

- Business Updates
- Food + Lifestyle
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COLMORE LIFE



Free

MORE THAN JUST BUSINESS

Spring 2017



MIXING

it up in the city

Editor's WELCOME



Welcome to the first Colmore Life of 2017. We hope you have had a fantastic start to the year and are feeling refreshed and raring to go.

We'd like to thank those of you who took part in our mid-term review survey and focus groups at the close of 2016. These are vital for us in the BID team to ensure we're meeting the objectives set out in our business plan and that we're conveying our progress and successes to the District.

The start of a new year always means that the Colmore Food Festival appears on our horizon. This year marks the seventh appearance of the festival. The dates this year are Friday 30 June and Saturday 1 July – make sure you've got them in your diary. Following on from the positive response last year we will be running a series of fringe events in the months leading up to the festival. We hope you can join us at some of them.

We continue to work with the relevant agencies in the city to ensure we approach the issue of rough sleeping within the District in a progressive and coherent manner. We've been moved by the support the District has given to SIFA Fireside and would like to extend our thanks to you again, we will continue with our fundraising in 2017 and hope to raise £10,000 by the end of the year.

Many thanks and have a great start to the year.

Michele Wilby Managing Editor

THE TEAM

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Colmore Life: Sub Editor

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ColmoreBID

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Events

Here at Colmore BID we put on plenty of events to make Colmore Business District an exciting place to work, live and play. There are many events that happen on a weekly basis including Colmore Chorus (Mon), Mid-day Mile (Wed) and Run CBD (numerous days).

Here's a handy calendar for our larger events.

Mar	9	Colmore Social – Traditional Pub games at the Old Joint Stock
	11	Colmore Cinema Club: The Hobbit at BMAG
	16	Wellbeing Workshop – Wellbeing through food choices at Opus
	28	Wellbeing Workshop – Tour of Birmingham Museum and Art Gallery
	31	Moseley Arts Market
Apr	4	Colmore Quiz Night at Birmingham and Midland Institute
	5	Free Motivating Teams Workshop for SMEs with Aston Business School
	6	Wellbeing Workshop – Health in the Workplace
	28	Food Festival Fringe event Cocktail Challenge
	28	Wellbeing Workshop – Drawing Workshop in BMAG
May	12	Community Games in Victoria Square
	17	Food Festival Fringe event film showing with wine tasting at Hotel du Vin
	25	Wellbeing event at At One Day Spa
	26	Moseley Arts Market
Jun	8	Colmore Social
	14	Colmore Cinema Club
	22	Colmore Food Festival Fringe event Touring Dinner
	30	Colmore Food Festival
Jul	1	Colmore Food Festival
Sep	8	Moseley Arts Market
	13	Colmore Cinema Club
	14	Colmore Social
Oct	4	Colmore Bid Annual Meeting at Hotel du Vin
	18	Colmore Quiz Night
	25	Colmore Cinema Club
Nov	30	Christmas Workshop
Dec	2	Colmore Cinema Club: It's a Wonderful Life at BMAG
	6	Great Western Arcade Christmas shopping event
	7	Christmas Workshop
	8	Moseley Arts Market
	14	Christmas Workshop

#FabToFollow

Sometimes it's hard to keep track of who you need to be following, thankfully we take the stress away and let you know who's posting the most interesting, fun and informative content in the city.

Bell & Smokey

   BellAndSmokey

From the bright sparks behind I Choose Birmingham and lifestyle editor and writer Laurie Prescott, Bell & Smokey is a new e-magazine dedicated to the delivering the finest in beauty, brands, travel and trends.

SimkissGuy Recruitment

 SimkissGuy  Simkissguy-Recruitment-Ltd

MD Rebecca Simkiss shows us her CV later in this issue, but for now get signed up to following one of Birmingham's most well-known recruitment agency's and get the latest scoop on Birmingham's employment scene.

Goodlife Barbers

 goodlifebarber   goodlifebarbering

Straight outta Worcester and into the District. Taking residency in the Great Western Arcade, these purveyors of fine grooming offer the full shebang from wet shaves and beard trimming to express facials and crisp hair cuts.

Great Western Arcade

   GWABirmingham

Situated in the heart of the District, Great Western Arcade - GWA - is one of the finest and most unique shopping experiences in Birmingham. Follow them online to see what's on offer from their luxury retailers and hospitality venues.

55 Colmore Row

 55colmorerow

A clever combination of five beautiful buildings, 55 Colmore Row has been one of the most anticipated redevelopments in the city and as you'll see later in this issue, it's open and ready for business.

COLMORE BID UPDATES

WORDS HENRY TONKS, JACK TASKER, KATY PADDOCK & JONATHAN BRYCE

MID-TERM REVIEW

We are now halfway through this BID term and conducted our mid-term review with Clarke Associates in 2016. How time flies.

For the mid-term review we held a series of focus groups with people working in the District and received responses to an online survey. The BID team would like to thank everyone who participated in either (or both!) of these – the level of engagement was remarkable, and a great reflection of how much people are committed to this great part of Birmingham.

We discovered that recognition of Colmore BID's brand was over 90% – the Place Marketing team's high-fives continued for weeks. There was also a lot of support expressed for more, bigger, place-making projects, which is great news given that Colmore BID's historic Snow Hill public realm program (featured in the previous Colmore Life) will soon be underway.

Respondents both in the focus groups and to the online survey shared Colmore BID's commitment to finding answers to tough challenges in the District such as rough sleeping and transport infrastructure. The range of these shared concerns shows just how broad our ambitions are and how deep our engagement with the city continues to be.

We will go to ballot for our third BID term at the end of 2018. So the next year-and-a-half will be an exciting time. Thank you to everyone for making this such a vibrant District.



COLMORE QUIZ RETURNS

If you've been to one of our quiz nights before, you'll know what brilliant fun they are.

Our Quiz Master, Stoo Pittaway from Box Entertainment, uses a fantastic and unique interactive app that gets everyone immersed in the questions and images that are sent to your smartphones or tablets at the table. It also creates a level playing field – so no cheating. Our Spring Quiz will take place on Tuesday 4 April from 18.00 - 21.00, but this time we are at a new venue, the Birmingham and Midland Institute (BMI) on Margaret Street.

The ticket price includes a welcome drink and light buffet that will be served to your table. The BMI doesn't have an alcohol licence or a facility to buy drinks, so you are invited to bring your own beers, wines and soft drinks. The cost for a team of six people is £90, all of which is donated to our nominated charity, SIFA Fireside. We will also be holding a raffle on the evening, with some great prizes up for grabs, again with all proceeds going to SIFA Fireside.

If you would like to register a team, please email katy.paddock@colmore.bid or download a form from our website colmorebusinessdistrict.com/event/colmore-bid-spring-quiz



Our Spring Quiz will take place on Tuesday 4 April



Over the last five years the District has seen a huge surge in new hospitality and retail offerings.

AREA GUIDE RELEASED

In November last year we designed and released the 2016/17 Area Guide for the Colmore Business District.

This pocket sized, 60 page booklet offers readers a breakdown of the BID area and all the food, drink, retail and customer-facing businesses you can find within the District. Over the last five years the District has seen a huge surge in new hospitality and retail offerings; at the time of print we were amazed to note that the District has 11 restaurants, 18 bars, 12 cafés and 9 retail offerings. The Area Guide can be collected from Snow Hill Station, alongside Colmore Life. If you require copies for your office please contact Jack at the BID office via jack.tasker@colmore.bid.

COLMORE CHORUS

There can't be many people left in the District who haven't seen the fantastic Colmore Chorus perform.

This winter the choir, organised by Colmore BID and led by choir-master Colin Baines, embarked on a mini-tour, taking in plenty of spots in the District and performing at Sutton Coldfield Crematorium and the Queen Elizabeth Hospital. Thanks to their hard work and the generosity of the public they managed to raise hundreds of pounds for our nominated charity SIFA Fireside. Colmore Chorus is free to attend with practice sessions held at 13.00 on Mondays. The choir is currently preparing material for spring and summer performances. If you wish to join or find out more, please contact Jack at the BID office via jack.tasker@colmore.bid.

GET IN TOUCH

Many of our readers will be familiar with the contact details of the Colmore BID team. We have, however, changed our email addresses, so please ensure that our entries in your address book are up to date.

Our generic contact address is now info@colmore.bid. This is also the address that we send Bitesize and our other communications from. For members of the team, email addresses will now be "[first name].[last name]@colmore.bid". If you're expecting contact from the team, do check your junk mail, just in case.

As ever, all of our contact details are on our website.

Welcome
**KATY
PADDOCK**



Katy joined Colmore Business District in November 2016 as an Executive Assistant, having previously worked at The Wonderful World of Trains and Planes as a level four-business admin apprentice. Katy has decided to continue with her apprenticeship at Colmore BID.

Since starting Katy has quickly adapted to her role and responsibilities as an assistant to Michele.

Most days Katy can be found assisting Michele with arranging meetings, taking care of calls and emails, whilst assisting with administration for the team. In addition she has recently taken on her own project, arranging the floral features of the District under the Outstanding Places working group.





JOB SWAP

SMALL BUSINESS SATURDAY

We made sure we were fully behind Small Business Saturday by getting two of our Board Directors to take some time out of their busy schedule's to take part in a **Job Swap** with two of the District's retailers.

Gary Cardin, Colmore BID Chair and Senior Director at CBRE, headed down Church Street to the emporium of sartorial excellence Clements and Church, where he lent a hand to the team and learnt how to be a top tailor.

Meanwhile, over at Miss Macaroon in Great Western Arcade, customers were being served by Colmore BID Board Director and Trowers and Hamlins Partner, Amardeep Gill. For those who don't know, Miss Macaroon creates delicious, hand crafted, gluten-free macaroons which you really need to try, also the business is a social enterprise, so you can feel good whilst being naughty.

Discover more about Small Business Saturday...

Whilst it's true that our District is built on national and international businesses and a thriving SME scene, there's been a transformation in recent years with a growing body of fantastic smaller and independent retail offerings and the best hospitality in the city.

For 2016 we supported **Small Business Saturday**, a national initiative aimed at raising the profile of start ups, micro businesses and SME's. We decided to get well known Brummie bloggers, Ting Newhall and Ryan Parish, to hit up some fantastic small businesses within the District to create a Small Business Saturday Guide.

Whilst the guide was designed for the weekend, there's nothing to stop you following in their footsteps and heading out into the District's thriving small business scene.

Ting started the day with avocado smash at Urban Coffee, washed down with Bucks Fizz, all part of their bottomless brunch deal which you can enjoy on any Saturday or Sunday. At One Day Spa offered her some mid-morning relaxation in the form of mini-beauty treatments, Ting recommends the Head in the Clouds treatment. Lunch came courtesy of Bistro 1847, one of the best places in the city for vegans and vegetarians to dine out. Reuben Colley Fine Art on Colmore Row provided her with an opportunity to view their collection including two Andy Warhol pieces. To end her day Ting dined at Chung Ying Central and got to tuck into her personal favourite – salt and chilli squid.

Ryan also kicked off his day at Urban Coffee, this was followed by a steak sandwich lunch at Bar Opus. In the afternoon he relaxed in the private members Colmore

Club before making a beeline for Clements and Church to browse their wares. Ryan finished off the day with beer tasting at Purecraft Bar and Kitchen and a delicious dinner of ribs, wings and lobster at Nosh and Quaff.

Our bloggers only had one day to try a fraction of the wonderful small businesses based within the District, however, you have all the time in world to sample the different options that Colmore BID has to offer. Get out there and support the small businesses that are making the District a unique place to work and shop.

Ting Newhall
thethingthing.com

Ryan Parish
brummiegourmand.com

WORDS JACK TASKER



INDUSTRY COMMENT

UK Sepsis Trust

ASK THE DISTRICT



'2017 is the year of the Rooster – and roosters are known for making work their priority. How far do you believe that your work and businesses in general should seek to improve society?'



For me, my work in business is entirely about making a positive change in the world. Business improves the world. It creates jobs for people, improves their standard of living and gives them new opportunities to develop themselves beyond their imagination. Business creates new things like technology, which allows us to learn, travel and communicate. Technology has allowed me to start my own businesses.

Rachel Maclean, Packt Publishing



The quality of life in institutions and businesses reflects the broader society – its aspirations, tensions and iniquities. I am sure that the pressures my staff and students face are basically no less or more arduous than those of everyone else in this society: in Birmingham, Britain and the western world. Which is to say they are tough, but getting tougher. To the extent that I can improve the conditions of work here in the School, I feel it will positively impact on society in the city. Change starts in your own work-place.

Prof. Jonathan Harris, Birmingham School of Art



To truly embed our venue as a landmark in Birmingham, we put the local community at the heart of our work. 2017, in line with the Rooster analogy, will be an exciting year for our work at Colmore Gate, as we cement our position as Birmingham's leading meeting and events host. We feel it is our obligation, as an established business attracting visitors to the city, to work as a positive contributor in our community; for us, business and improving society goes hand in hand.

Zeshan Hussain, De Vere Colmore Gate

'What are the big issues that you believe your business will face in 2017?'

2016 has been a big year for the UK Sepsis Trust. Having moved from Sutton Coldfield to our new headquarters in the Colmore Business District, we went on to launch two national awareness campaigns. It's no surprise, then, that spring 2017 presents a series of fresh challenges.

The first of our campaigns is public-facing – an initiative delivered in partnership with the Department of Health and Public Health England – and is designed to empower parents to identify sepsis symptoms in their children. We'll be monitoring progress as our leaflets and posters continue to be displayed in GP practices, Emergency Departments and pharmacies across the country.

The second of our campaigns targets healthcare professionals, encouraging them to 'Act Quickly' when they suspect sepsis. Over the next few months we'll join forces with ambulance trusts all over England, so that fleets of NHS vehicles will feature our campaign materials wherever they go.

We'll continue our varied collaborations and fundraising drives at a community level, as well as engaging philanthropic contributions in an effort to sustain the rapid growth we're currently enjoying. But as with all voluntary sector organisations, we'll face obstacles at every stage: it's the continued support of our tireless volunteers and the future relationships we'll develop with our fellow BID members that will allow us to continue the crucial fight against sepsis.

Dr Ron Daniels BEM,
UK Sepsis Trust CEO
sepsistrust.org



PROGRESSIVE EMPLOYMENT

In late 2016 I met up with John Mortimer, the CEO of the Angela Mortimer Group which District leading recruiters, Katie Bard, are part of.



WORDS JACK TASKER
WITH JOHN MORTIMER

John is currently pursuing an exciting project, the formation of the Progressive Employers Group, which is hoping to change the face of employment for Birmingham. The Progressive Employers Group is set to be a community of likeminded employers who will come together to understand, articulate and share methods of best practice, creating a fantastic employment ecosystem in Birmingham.

Before delving into the mechanics of the group, John set the scene for me. John believes that employer attitudes to employee contracts can be divided into two broad groups, cost based and investment minded. John said that, in his 40 years of experience in recruitment, it has been common for employers to talk from an investment standpoint, but act based on cost.

The advantages of having a community of progressive

employers is a win win for the companies and the city itself. With businesses needing to strike a competitive edge through their employment methods there will be a more dynamic market place in Birmingham. John believes that Birmingham is sitting on the edge of a great opportunity and that the work undertaken by the group will help to accelerate the transformation of the city's employment scene.

The next step for the Progressive Employers Group is to establish an engaged leadership group to shape the direction of its mission. John, in common with many others, believes it needs active, progressive participants and a 'leader of leaders.' With established academic links to the University of Warwick, the group is well positioned to develop meaningful and impactful research out of its knowledge share.



We're aiming to change the face of employment in Birmingham.

When you discuss the potential of the group with him, John's excitement is palpable and you can see he really believes this is a vital next step for Birmingham.

For those who wish to become involved or learn more, please get in touch with Christopher Nixon at Katie Bard.

c.nixon@katiebard.com
0121 633 4443
katiebard.com

MEETING SPACES

Whether you need to organise an event or conference, book a private meeting room or find space for visiting clients, sometimes the office won't cut it. We've tried to make your life a little easier by pulling together a list of the conference venues within the District. So the next time you need to find some space, look no further.

The Priory Rooms

40 Bull Street, B4 6AF
0121 236 2317
theprioryrooms.co.uk

The Priory Rooms is a unique, not-for-profit meeting and conference venue located on upper Bull Street and has nine meeting rooms that can accommodate up to 200 delegates. They offer full and half day packages and have onsite catering and refreshments.



Birmingham + Midland Institute

Margaret Street, B3 3BS
0121 236 3591
bmi.org.uk

The Birmingham and Midland Institute, located on Margaret Street, has 11 different rooms available to hire and can hold up to 250 delegates. They have lecture theatres, conference rooms and meeting rooms – as well as a coffee lounge. They offer Wi-Fi access throughout the building and can provide a range of equipment to ensure your meeting goes smoothly.

