

CBD

digest

BUSINESS IN THE HEART OF BIRMINGHAM
Winter 2011 www.colmorebusinessdistrict.com



IN THIS ISSUE CHRISTMAS OFFERS

CHURCH ST UPDATE

No room at the inn? Pop to Ginger's Bar!

LIVSTIL: THE COOKSHOP



WELCOME

It's the time of festive cheer again as we approach the season of goodwill and the start of a new year. To celebrate, CBD Digest is offering readers special offers from businesses in the District, ranging from hairdressers and food and drink venues to photography shops. I'd also like to invite you to join us for a special Christmas event outside Snow Hill station on the evening of Thursday 1st December where there will be performances from our choir, Colmore Chorus, as well as a chance for you to meet the CBD team and our wardens.



This edition of CBD Digest has an update on Church Street Square, a major public realm enhancement that is being implemented by Colmore Business District (CBD) and Birmingham City Council to develop a brand new pedestrian friendly street on Church Street. Work will commence this winter.

2011 has been a very busy year for Colmore Business District; this edition gives updates on activities such as our successful Food Festival in July and the launch of CBD's first published book 'Perspectives', showcasing the business culture in the District through a range of photographs. You will also find news on CBD's work to fundraise for its charity partner The Prince's Trust, which included an 84 mile trek of Hadrian's Wall over four days undertaken by the CBD team and board members.

The business section contains the latest news from businesses and organisations in CBD. There is a feature on the Women in Business Association, chaired by Merran Sewell of Gateley in CBD as well as an update from London Midland. The CBD Showcase section focuses on Livsstil, the only specialist cookshop in Birmingham! CBD Digest also features Ramora, the company contracted by CBD to remove chewing gum and deep clean the District's streets.

The lifestyle section includes an interview with Midlands Air Ambulance and news on Glynn Purnell's new cocktail bar and restaurant on Newhall Street in CBD. There is also a recipe kindly provided by Nepalese restaurant Jojolapa.

To find out more about CBD Digest, please contact Tahreen Kutub: tahreen-k@colmorebusinessdistrict.com.

I hope you enjoy the read and wish you a Merry Christmas and a happy new year!

Gary Cardin
CBD Chair

WELCOME YOUR TEAM



Michele Wilby
BID Executive Director



Tahreen Kutub
Communications Co-ordinator



Kirsten Henly
Projects Co-ordinator



Clare Perkins
CBD Administrator

CREDITS

Managing Editor
Michele Wilby

Production Manager & Journalist
Tahreen Kutub

Designed and produced by
BranchMartinSpicer

BRANCH | MARTIN | SPICER
BRANDING | DESIGN | DIGITAL | MARKETING | PR | SOCIAL MEDIA

CONTACT DETAILS

2nd Floor Whitehall Chambers
23 Colmore Row, Colmore Business District
Birmingham, B3 2BU

Tel: 0121 236 4689
Newsletter
tahreen-k@colmorebusinessdistrict.com

Whilst every care has been taken to ensure the information contained in this publication is accurate, Colmore Business District cannot accept responsibility in respect of any error or omission which may have occurred.

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WESLEYAN CHIEF EXECUTIVE NAMED IOD DIRECTOR OF THE YEAR

Wesleyan Assurance Society chief executive Craig Errington has been named the 2011 Director of the Year at the national Institute of Directors (IoD) Awards in London.

At the ceremony at the Lancaster London Hotel in September, he won the national Director of the Year for Large Businesses category, after securing the West Midlands regional award earlier in the year, and then went on to win the main overall title.

Craig said: "This is a tremendous honour and I am delighted to have won."

"While it is an individual award, directors are only as good as the team and staff around them, which is why everyone at Wesleyan can be proud of this accolade."

Craig joined Wesleyan, based in Colmore Business District, as a Financial Adviser in 1991 and progressed rapidly through the company with eight successive promotions and a number of awards achieved in every role carried out. He became chief executive in 2005 and since then new business sales have increased by 238 per cent over a five year period and employee engagement has increased from 54 per cent in 2005 to 82 per cent in 2010.

Miles Templeman, Director-General of the IoD, added: "I would like to extend my warmest congratulations to Craig. He is an outstanding winner and I wish him and Wesleyan Assurance Society more success over the years to come. He has beaten some incredible competition from across the country to win the ultimate accolade – UK Director of the Year."

www.wesleyan.co.uk



Craig Errington, chief executive, Wesleyan Assurance Society

VAX TAKES A SHINE TO TWO COLMORE SQUARE

Nurton Developments' Two Colmore Square in Colmore Business District has beaten off tough competition from other city centre schemes to land the head office of one of Britain's best-known companies.

Floor cleaner giant Vax has taken the fifth floor of the landmark location, representing just under 21,000 sq ft, on a 10-year lease.

Nurton's managing director, David Bradshaw, was delighted to have concluded the deal, especially to such a high profile occupier.

"No letting is easy in the current conditions. Even though we hoped we were top of their short-list, we didn't take anything for granted. We knew Vax required all its space on a single floor-plate and that they wanted a building in a prominent location which reflected the quality of their brand, so we were always confident."

Vax follows Handelsbanken, Sweden's oldest listed company opening a new regional bank at Two Colmore Square.

www.nurtondevelopments.com

www.colmorebusinessdistrict.com



David Bradshaw, managing director, Nurton Developments and Rupert Young, development director, Nurton Developments at Two Colmore Square

CHURCH STREET SQUARE IN THE MAKING

Significant public realm enhancements to develop a brand new pedestrian friendly street on Church Street will begin this winter, due to collaborative working between Colmore Business District (CBD) and Birmingham City Council.

The scheme will see transformational change to the area and be one of the most significant public realm developments taking place in the Birmingham city centre. The area, which is currently a wide carriageway with over twenty car parking spaces, is being redeveloped to extend the footway across the road, creating a more pedestrian-friendly environment. The new pedestrian space will have seating, trees and year round planting.

The area will have a minimum amount of street furniture to ensure the space is clear and open. The lighting scheme for the area has been designed with a reduction of street clutter in mind. Efficient and high quality LED lighting units will be installed on Rutland House, along with just three LED lamps in the square, which will ensure the area feels safe for people commuting home in the evenings.

