

# OUR COMMUNITY

## WHAT'S ON

MAY 2024



### BBP EVENTS

#### BBP LUNCH CLUB X CATERLY

EVERY THURSDAY

TIME: 11.30AM - 2.00PM

LOCATION:

2ND MAY - WATERSIDE CENTRE,  
FROM 9TH MAY - MAIN LAKE

#### ENGLISH INDIAN - FISH & CHIPS

THURSDAY 2ND MAY

#### URBAN SPICE BOX - INDIAN

THURSDAY 9TH MAY

#### THAT'S NUGS - CHICKEN NUGGETS & FRIES

THURSDAY 16TH MAY

#### KOUZINA - GREEK

THURSDAY 23RD MAY

#### PAPA'S PIZZERIA - PIZZA

THURSDAY 30TH MAY

#### BAKERY 91 - BAKES

THURSDAY 30TH MAY

#### TRAVELLING COFFEE BAR

EVERY THURSDAY

Serving from 8.30am - 2.00pm

#### KATIE & TROPIC SKINCARE

EVERY THURSDAY

Serving 11.30am - 2.00pm

#### SOUND OF STEEL BAND - LIVE MUSIC

THURSDAY 9TH MAY

12.00pm - 2.00pm

#### MEET THE BEES

THURSDAY 9TH MAY

Time: 1 hour sessions between 11.30am - 2.00pm

Location: Beehives, next to Main Lake

We're inviting our businesses to take part in this unique opportunity to join us for a 'meet the bees' session at our beehives with our local beekeepers. During the session, you'll get to wear a beekeeper suit, find out what our honeybees do and why they're so special. The beekeeping experience is led by Dave Taylor from our Landscaping Team at Nurture Landscapes. Please note that all participants are required to wear sensible (closed toe) shoes and the sessions are not suitable for anyone who is allergic to bee stings

BOOK HERE

May						
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		

### BIRMINGHAM HOSPICE BEREAVEMENT SESSION

TUESDAY 21ST MAY

Time: From 12.00pm - 2.00pm

Location: Park Management Hub

Birmingham Hospice's Bereavement Awareness programme has been developed to help build the confidence and skills to enable you to support a colleague who may be experiencing grief and loss. The training will give you an introduction into some of the theories of the bereavement and grief, to help you understand the emotions that people who deal with loss may be feeling. We'll look at the impact of grief on the individual and on the workplace, covering conversational tips, to help co-workers be more confident in approaching their peer and sharing their condolences and support. To book your place email

lori@birminghambusinesspark.co.uk

### BBP CLUBS

#### BBP SHARED READING CLUB

TUESDAY 28TH MAY

Time: From 1.00pm - 2.00pm

Location: Park Management Hub

Shared reading is an internationally recognised method of promoting wellbeing, Alison Belbin 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

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#### BBP ALLOTMENT CLUB

WEDNESDAY 29TH MAY

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 Robbie Phipps from Nurture Landscapes Group offering tips and advice on managing your own allotment plot. Drinks and refreshments provided

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#### BBP MENOPAUSE CAFE

THURSDAY 30TH MAY

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

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### BBP NEWS

#### HS2 BBV DROP IN SESSION

THURSDAY 16TH MAY

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

### NUMBER BRUNCHING WITH SOLIHULL COLLEGE

THURSDAY 16TH MAY

Time: Session 1 (Online) 11.00am - 12.00pm

Session 2 (Main Lake) 12.00pm - 1.00pm

Session 3 (Park Management Hub) 1.00 pm -

2.00 pm (drop in session - come along and speak to Simon about delivering a session at your office!)

We're teaming up with Solihull College to help increase confidence in numeracy in the workplace. In today's workplace, numeracy skills are invaluable. Whether it's analysing data, managing budgets, or interpreting financial reports, confidence in numeracy can significantly impact our effectiveness and success. However, many individuals struggle with confidence in this area. This 20-minute drop-in session, led by Solihull College Lecturer, Simon Horne, aims to provide quick yet impactful strategies to boost numeracy confidence in the workplace. To book your 20-minute session for you and your team, please email

lori@birminghambusinesspark.co.uk

### 3 DAY FIRST AID AT WORK COURSE

WEDNESDAY 15TH, 22ND & FRIDAY 31ST MAY

Time: From 12.00pm - 2.00pm

Location: Park Management Hub

Zephyr Training Services will be holding a First Aid at Work course ideal for anyone who requires a First Aid certificate for work as required by the HSE for most workplaces. This is a fun and enjoyable course with lots of practical skills covering a wide range of subjects. Upon successful completion of the course, you will receive an accredited certificate that is valid for 3 years from the date of issue. Please enquire with Jeff for costs by contacting zephyrtrainingservices@yahoo.com. Please note that as this is a practical course all attendees will be required to participate in all practical skills such as Recovery position/CPR etc

### BBP PERKS

#### SOLIHULL MOORS EXPLORATION HUNT - WIN TICKETS TO WEMBLEY

THURSDAY 25TH APRIL - WEDNESDAY 8TH MAY

Take part in the BBP Exploration Hunt to be in with a chance to win x4 tickets to the Solihull Moor vs Gateshead at Wembley on Saturday 11th May at 4:15pm. Tickets have been kindly donated by Solihull Moors Football Club. Collect your clue sheet from the Park Management Hub, find all 7 letters at 7 locations, decipher the code word, and submit your answer to lori@birminghambusinesspark.co.uk. If you are successful, you will be entered into the prize draw which will be called on Wednesday 8th May

#### BEAR GRYLLS ADVENTURE OPEN NIGHT

THURSDAY 9TH MAY

Time: 6.00pm - 8.30pm

Location: Bear Grylls Adventure

BBP Businesses are invited to an evening hosted exclusively for corporate clients; A unique opportunity for you to experience the thrill of The Bear Grylls Adventure while getting to know our events team and experiencing what we can offer for your next event while networking with other like-minded local businesses. Contact Jade at jade.west@merlinentertainments.biz to book your space!

