

OUR COMMUNITY PARK MAGAZINE

AUTUMN 2024



FINDING YOUR ZEN IN THE WORKPLACE

ZEN DEN SCHOOL BUS VISITS BBP FOR WELLBEING WORKSHOPS

hello!

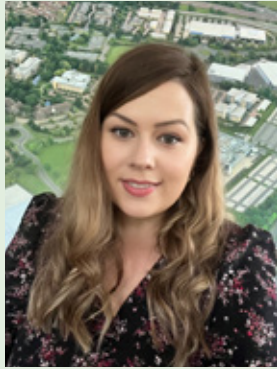
Welcome to your Autumn 2024 edition of 'Our Community' magazine.

As the leaves turn and the air becomes crisper, we're excited to bring you the latest updates and events happening at Birmingham Business Park.

This season, we proudly celebrated World Mental Health Day with a unique and rejuvenating experience: The Zen Den project!

Businesses had the opportunity to unwind and recharge with 11-minute zen sessions, promoting well-being and mindfulness in our community.

We're also delighted to welcome a new café operator, Wheat n Coffee, to the park. Be sure to stop by and enjoy their delicious range of drinks and snacks! And that's not all – another café operator is set to join us next year, offering even more variety and options for everyone.



Here's to a season of growth, wellbeing, and community connection. Enjoy the read!

As always, I'd love to hear from you! If you've got a story you'd like to tell, or a club you'd like to set up, feel free to email me at lori@birminghambusinesspark.co.uk

See you around!

Lori Henebury, Marketing, Community and Business Development Manager



stop press!

A warm welcome to Wheat n Coffee – the Park's latest arrival and a must for hot and cold lunches and mid-morning coffees. We'll be featuring more pictures in the winter edition of Our Community magazine.


Good luck to Kay and his team!





Zen Project provides a moment of calm amid the hustle and bustle

ZEN PROJECT TEAM RETURNS TO BBP WITH THEIR EYE-CATCHING BUS

 Birmingham Business Park once again partnered with the popular Zen Project for another wonderful day of breathing and meditation sessions in the Park's landscaped grounds.

The Zen Project is a mobile mindfulness space running micro calming sessions out of a renovated American school bus called the Zen Den.

The Zen Project's yellow bus was at BBP to host gentle breathing techniques for stress, energy and anxiety.

Guided meditation and sound healing techniques were also enjoyed by Park employees taking part. Partnering The Zen Project is part of BBP's commitment to put mental wellbeing at the forefront of life on the Park, and our landscaped grounds and lake provides the perfect, peaceful backdrop for the sessions.

Kaye Smith, co-founder, The Zen Project, said: "The Zen Project believes that mental health in the workplace isn't just about ticking boxes – it's about creating a culture where everyone feels supported and able to thrive.

"Encouraging work-life balance,

managing stress, and building positive connections can all make a real difference. Prioritising mental health doesn't just benefit individuals – it makes for a more productive, positive workplace overall – and we love visiting Birmingham Business Park to host our sessions for workers from all the great businesses."

Tammy Coogan of Rolls-Royce added: "The Zen Bus is a fantastic way to support employee well-being. At Rolls-Royce we invest in all aspects of our most important assets – our people. We encourage a culture of mindfulness and self-care, which can enhance focus and productivity. By providing a dedicated space for meditation the zen bus offers an environment where employees can refresh, recharge and find balance amidst their busy schedules."

See more pictures over the pages and on Page 6 you'll find a selection of tips to take the Zen Project sessions with you!



Wiggles and Giggles nursery children and Steven Singh from Regus enjoying a moment at the wheel of the bus!



The — Zen — Project*

Pictures: Ian Yates



Teams from Galliford Try (above) and Crimson visited the Zen Project's bright yellow school bus





TRY THIS ZEN TIP FROM THE ZEN PROJECT:

A balancing breathing technique that will relax you if stressed or energise you if your energy is dipping. Practise at any time of day.

HOW TO DO IT:

- Find a comfortable seat, sitting with a straight spine
- Gently close the eyes and begin to focus on your breathing
- Inhale steadily to a count of 4, hold the breath to a count of 4, exhale to a count of 4 and hold the breath out to a count of 4
- Continue for a few minutes, or as long as you like!



6 TIPS TO HELP PROMOTE BETTER MENTAL HEALTH



Here are some simple, practical tips to help promote better mental health in the workplace.

1. CREATE A SUPPORTIVE WORK CULTURE

One of the most important things to do is create a work culture where people feel supported. No one should feel uncomfortable discussing their mental health, so creating an open and non-judgemental atmosphere is crucial. Managers and team leaders can lead the way by being honest about their own self-care or mental health challenges. This helps normalise conversations around mental health and lets people know they're not alone.

It's also important to have regular check-ins, not just about work, but to see how your team is feeling overall. A supportive environment helps people feel they can speak up if they're struggling, which can prevent issues from getting worse.

2. ENCOURAGE WORK-LIFE BALANCE

Work-life balance is key to good mental health. When work takes over our personal lives, it can lead to stress, anxiety, and eventually burnout. Encourage taking regular breaks, proper lunch hours, and making sure employees finish work on time. Flexible working hours or the option to work from home occasionally can also make a big difference for those

juggling personal responsibilities.

For employees, setting clear boundaries is vital. Try to avoid answering work emails outside of working hours, and make time for things you enjoy. It's important to switch off so that when you're at work, you feel refreshed and ready to go.

3. MANAGE STRESS BEFORE IT MANAGES YOU

Stress is something we all deal with, but it's important to manage it before it gets out of control. Companies can introduce wellbeing initiatives like mindfulness sessions, workshops and yoga / physical wellbeing classes.

On an individual level, learning to manage stress through deep breathing, mindfulness, or even taking a short walk can help bring down stress levels. Planning your workload and breaking tasks into smaller, more manageable steps can also help reduce feelings of overwhelm.

4. TAKE MENTAL HEALTH DAYS

Just like you'd take a sick day if you had the flu, taking a mental health day is important when you're feeling emotionally drained or stressed out. Employers should encourage staff to take time off for their mental wellbeing. It helps prevent burnout and allows people to recharge.

For employees, if you're feeling like you need a break, don't hesitate to ask for a mental health day. A little rest can

Pictured: The Zen Project at Birmingham Business Park

go a long way in helping you return to work feeling refreshed and more productive.

5. PHYSICAL HEALTH IMPACTS MENTAL HEALTH

Physical and mental health go hand in hand. Encouraging staff to get up and move throughout the day, whether it's through standing desks or quick stretch breaks, can have a big impact on overall wellbeing. Keeping hydrated and having access to healthy snacks also helps to keep energy levels up.

If you're working at a desk all day, make an effort to move regularly. Even a short walk or a few minutes of stretching can improve your mood and help reduce tension.

6. ENCOURAGE CONNECTION AND SOCIAL SUPPORT

Work can be stressful, but having a good support system at work can make all the difference. Encouraging team-building activities or informal social events that focus specifically on wellbeing, helps to build stronger connections between colleagues. Having a supportive network at work creates a sense of belonging, which can be a great buffer against stress.

If you're feeling isolated, try engaging with your colleagues during breaks, or seek out someone you trust to talk things over with. Building those connections can make work feel a lot more enjoyable.

'Learning to manage stress through deep breathing, mindfulness, or even taking a short walk can help bring down stress levels'

'The group always finds something relatable, even in the poems and novel extracts written 150 years ago'

- POLLY WRIGHT, ARTISTIC DIRECTOR OF THE HEARTH CENTRE

BBP SHARED READING FOR WELLBEING CLUB PROVING MORE POPULAR THAN EVER

The Shared Reading for Wellbeing Club at Birmingham Business Park is an initiative designed to promote mental and emotional wellness through the simple yet powerful act of reading together.

The club creates a supportive, inclusive environment where participants come together regularly to read aloud and share thoughts, reflections, and interpretations of various texts.

Whether it's short stories, poems, or extracts from novels, the selections are chosen to foster meaningful conversation, self-reflection, and relaxation.

During each session, group leaders, Polly Wright and Alison Belbin reads a passage aloud, and the group is invited to pause, reflect, and discuss how the text resonates with them. There is no pressure to read aloud or even to contribute – participants are welcome to engage at their own comfort level. The atmosphere is relaxed, non-judgmental, and focused on creating a sense of community.

The BBP Shared Reading for Wellbeing Club is a wonderful opportunity for employees at Birmingham Business Park to prioritise their mental health, enjoy literature, and build connections with others in a warm, inclusive setting. By dedicating time to shared reading, participants can experience both immediate relaxation and long-term wellbeing benefits.