The project has been developed with Birmingham City Council over two years, starting with an ambition to create an area commensurate with local business aspirations and ensuring the District has an excellent environment for businesses to work in. CBD board director and Public Realm Champion, Mike Best explained the key principles underpinning the scheme, "This scheme has been designed using the highest quality materials, with a minimal amount of street furniture, as well as incorporating trees, greenery and seating. It will be a benchmark for superb public realm in the District and we are really excited to be delivering such a prominent scheme to the area. It will be a place for people to sit and spend their lunchtime, for small events to take place in and a pleasant place for people to walk through."

The scheme is part of Birmingham City Council's Big City Plan, part of which details a strategy to expand the city core and improve links to areas such as the Jewellery Quarter. Councillor Timothy Huxtable, Cabinet Member for Transport, Regeneration and Environment at Birmingham City Council said, "I am delighted that working in partnership with CBD, Birmingham City Council has been able to demonstrate its versatility in delivering important public realm enhancements through private-public sector partnerships. Through projects such as these, CBD has shown how important its funding and drive is to make these schemes happen and also, it shows a clear commitment from CBD to make long-lasting enhancements to the environment of the commercial heart of the city."

Mike Best agreed, "From the outset, this project has been a partnership and CBD is committed to continuing this excellent work. Feedback from businesses in the District has been extremely positive; CBD companies want to work in a high quality, attractive and pedestrian friendly environment. Working with Birmingham City Council and our partners, we are already looking at other parts of the District and scoping what further improvements our investment can make to the area."

The contractors, Aggregate Industries, will start work in November and the scheme is expected to take approximately four months to complete. CBD also plans to install a piece of public art to complement the area. More details on this will be revealed in the next edition of CBD Digest.

For regular updates on the progress of the project and for key dates during the construction period, visit www.colmorebusinessdistrict.com or contact Kirsten Henly on 0121 236 4688 or kirsten-h@colmorebusinessdistrict.com.

Church Street Timeline

October 2011
Contractors appointed

November 2011
Work begins on site

March 2012
Project complete



Artist's impression of Church Street Square

Feedback from businesses in the District has been extremely positive; CBD companies want to work in a high quality, attractive and pedestrian friendly environment.

Mike Best

CBD board director and Public Realm Champion



Artist's impression of Church Street Square

THEY TRAINED, THEY WALKED, THEY CONQUERED!

Professionals from Colmore Business District (CBD) have walked 84 miles across a British landmark raising thousands of pounds for charity.

The team of six, made up of members of the CBD office team and Board, walked Hadrian's Wall Path National Trail in four days, raising over £3,000 for The Prince's Trust.

The team members were Tahreen Kutub and Kirsten Henly from the office, and Rob Valentine, Sarah Skurr, Gary Cardin and Chris McKeogh from the CBD Board.

Starting in Bowness-on-Solway, the CBD team walked a combined distance of 504 miles to Newcastle Upon Tyne. Team members trained together at weekends prior to the trek, with walks taking place in The Malverns, the Peak District and Shropshire, including the Long Mynd.

CBD board director and team member Rob Valentine commented on the achievement:

"I am very proud of the whole team. Our training and hard work has paid off! We completed the challenge in the time we set out to, but most importantly, we were able to hit our target raising money for a very worthy cause."

This is the second year that Colmore Business District has chosen The Prince's Trust as its charity partner. The UK charity provides practical support including training, mentoring and financial assistance to 14-30 year olds to realise their potential and transform their lives.



Left to right: Gary Cardin, Chris McKeogh, Sarah Skurr, Kirsten Henly, Rob Valentine, Tahreen Kutub and Flo the dog

The Trust focuses efforts on those who have struggled at school, been in care, been in trouble with the law or are long-term unemployed.

Jamie Webb, head of fundraising for the Midlands, explained how the city's business community has a vital role to play in supporting the younger generations:

"We have recently announced support for an extra 330 vulnerable young people in Birmingham communities hardest hit by the August riots. The support that we will offer these local young people will help them move into work, education or training and feel more positive about their future."

"The investment being made by Colmore Business District is vital to the success of The Trust's schemes and the funds raised will have a direct impact on the future of so many young people in Birmingham."

CBD CHALLENGE 500

Raising funds to support
The Prince's Trust

Colmore Business District (CBD) is running the Challenge 500 for a second time, after raising over £10,000 in 2010 for youth charity The Prince's Trust.

In teams of up to six people, companies in CBD race each other over four weeks, to be the first to raise £500 for The Prince's Trust. The two prize winners will be the first team to raise £500 and the team to have raised the most funds overall.

There are eight teams taking part in the 2011 challenge. The teams are BranchMartinSpicer, Browne Jacobson, Bruntwood, Hotel du Vin, Starbucks, Turley Associates, Turner & Townsend and Urban Coffee Company. Activities include running the Birmingham Half Marathon, a charity book sale and an auction for company directors' car parking spaces.

The spring 2012 edition of CBD Digest will include the final amounts raised by each team.



Left to right: Jamie Webb (The Prince's Trust) and Alex Burrows (CBD Board Director) with PwC, one of the winning teams in 2010

LIVSSTIL

Tahreen Kutub

Livsstil the Cookshop, based in the Minories in Colmore Business District (CBD) is the only specialist cookshop in Birmingham. Jointly owned by Ian Thompson and Barry Short, the Birmingham shop is one of five stores in the country. Tahreen Kutub talked to Ian Thompson to find out more about the shop.

What makes Livsstil different to other retailers selling cookware products?

As the only specialist cookshop in Birmingham, we stock a larger range of cookware products than any other store, including department stores. Our products include baking cookware, cutlery and general items for the kitchen. We carry many sizes and product types in a wide price range. With over 5,000 different lines there is a lot of choice for our customers. We also try to buy from British manufacturers and stay as local as possible.

Are you looking to introduce any new products to your range?