UBCUK

65 Church Street, B3 2DP 0121 227 4700
ubcuk.com/our-locations/birmingham-city-centre

UBCUK is located on Church Street and offers meeting rooms and office space that can seat up to 12 people. They have break out spaces and refreshment points. Their meeting spaces include Wi-Fi and a corporate concierge service.



De Vere Colmore Gate

5th + 7th Floor Colmore Gate, Bull Street, B3 2QD
0844 346 0110 phcompany.com/de-vere/colmore-gate

At De Vere Colmore Gate, you'll find dedicated, flexible meeting space with conference rooms designed to accommodate up to 150 delegates. Centrally located just off Colmore Row in the heart of the District, De Vere is home to two prime floors of conference facilities complete with free Wi-Fi, a grab-and-go Verve Deli and much needed 'refuelling stations' – that means coffee.

UNDERSTANDING SOCIAL VALUE

Lara Thorns, Communications Officer at Amey discusses the importance of social value.

How important is community and charitable engagement or 'corporate social responsibility' to business?



Amey happen to be signatory #001 of the Birmingham Business Charter for Social Responsibility, so we feel like we have something to share when it comes to social value.

For those that haven't heard of us, Amey is one of the largest companies working in public and regulated sectors in the UK. From rail, highways and transportation to utilities, housing, and environmental services, some 20,000 employees keep daily life functioning across the country.

In Birmingham, Amey employs over 500 specialist consultants in our International Design Hub in the Colmore Building. Hundreds more across the West Midlands provide clean and waste services for Severn Trent Water and deliver maintenance to Western Power Distribution's underground power network. We're most widely known in the city for our highways partnership with Birmingham City Council, maintaining and managing the roads, footpaths, street lights, traffic signals, street trees, highway drainage and much more. It is through the relationship with Birmingham City Council that we are leading the way in developing synergies between

businesses and the third sector.

In January 2013, the Public Services (Social Value) Act came into force. At a time when public finances are significantly squeezed, the act sought to secure wider social, economic and environmental benefits through the procurement process for public service, ultimately getting better value for money and driving innovative solutions to problems. For example, the unlikely partnership between Amey's highways business and their local charitable partner, Guide Dogs.

Amey started working with Guide Dogs and Queen Alexandra College, a specialist college for students with disabilities, back in 2013. By utilising the company-wide employee Community Involvement Day leave initiative, and donations of materials from supply chain partners, Amey delivered a travel training site valued at over £35,000, designed to assist students with vision impairments and mobility issues to learn to safely negotiate the street environment. The facility can also be used to train guide dogs and, most interestingly, Amey's own Traffic Management operatives

responsible for installing temporary barriers and pedestrian diversions.

Another project of ours is From Homeless to Highways (HTH), which helps young people who have experienced homelessness move on with their lives by providing employment opportunities on Amey's highways service. Since its launch in September, three people have gained employment as a result of HTH supporting young people in sheltered accommodation through the recruitment process for Traffic Management roles.

There are so many businesses creating social value in their communities. What seems to be clear is it's those unique local partnerships nurtured as part and parcel of running a business, not just as nice-to-have additions, that are making the greatest impact. And as we've found, the Birmingham Business Charter for Social Responsibility is a great place to start thinking about what social impact business can make.

amey.co.uk

A day in the Life

This time in our 'Day in the Life' series we're featuring Karl Lamsdale, a very familiar member of the business community in Colmore BID.



WORDS MIKE MOUNFIELD
WITH KARL 'BUBBLE' LAMSDALE

Karl is the Big Issue seller whose pitch is at the entrance to Snow Hill Station. He'll be familiar to some of you by his nickname, 'Bubble' (a childhood name derived from his now-lost curly locks). Karl was born at RAF Cosford, and grew up in the Halfpenny Green area near Wolverhampton.

In chronological terms, Karl's day begins by getting to the pitch for 10am, which requires going to the Big Issue office to collect stock. He stays on pitch from 10am to 12pm. Karl has multiple medical issues so he goes home to take meds at lunchtime, and is back for 2.15pm, staying to the early evening.

Karl lives in Hockley and uses the 101 service that goes from Colmore Row to Handsworth, via the Jewellery Quarter. He recently moved to a quiet cul-de-sac after his previous home was demolished. Those of you thinking 'but aren't Big Issue sellers homeless?' should consider this: what keeps you from being homeless? Your job. Which brings us to an interesting point: selling the Big Issue is not just a job, it's a business.

All Big Issue sellers are self-employed, buy the magazine wholesale and sell it at the cover

price. Big Issue sellers are in fact micro-businesses, they even have to buy the jacket. Karl has been selling the Big Issue for 18 years.

Karl has the privilege of being the only Big Issue seller approved by the private owner of the land his pitch is on, because he meets the high standards expected by the landowner. When I asked Karl what he gets out of selling the Big Issue, besides a modest income, his reply was instantaneous: self-respect, membership of a community and an activity that keeps him in contact with people and away from brooding over the negative side of life.

Karl told me he meets all sorts of people, "interesting, lovely, kind people" a lot of whom are regular customers. He can't speak for all Big Issue sellers but Karl doesn't expect people to buy the magazine if they talk to him. He's even had people with no cash on them buy him a cup of coffee on a Costa card.

I asked Karl what the challenges are. Like any business owner, the answer was predictable enough: staying positive on a slow day. For example that morning Karl had sold one magazine in an hour and a half, but the day before he sold

27 in the afternoon. No two days are the same. I queried whether Karl has any tricks he uses – that any of us could use – to stay positive: "Just speak to people and focus on the positive. Keep smiling."

I ended my interview with Karl on this simple question: if you could make one plea on behalf of Big Issue sellers to the people who pass you what would it be? His response was swift and earnest: "Don't ignore us – you don't have to buy a magazine if you make eye contact, just a smile and a hello is just great."

The Big Issue is an excellent magazine in its own right, but given its social purpose, it's a good move to buy it from an accredited seller every now and again. But even if you don't, just a nod and a smile could keep the spirits up of someone who, just like you and I, is trying to make a living.

bigissue.org.uk

 TBIF

 TheBigIssueFoundation

IT'S ALL NEW IN THE *District*

Colmore Business District is buzzing, there are always new and exciting businesses moving into the District. This month we've picked out three very different businesses all new to the area in 2017.

Edgbaston Medical Practice

Dr Sarj Bahia and Dr Amro Maarouf are proud to announce the opening of a Private GP service on Colmore Row at the Grand Imperial and Whitehall Chambers

Inspired by the success of their main private practice on George Road, Edgbaston (established since 2007), they are proud to offer the same high quality Private GP service to patients across the Centre of Birmingham. Sustained frontline pressure within the NHS has translated into GP inaccessibility for many patients. The Edgbaston Private Medical Service can circumvent this by offering flexible appointments including same day access; and all in the convenient heart of the District. The practice offers a comprehensive medical service from experienced and personable doctors.

epmpractice.co.uk
0121 454 9535

Nettl

Nettl, the network of neighbourhood web studios, has opened its first new concept Business Store in central Birmingham.

The new Business Store, located on Great Charles Street Queensway, is an evolution of the original Nettl formula. It brings together everything a business needs to thrive in today's world. Whether its a full commerce website or a simple brochure site, through to offline promotions such as print, display and signage.

Adam Whitehouse, Studio Manager at the Business Store, said 'We want this to feel a bit like a department store for a business – somewhere they can go, talk to people about the things they want to achieve online and offline, and just be inspired.'

'We'd like the Business Store to become a place where local businesses come to hang out,'

says Whitehouse. 'They're welcome to come in and use our space to meet – we can accommodate nearly a hundred guests in our different themed areas. Get a coffee, have a seat and do your next deal.'

nettلبusiness.store
0121 643 8020

Sepsis Trust

In 2005, I was working as a consultant at Good Hope Hospital, where I treated a strong, healthy 37-year-old father and husband – he had sepsis. Within hours, I knew I was going to have to tell his wife and children that he was dying, and that he wouldn't be coming home. And it was all preventable.