Polly Wright, Artistic Director of the Hearth Centre, said: "I have been leading the shared reading club at BBP for the last two years, on a monthly basis, and recently have been joined by my colleague Ali Belbin.

"We both find the sessions really enjoyable, as the group responds enthusiastically to our readings and the discussions which follow them are always lively and insightful.

"The extracts we choose are wide ranging – from classical literature such as Dickens and Brontë to



contemporary authors such as Kit de Waal and Sathnam Sanghera, who write about issues we all face in our daily lives – sometimes seriously, and sometimes with humour – but always interesting!

"The group always finds something relatable in the passages we bring, even in the poems and novel extracts written 150 years ago!

"We are hoping to roll out this work throughout Birmingham and we hope very much to build on our connections with the BBP to develop a thriving reading community which is sorely needed at the moment when our library provision is under attack."

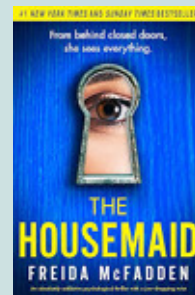
Recommendation by Rebecca Dillon *The Housemaid* by Freida McFadden

If you're a fan of thrillers and suspense, this book is an absolute must-read! It's the first book in a long time that held my complete attention from start to finish – I devoured it in just a few hours.

From the very first page, I was completely immersed, eagerly turning pages to unravel the mystery at its core. Freida McFadden instantly became one of my favourite authors after finishing this book - my jaw was on the floor!

The fast pace, unexpected twists, and gripping narrative make it a truly unforgettable read. Even better, this book is just the beginning – it's book one of the three-part Housemaid Series. Thanks to *The Housemaid*, I've now read another eight of Freida's books and can't wait to read anything else she's written. Highly recommended, I've shared this book with at least ten friends, and they've all been just as captivated.

If you're in search of a gripping and addictive read, this one's a winner!



Recommendation by June Mole *Without Warning & Only Sometimes* by Kit de Waal

I recently read a book we discussed a chapter of at Book Club. *Without Warning & Only Sometimes* is a personal memoir by Kit de Waal. A mixed race Brummie girl, it describes her chaotic childhood growing up in bohemian Moseley during the 1960s and 70s. It interested me, having grown up in Birmingham at a similar time – thankfully the similarity ended there!

It turns both heartwarming and heartbreaking to read, I could not put it down. We follow Kit and her siblings through family life, growing up in a household of opposites and extremes. Her Irish mother suddenly becomes a Jehovah's Witness, forbidding Christmas and birthdays and believing that the world will end in 1975. Spoiler alert: it didn't.

Her Caribbean father dreams of returning home to his birthplace.


Both of them are preoccupied in searching for a different kind of paradise to escape to. One they will never find. Meanwhile, their children face hunger and hellfire!

This is a bleak but often humorous story of surviving an extraordinary childhood where the only book in the house is a Bible. Ultimately, Kit makes her own escape through discovering a love for books. An inspiring and intelligent read.



Promoting plasma donation at Birmingham Business Park

HOW YOU CAN MAKE A LIFE-SAVING DIFFERENCE WITH NHS BLOOD AND TRANSPLANT

 NHS Blood and Transplant's plasma donation is a critical way to support those in need of life-saving treatments.

At our Birmingham plasma donor centre, located at 61 New Street, we're committed to raising awareness about plasma donation and making it easier than ever for individuals to contribute to this essential cause. In collaboration with Birmingham Business Park, we hope to engage with local professionals and encourage them to consider donating plasma.

Plasma, a vital component of blood, is used to create life-saving medicines for people suffering from primary immune disorders, heart conditions, and other serious illnesses. Plasma can be donated more frequently than conventional blood donation, and each donation can be used to treat multiple patients. That's why we are working hard to spread awareness and recruit more donors from across Birmingham, including the community at Birmingham Business Park.

Our partnership with the Business Park enables us to explain the importance of plasma donation. We are attending the Business Park's annual wreath making event on November 28th and look forward to signing up new potential donors, answering questions and highlighting how easy it is to make a difference.

Donating plasma is simple and relatively quick. A typical session lasts

between 35 to 50 minutes, with an initial health consultation taking an additional 15 to 20 minutes.