I visit all the major shows, most recently at the NEC in September, to source new products. As a result of this show, we will be introducing a new range of saucepans, colanders and baking goods. They will come in a purple and lime colour and I'm looking to expand on this colour theme. Coloured handled kitchen knives are proving to be very popular at the moment.

What is the most popular item in the Birmingham store?

In the last quarter, the most popular item has been a Waltman Und Sohn 9 piece knife set at £35. These are a bargain at this price as the original recommended retail price was £550!

How would you describe Livsstil's service?

We have great product knowledge that we offer to customers. If a customer asks to buy a set of pans, we would ask about the type of cooker that it is for and what they like to cook so we can determine the best type of pans to offer. There are six members of staff in the Birmingham store, all trained on product knowledge.

Where does the name come from?

Livsstil is Danish for lifestyle. The shop was originally going to be a lifestyle store. I liked the Danish word for lifestyle and decided to have this as a name for the store. There are also Danish connections with our products, as we do stock Scandinavian designs. We realised after opening that the cookware side of the store was the most successful so decided to turn it into a specialist cookshop but stayed with the name.

Set up in 2004, the Livsstil store in Birmingham was the first in the country. Why did you decide to set up in the Minories?

The store in the Minories had previously been a cookshop, which gave us a customer base for the original lifestyle store. I think this is why the cookware side of the lifestyle store had flourished above the other product lines. It was also a location of choice due to its proximity to the financial and professional service employees who are key customers for us. Following the success of the store in the Minories, we have opened stores in Sheffield, Burton and Derby and are currently looking to open in Chesterfield.

Have you always worked in the retail industry?

No, my business partner Barry and I had supplied to cookshops for over 20 years before becoming retailers. Working on the supply side for so many years gave us a thorough understanding of suppliers' stock clearance issues and the opportunities this can bring for shops. We take odd quantities of products from suppliers to our stores, as well as one-off offers and products they don't normally list. With five stores in the country, Livsstil can sell substantial numbers of clearance items or special offers and we are small enough to make decisions instantly. No committees, accountants, or range review meetings are required. Just instant decisions! This gives us some terrific value for money lines throughout the year to pass on to our customers.

What would you say is the most useful cookware product?

In my opinion, the most useful product is an 8-inch cook's knife. It has a multitude of uses, from fine chopping to slicing. You can even open a can with it!

Have you had any famous customers?

Yes, Robert Plant bought a set of pans from the store. Glynn Purnell and Jamie Oliver have also visited the store.

www.livsstil.co.uk

RAMORA

DEEP CLEANING SERVICE FOR THE STREETS OF COLMORE BUSINESS DISTRICT

Tahreen Kutub

Colmore Business District (CBD) implements an annual programme of deep cleaning and removal of chewing gum from the District's streets to make the area a cleaner environment for all to enjoy.

CBD contracts industrial cleaning company, Ramora to carry out the street cleansing programme. Owner, Bryan Smith spoke to Tahreen Kutub about the work of Ramora in the District.

The street cleansing is implemented three times a year in CBD. The streets with highest footfall get cleaned three times annually; the majority of streets receive a deep cleanse and have chewing gum removed at least once a year.

Ramora has been in operation for 10 years. The business had started with an industrial steam pressure washer and provided an external washer service for car parks and buildings. Bryan soon recognised this technology had the power to deep clean streets and remove chewing gum, and so the business evolved. He said Ramora's approach is to deep clean first and then remove chewing gum. This is to ensure that there are no unclean patches between spaces of removed chewing gum.

Speaking about the programme in CBD, Bryan said, "We must clean after working hours to adhere to health and safety regulations and to cause minimal disruption to businesses in the District. Every street in CBD has a certain requirement about what time it is to be cleaned. For example, streets that have a lot of businesses with a night time economy can't get cleaned until after 1am. Another example is Colmore Row where cleaning will start after the buses have stopped operating."

Ramora communicates the deep cleaning timetable to businesses on each affected street via a flyer before a programme is to start. Bryan commented that it is important to do this so businesses can liaise with the CBD office if a particular cleaning time is not suitable. He added that Ramora will also ensure building windows are cleaned to remove any stains from the cleansing of the streets. Ramora will usually get in contact with the cleaning companies of the buildings and contract them to clean the windows.

The first big annual deep clean in CBD is usually completed in two weeks with three teams. Three shifts of eight hours take place every night. Colmore Row and Cornwall Street may get cleaned on the same night for example.

Bryan's previous career was in the brewing industry with a lot of work in Birmingham. This developed his knowledge of the streets and businesses in the city centre, which has helped him to execute an efficient deep cleaning programme in the District.

Bryan said, "Before CBD came into operation in 2009, only Colmore Row would get cleaned once every two or three years. With CBD's programme of street cleansing, which is additional to what the council implements, over 90% of the District area is deep cleaned and has chewing gum removed at least once a year! This is a first for the area and really shows the additionality CBD has brought to the District!"

www.ramora.co.uk



CBD'S BID EXECUTIVE DIRECTOR SPENDS A MORNING IN THE ROLE OF A STREET WARDEN...

Michele Wilby

It is a dark Thursday morning at 7.30am, normally I would be at the gym in Hotel Du Vin but today I am at the warden office in Snow Hill station, waiting to start the morning shift with Colmore Business District (CBD) warden, Catherine Norris.

It's official! I have been given my temporary radio and complete the radio check to make sure I can be heard – I am ready to start my morning warden duties!

Our first duty is the static patrol outside Snow Hill station. It's all about being a welcoming face to the District as people arrive for work or to visit. My knowledge of the District was immediately challenged as we were asked for directions by three people in quick succession!



Michele Wilby (left) with Catherine Norris

There is a real 'can-do' attitude with CBD wardens – we helped a lady who was heavily laden with suitcases and bags by assisting her into the station.

We spent a little time with Police Community Support Officers, taking the opportunity to update one another on recent activity within CBD.

At about 9.00am it was time for us to patrol the District. We carried out some business visits to update the CBD database but also used the visit to talk to businesses about CBD's current projects and activities.

There were difficult moments during the morning, we had to challenge a beggar and ask for assistance from the police!

So, what did I learn from my morning as a warden?

