

OUR COMMUNITY

WHAT'S ON

SEPTEMBER 2024



BBP EVENTS

THE BBP LUNCH CLUB X CATERLY

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

URBAN SPICE BOX - INDIAN

THURSDAY 5TH SEPTEMBER

FLYING COWS - BURGER & FRIES

THURSDAY 12TH SEPTEMBER

THAT'S MATURE - TOASTIES

THURSDAY 19TH SEPTEMBER

DISCO FRIES - LOADED FRIES

THURSDAY 26TH SEPTEMBER

BAKERY 91 - BAKED GOODS

THURSDAY 26TH SEPTEMBER

TRAVELLING COFFEE BAR

EVERY THURSDAY

Serving from 8.30am - 2.00pm

KATIE & TROPIC SKINCARE

EVERY THURSDAY

Serving 11.30am - 2.00pm

RO BOOKS

EVERY THURSDAY

11.30am - 2.00pm



ZEN DEN PROJECT VISIT BBP ON WORLD MENTAL HEALTH DAY

THURSDAY 10TH OCTOBER

Time: 10.00am - 4.00pm

Location: Various locations around Birmingham Business Park

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. Bookings open soon!

September						
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23	24	25	26	27	28	29
30						

REGUS LAUNCH EVENT

THURSDAY 12TH SEPTEMBER

Time: 10.00am - 12.00pm

Location: Regus 6060 Knights Court, Birmingham Business Park

Regus will be hosting a launch event this month which will include tour of their new centre, guest speakers, refreshments and networking opportunities. If you would like to book, please email Jay.Deed@regus.com

BBP CLUBS

BBP SHARED READING CLUB

TUESDAY 24TH SEPTEMBER

Time: From 1.00pm - 2.00pm

Location: Park Management Hub

[BOOK HERE](#)

Shared reading is an internationally recognised method of promoting wellbeing. Ali Belbin will be leading a lunch-time 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 - PUMPKIN COMPETITION WINNER ANNOUNCED

WEDNESDAY 25TH SEPTEMBER

Time: From 12.00pm - 1.00pm

[BOOK HERE](#)

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 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

BIRMINGHAM HOSPICE

Donate to our partner charity, Birmingham Hospice:



BBP NEWS

BIRMINGHAM HOSPICE DROP-IN

THURSDAY 19TH SEPTEMBER

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

WORLD CLEAN UP DAY

THURSDAY 19TH SEPTEMBER

[BOOK HERE](#)

Time: From 11.00am - 12.00pm

Location: Meet at Travelling Coffee Bar at Main Lake before setting off

To celebrate World Clean Up Day on 20th September, we're hosting a park litter pick session. We'll kick off the event with a brief introduction and safety guidelines, teams will be provided with gloves, bags, and litter pickers. Spreading out across designated areas across the park to collect litter. We'll then celebrate our efforts with a FREE hot drink and a group photo at the end! **Booking is essential!**

HS2 BBV DROP IN SESSION

THURSDAY 19TH SEPTEMBER

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

SOLIHULL NORTH BUSINESS FORUM

TUESDAY 10TH SEPTEMBER

Time: 10.00am - 12.30pm

Location: British Heart Foundation, 2300 The Crescent, Birmingham Business Park, B37 7YE

The Solihull North Business Forum is co-ordinated by Solihull Council, who are dedicated to building relationships with local businesses. The forum provides local companies with the opportunity to come together as a collective voice and respond to local issues. The Forum also allows you to connect with representatives of Solihull Council, Solihull Chamber of Commerce, and other key stakeholders and businesses. To register or if you have any queries, please email Jon Lander - jlander@solihull.gov.uk

BBP PERKS

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

[SIGN UP HERE](#)

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? Contact Samantha Frampton, s.frampton@solihull-chamber.com