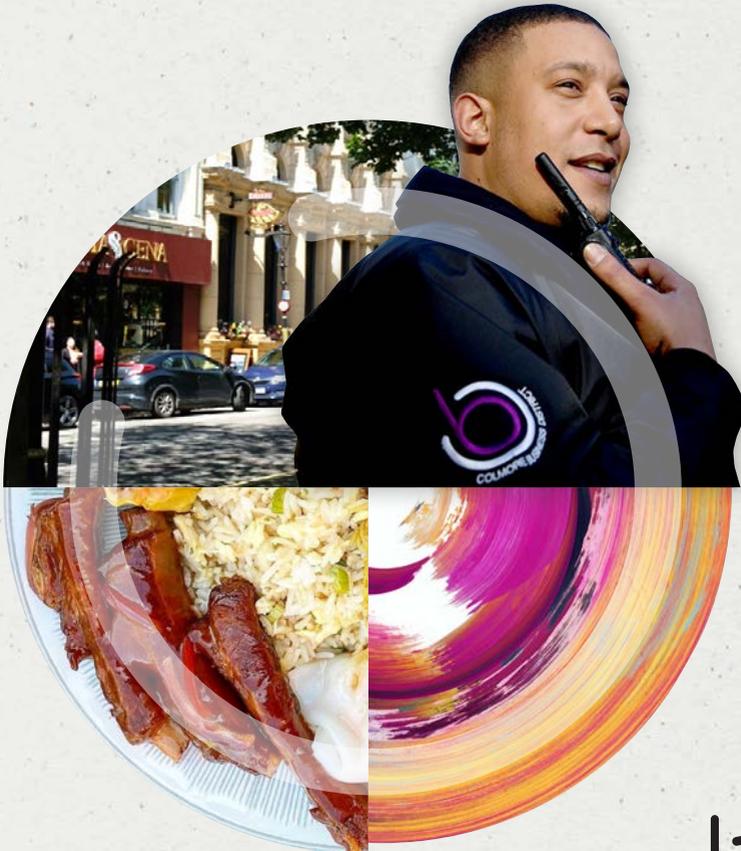


# COLMORE LITE

DIGITAL MAGAZINE



In this issue:

**COVID-19: The impact on  
Colmore Business District**





April 2020

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# A message from Colmore Business District

Despite the Colmore Business District being the quietest it has ever been, I wanted to reassure you that, to a manageable degree, it is business as usual at the BID with several of the team still working in the area. You may wonder why this would be a sensible idea, given all that is going on, but whilst many businesses have implemented working from home strategies, there are still some employees needed on site to complete essential tasks.

**Our security team is out patrolling the street on a daily basis**, working alongside West Midlands Police, to ensure that those people still living and working in the district remain safe and secure.

I'm comforted that it's not just the security team that is hard at work in the BID, but also the office team, who are all working remotely. They are kept busy every day **liaising with businesses across the District** to ensure our levy payers receive the help and support they require during these difficult times.

Communication is vital in the current climate, which is why you will have been receiving our digital newsletters in the form of our 'Resilience' e-newsletters and now our first 'Colmore Lite' which digitally replaces Colmore Life for the foreseeable future.

If you have been receiving our emails, you'll know that **we have launched our Coronavirus Business Support Hub**. As well as promoting support from HM Government, we're also keen to highlight the aid that is being provided by our businesses within the district. Many companies are hosting free webinars, online workshops and producing guides to help decision-makers make the right choices. **Keep an eye on the BID website for information.**

It's not just the formalities though. Keep an eye on our Facebook and Twitter feeds as we have an array of events scheduled that you can participate in from the comfort of your own home. **From pub quizzes and yoga, to cook-along events and even wine-tasting.**



I'm proud of the service-levels we are delivering in the face of adversity, and the team who deliver on our behalf. **We still have big plans for Colmore's third term** and I'm looking forward to you all being part of it.