- The warden service is invaluable to the work of CBD; we have a very talented and committed team who do go that extra mile to help.
- People like the service and enjoy the interaction with the wardens.
- The job is very varied but can be challenging.
- Wear socks with your shoes, as it is colder than you think on static duties!

The warden office can be contacted on 0121 212 9633 or by emailing streetwardens@colmorebusinessdistrict.com.

www.colmorebusinessdistrict.com

LONDON MIDLAND INVESTMENT IN NEW TRAINS ON SNOW HILL LINE

London Midland has invested £93m in 27 brand new class 172 diesel trains, which came into service in September 2011. The new rolling stock has brought a range of benefits to London Midland customers on the Snow Hill line, which runs from Worcester to Leamington Spa and Stratford-Upon-Avon.

The trains have a number of state of the art features, including air conditioning, glare reducing tinted windows and more comfortable and spacious seating. A wider door area enables customers to get on and off the train with greater ease. There is also a larger dedicated area for wheelchair users and a wheelchair accessible toilet.

Customers are kept up to date with the latest journey information, through electronic information screens inside the train, as well as automated audio announcements. The trains are also fitted with CCTV cameras both inside and outside to enhance passenger safety.

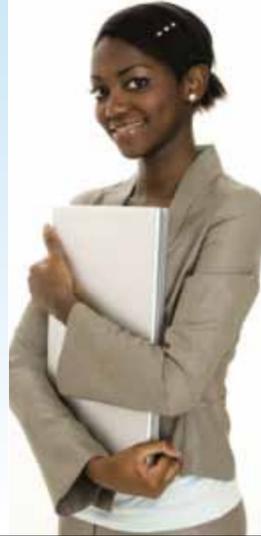
As part of a £9m investment on the line, London Midland plan a new station at Stratford-upon-Avon and the refurbishment of Snow Hill station.

For more information on London Midland, including routes and fares visit www.londonmidland.com.





WOMEN IN BUSINESS ASSOCIATION



Tahreen Kutub

The first of its kind in the West Midlands, the Women in Business Association (Wiba) has been in operation for 21 years and is a key local business association for women at all stages of their career.



Merran Sewell

Tahreen Kutub met with Merran Sewell, current chair of Wiba and a solicitor at national law firm Gateley, whose head offices are in Colmore Business District (CBD), to find out more about the organisation.

Wiba is a membership organisation that provides events to help members develop in both a business and personal capacity. The latter includes developing skills in networking and public speaking. Merran explained, "Wiba's aims are focussed on self development and skill sharing between members. The social and networking aspects are also important. The organisation is independent and not affiliated to any local authority, business link, or chamber. It is operated as a not for profit organisation by a committee of people who give up their time on a voluntary basis."

The current committee includes solicitors, management consultants, marketing consultants and a managing director of a steel polishing company. There are seven committee members altogether who run the organisation.

Wiba was set up in 1990 by a group of women who felt they needed a support network whilst operating in a mainly male environment. Sheilagh Mason, a young lawyer, was the first chair.

Merran added, "Although Wiba originated in the professional services, it strives to have a good cross sector of membership industry sectors, ages and roles. One of our members didn't set up her own business until she was 60!"

"One of our members didn't set up her own business until she was 60!"

Whilst at its inception the focus was on recruiting experienced business women, we now actively encourage women in earlier stages of their career who often welcome support and mentoring and who can bring fresh ideas to the organisation."

Merran joined the organisation in 2007 and explained that the diverse

membership base has allowed her to meet a great variety of people from an array of different industries. Her involvement with the committee has given her the opportunity to develop skills such as event planning, marketing and public speaking. She became chair in April 2010. She commented that her employer Gateley has been a great support by allowing her to dedicate time to Wiba for her own personal development and the development of the organisation.

Speaking about the membership criteria, Merran said, "The organisation has a number of different membership packages that cater for individuals, charities and large employers that may want to send different people to different events. We don't specify that our members' businesses must fall into a certain turnover category or salary bracket; we believe in supporting all business women whatever career stage they may be in."

Wiba's events have taken place in various venues within CBD in addition to other city centre locations. Venues include Opus Restaurant, Birmingham Museum and Art Gallery, Lisa Shepherd, Gateley and Anthony Collins. On average there is at least one event every month with a break in August. Events have ranged from practical workshops and speed networking to social events.

For further information on Wiba, visit www.wiba.co.uk

ALL BAR ONE

Tahreen Kutub

All Bar One on Newhall Street is a stylish bar in Colmore Business District (CBD). It is one of two Birmingham bars in the All Bar One collection and was one of the first to be established outside London. Tahreen Kutub caught up with deputy manager Carl Jowitt about the bar.

How would you define All Bar One's offering?

All Bar One is a great place to meet in Colmore Business District with friends and colleagues whilst enjoying some fabulous food and drink. We offer great table service and fresh food - our famous burgers are handmade freshly in-house everyday and we are known for our wine selection.

With a strong focus on wine, do you provide any assistance with helping customers choose the best options to suit their palate?

The team at All Bar One is passionate about wines and we love to share our knowledge wherever we can. To help and inspire our guests to try something new we have introduced a great taste test card. It asks three simple questions and recommends the ideal wine for you, whether it be a light and crisp wine or something more rich and bold.

Tell me more about the menu?

We are all about great seasonal menus that offer a contemporary twist on the traditional. Our winter menu starts in mid-November, which will include some winter warmers to complement our brunches, tempting tapas-style lunches and evening dishes.

What additional services do you provide?

We are the perfect venue for function bookings in the CBD area. We have a great back room, ideal for meetings or smaller functions of around 30 people and we can open this up for larger parties. We even offer full bar hire - for further details and to discuss your requirements call us on 0121 212 2551.

What are your thoughts about being located in Colmore Business District?

I love the energy and the mix of work and play here in CBD. It's the professional and financial core of Birmingham and also has some of the best retailers and food and drink venues. I'm delighted to be a part of that!

If you want to find out more about offers from All Bar One such as 'dine for £5' and 'dine with wine for £15' visit www.allbarone.co.uk.



Christmas Crackers!

