

OUR COMMUNITY PARK MAGAZINE

SPRING 2022



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A snapshot of spring

hello!

Welcome to your Spring edition of 'Our Community' magazine.

As I write this message, I look out the window and see the wonderful spring blossom with the daffodils and the first signs of new life on the Park. The spring season is all about new life and new growth. And I am anticipating the same thing for Birmingham Business Park as we welcome new businesses and community events to the Park.

Once again, thank you to our businesses for sharing their success stories - this edition features inspiring stories of our businesses coming together and contributing towards the success of our Park.

Our bike, allotment, and shared reading club are all in full swing! Make it a point to take time out of your working day to get involved in your community.

We have a lot of exciting plans for developing and expanding the Birmingham Business Park community and we'd love to hear your thoughts, so we encourage you to submit your feedback by following the QR code on the back page.

Wishing you all a wonderful springtime here at BBP. See you around!



Lori Henebury,
Marketing, Community and Business
Development Manager

on the cover

Beautiful
scenes with
the daffodils
in flower at
Birmingham
Business
Park this
spring



 **Birmingham
Business Park**
Invested in You

Our Community magazine is
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Zen Den provides

MEDITATION PROJECT VISITS PARK FOR CALMING AND BREATHING SESSIONS



The Zen Project team brought a touch of Zen to Birmingham Business Park in March with a day of breathing and meditation sessions.

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

While The Zen Project's yellow bus couldn't be used for this visit, the BBP woodland walk provided the perfect, calming backdrop for a mixture of guided meditation and visualisation, breathwork and sound therapy.

Gentle breathing techniques for stress, energy, and anxiety, guided meditation and sound healing techniques were also enjoyed by those taking part.

Even the on-site nursery, Wiggles

and Giggles, took part. Nursery Director Janna Geiregger said: "Our pre-school children really benefited from the Zen Den session. The leader was patient and calm with our children and their response was incredible. We have now used what we learnt in that session in the nursery as the children loved it so much."

Steven Singh, Centre Manager, Regus Birmingham NEC, said: "The Zen sessions were amazing – open air, fresh air and an amazing guru in mindfulness and meditation. I really enjoyed this calming experience and getting to know my mind and body in the 11 minutes, it was nicely and kindly conducted."

The Zen Project team will be back again soon for more meditation sessions. Keep an eye on our social media for dates.



moment of calm in busy routines



Hearty, the British Heart Foundation mascot, enjoyed visiting BBP for some Zen time, plus food from the many vendors on the day – Urban Spice Box, Coffee Bike, Julie's Burgers, Katie from the Body Shop, Julie from Tropic Skincare and Costco



*Thanks to everyone
who came along!*

BBP proud to become Patron of the Chamber

NEW OPPORTUNITIES AND NETWORKS FOR PARK TENANTS



To find out more about Solihull Chamber membership and claim your 20% discount scan the QR code quoting **BBP20**



Birmingham Business Park tenants and occupiers will get the chance to strengthen their network, attend leading events and enjoy discounted membership of Solihull Chamber of Commerce after BBP became a Patron of the business organisation.

In becoming a Solihull Chamber Patron, BBP joins some of the region's most high-profile companies and brands, including Jaguar Land Rover, Arup, Touchwood, Birmingham Airport, Prime Accountants Group, Solihull College & University Centre, Arden Multi-Academy Trust and Solihull Moors FC.

Through the Patronage, BBP can look

forward to developing relationships with members of the Chamber as part of an ongoing commitment to supporting the Solihull community.

Lori Henebury, Marketing, Community, and Business Development Manager at Birmingham Business Park, said: "We are delighted to become a patron of Solihull Chamber of Commerce, with whom our values and goals align.

"We intend to be a highly active Patron, collaborating with members to deliver events add genuine value to help strengthen the borough. Our engagement with the Chamber can only further our aims to be a fully

connected and active part of the local business economy here in Solihull to promote the area as a wonderful place to do business.