It was this experience that drove me to found the UK Sepsis Trust (UKST) in 2012. Sepsis, or blood poisoning, is the reaction to an infection in which the body attacks its own organs and tissues. If not spotted and treated quickly, it can rapidly lead to organ failure and

death. The numbers are staggering – every year in the UK 150,000 people are affected by sepsis

44,000 die because of sepsis and 26,500 (a quarter of survivors) suffer permanent, life-changing after affects. 2016 was a year of rapid growth for the Trust, and we recently launched a series of awareness campaigns for health professionals and the public in partnership with the Department of Health, Public Health England and NHS England. This growth has resulted to us moving to the district.

sepsistrust.org
0800 389 6255

WORDS

SHOW US YOUR CV

REBECCA SIMKISS



'It was a scary feeling, having your name above the door, with everyone aware of whether you'd fail or succeed'

I come from a family of hard workers, my mother and father were a real inspiration and drilled in the notion of always working – the Saturday job was engrained into me. It was a great start in life and I can see now how it set me up for my career.

After I'd left university I went to work at the REP Theatre. At this point I was still aiming to work in media. It was a fantastic place to work, the environment was creative and the people were full of passion, I loved it there. I started in the box office and then moved into the marketing department. After a while I knew it was time to move on, I felt the pull to be in a bigger company. For the next couple of years I worked in a number of sales roles, albeit a little reluctantly, I found it was something I was good at.

In 2004 I visited the recruiters Katie Bard, full of excitement to get back on track with a career in marketing and media. What I didn't expect was that they turned around to me and said I'd be perfect for the recruitment industry, the opportunity sounded interesting, so I took them up on the offer and joined the company.

That moment fundamentally shaped the last 12 years of life. You can ask almost anyone in recruitment and they will tell you that most people don't plan to work in the industry, you fall into it. The heart of the recruitment industry is the thing I liked most, people. It is all about building relationships and understanding

the needs of both the client and the candidate. I found it so fast paced in comparison with every other job I'd had. It was challenging, diverse, unexpected, and I loved it. It was whilst I was at Katie Bard that I met my future business partner Richard Guy. I worked my way up through the business; temporary recruitment to permanent recruitment and eventually to a role as team leader. After nearly 6 years, I was headhunted by a firm called Key Personnel, they offered me an amazing opportunity and whilst it was a big decision to make, it was the right step for me at that time. I unexpectedly found that many of my previous clients were keen to still work with me and from that point onwards there was something growing in the back of my mind that I might be able to do what I loved on my own, to really be able to work the way I wanted – with the focus truly on people. At a BBQ in 2012 I was talking to Richard Guy, who I stayed in touch with and had spent the last few years working on the "client side" of recruitment. In a conversation where we talked about the changing standards in recruitment, he suggested that I needed to be working on my own, not for someone else. Having someone say it to me finally gave me the realisation that I could do it, and more than that, I needed to. We felt that our shared experience and knowledge would work well together so decided to take the plunge and create a business based on the notion of no sales, just outstanding service.

To this day, that simple statement is the foundation of all we do.

In January 2013, SimkissGuy Recruitment opened at the Colmore Building. It was a scary feeling, having your name above the door, with everyone aware of whether you'd fail or succeed. Richard and I had a 'what now?' moment when we switched on the lights on that first day, but within an hour we'd had a call come through, a recommendation from a contact, and started our first piece of work. We've never looked back. Four years later we've just tripled our team and moved into larger premises within the building, our second office move in as many years. We've also opened a second office in Solihull, a feat of which I'm extremely proud.

I'm excited about the future, 2017 is going to be a huge year for us with lots of plans already in the pipeline. Most excitingly we've just finalised a partnership with Aston Business School to deliver a series of business insight breakfasts for business leaders, so watch this space.

It just goes to show that you can believe you know what you want to do or be, but it might not always unfold the way you expect it to. It might be better.

simkissguy.com
0121 262 4070

 [beckysimkiss](https://twitter.com/beckysimkiss)

55 COLMORE ROW EVOLVES

As IM Properties completes its £30million redevelopment of 160,000 sq ft of Grade A office space at 55 Colmore Row, the property company's investment director, John Hammond, talks to Colmore Life about its epic transformation.



Banking Hall

We bought the building in mid-2014 when the property market certainly wasn't strong, the recovery was still happening and we knew if we were to invest in Birmingham it had to be 100 per cent prime.

I'd like to think we have vision as a property company. It's been a major project and whilst we retained the beautiful Grade II listed Victorian façade, the rest of the building has been completely remodeled, with an additional two floors added. Because the building was originally five townhouses, on the lower floors we have some really interesting window detail and the ground floor is very connected to the street scene – the buses, people and traffic.

Then as you move towards the middle floors you are overlooking and almost in amongst the tree canopy surrounding St Philips and it feels very grand and leafy. Towards the top we have full glazing with a wrap around balcony – which is a real showstopper and fantastic for entertaining, so you get a very different experience from each floor.

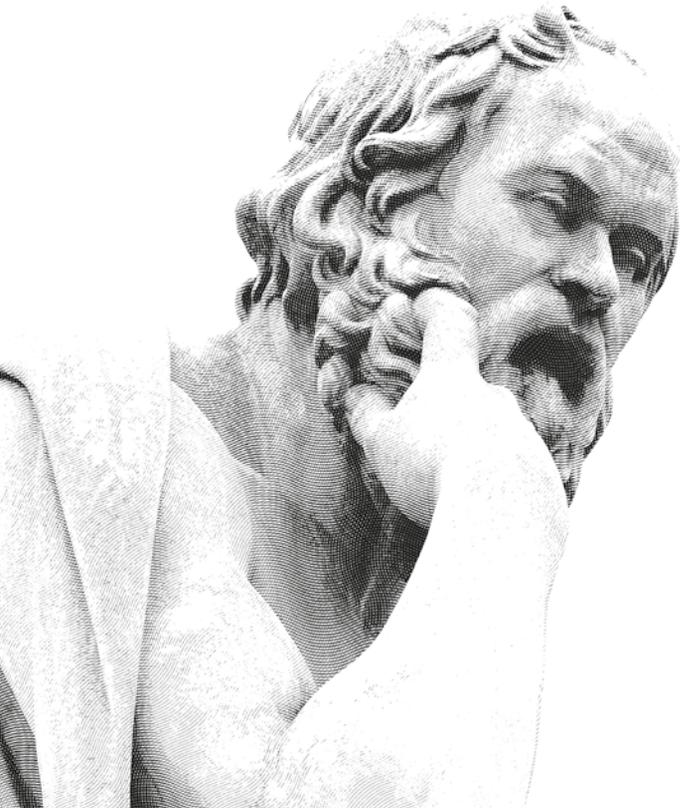
We've also changed how you move around the building with a new core and large, bright, open-plan office space to provide the flexibility modern occupiers demand. The rear elevation on Barwick Street has been replaced too, with full height glazing and street level restaurant and cafe units, which will open out onto our final phase of the project – a new improved public realm.



THE SECRET OF CHANGE IS TO FOCUS ALL YOUR ENERGY, NOT FIGHTING THE OLD, BUT ON BUILDING THE

NEW

Socrates



David Hockney style picture showing the evaluation of 55 Colmore Row



Our aim is to dovetail into the superb public space on Church Street, transforming the environment immediately outside the building and widening the pavements to provide a vibrant and relaxed space to unwind in the city – very much in keeping with the aims of Colmore Bid.

And of course the centrepiece of the building is the reinvigorated banking hall, which had been hidden away for many years but has been carefully restored to form the backdrop of a very dramatic arrival experience for visitors.

We've flooded the foyer with light to emphasize the ornate high ceiling, with glazing detail to open up views to Colmore Row. There's no doubt it is a real wow factor as you enter the building and has been attracting attention from passersby too.

Amongst all this Victorian splendor sits a cutting edge, smart entry system, with many features custom made to blend with the more traditional features of the banking hall. It's very obviously of this century, yet every inch has still been beautifully crafted to sit perfectly within its setting.

This attention to detail is a theme we've carried on throughout the offices. The specification is probably some of the best seen in the city. It's very upmarket and has been said by many to be on a par with London schemes. What we're particularly proud of however, is that all of this has been achieved by utilizing the skills of our in-house project delivery team, together with construction specialists, Morgan Sindall.

It's been a complex and tight build and not without its challenges. But we rose to each and every one of them and we believe it has given

55 Colmore Row a new life, with our heart and soul as a company imprinted on it. Pinsent Masons was quick to buy into our vision, signing up for 45,000 sq ft and upmarket Argentinian brand, Gaucho, will also open on the ground floor.

We've been very specific about the type of occupiers we're looking to attract, focusing on the professional services sectors who equally have aspirations to be the very best in class. With so many fantastic amenities on our doorstep, the whole feel of 55 Colmore Row is totally in keeping with its surroundings.

You could say it's the right building, in the right place at the right time. There are great plans for the Colmore Business District. We're very excited to be at the heart of it all.