Colmore Business District Christmas Offers

Café Costes 20% off wraps

Expiry date: 31/01/2012
58 Newhall Street, Birmingham B3 3RJ
0121 236 6072

Clements & Church

A free tie and pocket square with every full price suit purchase made at the Church Street branch of Clements & Church

Expiry date: 24/12/2011
22 Church Street, Birmingham B3 2NP
0121 233 9994

Designer Leathers 10% off purchases over £50

Expiry date: 31/01/2012
8 The Minories, Temple Court, Birmingham B4 6AG
0121 233 2489

Hindleys Bakery FREE MINCE PIE when you spend over £2.50

Expiry date: 23/12/2011
Fountain Court, Steelhouse Lane, Birmingham B4 6DR
0121 236 2886

Hub Hairdressers £2.50 off scissor cuts (standard price is £18.50) between 10am-12pm and 2pm-4pm every day. Closed on Sundays.

Expiry date: 31/12/2012
39 Colmore Row, Birmingham B3 2BS
0121 236 7222

Hub Hairdressers £3.00 off shampoo cut and style (standard price is £23.50) between 10am-12pm and 2pm-4pm every day. Closed on Sundays.

Expiry date: 31/12/2012
39 Colmore Row, Birmingham B3 2BS
0121 236 7222

Jojolapa

20% off lunch time order (Monday to Friday, 11.30am-2.30pm). A la carte menu only. Offer excludes drinks

Expiry date: 31/01/2012
55-59 Newhall Street, Birmingham B3 3RB
0121 212 2511

Livsstil

Waltman und sohn Knife set for £28 (Recommended Retail Price is £550)

Current store price is £35
Expiry date: 31/12/2011
4 The Minories, Temple Court, Birmingham B4 6AG
0121 236 4293

Livsstil

95 piece canteen set for £99 (original price was £449, current store price is £125)

Expiry date: 31/12/2011
4 The Minories, Temple Court, Birmingham B4 6AG
0121 236 4293

Mail Boxes Etc 30% off professional in-store canvas prints

Expiry date: 31/01/2012
27 Colmore Row, Birmingham B3 2EW
0121 685 8300

Simply Eat

10% discount on all orders over £20.00. Collection from store only

Expiry date: 31/12/2011
35 Colmore Row, Birmingham B3 2BS
0121 236 8141

Snappy Snaps

Half price for canvas printing at the Colmore Row store

Expiry date: 31/01/2012
29 Colmore Row, Birmingham B3 2BS
0121 236 2022

The Dentist in Town

A FREE dental examination, cosmetic consultation and oral cancer check - including all necessary x-rays and photographs (worth £65) together with 25% off all treatment, including cosmetic work (with no upper or lower limit) completed within 30 days of presenting this voucher.

Expiry date: 31/01/2012
10 The Minories, Temple Court, Birmingham B4 6AG
0121 236 8681

The Jekyll & Hyde

Pre-book your Dickensian Festive Feast in our Victorian inspired Gin Parlour for 6 or more people at The Jekyll & Hyde and receive a complimentary gin based cocktail for the organiser.

Expiry date: 17/12/2011
28 Steelhouse Lane, Birmingham B4 6BJ
0121 236 0345

Thistle Birmingham City hotel

Special offer for private party bookings - 1 free space in every 10 spaces booked. Complimentary room for the organiser. 15% off beverage pre-orders for private party. Quote COLMORE if making booking over the phone.

Expiry date: 20/01/2012
St Chad's, Queensway, Birmingham B4 6HY
0121 606 4538

Terms & Conditions

Vouchers cannot be used in conjunction with any other offer. Photocopies are not accepted. Original cut out voucher must be presented before transaction to redeem offer - apart from Thistle Birmingham City hotel offer where a code can be used when booking over the phone (see voucher). Subject to availability. Check specific voucher terms. No cash alternative can be offered. The Management reserves the right to refuse admission. Information correct at time of going to press but may be subject to change without notice. We advise all customers to confirm the information given with the establishment concerned.



Come and celebrate Christmas in **Colmore Business District** with these fantastic festive offers!

SANTA'S LITTLE HELPERS

As the end of 2011 approaches amidst Christmas festivities, we talk to professionals in Birmingham about their predictions for next year and what advice they have for Santa and his employees at their busiest time of year.

In order to keep up with the demands placed on it at this festive time of year, "Santa's Grotto" will no doubt be looking to recruit additional elves to keep up with the demand. What considerations would you suggest Santa's Head of Personnel keeps a careful eye on?



From present wrapping elves to admin elves and transport scheduling elves; Santa's Head of Human Resources (HR) will need to be thinking ahead about booking high quality temporary elves! There are certain areas that Santa's Head of HR should think about, such as making sure the temps are fully referenced and have an enhanced Criminal Records Bureau (CRB) check if they are helping deliver the presents to the children around the world.

With the implications of the new Agency Workers Regulation Santa's Head of HR will also need to be aware that temporary elves will be entitled to certain benefits of permanent elves from day one of employment. For example, if permanent elves have access to sleigh parking spaces in Santa's car park, the same benefit will need to be given to temporary elves. Santa should also make sure that if the temporary elves stay with him for more than 12 weeks they receive pay and some benefits on par with their permanent elf counterparts, such as the same holiday allowance!

Temporary elves are a fantastic way of attracting new talent to Santa's Grotto and bringing in fresh ideas from new staff can be a great way to up-skill Santa's work force long-term.

Verity Stokes – Team Leader, Katie Bard Recruitment
www.katiebard.com

Sales of Ginger Bread Houses close to Santa's Grotto are on the up this month but what will 2012 be like for the commercial property market in Birmingham?

The availability of new prime office accommodation within Birmingham city centre next year will continue to reduce due to the lack of offices being built to meet



potential occupier's requirements. Over the last two years, we have seen demand for city centre office space come from a variety of different sectors and this trend is likely to continue throughout 2012.

Tenants coming to the end of their leases, or with break options, are likely to be the most active in the commercial property market; however, evidence suggests we may see other sources of demand for office space next year, such as the outsourcing of support and administration functions from the south east into regional centres, which is positive news for Birmingham.