"It is a fantastic opportunity for our 115 businesses to strengthen their network and share best practice with other leading businesses and stakeholders in the region. Through our patronage, the Chamber has agreed to offer discounted memberships to our businesses and have brought events to the park such as the Blue Monday event with guest speakers from businesses around the borough.

"We look forward to collaborating with Sam and the Chamber team over the coming months to bring more of these events to the Park to better connect our businesses with the business community."

Samantha Frampton, Head of Solihull Chamber, said: "It is a wonderful start to 2022 for us to welcome BBP on board as a patron of Solihull Chamber.

"I am so happy to have such an established business joining our network and am looking forward to working with Lori and the rest of the team on helping their clients to grow their local network and engage with the existing businesses within the Chamber.

"We really enjoyed our first joint event which took place on 17 January at Birmingham Business Park around the topic of wellness and wellbeing and are very excited about the prospect of collaboration across the coming year."



Lori Henebury and Samantha Frampton

Q&A: SAMANTHA FRAMPTON, HEAD OF SOLIHULL CHAMBER OF COMMERCE

Who are you and what do you do?

I joined the Chamber in September 2018 as Membership Executive and progressed within that time to the role of Head of Solihull Chamber.

In my position I am fortunate enough to be the port-of-call for Solihull-based businesses looking to grow, gain exposure and make the most of the opportunities available to them.

For me it's not just about the business itself, but also about the person/people/teams within those businesses. If you're a people person like I am, it's great to connect with members on that personal level so that you become invested in their progression and success as much as they are. As well as this, working within the Chamber has given me invaluable knowledge about my local area and has allowed me to connect

personally with the businesses that make Solihull such a fabulous place to live. It makes you proud to be part of that community.

Tell us about Solihull Chamber

Established in 1813 we are the most experienced Chamber of Commerce in the UK and have been acting on behalf of local businesses for over 200 years. We have 10 chambers of commerce in the group which is headquartered in Birmingham, with Solihull one of them.

Solihull is one of the strongest performing economies in the centre of the UK and offers a world-class, connected location to live, work and invest in.

How can BBP tenants benefit?

We run a wide variety of professional, yet informal, business events that BBP occupiers may find useful and informative. They include social and professional networking events, business exhibitions, speaker breakfasts and industry forums. All have the aim of offering a platform for businesses to make new contacts, whilst having the opportunity to learn and link with like-minded people and organisations.

Thinking of joining the Chamber?

Membership is at the heart of everything we do and there is no better way for the Solihull Chamber of Commerce to help your organisation connect, support and grow than by becoming a member.

BLUE MONDAY MENTAL HEALTH WORKSHOP



Birmingham Business Park continues to promote the importance of mental health in the workplace and joined forces with Solihull Chamber of Commerce to host a 'Blue Monday' workshop.

Back in January BBP hosted its first Solihull Chamber event at one of the vacant offices at 2030 Birmingham Business Park for Blue Monday.

Head of Solihull Chamber Samantha Frampton and Lori Henebury organised the wellbeing event where it was discussed just how crucial it is for businesses to offer mental health provision to their employees.

The event was hosted by Tony Elvin, President of Solihull Chamber and General Manager of Touchwood Shopping centre with speakers – Erica Burke FCIPD, who shared her story and Doctor Oliver Denton who shared tips on preventative measures.

Julia Mitchell led a relaxing Tai Chi session and the monthly Netwalking stroll around the Park.

Keep an eye on BBP social media for future wellbeing events.



ENGINEERING FIRM RELOCATES TO BBP

Warm welcome to NG Bailey



NG Bailey, an independent engineering and services company has relocated to Birmingham Business Park from nearby Sheldon.

Founded in 1921, the business has grown from a small electrical contractor to national industry-leading company.

NG Bailey has worked on iconic projects across the midlands area, from state of the art manufacturing facilities, schools, universities, hospitals, office spaces, retail venues, railway stations and sports stadiums.

Andrew Morley, Regional

Managing Director, commented: "Everything we do at NG Bailey is driven by our vision: to create exceptional environments for present and future generations. We believe in bringing buildings and infrastructure to life and we know that the benefits of our work will be felt by generations to come.