**Nicola Fleet-Milne, Chair, Colmore BID**

**CLICK HERE FOR THE COLMORE BID  
CORONAVIRUS BUSINESS SUPPORT HUB**

# COLMORE Lowdown

Email: [life@colmorebid.co.uk](mailto:life@colmorebid.co.uk)

**DID YOU KNOW?** Prior to the city-wide lockdown, hundreds of items of lost property left at Town Hall & Symphony Hall during 2019 were donated to local charities including SIFA Fireside.

## INTRODUCING... Colmore BID's new Communications Manager, Chris

Colmore BID has expanded its office team with the appointment of a new communications manager who will help tell the story of the BID, while promoting the businesses located within.



Chris Brown has over 10 years' experience in PR and marketing, many of which involved working with Business Improvement Districts including Colmore BID itself, on photography projects Findings and Nicklin Unseen.

Chris is co-curator of the Hello Culture Digital conference and geek guide Polaroids and Polar Bears.

He said: "As part of my role I will be working closely with the businesses in the District to help tell their stories, as well as communicate developments in the area. If you have news to share, please don't hesitate to drop me a line on [chris.brown@colmorebid.co.uk](mailto:chris.brown@colmorebid.co.uk)"



## SIFA Fireside launches £50k survival mission

### BID CHARITY PARTNER HIT BY CORONAVIRUS

SIFA Fireside, Birmingham's main day centre for homeless and vulnerably housed adults, has launched an emergency appeal to help secure its future after losing a number of donations in the wake of COVID-19.

The Colmore Business District partner charity is hoping to raise £50,000 through its #SIFASurvives campaign to ensure it can continue supporting people find long-term and sustainable routes out of homelessness.

To kick off #SIFASurvives, SIFA Fireside has launched the Big Brummie Camp Out, which aims to get friends and families across Birmingham camping out under the stars. Focusing on the importance of 'home', the event will take place on the May Bank

Holiday, Friday May 8th, with money raised ensuring that the charity can continue providing homeless and vulnerable adults access to key services such as showers and health clinics, while helping them to work towards a brighter future.

'Campers' are asked to donate a minimum £5 to SIFA Fireside in return for access to an exclusive digital download pack, filled with fun activities including a bread recipe from Sarehole Mill, a guide to moon phases from Thinktank, Birmingham Science Museum and everything else needed for an evening under the stars.

To find out how you can support SIFA Fireside and donate to the appeal, visit [bit.ly/BigBrummieCampOut](http://bit.ly/BigBrummieCampOut).

**COLMORE QUIZ NIGHT FOR SIFA: PAGE 12**

**DID YOU KNOW?** The introduction of Birmingham's Clean Air Zone has been delayed until 2021 due to the coronavirus pandemic. Follow [www.brumbreathes.co.uk](http://www.brumbreathes.co.uk) for updates.

# TEN TIPS for a more secure business during city lockdown closures

Colmore Business District's security team continues to work hand-in-hand with the local authorities and conducts regular patrols throughout the area during the coronavirus closures.

The team's duties include signposting rough sleepers to Washington Court for accommodation, dealing with aggressive beggars and assisting other security teams in the city.

The BID security service also holds a daily meeting with West Midlands Police regarding footfall in the District and anyone they see regularly who is not following government guidelines.

Businesses can do their part to ensure their premises remain safe and these top 10 tips will assist you to reduce the opportunity for crime at your business premises:

## 1. TARGET HARDENING:

Making your premises harder for criminals to access by upgrading your doors, locks and windows. Keep safe online by ensuring your devices are regularly updated, have anti-virus software and are protected with strong passwords.

## 2. TARGET REMOVAL:

Ensure any potential target is out of sight. For example, desktop and laptop computers are off desks and

locked away. Be cautious about the messages you put online, as these may well indicate you will be off site for some time.

## 3. REDUCING THE MEANS:

Removing tools, ladders or wheeled bins that could help a potential offender gain access.

## 4. REDUCING THE PAYOFF:

Reducing the profit criminals can make from offending. Security marking your property, and advertising you have done so, makes it less attractive for people to buy property they believe is stolen.