Matthew Long – Associate Director, DTZ
www.dtz.com

If you could ask the Christmas fairy for one thing to help small and medium-sized enterprises (SMEs) next year, what would it be?

That's an easy one. A fair crack of the whip for SMEs when it comes to public sector procurement and supplier framework contracts and an end to some of the manifestly poor practices adopted including:

- Inadequate time for submission of tenders.
- Poor briefs and lack of stated award criteria/ weightings.
- Briefs obviously biased toward larger suppliers despite stated aims of encouraging SMEs.
- Second rounds of bidding on a changed basis once initial bids are in.
- Failure to provide open, honest and meaningful feedback to unsuccessful bidders within a reasonable time (or in some cases at all!).

If you are involved in public sector procurement take a leaf out of A Christmas Carol and let the Ghost of Christmas Future show you the way to a more generous spirit toward the SME sector and help boost the economy in 2012.

Mark Holden - Managing Director, Invigour
www.invigour.com

What advice would you give to young people about to start out on the Santa's Grotto graduate apprentice scheme?

Nailing your interview and getting a spot on the Santa's Grotto graduate scheme is only the start. Follow Graduate Advantage's top tips for success in your new role...



- Build rapport with Santa and his elves by making a good first impression and dressing smartly.
- Turn up to Santa's workshop on time.
- Complete the tasks given to you in a timely and accurate manner, especially in the run up to Christmas.
- Offer to make a round of hot cocoa.
- Don't get too merry at the staff Christmas party; you're still in a professional environment.
- And don't forget to have a Merry Christmas!

Serena Johal - Project Assurance Coordinator, Graduate Advantage
www.graduateadvantage.co.uk



CHRISTMAS WITH COLMORE CHORUS



Colmore Chorus performing at ArtsFest in September.

Thursday 1st December, 5pm – 6pm
Outside Snow Hill station

Come along to Snow Hill station square to watch a Christmas performance from Colmore Chorus, a fantastic pop-up choir brought together by Colmore Business District and trained by Birmingham Opera Company. This free of charge Christmas event will give you the opportunity to meet the CBD team and wardens and enjoy a mince pie whilst watching a great chorus group perform!

Colmore Chorus is made up of workers, residents and students in and around Colmore Business District. The group has been rehearsing at lunchtimes and after work to develop skills in vocal projection, stage presence, lyrics and range whilst building business relationships. Rehearsal sessions have kindly been hosted by Bruntwood and Livery Place. The group's first performance was at Birmingham Museum & Art Gallery for ArtsFest on 10th September. Colmore Chorus will also perform on the grounds of Birmingham Cathedral at 5.40pm on 12th November, as the Christmas parade passes by the grounds on its route through the city centre.

CAROLS FOR THE BUSINESS COMMUNITY



Evening Carols for the Business Community:
Tuesday 13th December at 5.45pm

Lunchtime Carols for the Business Community:
Wednesday 14th December at 1.05pm.

Birmingham Cathedral, Colmore Row

A traditional carol service for all working in the city centre. Mulled mora juice and mince pies served afterwards.

For further information, contact Chris Dinsdale at ChaplaincyPlus:
0121 236 9742. www.chaplaincyplus.org.uk

Perspectives

Colmore Business District launches 'Perspectives' photography book

Colmore Business District (CBD) was proud to present its first published book, *Perspectives: Photographs of Colmore Business District* in October to promote and showcase the diverse and multi-faceted business culture in the commercial heart of Birmingham.

Taking inspiration from an earlier CBD project, *'Take to the Streets'* outdoor photographic exhibition, which chronicled street photography from the world's cities, CBD teamed up with Birmingham City University to commission a selection of its photography students to capture the District: its businesses, people and buildings. Students had an unparalleled opportunity to gain behind the scenes access to restaurants, construction sites and corporate offices, and also to work with Magnum Photos' photographer Chris Steele-Perkins.

Supported by Bruntwood, CBD is donating all the money raised from the sale of the limited edition book to The Prince's Trust. CBD Board Director Rob Valentine explained why the project is important, 'The opportunity to work with Birmingham's up and coming photography students and promote the District through bold and challenging photography has been a truly great partnership. By showcasing the District as a confident, bold and dynamic place to do business, we feel that we are highlighting the commercial heart of Birmingham as a fabulous community and a great place to work.'

Images from the commission will be donated to the Library of Birmingham and will contribute to its expansive collection on the city.

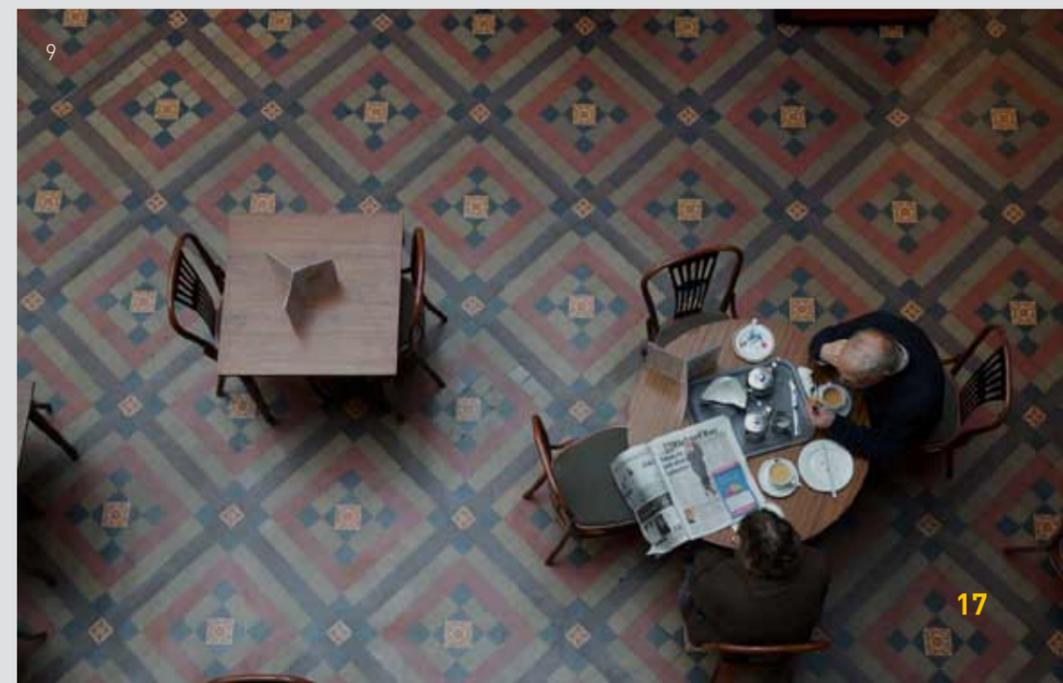
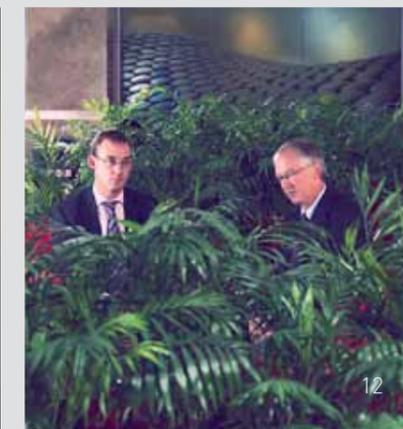
For more information about the book, visit www.colmorebusinessdistrict.com. To buy Perspectives, email kirsten-h@colmorebusinessdistrict.com. All proceeds are donated to The Prince's Trust.