During the consultation, our medical professionals assess each donor's eligibility, ensuring a safe and comfortable donation process. Once the donation begins, plasma is collected using a specialised machine that separates plasma from the blood and returns red cells to the donor. This means donors feel less fatigued and can donate more often, as frequently as every two weeks.

We encourage local businesses to consider incorporating plasma donation into their Corporate Social Responsibility (CSR) strategies. Many organisations offer paid volunteering or charitable hours for their employees to support causes close to their hearts. Plasma donation is a powerful and impactful way to make the most of those hours, knowing that each donation could help save lives.

If you or your employees are interested in donating, visit us at the Birmingham Plasma Donor Centre by booking an appointment

on www.blood.co.uk/plasma or get in touch with Neil Mistry – Plasma Engagement Manager (neil.mistry@nhsbt.nhs.uk) for more information.

We welcome group bookings of 5-6 beds per session to get organisations involved and donating all at the same time too!

Together, we can continue making a real difference in the lives of those who depend on plasma-based treatments.

By Neil Mistry, Engagement Manager, Plasma

'We encourage local businesses to consider incorporating plasma donation into their Corporate Social Responsibility (CSR) strategies'



155 plasma donations transform Emma's life

Your plasma makes unique life-saving medicines.

If you're the giving type book at blood.co.uk




290 plasma donations transform Gary's life

Your plasma makes unique life-saving medicines.

If you're the giving type book at blood.co.uk




21 plasma donations saved Aurora's life

Your plasma makes unique life-saving medicines.

If you're the giving type book at blood.co.uk





Self-driving shuttle route set to launch in Solihull

'SCALE' WILL SEE 3 ELECTRIC SELF-DRIVING SHUTTLES FERRY PASSENGERS ALONG 7KM ROUTE

Visitors to Birmingham Business Park will soon be able to get around by hopping onboard a new self-driving shuttle service.

The Solihull & Coventry Automated Links Evolution (SCALE) project is a collaborative initiative, aimed at better understanding the role self-driving vehicles might one day play within our future transport system.

As part of an exciting pilot, SCALE will see a fleet of three electric self-driving shuttles ferry passengers along a new 7km route linking up Birmingham International rail station, the NEC and Birmingham Business Park.

In 2021, Solihull became one of the first places in the country to see self-driving vehicles take to its roads as part of an earlier set of passenger trials led by the Council. Building on previous learning, SCALE will demonstrate and further develop understanding around connected automated mobility (CAM) services. It will look specifically at the commercial viability of self-driving operations, passenger experience and operational factors such as insurance and vehicle maintenance.

The accessible fully-electric shuttles being used for this latest trial have been built by New Zealand based autonomous vehicle manufacturer Ohmio and can carry up to 20 passengers. They use a sophisticated suite of cameras and sensors to understand their surroundings, allowing them to interact with live traffic and move around safely. In line with current legislation, the shuttles will have a human operator permanently onboard, who will have the ability to take control if required.



Each journey will also be tracked in real time from Transport for West Midlands' (TfWM) control centre on Summer Lane.

The pioneering project is being delivered by a consortium of partners led by Solihull Council, including both Warwick and Coventry Universities, TfWM, the NEC, Coventry City Council, Direct Line Group and automated vehicle simulation specialists IPG and dRisk.

Funding for the multi-million-pound project has been provided by the Department for Transport's Centre for Connected Autonomous Vehicles (CCAV).

Cllr Andy Mackiewicz, Cabinet Member for Climate Change & Planning, said: "Connected Automated Mobility (CAM) technology has the

Pictured: Cllr Andy Mackiewicz (right) with Ian Pulford from Ohmio and the accessible fully-electric shuttles

potential to revolutionise the way we get around. Working with our partners we are excited to be leading the way, not just in Solihull, but regionally and across the country, in providing learning on CAM deployments in different setting and scenarios.

"We've already carried out a series of successful pathfinder trials here in Solihull, and shown how it is possible to practically and safely start incorporating self-driving vehicles into key parts of our transport infrastructure. SCALE represents the next step in this learning and will help develop our understanding around how future commercial passenger services might operate. We've brought together a fantastic consortium of expert partners for this pilot and are already benefitting from the ability to share our relevant expertise and experience in the rapidly evolving CAM sector."