"As an award-winning responsible business we are delighted to move to the Birmingham Business Park, which is sets us up for future business growth, whilst also being near some new and existing clients, it's also a vibrant community with excellent transport links."



BRITISH CYCLING RETURNS TO BBP

Birmingham Business Park hosts a day of British Cycling racing on April 10, brought to the Park by Behind Bars Sports in collaboration with Beacon Roads Cycling Club. The events are Closed Circuit (Competitive) racing and further races are planned for August 14 and September 11, 2022.

Visit www.britishcycling.org.uk/events/home for information.



Look after your wellbeing without travelling too far

Park-based chiropractors offer variety of natural therapies at times to suit busy work schedules

Staff at Birmingham Business Park can look after their wellbeing right on their doorstep and they may be able to use their health insurance for treatments at a time to suit them.

Chiropractic & Natural Wellbeing (CNWB) in Solihull Parkway provides natural therapies by experienced professionals to individuals and businesses.

Treatments cover everything from back pain and migraines to anxiety and allergies, along with muscle tension, arthritic pain, sports injuries and fertility and pregnancy issues.

Therapies include acupressure massage, Reiki, sports massage and chiropractic, which is a drug free way of improving health by helping the body's nervous system to work more effectively.

Allergy and intolerance testing and iridology (which involves analysing the iris to reveal causes of illness) and nutritional therapy are also available, while Shinrin Yoku helps to boost the immune system and increase energy.

CNWB is owned by Dr Ann Ward DC who has been a chiropractor for over ten years.

Last year she decided to relocate her business to Birmingham Business Park from nearby Coleshill High Street and expand the number of treatments on offer.

Dr Ward explains: "Being based on

Birmingham Business Park has meant myself and the team can connect with local businesses and the thousands of daily visitors that work on site, something made easier by the frequent open days and networking events the Chiropractic & Natural Wellbeing team take part in.

"We strive for our patients' optimal health by treating the entire person, not only the specific area that is causing discomfort."

She says the Covid-19 pandemic and resulting lockdowns have resulted in more interest in employee welfare.

"This is something Chiropractic & Natural Wellbeing are keen to assist organisations on the Business Park with by highlighting different wellbeing options for employees, such as massage and yoga."

"I'm already working closely with local HR and wellness teams on the park and I'm happy to discuss corporate and individual requests from other businesses and employees."

"If someone requires a specific appointment time or date, including evenings and weekends, the team will do their best to accommodate them."

Chiropractic & Natural Wellbeing is based in the UBC building at 1310 Solihull Parkway (just after the first roundabout). For more information and bookings visit cnwb.co.uk



Jane Jennings,
Shinrin Yoku
specialist





OUR AWARD-WINNING GREGGS IS HOT STUFF

Huge congratulations to the Business Park branch of Greggs, which won Area Shop of the Year 2021 and Territory Shop of the Year 2021 and are in the top 15 shops in the country.

Shop Manager Karen and Team Member Josh are pictured with their trophy. Congratulations from everyone at BBP!



ROLLS-ROYCE COLLEAGUES WALK FOR UKRAINE

Rolls-Royce colleagues in the PTO team at the Derwent building on the BBP are raising money for the people impacted by the war in Ukraine by donating to the British Red Cross appeal. Activities include collectively walking the total distance between the Rolls-Royce Derwent building and Ukraine, a samosas and cake sale, garden games and wearing blue and yellow.

The fundraising was inspired by a Rolls-Royce colleague, who is raising money for Ukrainian refugees in his birth country of Moldova. He is walking from Rolls-Royce Bristol to the Rolls-Royce Derwent building to raise funds

to renovate a building in Moldova to host Ukrainian refugees with disabilities.

A spokesperson said: "We know that many people including children are having to walk to the borders of neighbouring countries to escape the conflict. With this in mind, we thought that collectively we could walk from the Derwent facility to Ukraine. That's 1,800km! "Split between 450 people, it would be 4km each which is approximately an hour's walk."

For everyone taking part in activities, a recommended donation of £2 is being given to the Red Cross appeal.