WORDS



FIRE SAFETY MANAGERS

*In the spotlight – Fire Safety Managers Ltd.
We speak to Managing Director, Paul Hughes.*

WORDS JACK TASKER WITH PAUL HUGHES



Fire Safety Managers Ltd is an exciting Social Enterprise, based in the Entrepreneurial Spark Hub, dedicated to supplying fire safety equipment and training alongside a vital social mission. I met with Managing Director Paul Hughes to hear his story and what 2017 holds for the company.

"When I was five years old our family house caught fire, we lost everything and I was burnt on my shoulder. It had such a profound effect on me that I decided I wanted to be a fireman. As I grew up that changed, the idea of seeing bodies and being at the scene of fire wasn't for me. They say that prevention is better than a cure, so I shifted my interest to fire safety.

I worked for a number of companies but always planned to set up my own business when I was ready. That moment came in 2015 when

we started Fire Safety Managers Ltd. Initially we didn't have a social mission, we wanted to validate the business and see if people were interested in what we were offering. When we joined the Entrepreneurial Spark Hub programme the one question they kept asking us was 'what makes you different?' I realised that's where our social mission fitted in, instead of seeking competitive positioning from price or added value – which everyone can do, we changed the business into a social enterprise. Everything clicked into place and we knew we'd found our niche.

As a social enterprise we re-invest up to 50% of our profits into fire prevention, focusing on teaching fire safety techniques, mainly to children. We want to develop a scenario based workshop which will allow children to learn the correct way to act when faced with a fire.

I came to the Entrepreneurial Spark Hub to tighten up my business acumen and prepare a finance package for potential investors. The Hub is a great place to develop

yourself and your company, their success and impact rate is very high, so you know you're in safe hands.

I'm now forcing myself to move away from day to day work in the business to focusing on growing it and developing its strategy. The spring of 2017 will see me talking to investors. It's going to be a big year for us, we're the only fire safety company in the UK doing this kind of thing and I think that will generate a lot of interest.

We know that most companies see their fire safety materials as dead money, and in a way that's true as you hope you'll never have to use it, but if the worst case scenario happens you need your people and business to be prepared. Did you know that in 2014/15 on average there were 49 business and 77 home fires everyday? It's shocking. The proper appliances and training can save lives."

fsm ltd.net
0121 439 1220

 [fsm_ltd](https://twitter.com/fsm_ltd)



The hub is a great place to develop yourself & your company

Cocktail Craft

On 14 July 2017, the successful Birmingham Cocktail Weekend returns to the city centre.

For three days, wristband holders have the chance to work their way around some of Birmingham's best bars, sampling unique signature cocktails for just £4, and getting the chance to be involved in a range of tastings and master-classes.

This year, the festival hub where you collect your wristband will be in the opulent setting of Hotel du Vin's courtyard. The hub is always sponsored by a well known brand; this year Courvoisier will be taking centre stage. Jack and I met up with Tony Elvin and Jevgeni Kadilin from Hotel du Vin, and Joe Ellis from Maxxium to talk Birmingham Cocktail Weekend, and to help craft this year's HdV signature: a Courvoisier Espresso Martini.

Joe had brought two key spirits for us to use. The first was Courvoisier V.S.O.P. a sophisticated and slightly spicy variant of the popular cognac. We were also presented with Galliano Ristretto. If the name sounds familiar, that's because you'll have tasted it in classic cocktails such as the Harvey Wallbanger and you've probably seen its distinctive tall bottle in the middle of many a bar shelf. This coffee flavoured version however,

was new to all of us. Jevgeni and Joe made several iterations of the espresso martini, exploring different flavour combinations and quantities to get just the right balance between coffee and cognac, sweetness and bitterness. As the creative process developed, I asked Tony and Joe what had bought them together for this year's Birmingham Cocktail Weekend.

"Birmingham Cocktail weekend is increasing the number of available tickets this year from 3,000 to 4,000" Tony told me. "They needed a bigger venue to act as a hub. We participated last year with our Tarte au Citron cocktail and this year we worked with the organisers to base the hub here to allow for the increased number of attendees." Joe explained that the partnership with Hotel du Vin was a natural one. "Courvoisier is a prestigious brand; its story is steeped in Parisian heritage and we have a long history with Paris. Hotel du Vin was the perfect place to showcase our cognac over the weekend."

As well as being able to collect your wristband, Courvoisier will be running tastings in the Courtyard at Hotel du Vin and there will be live music to keep you entertained.

WORDS JONATHAN BRYCE

Create your own Courvoisier Espresso Martini by following the recipe below.

Ingredients:

Cold Espresso: 50 ml
 Courvoisier V.S.O.P: 37.5 ml
 Galliano Ristretto: 15 ml
 Caramel syrup: 10 ml
 Chocolate Bitters: Few drops

Equipment:

Cocktail shaker and strainer
 Martini Glass.

Method:

Fill your martini glass with ice and allow it to chill.

Pour all of the ingredients into your cocktail shaker and add ice.

Shake until combined.

Empty the ice from your martini glass and strain the cocktail into your chilled glass. Don't worry if it looks foamy; the cocktail will settle! If making for friends and family, garnish with whole coffee beans.

Birmingham Cocktail Weekend takes place 14 - 16 July 2017

Get your ticket here: birminghamcocktailweekend.co.uk

FOOD FESTIVAL 2017

By now, you should have 30 June and 1 July marked in your diaries as the Colmore Food Festival returns to Victoria Square.

Once again we'll be joined by the best restaurants, bars, bakeries and cafés to celebrate the fantastic hospitality we have right here in the District. This year we welcome back Birmingham's own Michelin-starred chef, Glynn Purnell. Glynn will open the Festival for us on the Friday and will be active on the kitchen demo stage.

When we met with Glynn, he had this to say: "What's great about Colmore Food Festival is that it's in the city centre. Celebrating all things Birmingham, right in the centre of Birmingham,

which is the centre of the universe as far as I'm concerned!"

And what can we expect from Purnell's at the Festival?

"I always try to bring an essence of Purnell's to events like Colmore Food Festival so you get chance to have a few mouthfuls of what we do at the main restaurant, but we've also got the casual dining and cocktails on offer at the Bistro. It's always a chance to showcase both restaurants and to celebrate the fantastic food on offer in Birmingham."

This year we have exciting new venues in the District that will be making an appearance and we welcome back Primitivo, which will have reopened after refurbishment on Barwick Street. We'll also be joined

by some of the venues from Great Western Arcade who joined the District in December 2016.

Taster dishes will remain at £4 each and the event is free for visitors to attend.

Like most of you, we love the Colmore Food Festival, so, like last year we'll be working with venues in the District to celebrate the festival with a series of fringe events. After all, who doesn't like food and drinks events in fabulous venues?

We will once again be treating Colmore Food Festival fans to additional gastronomic events. We've got some great plans in the pipeline from cocktail masterclass showdowns to a touring dinner around the District. Keep an eye on the website and Facebook page for up to date information.

The theme for the music in 2017 will be local talent. We're looking forward to performances from musicians and bands from the West Midlands, including the seven-piece soul band Lucas D. Festival favourites The Glamophones and Colmore Chorus will also perform for us once again.