Colin Maltby, Solihull Council – Project Manager, said: "SCALE is by far our most ambitious self-driving vehicle deployment yet and is one of only 6 CCAV funded projects of its kind taking place across the country.

"The busy but relatively controlled roads around Birmingham Business Park make it the ideal location for this exciting pilot. By getting involved you'll be playing a crucial role in developing our understanding and shaping the future delivery of self-driving vehicle services in the UK.

"On site testing is getting underway, so you should start to see our fleet out on the road soon. We hope to start providing a pilot service to the business park early in the new year as part of a phased roll out."

For further information please visit: solihull.gov.uk/SCALE

ParkLife



BBP WORKERS SHARE INSIGHTS INTO THEIR ROLES & COMPANIES

NAME: Gavin Douglas, Account Executive from David Roberts & Partners Insurance Brokers



TELL US ABOUT YOUR BUSINESS?

David Roberts & Partners are an independent insurance broker, with 21 offices across Europe. In Birmingham, in addition to our expertise in all things commercial insurance, we also run a highly specialist team of Professional Indemnity and Cyber Insurance experts.

WHAT DO YOU DO? I speak with businesses across the Midlands of all sectors and sizes. Rather than simply 'selling insurance' we have well structured, exploratory meets to really understand our clients business. I would say our biggest initial challenge is overcoming 'I've been with my current broker for 30 years', however this usually presents the biggest opportunity for both us and the client! Particularly in the Manufacturing, Engineering and Construction sectors, our clients face a whole raft of challenges such as increased labour and energy costs, shortage of raw materials/increased cost etc. Ultimately, we strive to protect our clients against major losses, at the same time arranging cover in such a way to put them at a competitive advantage.


HOW'S LIFE AT BBP? Good! Although my role involves a fair amount of travelling, I do also enjoy a day in our office with the rest of the team. I often venture out for a blustery lunch-time walk around the park, which is great for some thinking time.

YOUR MESSAGE TO A COMPANY THINKING OF MOVING HERE? I've worked in various offices and cities over the years. BBP is a genuinely great, well thought out environment with a real buzz around the park. I love the diversity of businesses here, from international FTSE companies to small start ups. On a more practical note, there's really good accessibility to most of the greater Midlands from the park, and of course the NEC and Airport are on our doorstep. Downsides? I'm not a fan of Canada Geese!

Certes: An expanding company with a proud portfolio of IT services

Welcome to

CERTES IT SERVICE SOLUTIONS

 Certes IT Service Solutions is a long-standing IT-managed service provider that has been operating for over 40 years, starting in Coleshill. Initially focused on IT development, the company has since expanded, adding a recruitment division and offering a range of managed services.

Certes services both the public sector and private sector. In the public sector, it has worked on projects for central government, defence, and other specialised industries, delivering both flexible resourcing and executing full programmes of work. Certes has also had the privilege of working with a range

of clients, from universities to property organisations, where it has delivered high-quality digital transformation initiatives.

A recent milestone for the company was relocating to Birmingham Business Park, a move aimed at fostering further growth.

According to Robert Lindsey, Managing Director of Certes, the new location offers a modern, professional environment and has enhanced the company's capacity for expansion. Lindsey highlighted the positive atmosphere and social aspects of the park, which have been key in encouraging staff to return to office-based working.

With a strong history and a clear path for growth, Certes IT Service Solutions continues to deliver top-tier IT services across both the public and private sectors.

Visit certes.co.uk to find out more.

Pictured: The Certes team at Birmingham Business Park




A warm welcome: Jay Deed and Steven Singh from Regus

'Everyone is so friendly and the BBP events are fun'

Welcome to

REGUS

 Global serviced office provider, Regus, has opened a new hub at Birmingham Business Park.

Regus at 6060 Knights Court is described as a premium business centre offering 1,247sqm of serviced, private offices and coworking spaces as well as a business lounge and boardroom meeting rooms.

The workspaces, some of which can be fully-customised, are available to hire by the hour, day or as long as you need, making them ideal for hybrid working.

Regus at Birmingham Business Park also promises superfast wi-fi, electronic entry and secure access 24 hours a day, a new reception area and kitchen facilities where you can make freshly ground coffee.

It also has 64 allocated parking spaces, EV charging for four vehicles, bicycle parking and shower facilities.

Thanks to its location on the Park, users can also enjoy an outdoor 'gym', peaceful spaces, retail and leisure facilities and regular events.