READING FOR PLEASURE AT BBP

Birmingham Business Park hosted a Reading for Wellbeing session to share the pleasure of reading aloud, great stories, novel extracts and poetry.

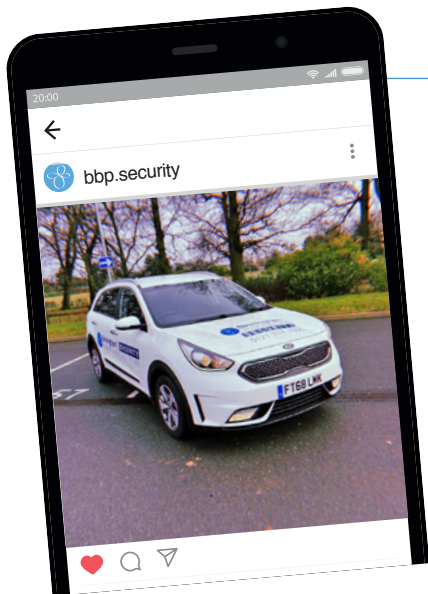
This session was led by Polly Wright who drew on her skills as a performer to bring the works alive by reading the pieces aloud.

Polly said: "The aim is to trigger discussions about the relationship of a story's themes to our lives and to share our feelings about the way the characters behave. Why did they do what they did? Would we have acted like them if we were in the same position?"

In future the Reading for Wellbeing sessions will move outside on bright days to celebrate aspects of nature in the Business Park.

Shared reading is an internationally recognised method of promoting wellbeing, so participants can go on to use the approach with others. Most of all, though, it's a way of getting to know people, through a love of books.

If you or a member of your team would like to attend the events, please email lori@birminghambusinesspark.co.uk for sign up details.



The Business Park security team now has its own Instagram account. Please follow them @bbp.security for latest news and tips



TMA TEAM JOINS PARK LITTER PICK

Staff at TMA Club & PRIMIS Mortgage Network, based at 3700 Parkside, took part in a litter pick as part of the company's commitment to the community.

BBP management supported the initiative by providing ten litter pickers for colleagues to use.

Part of the LSL Group, TMA Club & PRIMIS provides mortgage and protection advisers with training, events and business development through to regulatory guidance.

Louise Evans, TMA's Head of Operations & LSL Communities Chair, said: "As the Chair of LSL's Group Communities forum we are always looking at ways we can engage employees by supporting their local communities. For our Spring event we encouraged employees across the UK to support their community in a local litter pick."

"Colleagues in Solihull have been working in groups to volunteer around the Business Park and other locations such as local parks and villages. Thank you to all of those involved."

ParkLife

BBP WORKERS SHARE INSIGHTS INTO THEIR ROLES AND COMPANIES



Name:
Laura Shelton

Role:
Business Centre Manager

Company:
UBCUK

TELL US ABOUT YOUR BUSINESS

UBCUK is one of the UK's leading providers of serviced offices and is the perfect office environment for all types of SMEs as well as larger businesses looking for a flexible solution in uncertain times.

UBC have been on the Business Park since 2015 and we operate seven centres (soon to be eight) in well-connected regional locations across the Midlands, North West, South West and South East of England.

Our customers enjoy comfortable, furnished plug-and-play office space and meeting rooms with high-speed connectivity supported by a company recognised for its customer service excellence.

WHAT DO YOU DO?

I'm the Business Centre Manager for our centre based at the park. I started with UBC UK in January 2022 and have over 10 years' experience in the serviced office sector. We provide flexible office space, virtual offices, meeting room hire and co-working. I'm responsible for sales, customer service, operations and general day to day running of

the centre. No day is the same which is what I absolutely love about my job.

HOW'S LIFE AT THE BUSINESS PARK?

It's such a great, central location, travel links are excellent, we're so lucky that we have a centre here at the park. The well-maintained parkland enhances the work-life experience at BBP helping to make this an appealing place to work and lovely to walk around on a lunch break. BBP management are extremely supportive of companies based here and every month there's an action-packed events program with everything from foodie vans, Netwalking, wellness events, there are even allotments!