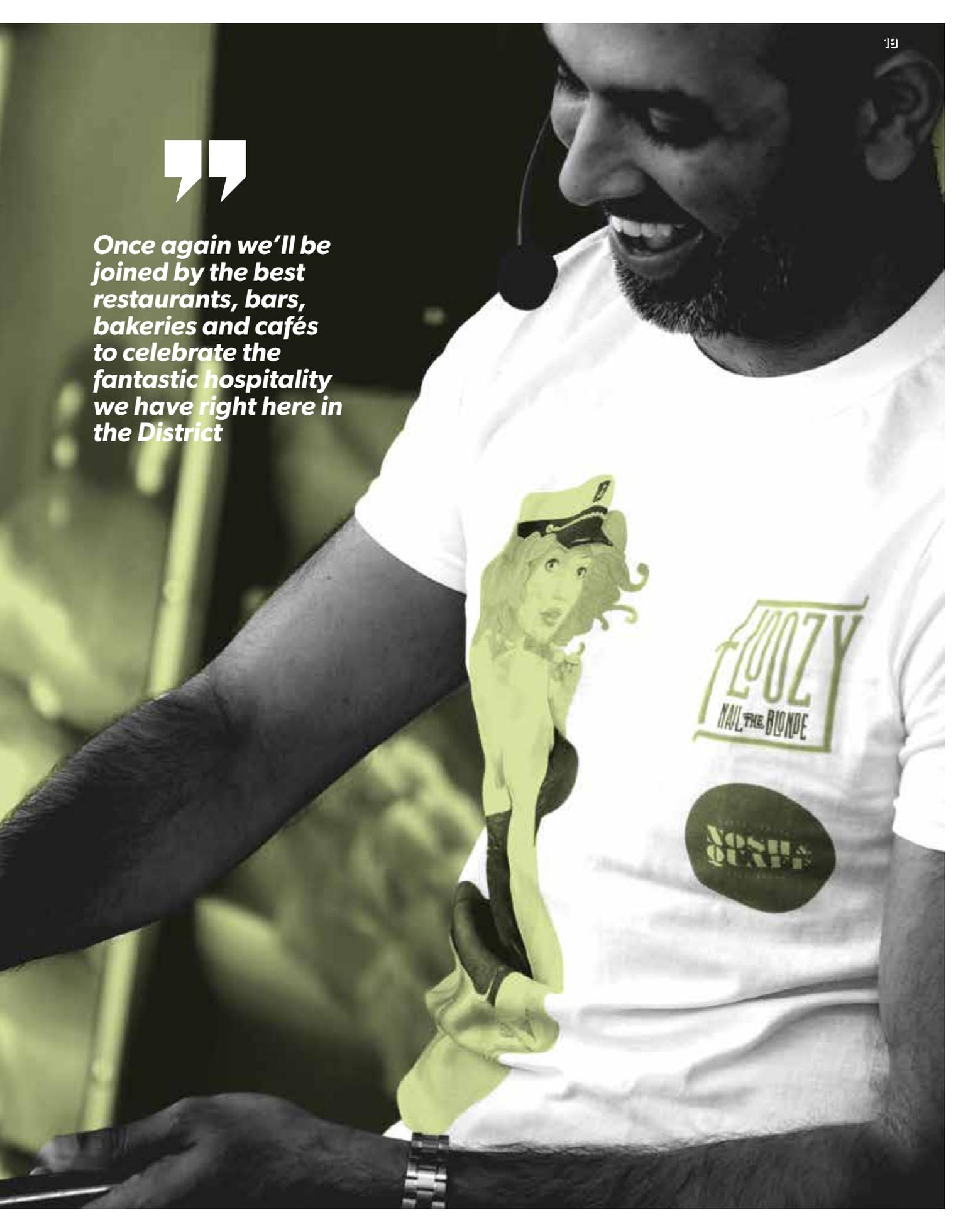
We're excited to be working with The Academy of Sound and Music on Lionel Street in the Jewellery Quarter as well. In December, we held auditions for bands who wanted to perform on the music stage at this year's Colmore Food Festival and we think you're in for a real treat!

colmorefoodfestival.com

 [Colmorefoodfestival](https://www.facebook.com/Colmorefoodfestival)



Once again we'll be joined by the best restaurants, bars, bakeries and cafés to celebrate the fantastic hospitality we have right here in the District



Fill your plate

Roast Rack Of Spring Lamb – Asparagus Cooked In Lamb Fat - Sauce Paloise 'My Way'

We always feature a recipe in Colmore Life but in this edition you can (try to) replicate a recipe from Purnell's Restaurant, owned by Birmingham's own Michelin-starred chef, Glynn Purnell.

Phil Steggal, who has worked with Glynn for four years, has put together this recipe using the finest seasonal ingredients. It's a perfect dish for spring.



You'll need

- 2 x 3 bone racks of English lamb
- 10 spears of English asparagus
- 250g of rendered lamb fat (or salted butter if lamb fat is unavailable)
- 250g of salted butter – melted and kept warm
- 6 egg yolks
- 50ml Chardonnay white wine vinegar
- 3 mint stalks
- 10 mint leaves – chopped
- 1/2 cucumber – washed and finely diced
- 1 tablespoon of lilliput capers – finely chopped

To finish

- Baby watercress – washed
- Picked mint leaves
- Buckler sorrel (or other varieties of sorrel)
- Mint oil
- Lamb sauce
- Salt and ground ginger

To cook the lamb

- Remove the lamb from the fridge at least 30 minutes before you want to cook it

- Preheat the oven to 180 degrees
- Place the lamb fat side down into a cold oven proof pan and place over a medium heat
- Slowly start to colour the fat, when golden brown, place into the oven and cook for 12 minutes
- When cooked, remove from the oven and place onto a resting rack, leave to rest for at least 10 minutes

For the asparagus

- Snap the woody root from the bottom of the spears and discard
- Using a small knife, remove all the small leaves from the sides, leaving the top intact
- Place a glass jar or heatproof casserole dish onto a low heat and add the rendered lamb fat (or butter)
- Allow the fat to heat up, but do not boil and then place the asparagus into the fat and allow to cook for 5-7 minutes, or until tender
- Remove from the fat and season with ground ginger and salt

For the Paloise sauce

- Boil the vinegar with the mint sprigs and reduce by half, strain and reserve
- Boil a large pan of water, then reduce to a simmer

- Using a whisk, beat together the egg yolks and the reduced vinegar in a heatproof bowl that fits snugly over the pan of hot water
- Beat vigorously, until the mixture forms a thick foam, making sure it doesn't get too hot – to prevent the sauce from overheating, take it on and off the heat whilst whisking – the aim is to achieve a golden, airy mixture that forms ribbons when the whisk is lifted
- Whisk in a small amount of the melted butter at a time, until fully incorporated, the mixture should be the same consistency as mayonnaise
- Add the chopped mint, capers and diced cucumber and season to taste with table salt and ground ginger

To serve

- Carve the lamb rack into three individual cutlets and season with salt and ginger
- Place a spoonful of the Paloise sauce onto the plate and place the lamb cutlets on top
- Arrange the cooked asparagus next to the lamb and place the watercress, sorrel and fresh mint leaves over the top
- Finish the plate with mint oil and lamb sauce

HOW GOOD IT IS



The Very Reverend Catherine Ogle with Tony Iommi

On an ice cold evening in early January I headed to St. Philip's Cathedral to hear the debut performance of 'How Good It Is' a choral collaboration between the Cathedral and Birmingham music legend Tony Iommi.



WORDS JACK TASKER

I have to admit at this point, I'm a little biased, I play in bands and I am a fan of Black Sabbath, so I was always going to walk away saying positive things – but putting that bias aside, the composition was evocative and haunting. The five minute arrangement was called 'How Good It Is'. The song features the Black Sabbath guitarist playing alongside members of the Cathedral Choir, with lyrics written by The Very Reverend Catherine Ogle, taking inspiration from Psalm 133.

Sitting in one of the city's most beautiful buildings, listening to the piece it was brought home what impact one individual can have on the world. Metal, grunge and countless other forms of heavy music can be traced right back to Tony Iommi and the infamous industrial incident that led to him downtuning his guitar and creating the dark, growling sound now used by thousands of bands all of the world.

After the piece had finished the 68 year old Iommi gave a few words on how "writing the music for the Cathedral had been a nice thing to do for his hometown and that it was great to be involved with the Cathedral."

Catherine Ogle, who has now left St. Philip's to become Dean at Winchester Cathedral, said "This is a most wonderful gift Tony offered to the Cathedral. The words come from scripture and are really positive about people living together in peace and harmony. This is what Birmingham is all about."

By the time you read this, Black Sabbath will have played their final gigs at the Genting Arena, ending their huge career on home turf. If you haven't already heard it, you can get hold of 'How Good It Is' via iTunes or Apple Music or by visiting birminghamcathedral.com/news

Win

Beer tasting at Purecraft Bar and Kitchen



Do you know your mad geese from your longhorns?

If you've never been to Purecraft Bar and Kitchen then the last sentence will be gibberish to you and we highly recommend you rectify that as soon as possible.

With this in mind we've got just the thing to sort you out, a beer tasting session for two at Purecraft, all you have to do is answer this one simple question...

Question:

'What national award did Purecraft Bar and Kitchen win in 2015?'

Email your answers to jack.tasker@colmore.bid and we'll draw a winner over the summer.



COLMORE HEALTH

WORDS LUCY ELVIN

Colmore Health is a newly established healthcare service in Colmore Business District, however this doesn't mean they are new to what they do.

We caught up with Geoff Gardener, practitioner and founder of Colmore Health to see what they bring to the District. This is what he had to say: "Our services have been provided to athletes from GB Judo, GB Weightlifting, GB Swimming, GB athletics, professional cycling and elite runners. We also advise and supply health & wellbeing services to small businesses and corporate organisations.

