

OUR COMMUNITY

WHAT'S ON

OCTOBER 2024



BBP EVENTS

THE BBP LUNCH CLUB X CATERLY

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

ENGLISH INDIAN - INDIAN FISH & CHIPS

THURSDAY 3RD OCTOBER

CURRYWURST - HOG DOGS

THURSDAY 10TH OCTOBER

CHEF STEF - LOADED MAC & CHEESE FRIES

THURSDAY 17TH OCTOBER

CHATTY PATTY - FRIED CHICKEN

THURSDAY 24TH OCTOBER

LEAVE IT TO ESMIE - CARIBBEAN

THURSDAY 31ST OCTOBER

BAKERY 91 - BAKED GOODS

THURSDAY 31ST OCTOBER

TRAVELLING COFFEE BAR

EVERY THURSDAY

Serving from 8.30am - 2.00pm

RO BOOKS

THURSDAY 31ST OCTOBER

11.30am - 2.00pm



ZEN DEN PROJECT VISIT BBP ON WORLD MENTAL HEALTH DAY

BOOK HERE

THURSDAY 10TH OCTOBER

Time: 12.00pm - 2.00 PM

Location: Main Lake

Back for 2024 - 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.

October						
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			

COLDEN HR SURGERY - PREPARING FOR EMPLOYMENT LAW REFORMS

WEDNESDAY 23RD OCTOBER

Time: 12.00pm - 2.00pm

Location: Park Management Hub

With the introduction of a new Labour Government, employers are on the brink of significant employment law reforms outlined in the Party's "Delivering a New Deal for Working People." These changes will reshape HR policies and practices across industries, requiring businesses to proactively plan and prepare for their impact. These reforms may take time to fully implement, but it's crucial for HR teams to stay informed and ready for the changes. This Drop-in HR Surgery provides an opportunity for employers to discuss how these new laws will affect their organisation, seek expert guidance on adapting policies, and ensure compliance moving forward. By attending this session, you can ask questions, clarify uncertainties, and explore best practices to ensure your business is prepared for the upcoming employment law landscape. To sign up email lori@birminghambusinesspark.co.uk

BBP CLUBS

BBP NETWALKING NATURE WALK

BOOK HERE

THURSDAY 24TH OCTOBER

Time: From 12.00pm - 1.00pm

Location: Meet at Park Management Hub

Join our expert landscaping team from Nurture Landscapes, for an educational nature walk and talk via our main lakes, woodland walk, and allotments. Learn firsthand about our sustainable practices and initiatives aimed at preserving our environment. Don't miss this chance to connect, explore and gain insights into our sustainable efforts shaping our park's future

BBP SHARED READING CLUB

TUESDAY 22ND OCTOBER

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 MENOPAUSE CAFE

THURSDAY 3RD OCTOBER

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

BIRMINGHAM HOSPICE DROP-IN

THURSDAY 17TH OCTOBER

Time: From 10.00am - 3.00pm

Location: Park Management Hub

Birmingham Hospice are holding a drop in meet and greet session. Come along, meet Luke, ask any questions you may have about the hospice or hospice care in general and find out way how you and your company could get involved in supporting them through their funding crisis

HS2 BBV DROP IN SESSION

THURSDAY 17TH OCTOBER

Time: 1.00pm - 3.00pm

Location: Main Lake

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 at the Main Lake. 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 TICKETS TO GRAND DESIGNS UK **BOOK HERE**

We have teamed up with Grand Designs Live to offer you two weekday or weekend tickets to this year's event, taking place at Birmingham NEC from 2-6th October. To redeem your tickets, use the BBP unique code 'BBP24'

CROWNE PLAZA LUNCH & LUNCH

THURSDAY 17TH OCTOBER

Time: 11.30am - 12.30pm

Location: Park Management Hub

Lucy Wilson will be joining us from Crowne Plaza NEC to deliver a lunch and learn about the hotel, followed by a free lunch at the BBP lunch club for all attendees. Come and learn more about your Neighbours at the Crowne Plaza NEC, continued investment in their stylish plug and play working lobby, plenty of beds and meeting space great for recruitment, networking and AGM's. To sign up email lori@birminghambusinesspark.co.uk

WEST MIDLANDS BUS SCHEME FREE 4 WEEK BUS TRAVEL FOR BBP OCCUPIERS **APPLY HERE**

Eligible individuals for the Bus Scheme will receive free bus travel through Swift technology and the nBus multi-operator ticketing system. There will also be an option to purchase onward travel discounts. The West Midlands Bus Scheme is funded by the Department for Transport and facilitated by Transport for West Midlands, aiming to promote a shift towards bus travel for those looking to change their travel habits. Applications will be accepted from October 17th, 2024, until October 31st, 2024, with processing beginning after the deadline

BIRMINGHAM HOSPICE

Donate to our partner charity, Birmingham Hospice:

