

WHAT'S ON NOVEMBER 2021

#bbpphotographycompetition

Send us in your photos of the park with the hashtag #bbpphotographycompetition on either Twitter or Instagram to win free hot drink vouchers!



Birmingham Business Park

Invested in You

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



PROJECT DOUGHNUTS
THURSDAY 18TH NOVEMBER
Time: 11.00am – 2.00pm
Venue: Main Lake



"NEW" JUST FRESH
EVERY THURSDAY
Time: 11.00am – 2.00pm
Venue: Main Lake

BReady



HS2 1-2-1 VIRTUAL INFORMATION SESSIONS
TUESDAY 30TH NOVEMBER
Time: 11.00am – 3.00pm
Venue: Main Lake

HS2 and their contractors LM and BBV have joined with the Urban Growth Company, Solihull Metropolitan Borough Council's Sustainable Travel Team and National Highways' M42 Junction 6 team to host 1-2-1 virtual information sessions, exclusively for Birmingham Business Park. Book your 30 minute session **here**. Stay updated with HS2's works, including traffic measures in the area, by subscribing for live news updates **here**

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LISA'S SWEET TREATS

Lisa's SweetTreats offers a range of pick n mix gifts as well as corporate gifting, with Christmas treats available across the UK. We cater to all dietary needs and offer confectionary based gifts for all budgets! Please do check out our website <https://www.lissweettreats.co.uk> and social media for more information

EVENT CALENDAR AVAILABLE ONLINE

birminghambusinesspark.co.uk/whats-on

- birminghambusinesspark
 - Birmingham Business Park
 - @birmingham_bp
 - @bhampb
- birminghambusinesspark.co.uk



BBP CHRISTMAS WREATH MAKING GET FESTIVE THIS CHRISTMAS



CHRISTMAS WREATH MAKING **free event**

THURSDAY 9TH DECEMBER
Venue: Main Lake
Time: 11.00am-3.00pm (1 hour sessions)
Birmingham Business Park's annual wreath-making is back! Join us for a festive hands-on wreath making workshop led by our landscaping team, Nurture. All materials will be provided on the day, and we'll teach you how to create the most beautiful festive wreath for you to showcase this Christmas. Reserve your place by contacting Lori Henebury on lori@birminghambusinesspark.co.uk. Maximum 2 people per booking



THE BODY SHOP AT HOME

EVERY THURSDAY
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



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:

Wednesday 6.30-7.30pm Hatha yoga (£7)

Thursday 12.30-1.15pm Chair yoga (£5)

Thursday 6.30-7.30pm Hatha yoga (£7)

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



TAI CHI QIGONG **free**

THURSDAY 11TH & 18TH NOVEMBER

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 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



NETWALKING **free**

THURSDAY 25TH NOVEMBER

Venue: Park Management Office

Time: 12.15 pm

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 25th November beginning at the Park Management Offices. The 20-30 minute walk will span the woodland walk, wild flower meadow, through the allotments and end with a FREE coffee. Booking is essential so please contact Julia on 07548 251234 or email hello@yourhealthysteps.co.uk to reserve your place



WIN CASH PRIZES WITH AGE UK SOLIHULL

If you're stuck for a Christmas present or just want to join yourself, Age UK Solihull, our charity partner, is inviting you to join their 100 Club. There's a chance to win one of 3 cash prizes every month in the draw and membership costs just £24 a year (equating to £2 per month). For terms and conditions and how to join (or buy as a gift for someone), visit <http://www.ageuk.org.uk/solihull/100club>



CHRISTMAS RAFFLE OTHER PRIZES AVAILABLE

The Age UK Solihull Christmas Raffle is in full swing, with prizes including a turkey, a family pass on Chiltern Railways and afternoon tea at the Crowne Plaza, Solihull. If you would like some books of 5 raffle tickets to sell at £1 per ticket (£5 per book) to your colleagues, friends or family, please email events@ageuksolihull.org.uk with your details and we will post some out to you



CHRISTMAS SELECTION BOX APPEAL

Spread the holiday cheer this Christmas by joining our Selection Box Appeal. We'll be taking donations at the Park Management Office for selection boxes for Age UK Solihull. Collect a BBP Christmas sticker from the Park Management Office and write a heartfelt message to show our local friends you are thinking about them this Christmas.

Please donate your selection boxes by 9th December