Until now, there has been a disparity between the care and attention a professional athlete received to the care and attention an office worker received. Here at Colmore Health, we believe we have bridged that gap to ensure our patients and clients receive the best care possible so they can enjoy life, pain free."

So, what services can you expect from Colmore Health?

Assessing aches, pains and niggles

"Receiving the right diagnosis at the right time can often be the key to receiving the correct course of treatment and increasing your chances of full recovery. Our patients benefit from same day appointments, which are 40 minutes long, so we can spend sufficient time assessing your injury. Our patients also receive access to more advanced examinations via ultrasound at no extra cost and blood tests if required. This means we are able to reassure patients sooner and save the patient time and money on unnecessary treatments elsewhere."

Tailored treatments to suit you

"You are as unique as your fingerprint and your treatment plan should reflect this. We provide

a range of services to suit our patients, which include osteopathy, massage, physiotherapy, sports therapy, occupational health advice, acupuncture, injection therapy, ultrasound, shockwave therapy, nutrition, CBT, private GP consultations and ultrasound guided injection therapy. Just like in most professional sporting environments, having access to a variety of professionals to call upon can mean the difference between recurring injury or a full recovery."

With you every step of the way

"Colmore Health are with you every step of the way. Some injuries require more observation than others and it can be daunting when experiencing pain, this is why we have developed an extensive after-care service. At no extra cost, patients benefit from regular contact after treatment, so we can monitor progress and advise patients accordingly should something arise unexpectedly."

So, whether you are running the Birmingham Marathon and want some injury prevention tips or seeking some advice for the neck and shoulder pain you may be suffering with at work, pop over to their website or give them a call and see how they can help you.

colmorehealth.com
0121 217 8300

ALLIANCE NETWORK

I met up with Mike Morgan of Hays, and Paul Eaves-Seeley from PwC, to discuss the recently formed The Alliance Network.

The Alliance Network has the very modest goal of making the Midlands the best place to work for LGBT professionals. Before even reaching its first birthday it has already amassed over 250 members and the support of multiple Midlands based businesses, many of whom are based within the District. The likes of Hays, KPMG, PwC, Gowling, DWF, Mazars and Barclays have all thrown their support behind the Alliance Network.

There are three clear areas the network wants to cover:

- People; to provide stronger local support to organisations and LGBT professionals and host regular, topical events in the Midlands.
- Business; to drive changes and improvements in local businesses and offer commercial networking opportunities.
- Community; to help support local charities and organisations through close collaboration.

With these impressive objectives in mind I asked Mike and Paul to take me right back to the start and how The Alliance Network formed.

Before April 2016 Mike and Paul said there was very little running outside of London for LGBT

professionals. Certainly not a place where people could share experiences, get support and exchange best practice ideas.

The Alliance Network grew out of this need. There had been discussions that, whilst there was plenty happening in the capital and Manchester, there was a real lack in Birmingham and the Midlands. Paul said that this prompted the start of an email exchange and The Alliance Network began to take shape. Initially the small group met for drinks, lunches and discussions, but very quickly this had a snowball effect and members began inviting friends and colleagues, who in turn invited people they knew. Mike said it was around this time he was asked to attend a Stonewall event at KPMG in early 2016 and became involved in the formation and growth of the network.

From the start it was clear that the bulk of the membership would be from professional services, but The Alliance Network wanted to ensure that it was as inclusive as possible and so they reached out to the public sector, SMEs, banking and construction. Paul and Mike stressed that everyone is welcome, even people who might not consider themselves part of the LGBT community, as policy around gender, sexuality and identity have now become a hot topic in the world of work.

So far, the events The Alliance Network has put on have been hugely successful. Mike said, "We naively assumed we'd get 20 or 30 people to an event and instead we're selling them out and having to cap entry levels at 70 and 80. It's

amazing to see such an appetite for it. In March we are hosting an event with a transgender theme, and hope to see a large amount of people attend who aren't part of the transgender community, maybe people who are looking how to roll out understanding and best practice into their workplace."

Delivering a tangible business gain is at the core of the network's positioning, they want to ensure that, whilst the support and advice they provide is fundamental to their existence, they are fostering a new business community in the Midlands. Mike pointed to recent studies that showed LGBT clients prefer doing business with companies and people who are part of, or mindful of, the LGBT community. That's why he believes that The Alliance Network will help to share leads, make connections and grow business opportunities for its members.

I asked what does 2017 hold for the network, Paul and Mike said to expect bigger events, building on feedback from current members and also a focus on reaching out to people who are leaving university, to ensure that they can enter the workplace feeling comfortable to express their identity. Paul and Mike are excited to see how The Alliance Network will grow and the difference it can make for both the business and LGBT community in the Midlands.

thealliancenetWORK.co.uk

-  [midlandalliance](#)
-  [midlandalliance](#)



Making the Midlands the best place to work for LGBT professionals

Events

Thu 30 Mar	Round Table Event & Trans Day of Visibility Event
Thu 27 Apr	Alliance Helping Grads stay out of the closet Event
Sat 27 May	Birmingham Pride
Thu 5 Oct	Black History Month Event



WORDS JACK TASKER WITH MIKE MORGAN AND PAUL EAVES-SEELEY

AFTER HOURS

Chloe Agg, Engineer at Cundall Building Sciences

In her spare time Chloe tackled running a marathon in the mountains of Nepal.

"A year ago my daughter got a balance bike, she got very confident with it and in turn faster. My husband and I were walking with her one day and she decided to speed off. We ran after her and I could only manage it for about 50 metres, it was fine because we were in the park but it gave me the fear that it could happen near a road – I decided that it was time to get fit. I'd always been an active person, swam and done long distance walking, but I knew I was going to need something to push me further than that. A week after deciding to make the effort to get fit Colmore BID released the Couch to 5K programme via Bitesize, it was perfect timing really. I signed up and went for my first run in February 2016. After the nine week course I ran my first 5K, it was a great achievement and really spurred me onto the

next part of my journey. I started running in the evenings and managed 12 miles per week.

I set myself the challenge of running 1,000 miles in a year, which worked out at about 20 miles every week. I read about running, followed bloggers and running profiles on Twitter. This was how I came across a tweet linked to a competition to win places on the Impact Marathon in Nepal. The Impact Marathon Series utilises the power of running marathons to create sustainable, lasting impact in communities that require it. The competition prize included places in the marathon, a training package and a week's worth of a holiday-not-holiday where you get involved in activities in the local community. To win the competition you had to write about why you deserved the place. I told them the story of my daughter and about 1000 miles in a year and I won. Until this point the furthest I'd run was eight

miles, it was a daunting prospect, but I was incredibly excited.

My husband and I flew into Kathmandu and then travelled 20km to the Shivapuri Nagarjun National Park, where the marathon is held each year. The 200 capacity marathon is one of the toughest out there, the average elevation on the course is 2,000 metres and there's around 2,000 metres of vertical climb. It took us seven and a half hours to complete it. The number of runners is capped so low to ensure that the activities don't disturb the leopards – it was certainly one of the most interesting safety briefings I've ever had. It was a humbling experience being there, seeing how what we perceive as small donations make a monumental impact. I'm fundraising for Global Action Nepal. They do amazing work building schools, training teachers, providing teaching resources and promoting gender equality and basic health throughout Nepal.

In my day job I work as a Building Service Engineer – generally for educational or industrial projects. I've been with Cundall for three and a half years now, I've seen the office grow from 40 to around 75 people. I also take time out to act as a STEM ambassador, where I go into schools and promote engineering.

I've still got a way to go to hit 1,000 miles by November but I'm signed up to the Birmingham Marathon and the Race the Train in Wales. We're going to sign up to as much stuff as we can to make the miles exciting."

cundall.com
justgiving.com/Chloe1000
impactmarathon.com

📞 Cundall_Global
T 0121 262 2720

WORDS JACK TASKER
WITH CHLOE AGG



FREE MOTIVATING + ENGAGING TEAMS WORKSHOP

Colmore BID, in partnership with Aston Business School, is providing a free training workshop on how to motivate and engage teams. This is a great opportunity for organisations who want to take part in some team building activities or for smaller organisations who have limited time and resources for training and team development.



WORDS LUCY ELVIN

On Wednesday 5 April from 18:00 to 20:00 at DeVere Venues Colmore Gate an interactive workshop will provide businesses with practical tools for team development. The evening of learning and games, inspired by the Business School's latest research in work and organisational psychology, will show your team how to improve communication and increase cohesion.