YOUR MESSAGE TO A COMPANY THINKING OF MOVING HERE

If you want to provide your employees with a stunning environment to entice them back to the office and keep them happy at work then Birmingham Business Park is the place to be. Lori has created such a community feel to the park and is always coming up with great ways to grow your business network.

PARK HOSTS TALKS AND TOURS TO SHINE A LIGHT ON LOCAL EMPLOYMENT OPTIONS

BBP businesses host careers day for charity



Birmingham Business Park is hosting a series of Careers Experience Days in partnership with Heart of England Community Rail Partnership (CRP) and New Leaf Initiative for marginalised young people to explore careers in the railway industry.

The careers days provide pathways into secure employment through motivational sessions, vocational education, employment academies, focus groups and work experience & volunteering opportunities.

Those attending also get to join the monthly Netwalk on the Business Park, which is a great chance to talk to others based on the Business Park whilst visiting the park's woodland and allotment areas.

The Heart of England CRP has been established to bring together rail industry partners, local authorities, businesses, and communities to help maximise the economic, social, and environmental benefits of the rail network to residents, businesses, and visitors. With Birmingham Business Park a five-minute bus ride from the station, it is ideally located to encourage employees to use the railways to get to work.

The New Leaf Initiative C.I.C. is an award-winning prison to employment specialist operating in the West Midlands. New Leaf was born out of consultation and their aim is to hear, value and amplify the voices of the communities they serve.

Lori Henebury, Marketing, Community and Business Development Manager for Birmingham Business Park, organised inspirational talks from Chris Powles, Head of Business Development and Improvement at Sulzer, Kam Hundal, Business Partner – Skills & Employment & Nick Cuming, Stakeholder Manager from Balfour Beatty VINCI, highlighting career opportunities available in infrastructure and engineering.

The New Leaf Initiative CIC have developed a trainee pre-employment training course that focusses on a coaching, mentoring and employability linking to the railways with the New Leaf Initiative CIC. Trainees spend two weeks with New Leaf where they learn



functional skills such as how to write a CV and get ongoing support to help them gain meaningful employment.

Julia Singleton-Tasker, Community Rail Partnership Officer at Heart of England CRP, said: "Our day at Birmingham Business Park was brilliant. Lori organised a great day for our participants on the project and it was eye opening to see the huge amount of employment opportunities that are at the park and only a short train ride away from Birmingham and Coventry. We're looking forward to working more with Birmingham Business Park and the organisations who took the time to give us such a warm welcome there."

Marie-Claire O'Brien, CEO and Founder of New Leaf Initiative, said: "Bringing our trainees to Birmingham Business Park to meet with a variety of different people and businesses such as Sulzer and Balfour Beatty VINCI has been invaluable."

"Some of the trainees have had little idea about what they wanted to do as a career, so this really clarified things for a few of them who are now going to sign up to the construction course and one of our trainees is even considering

the rail industry. We are always grateful to businesses that open their doors to us, for taster days and as employers looking to diversify their work stream with young people who could probably be classed as furthest from the labour market when they start with us due to their pasts, learning difficulties and living environments."

Chris Powles, Head of Business Development and Improvement – Services UK, Sulzer, added: "It was great to spend some time with the New Leaf team to discuss career opportunities with people in our local community who are looking to make a positive difference with their lives."

Lori Henebury, Marketing, Community and Business Development Manager at Birmingham Business Park, added: "It was a privilege to host a careers day for the New Leaf Initiative, a fantastic organisation on a mission to help people with convictions get into work. A huge thank you to all the business leaders and our local stakeholders who took the time out to welcome participants to our community here at the Park. We can't wait to take part in the next one."

If you think your organisation could support the Careers, Creativity, and the Commonwealth Project or could work with New Leaf to help those they work with gain meaningful employment, then please contact either juliasingletontasker@warwickshire.gov.uk (CRP Officer) or paul@newleafcic.org (Partnership Manager at New Leaf).