## 5. ACCESS CONTROL:

Measures that help to control who has access to your premises. Locking gates, doors and windows to your property and security equipment such as barrier and ID Cards also limit access opportunities.

## 6. SURVEILLANCE:

Improving the overt surveillance around your business premises to deter criminals. This includes CCTV and removing obstacles such as high fences or foliage.

## 7. ENVIRONMENTAL CHANGE:

Ensuring your business premises looks well cared for. Graffiti removal (Colmore BID can assist with this) and replacing broken fixtures creates the impression the premises is monitored.

## 8. RULE SETTING:

Creating and enforcing security



policies, and positioning appropriate signage. Policies regarding opening/locking up procedures, money on the premises, challenging unknown visitors etc make premises a hostile environment for criminals.

## 9. INCREASE THE CHANCES OF BEING CAUGHT:

Increasing the chances that a criminal will be caught. Using good quality CCTV, security alarms and dusk-to-dawn security lighting deters criminals.

## 10. DEFLECTING OFFENDERS:

Detering or deflecting a criminal's intention to commit crime. Removing the dependency on committing crime by means of signposting to drug/alcohol treatment services, referring vulnerable people into support services for housing, education/training and work are often successful in diverting people away from a criminal lifestyle (Colmore BID Security Team frequently engage and refer individuals into treatment and support services).

For more information on accredited security devices and further crime reduction advice visit [www.securedbydesign.com/](http://www.securedbydesign.com/)

**DID YOU KNOW?** [SimkissGuy Recruitment](#) has diversified its recruitment offering in order to cater for the healthcare sector and help support the nation's fight against COVID-19.

## BID LEVY PAYMENTS SUPPORT

As partners, Business Improvement Districts in Birmingham and Birmingham City Council understand the challenge facing businesses in this unprecedented time. As businesses ourselves, we share your concerns for your business, for your staff and for the future.

To support businesses, Birmingham City Council has kindly agreed to a short delay in recovery action for unpaid bills. If paying your bill in the normal way will result in financial difficulty, we would urge you to contact us by email: [info@colmorebid.co.uk](mailto:info@colmorebid.co.uk)



# Web agency creates site to connect businesses

## RAISING PROFILES DURING VIRUS CLOSURES

Birmingham-based web agency, Nettle has put its design skills to good use to support local businesses and charities with the creation of Support Birmingham, an online community that connects consumers and small businesses.

The site allows anyone from Birmingham or the surrounding area to have another space to shout about themselves and their services. It is completely free for businesses to set up a profile. All you need to do is fill in a simple form about who you are, what you do and how people can help during the current Coronavirus lockdown.

Charities have also been hit hard by the lockdown, with thousands of fundraising events cancelled under new social distancing restrictions. Money from these events is a lifeline

for the organisations providing vital services to communities across Birmingham. To aid with fundraising, the Support Birmingham platform allows visitors to donate the money they would normally spend on their commute, be it for petrol, a quick coffee or train fare.

"It is a time of uncertainty for many of us and any additional exposure for our businesses will hopefully help," said Adam Whitehouse,

studio manager at Nettle. "So, we have built a website to try to do this! Support Birmingham provides anyone in the area with an additional space to shout about their service. No catch, we are so proud to be from Birmingham and wanted to do our bit to help support its amazing businesses." Visit [www.supportbirmingham.co.uk](http://www.supportbirmingham.co.uk)



## Birmingham Museums Trust helping community

While the doors to the nine Birmingham Museums Trust sites may be closed, the team has been working hard for the community by supporting the NHS and others who need help most at this time.

Birmingham Museums has donated supplies of antibacterial wipes to Birmingham Samaritans to help the city branch remain

open so volunteers can provide vital support to service users.

The collections care team has also donated gloves and masks to the Queen Elizabeth University Hospital Birmingham. The safety equipment is used by museum staff when caring for artworks, but the team has redistributed supplies to those who need it the most.