The workshop, led by Andrew Marcinko, M.S. from the Behavioural Insights Group at Aston Business School, will explore how to:

- Build communication and cohesion in teams
- Develop resilient teams who respond well to stress and disruptions
- Effectively deliver team appraisals
- Understand motivation and engagement cycles in teams

Andrew Marcinko, M.S. is a PhD Candidate in the Work and Organisational Psychology department at Aston Business School. He completed his master's and bachelor's degrees in the United States and was

born and raised in the Washington DC area. His current research is focused on diversity and inclusion in the workplace, with a particular focus on training, team performance, and employee well-being.

Previously, Andrew worked in collaboration with the U.S. Navy Submarine School to update its training programme based on the latest teamwork and training research. He was also involved in research for NASA, focusing on astronaut health and teamwork during deep space exploration, in preparation for a potential manned mission to Mars. In addition to his academic pursuits, Andrew also has industry experience in corporate sales and marketing, along with extensive experience with social media and blogging.

To join the workshop, email Lucy in the BID office via lucy.elvin@colmore.bid to submit a group of four colleagues from your business, as a team, with a sentence about what you would most like to improve. If you would like to take part, but don't have a team of four, please get in touch as we may be able to create a team with other interested people.

VOLUNTEER

Sifa Fireside

Sifa Fireside has been our nominated charity since November 2015 and we will continue to support them throughout the rest of this BID Term. This means we are able to support homeless adults in Birmingham until March 2019.

There are a number of different ways you can volunteer.

- Become one of our regular volunteers, helping in our kitchen and stores, supporting our Drop In centre
- Activities, befriending, administration – all sorts!
- Volunteer your professional skills and services such as legal, finance, IT or marketing (find out more about skills-based volunteering)
- Get your workplace involved in a team challenge, where teams of volunteers come in for a day to help in our kitchen and stores or to complete one off activities such as painting and decorating (find out more...)
- Become a volunteer fundraiser – organising and taking part in activities to help raise money for SIFA Fireside's services for homeless and vulnerable adults

If you'd like to volunteer, please visit sifafireside.co.uk/volunteering

The Access Project

Could you enhance students' learning by sharing your knowledge? The Access Project is a charity that provide 'tutors' for students to help progress their learning and knowledge. There are currently 127 volunteer tutors in Birmingham who offer a minimum of 20 hours tutoring per academic year.

The process for getting involved is simple and The Access Project stay in touch to ensure the partnership is successful. The process for getting involved is as follows:

- A potential tutor expresses an interest in volunteer tutor opportunities to The Access Project
- Potential tutor completes an online form which is reviewed by The Access Project.
- Once the application is approved, the school (who already work with The Access Project) match the tutor to a student
- The tutor has a half day training and assessment, to fully prepare them. All resources are provided for the tutor in their area of expertise
- The Access Project complete all relevant DBS checks for potential tutors
- The student travels to visit the tutor for one hour per week
- Access Partnership or the school stays in touch

weekly to monitor progress

For more information or to get involved, go to accessproject.co.uk

Uprising

UpRising is a national youth leadership charity, with its Birmingham office based on Colmore Row. It's mission is to open pathways to power for talented young people from diverse and under-represented backgrounds.

The Environmental and Flagship Leadership Programmes have opportunities for volunteers to become mentors. Can you spare one hour a month for 6 months to an aspiring leader? Do you have wisdom and knowledge to pass on but no clear route of who to help?

Fastlaners, our employability programme, helps young adults develop their skills and networks to get on the career ladder. They're looking for people to conduct mock interviews, host a day, or to deliver workshops on topics such as personal branding, networking and communication in the workplace. The programmes are two weeks full-time, running in March, June and October.

If you'd like to find out more about UpRising or how you can get involved, please contact the team: birmingham@uprising.org.uk or give them a ring on 0121 233 0252.

A DAY AT SIFA FIRESIDE



We took some time out of the working day to volunteer at Sifa Fireside.

The reason for doing this was two-fold – I wanted to spend some time there helping and I also wanted to catch up with Cath Gilliver, the Chief Executive of the organisation. Many of you will know that SIFA Fireside is our nominated charity and we were very proud to have raised over £8,000 last year.

So what is SIFA Fireside and what do they do? Based in Digbeth they work with homeless and vulnerably housed adults in Birmingham to provide immediate help and achieve lasting change. I duly arrived at 8.30 for my briefing before I started serving breakfast. There was a good selection, but as always Coco Pops proved a popular choice. It was good to meet everyone and spend some time chatting whilst serving. I then went to have a chat with Cath, who I had met before at meetings.

Cath has been the Chief Executive of SIFA Fireside for nine years and previously worked for the NHS in mental health. Cath feels, as we all do, that it is heartbreaking to see people on the street and her organisation does whatever it can to support people back on the path into housing. No-one is turned away, so the challenge becomes having enough staff and volunteers to help on a daily basis. The volunteers are aged between 18 and 80 and support between 100-150 clients daily.

Homelessness is a complex issue and there needs to be a joined up approach across the city. Cath feels that an Alternative Giving Scheme would be good for the city to enable people to donate via an app or website, and the funds would get redistributed to local services in the city, including SIFA Fireside, to help them be more innovative in the way they meet their clients' needs. Another challenge is the quality of some of the accommodation

provided by private landlords, the fact that people can't take dogs into the hostels and that there is very little provision for couples.

I asked Cath, apart from the obvious monetary donations, how else could the business community help. There are a number of ways:

- Providing work experience opportunities to help to get people back into work
- Volunteering at SIFA Fireside by providing specialist skills for a couple of hours a week, such as finance, marketing or administration

Cath's day typically starts at 7:00, by catching up on emails. As you would imagine there are a lot of meetings with Birmingham City Council, funders and partners. The job is very varied and it is clear that Cath is passionate about it.

It was time for me to return to the kitchen and prepare the food for lunch. There were a team of

five of us peeling and chopping vegetables. I spoke to one lady, who volunteers, not only at SIFA but at another charity and has two children with special needs. I felt humbled and the challenge for me is to find a way to fit charity work into my busy life – hearing some of the tragic stories as to why people end up on the streets, it does make you realise it could be any of us.

So, let's see what we can do to help – SIFA Fireside only has enough funds to provide meals two evenings a week until the end of March 2017. Wouldn't it be great if we raise enough money to extend this for a further year, and possibly add a third evening?

Please contact Lucy Elvin, Projects Maker, on lucy.elvin@colmore.bid if you would like to help.

WORDS MICHELE WILBY

SPRING IN THE CITY

Billy Elliot

The Hippodrome
7 March 2017 – 29 April 2017
birminghamhippodrome.com

The inspirational story of a young boy's struggle to make his dreams come true leaves its West End residency after 11 years, and will be playing the Birmingham Hippodrome this spring.

Birmingham Vinyl Record Fair

The Custard Factory
18 March 2017
custardfactory.co.uk
10:00 - 15.30

Don't miss this opportunity to browse through Birmingham's biggest and best selection of rare vinyl, CD's and memorabilia.

Rammstein: Paris

The Electric Cinema
23 March 2017
theelectric.co.uk

The Electric will be screening a uniquely captured live performance of the German Industrial-rock powerhouse Rammstein; known for their flamboyant stage show and energetic performance.

3 Daft Monkeys

Hare and Hounds
11 May 2017
hareandhoundskingsheath.co.uk
19.30 - 23:00

With Celtic and eastern influences, the 3 Daft Monkeys' dynamic style of world-influenced folk music and infectious dancing rhythms will leave you breathless, enthralled and exhilarated.



***Here's our
city checklist of
key events this
season...***

Ricky Cool & The In Crowd

The Mac
31 March 2017
macbirmingham.co.uk
20:00 - 22:00

Missing the Colmore Food Festival already? Recreate the atmosphere with this regular festival favourite at the MAC, and make sure you put 30 July 2017 in your diary.

100 Years of Disney on Ice

Genting Arena
12 April 2017 – 16 April 2017
gentingarena.co.uk

It's no secret we're fans of Disney on Ice. Be charmed by a classic cast, and enjoy the magic of Disney.

Friday Night Classics: British Blockbusters

Birmingham Symphony Hall
28 April 2017
thsh.co.uk
19:00

Join Film Critic Mark Kermode and CSBO for an exhilarating trip through some of British Cinema's best sound tracks.

Kym Mazelle

The Jam House
6 April 2017
thejamhouse.com
18:00

A regular from Chicago's club circuit, Kym had a series of hit collaborations in the late 80s and a successful solo career during the 90s which included her famous cover of "Young Hearts Run Free."