

# OUR COMMUNITY WHAT'S ON

JUNE 2022



## 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 9TH JUNE

Time: 11.00am – 2.00pm

Venue: Main Lake

## Bspoilt

### FREE BIKE SECURITY MARKING KITS

Solihull Council are offering FREE bike security marking kits to Birmingham Business Park occupiers. Bike Register kits are used by police forces to drive down bicycle and e-bike theft. Marking and registering bikes allows bikes to be linked back to their original owners. If you would like a kit, email [sustainabletravelteam@solihull.gov.uk](mailto:sustainabletravelteam@solihull.gov.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



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



### 12TH-14TH JULY BBP BUSINESS GAMES TO FUNDRAISE FOR BRITISH HEART FOUNDATION

Keep this date free to take part in 3 days of business games where each of our businesses can take part in sporting events ranging from table tennis, penalty shootouts, egg & spoon race and more!

### JOIN THE BBP CHARITY ORGANISING COMMITTEE

WEDNESDAY 15TH JUNE

Time: 2.00pm

Venue: Microsoft Teams

To take part in our business games we need representatives from each business to join us as part of a charity committee to help coordinate the games. Attend our first committee meeting this month to learn more about how you can become involved and register your organisation to participate in our charity sporting activities. To join the committee please email [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk)

## BFit

### CNWB 1 YEAR ANNIVERSARY CELEBRATION!

THURSDAY 30TH JUNE

Venue: Main Lake

Meet the entire team from Chiropractic & Natural Wellbeing as they celebrate their one-year anniversary. Find out how the wide range of treatments, such as chiropractic, acupressure, cranial balancing, yoga, herbal medicine, meditation and Shinrin Yoku, delivered by experienced therapists can improve your physical, emotional, and spiritual wellbeing

### GUIDED MEDITATION WITH ASHA

WEDNESDAY 22ND JUNE

Time: 12.30pm

Venue: Main Lake

Why not use your lunch break to really take a break? Clear your mind and feel physically refreshed for the afternoon. Why not join Asha for a FREE guided meditation on the deckchairs next to the Main Lake at 12.30 pm. Taking a break is great for productivity, motivation, and overall wellbeing. The session will be approximately 20 minutes long. Please send a direct email to [asha@mindability-hypnotherapy.co.uk](mailto:asha@mindability-hypnotherapy.co.uk) to book your space

### YOGA WITH BEREN

WEDNESDAY & THURSDAY

Venue: Citibase Offices and/or Zoom

Join Beren for yoga, all classes are via Zoom, except for 12.30 on Wednesdays, which can be attended in person or done via Zoom. Some are Chair yoga, and some are Hatha yoga - Email or call for more info - [berengh@me.com](mailto:berengh@me.com)/07759 461416

## 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 Networking event on Thursday 30th June from 12.15pm to answer your questions about their activities in the area

## BConnected

national express West Midlands

### NATIONAL EXPRESS BUS CLINIC COMES TO BBP!

THURSDAY 23RD JUNE

Time: 10.00-10.30am, 10.45-11.15, 11.30 – 12:00 and 2:00-2:30pm

Venue: The bus clinic can come to you!

Birmingham Business Park has joined forces with National Express to offer our tenants exclusive travel passes. You'll get the cheapest rate available for use across the West Midlands. The discount is available 24/7 and you'll also receive discounts to local attractions such as Drayton Manor, Safari Park, Cadbury World, Black Country Living Museum and many more. With x5 stops on the Park conveniently accessible to our tenants We even provide travel discount for family members! Sign up here <https://nxbusportal3.co.uk/bbp>

The National Express team will be at the Park on Thursday 23rd June to show you how to book your travel tickets through live demonstrations and answer any questions you might have on the best offers for you. They can also let you know how this offer extends to family members. The bus clinic can come to you to book a half an hour slot, please get in touch with [lori@birminghambusinesspark.co.uk](mailto:lori@birminghambusinesspark.co.uk). Slots are first come, first served. This is an informal session, and they will be here to help and support you in any way they can



## BThere

### NETWALKING THURSDAY 30TH JUNE

Time: 12.15pm - 12.45pm

Venue: Park Management Office

Make new business connections, new friends or get some well-needed fresh air by joining us for our Networking session. Led by Health & Wellbeing coach, Julia Mitchell, the session will take place at 12.15pm on Thursday 30th June beginning at the Park Management office. The 20-30-minute walk will span the woodland walk, wildflower 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](mailto:hello@yourhealthysteps.co.uk) to reserve your place