim Your Tickets:

Your unique code is BBPGDL, visit the following link and enter your unique code:

<https://gdlbirm.seetickets.com/tour/grand-designs-live-nc?OfferCode=BBPGDL>



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.lisassweettreats.co.uk>



INTRODUCING E-BIKES WITH DR BIKE

THURSDAY 9TH SEPTEMBER

Venue: Main Lake

Time: 11.00am-2.00pm

FREE Dr Bike service - to book your appointment, or if you would like to test out our new e-bikes please email lori@birminghambusinesspark.co.uk



THE BODY SHOP AT HOME

THURSDAY 2ND, 9TH & 16TH SEPTEMBER

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

BFit



FIND YOUR INNER CALM

THURSDAY 16TH SEPTEMBER

Venue: Online via Zoom

Time: 1.00-1.30pm

Take time for yourself by joining this half-hour Mindfulness session via Zoom. Sessions include practical tips as well as meditation. Please email lorraine@waystoflourish.com or call 07538 275113 to register your place or for more details. Sessions are £6 to attend. All you need is a laptop, tablet or smartphone and a quiet place to take part in the session



YOGA

EVERY TUESDAY, WEDNESDAY

THURSDAY

Lunchtime at MSO workplace & Zoom:

Tuesday 12.30-1.15pm Chair yoga (£5)

Wednesday 12.30-1.15pm Hatha yoga (£5)

Zoom only:

Thursday 12.30-1.15pm Chair yoga (£5)

Evening Yoga Sessions via Zoom:

Tuesday, Wednesday, Thursday 6.30-7.30pm (£7)

Please contact: berengh@me.com 07759 461416 to register your place or for further information



TAI CHI QIGONG FOR *free* HEALTH AND WELLBEING

THURSDAY 16TH & 30TH SEPTEMBER

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!

BThere



SEPTEMBER - TAKE ON THE CHALLENGE

Register today to take part in September to win prizes. You can do your steps any time through the month of September and in any way you like, including a morning stroll, taking part in walking meetings, leaving the car to go to Greggs or attending our Netwalking session.

Prizes for the following:

150,000 steps – BBP Water Bottle

300,000 steps – BBP Backpack

500,000 steps – BBP Water Bottle & Backpack & 2 Free Cinema tickets

Prizes subject to availability

Register your involvement by emailing:

lori@birminghambusinesspark.co.uk



NEW NETWALKING *free*

THURSDAY 23RD SEPTEMBER

Venue: Park Management Office

Time: 12.15-1.00pm

For many it's been a year of working from home. This is a great way to reconnect with your colleagues at Birmingham Business Park.

The sessions will be organised by BBP and led by Health & Wellbeing coach Julia Mitchell www.yourhealthysteps.co.uk Not only is it a great opportunity to socialise but spending time in green and blue spaces (Ecopsychology) has been shown to have a positive effect on our Wellbeing.

Booking is essential so please contact Julia on 07548 251234 or email hello@yourhealthysteps.co.uk reserve your place.



SLIP IN TO SLIPPERS

FRIDAY 1 OCTOBER

Recognise International Older People's Day by wearing your slippers for the day at either your place of work or at home and make a donation to Age UK Solihull, who support older people all year round with the challenges they face in later life. A donation of just £5 could help us provide a volunteer befriender for a lonely older person. Find out more

<https://www.ageuk.org.uk/solihull/get-involved/fundraising/schools/slip-into-slippers/> and send your slipper photos to: events@ageuksolihull.org.uk



BBPAPP



CSR EXCELLENCE AWARDS
WINNER 2020



CYCLING SCORE



GREEN FLAG AWARD
WINNER 2019-2021



CSRR