# A DAY IN THE DISTRICT

## #STAYATHOME SPECIAL EDITION!

Missing your fix of Business District dining, drinks and things to see and do? We've highlighted a few of the venues coming up with creative business ideas to get to you during the coronavirus closures.

### COFFEE

#### JAVA ROASTERY

A Java Roastery coffee is, in our humble opinion, the perfect way to start the day. The master roasters are selling online their Siena and Rilio house blends in bean or ground bags, sized at 1kg or 250g. To complete the experience why not treat yourself to a Java mug! Visit <https://javaroastery.co.uk/>

### SEE THE SIGHTS

#### BIRMINGHAM MUSEUM & ART GALLERY

Take a virtual tour of BMAG at [www.birminghammuseums.org.uk](http://www.birminghammuseums.org.uk)

[www.birminghammuseums.org.uk/bmag/virtual-tour](http://www.birminghammuseums.org.uk/bmag/virtual-tour).

The 3D tour gives you the opportunity to visit the galleries of the museum from the comfort of your own home. Be greeted by the Lucifer statue in the Round Room, take a closer look at the Staffordshire Hoard or explore the modern art galleries.

### LIGHT BITE

#### HOOKWAY'S

Grab-and-go favourite Hookway's, in the Minories, is offering its lunches through online delivery services JustEat and UberEats. Who can resist the Hookway's ultimate sausage sandwich with locally-sourced Lashfords sausages, falafel wraps, or feta fries? Search JustEat or UberEats and treat yourself!

### DRINKS

#### PURECRAFT BAR

PureCraft Bar and Kitchen has

opened as a takeaway bottle shop on Wednesday, Friday and Saturday from midday till 3pm.

Take a look at the drinks menu at [www.purecraftbars.com/](http://www.purecraftbars.com/) and call on 0121 237 5666 to place an order.

#### LOKI WINE

Head to the Loki Wine website to buy a range of mixed cases and bottles in its online shop, or send a message via the Online Chat tool to be guided on the perfect bottle. Place an order by 2pm each day to receive your wine that evening. That's great service from the multi-award-winning retailer and tasting house. Visit [www.lokiwine.co.uk/](http://www.lokiwine.co.uk/)

#### OPUS

The Cornwall Street restaurant is offering mixed cases of six bottles of wine £40/£60/£80 and sparkling at £120. Deliveries are on Thursday

(10 mile radius) or collection from Opus on Saturday 12-1pm. Email [ireneallan@opusrestaurant.co.uk](mailto:ireneallan@opusrestaurant.co.uk) to order.



## or buy gift vouchers for future treats!

### THE COLMORE

Thornbridge Brewery – creators of the Colmore – one of the District’s newest bars – sells its range of craft ales and beers online. Choose from mixed cases, mini casks, vegan beers, gluten free beers and many more. The Zero Five caught our eye – it’s full of flavour but at just 0.5%, low in alcohol. Visit <https://shop.thornbridgebrewery.co.uk/products/>

### DINING

#### CHUNG YING

The Chung Ying restaurants – venues on Colmore Row and Southside – have taken social media by storm with their new delivery service. James and William Wong and their teams are working tirelessly to deliver their award-winning Cantonese dishes to Birmingham homes (15-mile radius). Visit [www.chungying.co.uk/takeaway/](http://www.chungying.co.uk/takeaway/)



#### PIEMINISTER

Need your pie fix during lockdown? Look no further than Waterloo Street favourite Pieminister. Their online store offers a box of 12 pies in a variety of delicious flavours for £45.00. Visit <https://pieminister.co.uk/shop/category/pies/>

Another option for supporting a local business is to buy a gift voucher for when it reopens. These Business District venues are selling vouchers in a variety of denominations:

#### 200 DEGREES COFFEE

<https://200degs.com/shop/gift-vouchers>

#### ADAMS RESTAURANT

<https://adamsrestaurant.voucherart.com/app/>

#### ALL BAR ONE

<https://www.allbarone.co.uk/gift-cards>

#### ASHA'S

<https://www.ashasonlinestore.co.uk/products/ashas-gift-card>

#### CAFFÉ NERO

<https://shop.caffenero.com/shop/gift-cards/>

#### COSTA

<https://gifting.costa.co.uk/create-egift>

#### DIRTY MARTINI

<https://gifting.costa.co.uk/create-egift>

#### DISHOOM

<https://www.dishoom.com/gifting/e-vouchers/>

#### FAZENDA

<https://fazenda.co.uk/product/gift-vouchers-birmingham/>

#### GUSTO

<https://giftcard.gustorestaurants.uk.com/>

#### HOTEL DU VIN

<https://www.hotelduvin.com/vouchers/>



#### PINT SHOP

<https://pintshop.co.uk/product/gift-voucher/>

#### PURNELL'S BISTRO & GINGERS BAR

<https://uk.resdiary.com/Vouchers/Home/Index/6909>

#### TATTU

<https://tattu.giftpro.co.uk/vouchers/monetary-voucher/>

#### THE ALCHEMIST

<https://giftcard.thealchemist.uk.com/>

#### THE BARBER HOUSE

<https://www.thebarberhousebirmingham.co.uk/giftvoucher>

#### THE OLD CONTEMPTIBLES

<https://www.nicholsonspubs.co.uk/restaurants/eastandwestmidlands/theoldcontemptibles>  
[edmundstreetbirmingham.com/giftcards](https://www.edmundstreetbirmingham.com/giftcards)

#### THE OYSTER CLUB

<https://the-oyster-club.voucherart.com/app/>

#### URBAN

<https://urbanemporiums.com/2019/12/gift-vouchers/>

#### WAYLAND'S YARD

<https://www.waylandseyard.com/shop/gift-card>

# Advice to keep active during lockdown

**PUREGYM PERSONAL TRAINER DAN GRIMES SHARES HOME WORKOUT TIPS**

Just because there is no access to gyms at the moment doesn't mean you can't work out – there is a lot you can do at home.

As you're working from home the exercise timing is completely up to you, you can do it whenever you want; early, late, it doesn't really matter.

**It's important to keep moving and stretching** when you're working from home, working on a desk is horrendous for your spine, shoulder, neck and hip health. All these joints just aren't made for sitting at

a computer and typing on a keyboard, it will be interesting to see how we evolve if these jobs persist, but our bodies are still primarily made to move, to run, jump, walk, so **make sure you get up regularly** and go for a walk, have a walk at around 10 or 11am, another one after lunch and another around 3/4pm, and then your usual training session after.

It's **important that you have breaks from your computer**, it will help your eyes, help your focus and helps

your mental health. The past few weeks the sun has been out and the temperature has risen. Make the most of it and spend time outdoors if you have a garden or out on a walk for an hour or so, and get some vitamin D!

Which leads me to the sessions you should be having at home, most of us don't have a full gym set up at home but you can either buy the bare minimum, which are some bands and a suspension trainer or do body weight sessions.

Body weight exercises alone are quite difficult, especially for legs and your back. Chest, shoulders and abs are easy, **things like press ups, handstand press ups, handstand holds, crunches etc just require your body to work against itself**. However, for back exercises, you have to pull either your body to



something or something to your body, if you have a partner then this is easier as you can do partner rows.

If you're all alone then it requires some serious inventing skills, like turning your bed up and using the legs as handles to do pull ups, if your bed isn't strong enough then a door frame, porch, a tree branch, anything that is strong enough for you to hang from use, or buy an over the door frame pull up station, (don't buy the in-door ones, which can fail and lead to a fall).

Now is the time to try to improve all aspects of your fitness, so if you have resistance bands use them for strength training and then **take up running, hill sprints, HIIT training, anything that gets you out of breath.**

To the right there are two examples of simple workouts you can do anywhere.

