

# OUR COMMUNITY WHAT'S ON

AUGUST 2022



## BFit

### PREPARE TO GET MOVING WITH THE BRITISH HEART FOUNDATION

With many of us opting for a mixture of working from home and a couple of days in the office, it's more important than ever to ensure we all feel connected, engaged and part of a team. To inspire you to get moving and improve your wellbeing, we are inviting you and your colleagues to join us in September and take on the STEPtember challenge. The aim is for each participant to complete 10,000 steps a day (at home or work), starting on 1st September and finishing on World Heart Day on the 29th of September, raising money for the British Heart Foundation along the way.

Get ready in August and obtain your fundraising pack from Donna Stokes, British Heart Foundation on 07714 069132 or email [stokesd@bhf.org.uk](mailto:stokesd@bhf.org.uk)

### GUIDED MEDITATION WITH ASHA

THURSDAY 18TH AUGUST

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 in the deck chairs next to the main lake on Thursday 18th August at 12.30pm. 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

### REST & DEE-STRESS MEDITATION

THURSDAY 25TH AUGUST

Time: 11.10am, 11.30am, 11.40am, 12.10pm, 12.30pm, 12.40pm, 1.10pm, 1.30pm, 1.40pm

Venue: Main Lake

Dee Williams, from Chiropractic and Natural Wellbeing, based at UBC Offices here at Birmingham Business Park, will be offering short, guided meditation sessions from her pod next to the Main Lake at our Foodie Thursday event on Thursday 25th August. Dee will be accepting donations for her chosen charity, John Taylor Hospice

### YOGA WITH BEREN

Chair yoga - via Zoom - Wednesdays 10.30-11.15 & Thursdays 12.30-1.15 (£5)

Hatha yoga at Citibase offices (or via Zoom) - Wednesdays 12.30-1.15 (£5)

Hatha yoga via Zoom - Wednesdays and Thursdays 6.30-7.30pm (£7.50)

Contact for more details [berengh@me.com](mailto:berengh@me.com) or 07759 461416

## BThere

### NETWALKING

THURSDAY 25TH AUGUST

Time: 12.15pm - 1.00pm

Venue: Park Management Office

Are you looking to connect with other businesses on the park? Our monthly wellness walk and Netwalking session is the perfect way. We meet outside the Park Management offices at 12.15pm, take a stroll to the allotments via the wildflower meadow, return via the woodland walk and finish at 1pm with a FREE coffee. To join please speak to Lori or email Julia - [hello@yourhealthysteps.co.uk](mailto:hello@yourhealthysteps.co.uk). It's a wonderful, relaxed way to enjoy your lunch break

### BIRMINGHAM BUSINESS PARK SHARED READING CLUB

TUESDAY 9TH AUGUST

Time: 12.15pm - 1.15pm

Venue: Park Management Office

Shared reading is an internationally recognised method of promoting wellbeing, and Polly Wright, Director of the Hearth Centre will be leading a lunchtime reading session here at Birmingham Business Park free for all our occupiers. The 45-minute session is a fantastic opportunity for participants to unwind and explore relaxation through shared reading. It includes complimentary free hot drinks and pastries. 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.



## BHappy

### COFFEE BIKE

EVERY THURSDAY

Time: Serving from 11.00am - 2.00pm

Venue: Main Lake

### JUST FRESH & BURGERS

EVERY THURSDAY

Time: Serving from 11.00am - 2.00pm

Venue: Main Lake

### URBAN SPICE BOX

THURSDAY 4TH & 18TH AUGUST

Time: Serving from 11.00am - 2.00pm

Venue: Main Lake

### COSTCO POP UP

EVERY THURSDAY

Time: 11.00am - 2.00pm

Venue: Main Lake

## BSpoilit

### VISUAL STORYTELLING COMPETITION

We would like to feature your photos in our next community magazine by capturing your favourite areas from around the Park. It could be the place you sit to have lunch, the view of the lakes as you walk to the office or the wildlife down the woodland walk. To enter simply post your photos on Facebook, Twitter, or Instagram, and tag us. The first x20 entries will receive a FREE coffee voucher which you can redeem at our Foodie Thursdays

### THE BODY SHOP 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.

## 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 25th August 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>

