

OUR COMMUNITY

WHAT'S ON

JULY 2024



BBP EVENTS

THE BBP LUNCH CLUB X CATERLY

EVERY THURSDAY
TIME: 11.30AM - 2.00PM
LOCATION: MAIN LAKE

URBAN SPICE BOX - INDIAN

THURSDAY 4TH JULY

CURRYWURST - BRATWURST

THURSDAY 11TH JULY

ICE CREAM VAN

THURSDAY 18TH JULY

ENGLISH INDIAN - FISH & CHIPS

THURSDAY 25TH JULY

TRAVELLING COFFEE BAR

EVERY THURSDAY

Serving from 8.30am - 2.00pm

KATIE & TROPIC SKINCARE

EVERY THURSDAY

Serving 11.30am - 2.00pm

COSTCO

THURSDAY 11TH JULY

Serving 11.30am - 2.00pm

SOUND OF STEEL BAND - LIVE MUSIC

THURSDAY 11TH JULY

11.30am - 1.30pm

CHAOS LIVE BAND - LIVE MUSIC

THURSDAY 18TH JULY

Serving 11.30am - 2.00pm

BBP SUMMER OF SPORT

Get ready for an action-packed summer at Birmingham Business Park with the return of our business games! We are thrilled to announce an exciting summer of sporting activities here at BBP! Whether you're an athlete, a casual player, or just looking to try something new, we've got something for everyone

Location: Main Lake
THURSDAY 11TH JULY
Time: 1.00pm - 2.00pm

BOOK HERE

THURSDAY 18TH JULY
Time: 1.00pm - 2.00pm

BOOK HERE

THURSDAY 22ND AUGUST
Time: 1.00pm - 2.00pm

BOOK HERE

July						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

BBP CLUBS

BBP SHARED READING CLUB

TUESDAY 30TH JULY

BOOK HERE

Time: From 1.00pm - 2.00pm
Location: Park Management Hub
 Shared reading is an internationally recognised method of promoting wellbeing. Polly Wright will be leading a lunchtime reading session here at Birmingham Business Park free for all our occupiers. The hour session is a fantastic opportunity for participants to unwind and explore relaxation through shared reading. Includes complimentary free hot drinks and lunch

BBP ALLOTMENT CLUB

WEDNESDAY 31ST JULY

BOOK HERE

Time: From 12.00pm - 1.00pm
Location: Park Allotments, Wild Meadow between Knights Court and Bishops Court
 Join us at the BBP allotments for a community get together with Graham Brown from Nurture Landscapes Group offering tips and advice on managing your own allotment plot. Drinks and refreshments provided

BBP MENOPAUSE CAFE

THURSDAY 25TH JULY

BOOK HERE

Time: From 1.00pm - 2.00pm
Location: Park Management Hub
 Come along to our monthly Menopause Café! Meet like-minded people, chat about all things menopause over a cuppa tea or coffee and share your experiences! This is an open meeting for people of all genders to come and chat about all things peri and post menopause related. The aim is to break the taboo and increase awareness of the impact of the menopause transition on those experiencing it, their family, friends, and their colleagues

BBP NEWS

HS2 BBV DROP IN SESSION

THURSDAY 25TH JULY

Time: 1.00pm - 3.00pm
Location: Park Management Hub
 High Speed Two (HS2) is the new high-speed railway for Britain. The team will be holding drop in events every third Thursday afternoon here at Birmingham Business Park in the Park Management Hub. At these drop-in events, you will be able to:

- talk to your local community engagement team about any concerns you may have
- see maps and plans of the project near you; and
- ask questions and explore the new railway in more detail

This month we will be joined by the stakeholder team from the M42 J6 Improvement scheme

BBP PERKS

FREE ICE CREAM COURTESY OF THE NCC VENUES GROUP

THURSDAY 18TH JULY

Time: 11.30am - 2.30pm
Location: Main Lake
 The NCC Venues Group are super excited to be showcasing their 2024 festive offerings at BBP. Enjoy special BBP offers from the National Conference Centre, Manor Hotel, Meriden and the Windmill Village Hotel, Golf Club & Spa. Discover the magic of their Christmas packages and grab a free ice cream as a summer treat!
www.ncchotelgroup.co.uk
Paula.moran@nccvenuesgroup.co.uk

MENOPAUSE & ANDROPAUSE IN THE WORKPLACE - FOR MEN ONLY

WEDNESDAY 10TH JULY

BOOK HERE

Time: 9.30am - 12.00pm
(12.00pm - 1.00pm networking)
Location: UBC, 1310 Birmingham Business Park
 Join us for an insightful event addressing menopause and andropause in the workplace. Discover effective strategies to support menopausal colleagues and understand andropause. Expert speakers will provide legal guidance and holistic management options, followed by Q&A sessions. Network over a nutritious lunch and learn about the free services offered by the Disability Resource Centre. If you're in Birmingham, Solihull, or Warwickshire, don't miss this opportunity to enhance your workplace wellbeing

CYCLING INCENTIVES COURTESY OF SOLIHULL COUNCIL

Working in partnership with Solihull Council, Love to Ride is free to anyone living or working in Solihull, as well as all Solihull businesses. Love to Ride supports and encourages people to ride bikes for fun, transport, the school-run, to get fit, to be more sustainable, to save money... you name it! Everyone is invited, from regular riders to people who haven't been on a bike in years (or ever!). Sign up to receive give away prizes throughout the year and take part in challenges designed to build bike habits that can last a lifetime.

SOLIHULL CHAMBER BBP BUSINESS DISCOUNT

Would you like to boost awareness of your business through Solihull Chamber of Commerce? As you are located on Birmingham Business Park you have access to an exclusive discount to extend your business reach through our digital advertising. Want to find out more? Speak to Samantha Frampton and Becky Black at the Main Lake on Thursday 18th July. Or email s.frampton@solihull-chamber.com

VOLUNTEERING OPPORTUNITY WITH BIRMINGHAM HOSPICE

Volunteer for Big Brum Bucket 2024 to help raise funds for Birmingham Hospice by collecting donations across Birmingham, Solihull, and Sutton Coldfield on 5 or 6 July, or by placing a collection tin at your home or workplace. For more information [click here](#)
 Donate to our partner charity, Birmingham Hospice:

