

# OUR COMMUNITY WHAT'S ON

MAY 2022

 Birmingham Business Park

## BHappy

### COFFEE BIKE

EVERY THURSDAY

Time: 11.00am – 2.00pm

Venue: Main Lake

### JUST FRESH & BURGERS

EVERY THURSDAY

Time: 11.00am – 2.00pm

Venue: Main Lake

### URBAN SPICE BOX

THURSDAY 26TH MAY

Time: 11.00am – 2.00pm

Venue: Main Lake

### WICKED COOKIES

THURSDAY 12TH & 26TH MAY

Time: 11.00am – 2.00pm

Venue: Main Lake

## BSpoilt

森林合  
Shinrin-Yoku



### SHINRIN YOKU FOR BBP OCCUPIERS!

WEDNESDAY 18TH MAY

Time: 12.30pm – 1.30pm

Venue: Woodland Walk

Jane from CNWB brings Shinrin Yoku to the business park. In 1982, Japan introduced a national health programme of forest bathing and nature medicine into their work environments, to enhance the wellbeing of their employees. The benefits were so profound, it is still in place today. The researched health improvements of integrating regular nature therapy and unplugging from technology include, improved concentration, lower blood pressure, boosts immunity and Nk cells, increases vital energy, assists mental health and emotional wellbeing. To book your place, email [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk)

### THE BODYSHOP AT HOME

EVERY THURSDAY

Time: 11.00am – 2.00pm

Venue: Main Lake

Joining us each Thursday is Katie selling The Body Shop products - offering great discounts, deals and a personal consultation service. To enquire, call Katie on 07891225868 or speak to her at our Foodie Thursday events

### THE ZEN DEN BUS RETURNS TO BBP!

THURSDAY 16TH JUNE

Time: 10.00am – 3.00pm

The Zen Den is an American School bus converted into a mobile wellbeing station offering a guided microzen sessions completely free for our occupiers to book a session. The 30-minute sessions of mindfulness ranging from guided meditations, breathwork and yoga is a great opportunity for employers to take the time out during their working day to relax and unwind



## BFit

### YOGA WITH BEREN

WEDNESDAY & THURSDAY

Venue: Wednesday at Citibase Offices 2010

Birmingham Business Park or via Zoom

Wednesday

10.30am - 11.15am Chair Yoga £5 (Zoom only)

12.30pm - 1.15pm Hatha Yoga £5 (Zoom & BBP)

6.30pm - 7.30pm Hatha yoga £7.50 (Zoom only)

Thursday

12.30pm - 1.15pm Chair yoga £5 (Zoom only)

6.30pm - 7.30pm Hatha yoga £7.50 (Zoom only)

Contact Berengh for more information/book:

[berengh@me.com](mailto:berengh@me.com) or 07759 461416

### HYPNOTHERAPIST JOINS

### PARK FULL TIME

MONDAY - SATURDAY

Time: Evening appointments Thursday until 9.00pm

Venue: UBC

An experienced and award-winning Hypnotherapist is joining the Wellness Centre at UBC. Asha provides a variety of wellbeing workshops to businesses and offers 121 hypnotherapy helping clients with a wide range of issues including anxiety, depression, stress, and phobias. You can book a FREE informal no obligation telephone consultation

<https://www.mindability-hypnotherapy.co.uk/> or

call Asha on 07902 580 703. Appointments are

available both online and face to face

### CNWB POP UP STALL - SEATED ACUPUNCTURE MASSAGE

THURSDAY 28TH MAY

Time: 10.00am – 2.00pm

Venue: Pop Up Stalls near Main Lake

CNWB will be offering Emmett Technique and seated acupressure massage at the special rate of £10 for 15 minutes. Seated acupressure can relieve tension in the neck, shoulders, head, arms and hands, by focusing on the many acupressure points in these parts of the body. Emmett Technique is a unique body therapy using light finger pressure at specific places on the body, which helps relieve discomfort and improve your wellbeing, at times with instantaneous response

## BReady

### HS2

HS2 are working near Birmingham Business Park throughout 2022. Stay updated with all their works, including traffic measures and virtual information events, by subscribing for live news updates at: <https://engagement.hs2.org.uk/join-mailing-list/> The HS2 team will be joining our next Netwalking event on Thursday 26th May from 12.15pm to answer your questions about their activities in the area



Donate to the BBP Just Giving page for our partner charity British Heart Foundation – <https://justgiving.com/fundraising/donna-stokes6>

## BConnected

### CAREERS EXPERIENCE DAYS

THURSDAY 26TH MAY

The Heart of England Community Rail Partnership is teaming up with the New Leaf Initiative to provide pre-employment training to young people who struggle to find meaningful employment. They are looking for organisations based at Birmingham Business Park to be a part of the BBP Careers Experience Day on the 26th May. Please contact [juliasingletontasker@warwickshire.gov.uk](mailto:juliasingletontasker@warwickshire.gov.uk) to find out more

### CKDELTA: UTILITIES REWIRED

TUESDAY 17TH MAY

Time: 5.30pm – 7.30pm

Venue: Lancaster Room, Hilton Birmingham

Metropole Hotel, NEC, B40 1PP

Join CKDelta for an evening of drinks, canapes and a discussion on the role data analytics can play in enabling the utilities sector – and those within the supply chain – to reach net zero. You'll hear from CKDelta's Managing Director, Geoff McGrath, before having the opportunity to network with likeminded colleagues in the energy sector. For any questions and to register your attendance, please email [alex.rowntree@copperconsultancy.com](mailto:alex.rowntree@copperconsultancy.com)

### BHF HEARTY TEA PARTY

Organise an afternoon tea party at work and collect donations for the British Heart Foundation, our charity partner. Challenge colleagues to a bake off using healthier recipes for cakes and deserts via the BHF website recipe finder <https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder>

Contact Donna at [stokesd@bhf.org.uk](mailto:stokesd@bhf.org.uk) or call 07714 069132

Donations can be made to Birmingham Business Park's BHF Just Giving Page via <https://www.justgiving.com/fundraising/donna-stokes6>

## BThere

### BBP SHARED READING CLUB

TUESDAY 24TH MAY

Time: 12.30pm – 1.30pm

Venue: Park Management Office

Polly Wright, Director of the Hearth Centre will be leading a lunchtime reading session here at the Park - free for all our occupiers. The 45-minute session is a fantastic opportunity for participants to unwind and explore relaxation through shared reading. If you would like to join us, please email [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk) to register your place. Limited spaces, please book to avoid disappointment

### NETWALKING

THURSDAY 26TH MAY

Time: 12.15pm – 12.45pm

Venue: Park Management Office

Led by Health & Wellbeing coach, Julia Mitchell, the session will take place at 12.15pm on Thursday 26th May beginning at the Park Management office. 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: [helloworld@yourhealthysteps.co.uk](mailto:helloworld@yourhealthysteps.co.uk) to reserve your place

### BHF YORKSHIRE THREE PEAKS JULY 2022

Upskill - Challenge yourself and your colleagues to work as a team, improve resilience and communication. Motivate your team - After a difficult year, safely reunite your team. Make a difference - Fundraise for a great cause and improve your social corporate responsibility. Grab your team and sign up here: <https://www.bhf.org.uk/y3p>