## TRY DAN'S ROUTINES TO KEEP YOU IN SHAPE (DOING THEM IN THE GARDEN NOT ESSENTIAL!)

### LUNGE



*Aim to do 3-5 times per week, depending on fitness levels.*

### FULL BODY WORKOUT

EXERCISE	REPS
Squats .....	20
Press-ups .....	8
Mountain climbers .....	30
Crunches .....	20
Lunges .....	20
Star jumps.....	20
Burpees.....	6

### HIGH KNEES



*30-minute time limit, as many rounds as possible in the 30 minutes, no more than 45 seconds rest.*

### ABS, CARDIO AND POSTURE

EXERCISE	REPS
Pike press .....	8
Leg raises.....	15
Squat jumps.....	20
Ab walk-outs .....	10
Bicycle crunches.....	30
Reverse lunges .....	30
Handcuff drill .....	10

*30-minute time limit, as many rounds as possible in the 30 minutes, no more than 45 seconds rest.*

### SQUAT



**If you want more tips and advice for £30 a month you can have access to my online suite. Email [dangrimes@applied-fitness.co.uk](mailto:dangrimes@applied-fitness.co.uk) for more details.**

# The front-line rail staff keeping region moving

## WEST MIDLANDS RAILWAY PAYS TRIBUTE



**SAM**  
SENIOR CONDUCTOR - SHREWSBURY

Managers at West Midlands Railway have paid tribute to the dedication of hundreds of front-line rail workers who are keeping the region moving.

Following the government direction for people to make only essential journeys, passenger numbers dropped sharply, with footfall across the West Midlands down by more than 90%.

Despite introducing a reduced timetable, West Midlands Railway is still operating hundreds of services every day in order to make sure NHS staff and other essential workers can keep moving.

In order to do this, hundreds of front-line staff, including

drivers, conductors, station staff, dispatchers, engineers, cleaners and control centre operators are continuing to come to work.

The operator has been celebrating its staff on social media with a series of videos and photographs from across the network.

Julian Edwards, managing director of West Midlands Railway, said: "Keeping key workers moving is our priority but for that to happen we rely on the hard work of hundreds of dedicated front-line staff.

"I am incredibly proud of the dedication our colleagues on trains, at stations, in depots and in the control centres have shown in these testing circumstances.

"We have been touched by the messages of support and thanks from many of our customers and I am delighted to be publicly celebrating and showcasing their efforts on social media."

*'I am incredibly proud of the dedication our colleagues have shown'*  
**JULIAN EDWARDS**

## HOW TO CLAIM RAIL SEASON TICKET REFUND

West Midlands Railway is encouraging customers unable to travel due to the coronavirus restrictions to claim their season ticket refunds online.

Following the unprecedented government advice that only those making essential journeys should use the trains, the operator has changed its usual processes to make claiming season ticket refunds easier.

In order to minimise the need for customers to visit a ticket office in person, West Midlands Railway has set up a new online form for season ticket holders who purchased their pass at a station to claim.

The new online refund process is in addition to previously-announced withdrawal of administration fees for certain ticket types. For full details, visit [www.wmr.uk/coronavirus](http://www.wmr.uk/coronavirus)

## FREE BUS TRAVEL FOR NHS STAFF

NHS staff get free travel on all buses and trams in the West Midlands as they go to work to battle the coronavirus pandemic.

Local bus operators and West Midlands Metro have teamed up to allow anyone working in our hospitals and frontline medical facilities to travel for free during the outbreak – simply by showing their NHS pass.

## HS2 GETS NOTICE TO PROCEED

The Department for Transport has given approval for HS2 Ltd to issue Notice to Proceed to the four main contractors working on the rail project.

Construction workers on-site will need to observe government advice on social distancing during the Covid-19 outbreak.

Mark Thurston CEO of HS2 Ltd, said: "HS2 has been over ten years in development and design.

"While the country's focus is rightly on defeating COVID-19, the issuing of Notice to Proceed ensures that our contractors and their supply chains have the confidence that they can commit to building HS2, generating thousands of skilled jobs across the country as we recover from the pandemic."