Perspectives

PHOTO CREDITS

- 1-2 Ravi Deepres: Birmingham Cathedral
- 3 Paul O'Donnell: Birmingham Cathedral grounds
- 4 Connor O'Keeffe: Barwick Street
- 5 Chaporn Pongsuwan: Crockett & Jones, Colmore Row
- 6 Nathan Spencer: Top of the Core, Two Snowhill
- 7 Sonia Audhali: Businessman, Colmore Row
- 8 Ravi Deepres: Birmingham Cathedral Grounds
- 9 Nathan Tromans: Edwardian Tea Room, Birmingham Museum and Art Gallery
- 10 Ross Vincent: PwC
- 11 Paul O'Donnell: Interior of Livery Place
- 12 Ross Vincent: PwC





MIDLANDS AIR AMBULANCE



Tahreen Kutub

Midlands Air Ambulance is a charity responsible for funding and operating three Air Ambulances serving the West Midlands, Gloucestershire, Herefordshire, Shropshire, Staffordshire and Worcestershire. This makes up the largest air ambulance operating region in the UK. The charity does not receive any Government or National Lottery funding. £6 million is needed each year to keep its three Air Ambulances in operation, which is donated by the public and local businesses.

Tahreen Kutub talked to Operations Manager Becky Tinsley about the work of the crew.

What does your role involve?

I have been with Midlands Air Ambulance for 11 years and see to the day to day running of the three bases in Cosford, Tatenhill and Strensham. My role involves ensuring the effectiveness and efficiency of tasking the aircrafts. I also work to ensure the aircrafts are adequately manned with skilled staff to give the best service possible. I have a number of staff, including paramedics, critical care paramedics and doctors.

How many call outs on average do you receive a day?

On average, there are three missions a day for each base. Summer tends to be busier, as there are more hours of daylight. By law, we can't operate and land the aircraft in the dark. We also can't operate in fog. The Cosford base is the primary response to Birmingham but if the Cosford aircraft is out on another mission, the aircraft from Tatenhill or Strensham will respond to Birmingham.

Are there any stipulations about where you can land?

We can land anywhere providing there is twice the amount of land space as the size of the aircraft and no other hazards in the vicinity. Before landing, we need to carry out a Dynamic Risk Assessment from the air, identifying potential hazards and taking action to tackle any risks. We can land on motorways, providing both carriageways are closed.

How closely do you work with the land ambulance?

We work very closely with the land ambulance, rapid response vehicles and biker paramedics [based on Cherry Street in Colmore Business District]. For every case that we are called to, there will usually be a land ambulance vehicle present at the scene. The Midlands Air Ambulance control is also situated in the same place as the West Midlands Ambulance Service Emergency Operations Centre.

Have there been any recent cases in or close to Colmore Business District?

An eight year old boy was airlifted to Birmingham Children's Hospital just outside Colmore Business District in March this year. He had been in collision with a car in Wolverhampton. West Midlands Ambulance Service and Midlands Air Ambulance from Cosford were sent to the scene. The injured boy was lying on the road and in great pain. Crew staff gave the boy pain relief straightaway and stabilised his condition. He was then transferred to our awaiting air ambulance, which had landed at a nearby college before being airlifted to Birmingham Children's Hospital for treatment.

www.midlandsairambulance.com

JOJOLAPA

Jojolapa is a family run Nepalese restaurant on Newhall Street in Colmore Business District. Chef Ganesh Shrestha has been working as a Nepali and Indian chef in the UK for the past thirty years. His achievements include winning the Egon Ronay Oriental Chef of the Year award and the British Airways flavour of India Top 5 world chefs award. Ganesh has kindly provided CBD Digest with an easy to follow recipe.

www.jojolapa.co.uk



CHATAMARIE

Chatamarie is an excellent Nepalese cuisine appetiser.

This recipe serves 2 people.

INGREDIENTS

For rice base

- 2 cups of rice flour
- 2 eggs [beaten]
- 1 cup of water [depending on consistency]
- Butter
- Salt to taste

For topping

- 1/2 chopped / minced chicken [any meat can be used]
- 1/2 cup finely chopped onions
- 1/2 cup diced tomatoes
- 1 teaspoon garlic and ginger minced
- 1/2 teaspoon freshly ground black pepper and salt to taste
- 3 tablespoons cooking oil / butter

PREPARATION

Topping

Heat oil, fry onions, garlic and ginger until light brown.

Put in minced meat, salt and pepper, add tomatoes just before the meat is done. Cook until meat is nearly done.

Rice base

Mix rice flour, eggs, water and pinch of salt to make cake-like batter.

Heat butter and spread out into a thin crust, cover the pan and cook just on one side for a few minutes. Do not turn onto the other side.