High Speed Two (HS2) is the new high speed railway for Britain. Near Birmingham Business Park, HS2 is working around the A452, A45 and M42, which surround the site of the future HS2 Interchange Station. Early works for HS2 in this area, which is referred to as the Interchange area, are being carried out by Laing O'Rourke and J. Murphy & Sons, known as LM, and main works are being carried out by Balfour Beatty VINCI, known as BBV. Find out more about HS2 in Solihull at: hs2.org.uk/solihull

LM BEGIN TO WIND DOWN

To ensure that the local road network is fit for purpose when Interchange Station is operational, LM is remodelling and improving the existing road network near BBP and creating new routes west of the M42 on HS2 land. LM will conclude this programme in summer 2022 before the Birmingham Commonwealth Games kick-off. LM's phased traffic measures on and around Northway Island, and along short sections of the A452, A446, B4438, M42 and Northway are therefore decreasing in frequency month on month until their works are complete. During LM's activities, access to and from the park may alter but will always be maintained either via Progress Way or off Northway Island.

BBV'S WORKS CONTINUE

BBV is remodelling and improving the remainder of the road network east of the M42 on HS2 land, which to date has included creating internal haul roads, importing materials and earthworks. BBV's construction of the Pool Wood embankment, to carry the HS2 trainline towards Birmingham city centre, and an underbridge along the Coleshill Heath Road, continues off Coleshill Heath Road from their Heath Park compound. In the coming months, overnight single lane closures will also be installed along short sections of the M6 near junction 4 to enable BBV to safely undertake a variety of surveys.

NEW DESIGNS REVEALED FOR HS2'S AUTOMATED PEOPLE MOVER

HS2 has been working closely with the Urban



Growth Company (UGC) to include extra design elements around the Interchange area to support wider growth plans at the UK Central Hub. Last month, HS2 submitted a Schedule 17 planning application for an option to realign a short section of the Automated People Mover (APM), which will take people from Interchange Station, over the M42 and into the NEC, Birmingham International Station and Birmingham Airport.

Find out more about the APM at: mediacentre.hs2.org.uk/news

Pictured above: Artists' impressions of the HS2 Automated People Mover



KEEPING YOU INFORMED

Throughout 2022, the HS2 team and its contractors will be joining Birmingham Business Park's Netwalking sessions on the last Thursday of every month, meeting at the Park Management office (12.15pm), to answer your questions and enquiries about their activities in the area.

You can also find out more about HS2 in Solihull by signing up for news updates at engagement.hs2.org.uk/join-mailing-list, including information on traffic measures, public events and station development.

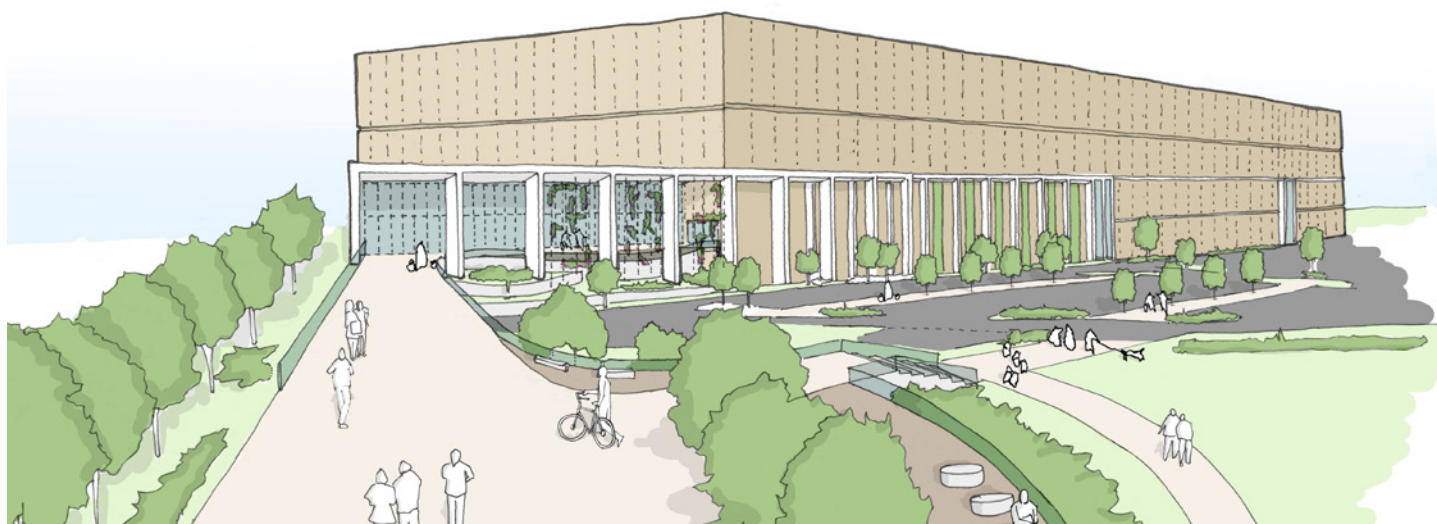
Do you have a question about HS2? You can get in touch with HS2 via the Helpdesk team on:

08081 434 434

hs2enquiries@hs2.org.uk

LOCAL TRANSPORT, TRAVEL & INVESTMENT NEWS

UK Central: Designs revealed for HS2 car parking project



PUBLIC VIEWS SOUGHT ON MAJOR BUILDING SCHEME



Members of the public are being asked for their views on the design of a major building project which is set to support the creation of thousands of new jobs and homes at The UK Central Hub in Solihull.

Solihull Council's Urban Growth Company (UGC) will be presenting its plans for new multi-storey car parking at a site on the outskirts of Solihull known as Arden Cross, which will be the location of the new HS2 Interchange Station.

The multi-storey proposal is a vital element of creating the new jobs, homes and economic growth associated with the arrival of high speed rail in the region. There is a requirement for approximately 7,000 spaces to be provided for passengers using the new Interchange Station and, under the consented scheme, these spaces will all be at surface level. The UGC proposal is to consolidate those spaces into multi-storey car parking in a phased way, so that valuable development land at Arden Cross can be freed up to create a new, vibrant destination consisting of homes, businesses and leisure opportunities.

The UGC is working on the project with HS2 Ltd and other partners to ensure the arrival of high-speed rail delivers important regional benefits such as new jobs and homes.

More information about the plans and further details on consultation events can be found at: <https://consultation.ugcsolihull.uk/>

'The Hub' is a 1,300-hectare area of land in Solihull near the M42, which comprises Birmingham Airport,



the National Exhibition Centre, Jaguar Land Rover, Birmingham Business Park and the 140-hectare Arden Cross, which will be home to the HS2 Interchange Station. By 2030, the UGC predicts that The Hub will be an environment that supports 8,000 new homes and 70,000 new and existing jobs, while boosting the economy by £6.2bn every year. 1.3m people will also have been brought to within a 45-minute public transport commute of The Hub.

Matt Brooksbank, Principle Planning Consultant at Cundall and Claire Barker, Head of Communications & Engagement at Urban Growth Company, at Birmingham Business Park to tell our tenants more about plans for The Hub and Arden Cross

BBP COMMUNITY

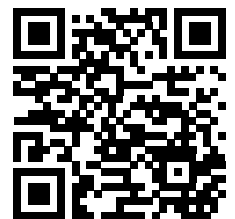
HAVE YOUR SAY!

Be Heard • Get Involved • Shape the Future



Birmingham Business Park is continually developing, and we want everyone to get involved to shape the future of our community. Your feedback is important and by sharing your ideas you will be able to influence decisions on the park and see how your views make a difference.

SCAN HERE
AND LET
US KNOW
WHAT YOU
THINK >>



EVENTS • COMMUNITY CLUBS • FOOD CARTS • AMENITIES • SUSTAINABILITY • WELL-BEING OFFERINGS • ACCESSIBILITY

T: 0121 717 7000 E: lori@birminghambusinesspark.co.uk
www.birminghambusinesspark.co.uk
Birmingham Business Park, Solihull Parkway, Birmingham B37 7YN