## HOTEL OPEN FOR KEY WORKERS

Holiday Inn Express Birmingham Snowhill, on St Chads Queensway, has remained open and operational for those carrying out essential work during the COVID-19 pandemic and has so far provided accommodation for employees from the NHS, Ministry of Justice and HS2 key workers.

Jo Gray, General Manager, said: "By remaining open we can welcome these heroes in, providing a safe place to stay during these incredibly tough times."



# Paradise project construction work resumes

Construction work at Paradise Birmingham has returned after a temporary pause due to coronavirus.

Rob Groves, Regional Director of Argent, Development Managers for the Paradise scheme, said: "After a thorough review of operations at Paradise Birmingham in light of the very latest guidance from government, main contractor BAM Construction UK and Sir Robert McAlpine have decided to recommence work to help deliver progress across Paradise.

"New risk assessments have been carried out on a site specific basis and the decision will be reviewed regularly to ensure everyone is adhering to the very latest guidelines.

"There will be a considerably

## BUILDERS TO FOLLOW STRICT GUIDELINES WHILE WORKING

smaller workforce operating at Paradise at this time, but this decision will help to sustain direct contractor jobs and in the associated, local supply chains."

All contractors working at Paradise are wearing full PPE, including masks, and practising social distancing during their work on site as well as adhering to all other government guidelines. This approach adheres to the new Site Operating Procedures developed by Build UK and the Construction Leadership Council required under the Corona Virus Act 2020.

# BID bringing its charity quiz to your living room

LET LOKI AND CHUNG YING CATER FOR YOU!



## HOW THE QUIZ NIGHT WORKS

Entry to the quiz is £10 for a team of any size. This £10 will be donated to SIFA Fireside. You can purchase more than one entry if you would like to donate more money.

To play you will need two devices. One to watch/listen, a laptop or tablet using the Zoom Meeting app, and another to input your answers, an iPhone, iPad or Android tablet with the SpeedQuizzing Live app installed.

The quiz will be hosted through Zoom and a link will be sent out to all who have booked on shortly before 6pm on Tuesday, May 5th. The Zoom meeting will be open from 6.30pm and the quiz will start at 7pm.

Chung Ying and Loki Wine are still offering a delivery service so we have teamed up with them to ensure you are fed and watered.

Set menu from Chung Ying at £7 per person. There are four wines on offer from Loki at £15 a bottle. You can make your selections when booking your quiz ticket through Eventbrite

If you have any dietary requirements please inform Chung Ying when you checkout [through Eventbrite](#).

**CLICK HERE FOR QUIZ NIGHT TICKETS OR VISIT COLMOREBUSINESSDISTRICT.COM**

We may not be able to go out to one of Colmore BID's brilliant quiz nights, so on Tuesday, May 5, the BID is bringing the quiz to you!

Colmore BID regularly hosts quizzes throughout the year at Chung Ying to raise money for SIFA Fireside. With the help of host Stoo Pittaway (pictured) the BID has taken its next quiz online so that you can take part from the comfort of your own sofa.

*With the help of Stoo Pittaway the BID has taken its next quiz online*

As an added extra, there is a delivery service with Chung Ying and Loki Wine, so you can enjoy dinner and a glass of wine while putting your knowledge to the test.

food and/or drink will not be fulfilled and refunded.

By registering for this event, you agree for the supplied data to be shared with our partners Chung Ying Cantonese and Loki Wine if you have ordered food and/or drink. This data will be used solely for the purpose of this event and not for third party marketing.

## TERMS & CONDITIONS

Orders with food and drink must be placed by Thursday, April 30th. Orders placed after this date will not be fulfilled.

You can still purchase a ticket to take part in the quiz after this date. You will not be able to purchase food without purchasing a quiz entry ticket. Any orders for just

COLMORE  
**LITE**

**STAY AT HOME,  
SAVE LIVES**

**AND SUPPORT OUR  
REMARKABLE NHS HEROES**



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