

# WHAT'S ON OCTOBER 2021

## #BBPWELLBEING

Register our new app - [bbportal.co.uk/home/login/1](http://bbportal.co.uk/home/login/1)

Be the first to find out about free foodie vouchers and access to exclusive promotions and discounts

## BHappy



**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



**"NEW" PROJECT DOUGHNUTS**  
**THURSDAY 7TH & 21ST OCTOBER**  
Time: 11.00am – 2.00pm  
Venue: Main Lake

## BReady



**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/>

## BLearning



**£75 OFF COURSES FOR BBP WORKERS**  
Birmingham Business Park based distance learning provider, Open Study College, is offering everyone on the park an exclusive £75 discount off its courses. As many workers make a return to the office and businesses learn to navigate the 'new normal', now is the perfect time to invest in yourself.  
Whether it be a course for career progression, a career switch or purely to learn more about a hobby, Open Study College support continuous learning at any age.  
The college also works directly with businesses as part of their training and development programmes, enrolling employees on distance learning courses that they can fit around their working hours and offering volume discounts to employers. Courses vary from accountancy to leadership and management, and from A Levels to marketing qualifications with over 700 to choose from.  
To find out more about the courses available at Open Study College visit <https://www.openstudycollege.com> and enter code BBP75 at checkout to apply the exclusive £75 discount or call 03301272245 to speak to a course adviser who can help you select the right course for you

## EVENT CALENDAR AVAILABLE ONLINE

[birminghambusinesspark.co.uk/whats-on](http://birminghambusinesspark.co.uk/whats-on)

- [birminghambusinesspark](https://www.facebook.com/birminghambusinesspark)
  - [Birmingham Business Park](https://www.linkedin.com/company/birmingham-business-park)
  - [@birmingham\\_bp](https://twitter.com/birmingham_bp)
  - [@bhampb](https://www.instagram.com/bhampb)
- [birminghambusinesspark.co.uk](http://birminghambusinesspark.co.uk)



## BSpoilt



**CLAIM 2 \*\*FREE\*\* TICKETS TO 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-nec?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.lisasweettreats.co.uk>



**THE BODY SHOP AT HOME**

**THURSDAY 7TH & 21ST OCTOBER**

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



**SERENITY BY SHERI**

**THURSDAY 14TH & 28TH OCTOBER**

Venue: Main Lake

Time: 11.00am-2.00pm

Beautiful bath bombs and products in a variety of colours, shapes and scents including our new Christmas and Halloween stock. Order in advance at <https://www.serenitybysheri.co.uk> or choose your favourites on the day. Contact details: Mobile 07969 674473

## BFit



**YOGA**

**EVERY TUESDAY, WEDNESDAY**

**THURSDAY**

**Lunchtime at MSO workplace & Zoom:**

Tuesday 1.30-2.15pm Chair yoga (£5)

Wednesday 12.30-1.15pm Hatha yoga (£5)

**Zoom only:**

Wednesday 6.30-7.30pm Hatha yoga (£7)

Thursday 12.30-1.15pm Hatha yoga (£5)

Thursday 6.30-7.30pm Hatha yoga (£7)

Please contact: [berengh@me.com](mailto:berengh@me.com) 07759 461416 to register your place or for further information



**Birmingham Business Park**  
*Invested in You*



**TAI CHI QIGONG FOR \*free\* HEALTH AND WELLBEING**

**THURSDAY 7TH OCTOBER**

Venue: MSO Offices

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](http://www.yourhealthysteps.co.uk)

[hello@yourhealthysteps.co.uk](mailto: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



**TAKE THE LEAP**

Any weekend of your choice Hinton Airfield, Northamptonshire Take on the challenge of a lifetime with a tandem skydive in aid of Age UK Solihull. It is an unforgettable experience, and the funds you raise will help Age UK Solihull provide their vital services for local older people. Raise a minimum of £450 and you can jump for free! You will be harnessed to a professional instructor and full training is given on the day. Find out more and book your place at:  
<https://www.ageuk.org.uk/solihull/parachute-jump>



**NEW NETWALKING \*free\***

**THURSDAY 28TH OCTOBER**

Venue: Park Management Office

Time: 12.15-1.00pm

Make new business connections, new friends or get some well-needed fresh air by joining us for our Netwalking session. Led by Health & Wellbeing coach, Julia Mitchell, the session will take place at 12.15pm on Thursday 28th October beginning at the Park Management offices. Booking is essential so please contact Julia on 07548 251234 or email [hello@yourhealthysteps.co.uk](mailto:hello@yourhealthysteps.co.uk) to reserve your place.



**GETTING SPOOKY**

Host a "Halloween Great Birmingham Bark Off" for colleagues, friends and family. Contact [fundraising@birminghamdogshome.org.uk](mailto:fundraising@birminghamdogshome.org.uk) and we will send you recipes, bunting, spooky cake decorations, money boxes and everything you need to have a fun bake sale and raise some funds to help local homeless dogs.



**#MY OFFICE DOG COMPETITION**

Join in the Lord Mayor's West Midlands Giving Month to support Birmingham Dogs Home by entering our #MyOfficeDog competition.

1. Follow BDH on social media
  2. Post a photo using #MyOfficeDog & ~WMGivingMonth21
  3. Donate £3 to help stray dogs
  4. Share with Friends.
- Pass the Pugs games from Winning Moves for winning entries!