The centre's manager Jay Deed says:



"Working at Birmingham Business Park is great. Everyone is so friendly and the BBP park events are so much fun.

"The support I've had from the Marketing, Community and Business Development Manager, Lori Henebury, has been invaluable.

"Meeting various businesses from the park has been great and it's given me the opportunity to showcase what we can offer.

"I'm really looking forward to Regus Birmingham Business Park and the people who use our fantastic facilities becoming part of the Business Park community."

For more information visit [regus.com](https://www.regus.com)



Pictures: Ian Yates

Celebrate what truly matters with BBP Life To-Do List project

Support needed for the spectacle of 'Bulls in the City'



Broderick the bull, named after the original Bullring Bull sculptor, Lawrence Broderick, who gave Birmingham Hospice his blessing for the design but sadly died in April this year

Picture this: a dramatic parade of larger-than-life sculptures, each one a unique masterpiece of artistry, depicting the legendary Birmingham Bullring Bull.

But wait, there's more!

These majestic sculptures aren't just static displays; they're part of an exhilarating, free-for-all adventure trail designed to thrill families and tourists alike!

Imagine wandering through the bustling streets of Birmingham, uncovering one stunning bull after another, each bearing the creative imprint of a local artist and proudly sponsored by a local business.

Working with Wild in Art, this colourful and exciting art trail will engage local communities and bring thousands of visitors into the city. All while raising awareness of Birmingham Hospice and the importance of the care it provides the people of Birmingham and their loved ones.

Birmingham Hospice is looking for businesses and organisations to support the project through sponsorship.

More information about sponsorship packages will be available soon.

Businesses wishing to register their interest in supporting Bulls in the City can visit www.birminghamhospice.org.uk/wild-in-art-register



In a heartwarming and inspiring initiative, Birmingham Business Park has partnered with Birmingham Hospice to launch a new Life To-Do list campaign, designed to unite the business community and support individuals in achieving their dreams.

The campaign invites people from across the Business Park, as well as hospice users, to reflect on their life goals and aspirations, and write them down as a personal list.

The Park's Marketing, Community and Business Development Manager, Lori Henebury and the hospice's Corporate Fundraising Manager, Luke Manley, will come together to gather these entries, aiming to create a diverse collection of hopes and dreams.

From small, everyday ambitions to lifelong goals, the campaign seeks to celebrate what truly matters to individuals.

Once the lists are compiled, both teams will reach out to businesses within the park and beyond, encouraging them to make as many of these dreams come true as possible. Whether it's organising a trip, providing a unique experience, or helping someone learn a new skill, the campaign is all about turning aspirations into reality, building connections, and creating meaningful, life-affirming moments.

By participating, both Business Park employees and hospice users are encouraged to think about their goals,

embrace life's possibilities, and make their dreams come alive, all while fostering a sense of community and generosity across Birmingham.

Luke Manley, Corporate Fundraising Manager, said: "Personally, there are a lot of things I want to do before I die... Although a bungee jump isn't one of them! Working at Birmingham Hospice has made me realise that we shouldn't wait until we are told we are going to die to chase our dreams and achieve the things we want to do. I've met

many people who have said they wish they could of done this or that, but feel it's now too late.

"The work Lori and the Birmingham Business Park team are doing in supporting people achieve some of their lifetime goals is wonderful. Similar to our own Living Well Centre team here at Birmingham Hospice. When Cathy, who is pictured, joined the Living Well Centre, Kate, one of our Healthcare Assistants, asked her if there was anything she had always

wanted to do. Cathy said she had always wanted a live band to play just for her and she had always wanted to hear bagpipes played live. The Living Well Centre Team once again went above and beyond and made Cathy's birthday one to remember!

"Working alongside Lori on this, I hope we can make some of these wishes a reality, whilst also starting to open up more and more conversations about death and dying, helping bust some myths around hospice care."



LIFE TO-DO LIST CAMPAIGN

NAME: _____

AGE: _____

List some of the dreams and goals you have on your life to-do list below.

- _____
- _____
- _____
- _____
- _____
- _____
- _____



Chance for businesses to discuss what's happening across Solihull

Business representatives share insights at latest Forum

 Balfour Beatty VINCI and Birmingham Airport were among the high-profile businesses who provided guest speakers for the latest Solihull North Business Forum which took place at the Business Park recently.

Hosted by the British Heart Foundation, the Forum was a chance for all of our businesses and ones from across the north of the borough to come together and collaborate in our local community.

The event was organised by Business Investment Manager Jon Lander from Solihull Metropolitan Borough Council and chaired by

Lee Rigby, Managing Director of National Hire Solutions and Director of Operations at Parkland Capital.

The Solihull North Business Forum is a chance for businesses in Elmdon, Bickenhill and North Solihull to connect with each other and with representatives from Solihull Council, Solihull Chamber of Commerce and other key stakeholders.

Forum meetings take place three or four times a year at business locations across Solihull with guest speakers and a chance to network before and after.

It's an opportunity for businesses

to discuss what is happening across Solihull and hear from some of the experts who are shaping the growth and development of businesses in the area.

The next event will be held here at Birmingham Business Park in November at the Rolls-Royce Solihull.

Solihull North Business Forum is looking for ways to improve engagement with businesses. If you'd like to put your ideas forward you can attend one of the forum meetings or contact its Business Investment Team on 0121 704 6151 or email business@solihull.gov.uk

A HEARTFELT THANKS TO THIS MONTH'S GUEST SPEAKERS:

Balvinder Kaur from British Heart Foundation

Andy Holding from Birmingham Airport

Marc Curran and Nicholas Cuming from Balfour Beatty VINCI

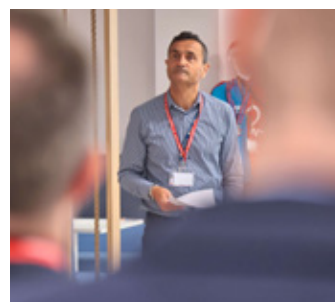
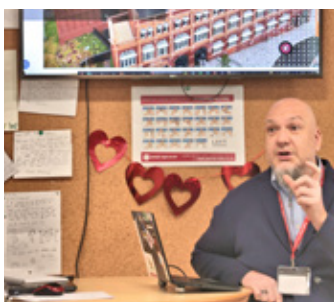
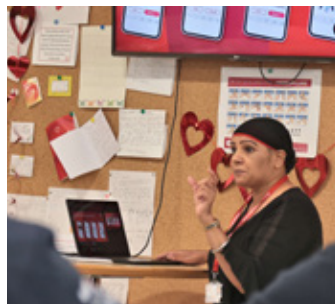
Ian Humphreys from International Synergies Limited

Anastasios (Tas) Tapeinopoulos from STEAMhouse

Nikara Lucas from Solihull Metropolitan Borough Council

Laura-May Jennings from Disability Resource Centre (Birmingham)

Paul Bates from Solihull College & University Centre




Speakers from a diverse range of sectors, businesses and charities at the North Solihull Business Forum

Pictures: Ian Yates



Acer Healthcare wins BBP Pumpkin of the Year Competition 2024!

 A huge congratulations to Acer Healthcare Solihull for winning the Pumpkin of the Year competition for 2024!

Their dedication and hard work in growing an impressive pumpkin has earned them this year's top spot.

The competition was made possible thanks to the expert judgement of our wonderful panel from Nurture Group, which included:

- Graham Brown**
- Chris Notley**
- Robbie Phipps**
- Dave Taylor**

These dedicated judges evaluated the pumpkins based on quality, size, and character, and Acer Healthcare emerged victorious in what was a tough competition this year.

The allotment club, which has been running since March, has been a great initiative for the participating businesses. Meeting once a month, neighbours have come together to share gardening tips, grow fresh fruit and vegetables, and enjoy some refreshments. This ongoing community project has helped foster connections and promote sustainability while producing healthy and delicious crops.

Congratulations again to Acer Healthcare Solihull and all participants for their efforts and achievements in this year's competition!

"At Acer healthcare we just wanted to take a moment to say a big thank you for organising such a fun and festive pumpkin-growing competition," said Sue Manickam (Registered Manager), Acer Healthcare.

"Winning was an absolute surprise, and we are thrilled to have had the opportunity to participate. Thank you for the gift voucher.

"It was great seeing our staff's creativity and gardening skills come to life, and it made the workplace feel even more vibrant this season. Looking forward to next year's challenge!"



Pictured: Acer Healthcare receive their prize voucher (above) and the judges at work (below)



Open



NOW



WheatNCoffee