Put the toppings over the base and cook for a few minutes again with lid.

Serve hot with spicy chutney or fresh salad.

SUMMER PROJECT ENGAGES YOUNG PEOPLE ON CATHEDRAL GROUNDS

Craftspace Youth Craft Collective, in partnership with Colmore Business District (CBD) and Birmingham Cathedral welcomed young people to join them for a week of craft making with artists in the Cathedral grounds in August 2011.

Many groups of young people congregate in the grounds of Birmingham Cathedral with a small proportion disregarding the nature of the space through anti-social behaviour. The project marked a partnership between business and the arts to use creativity to address issues of social responsibility.

Craftspace is a crafts development organisation working to increase opportunities for artists and to develop and promote contemporary crafts through public participation and engagement projects, touring exhibitions and consultancy.

The Craftspace project was aimed at young people aged 16 -25 and focused on ideas of guerrilla craft and DIY craft. Workshop activities included making temporary DIY artworks reflecting stories, histories and facts about the Cathedral grounds.
www.craftspace.co.uk



Joey Vivo

THOUSANDS HEAD TO VICTORIA SQUARE FOR COLMORE BUSINESS DISTRICT'S FIRST FOOD FESTIVAL

In July 2011, an estimated 2,000 people gathered in Birmingham's Victoria Square to celebrate Colmore Business District's (CBD) first food festival.

The day-long event showcased the food and drink on offer in Birmingham's commercial capital, with over 20 stands representing businesses within the District serving a wide variety of taster menus.

The CBD food festival will take place again in summer 2012.



ST PAUL'S PHYSIO OFFERS TIPS TO HELP MAINTAIN A HEALTHY SPINE AND AVOID TROUBLESOME BACK PAIN

Andrew Emms,
Chartered Extended Scope
Physiotherapist from St Paul's Physio

Low back pain (LBP) is one of the most common musculoskeletal conditions in the western world. It affects up to 80% of the adult population at some point during their lives. Approximately 85% of these people will have what is termed 'non-specific LBP' which means that there is no clear medical explanation such as infection or fracture. Of these, about 10% will develop longstanding disability, at times resulting in an inability to work or lead a fulfilling and enjoyable existence. As back pain becomes longstanding, factors such as the physical fitness of the spine, how the pain impacts upon your mood and feelings, and your activity levels may all be affected.

All doom and gloom eh? Maybe not if you learn how to look after your back properly. The following tips are crucial in ensuring that your back remains in good shape, whether you suffer with back pain or not....

- Rest may be helpful for back pain, but only for the first 48 hours after onset. Although you may not feel up to it, it is vital that you slowly start to get moving with the use of painkillers if necessary, on the advice of your G.P or pharmacist. This will promote a quicker recovery.
- Fortunately, most first episodes of back pain are self limiting and will settle within six weeks. If it persists beyond this I would recommend an assessment by your G.P to discuss what treatments may be indicated.
- Physical therapies can aid recovery with treatments such as manipulation, exercise and acupuncture. At St Paul's Physio we have a team of experienced physiotherapists who can advise and offer the most effective evidenced based treatments.
- During this recovery period it is important to slowly build up your activity levels and avoid sustained static positions for long periods. Keep moving.
- Clinical research has shown that staying at work promotes a quicker and less disabling recovery. Being off work and inactive can lead to de-conditioning of the spine and low mood.
- Once you have had back pain you are more likely to suffer with it in the future. Small changes to adopt a healthier lifestyle may well reduce the frequency and intensity of these episodes.
- Regular exercise such as swimming or walking will promote the maintenance of a strong yet flexible spine.
- Eating a balanced diet will help to ensure maintenance of your general well-being. The doctors recommend eating at least five portions of fresh fruit and vegetables each day, limiting saturated fats, salt and sugars and drinking plenty of water.

- Maintain good posture at all time. Maintain a gentle inward curve at the base of the spine and keep the head in line with the shoulders. Avoid slouching and try to maintain equal weight through the left and right sides of the body when sitting or standing.
- Make sure that you use good manual handling techniques and aids where necessary. Most employers will have manual handling training and advisors available. As a general rule, keep the three natural curves of the spine when lifting, keep the load close in to your body and power from the legs. Avoid awkward twisting movements when handling loads.

At St Paul's Physio we promote healthy spines and hope that by employing these simple pieces of advice, you can save yourselves time, pain and money.

Remember, you only have one back. It cannot be replaced like a worn hip or knee can. Look after it.

www.stpaulsphysio.co.uk

20% OFF

ST PAUL'S PHYSIO IS OFFERING CBD DIGEST READERS 20% OFF AN INITIAL ASSESSMENT. PLEASE QUOTE THE FOLLOWING CODE WHEN BOOKING: **CBDDIGEST**.

Terms and conditions: The offer is valid until 29th February 2012. 20% off assessment only. Discount applies to standard practice fees and cannot be used in addition to any other offers. Any follow on sessions are subject to full tariffs. Offer applies to one person per code and cannot be used for separate conditions within the offer period.

GLYNN PURNELL BRINGS THE ASQUITH AND STYLISH NEW COCKTAIL BAR, GINGER'S TO COLMORE BUSINESS DISTRICT

Tahreen Kutub

My interview with Glynn took place two hours before his new cocktail bar, Ginger's Bar on Newhall Street opened to the public. I'd taken a seat at one of the tables as I watched Glynn brief his staff amidst the excitement of pre-opening. Simultaneously taking care of deliveries, I could see how busy the team was and that I'd have to keep this short and sweet!

The last time I'd seen Glynn was at our Food Festival in July, where he served menu options from Purnell's Restaurant based on Cornwall Street in CBD. I was keen to find out more about this second venture in the District. The Asquith, previously based in Edgbaston, had closed earlier this year due to difficulties with the landlord. The restaurant will now reopen at 11 Newhall Street, a 6,500ft site formerly occupied by Lisons Dim Sum Bar & Restaurant and a two minute walk from Purnell's Restaurant. The venue has been given a £150,000 refurbishment.

Glynn explained, "When The Asquith closed in Edgbaston, I'd made a promise to all staff members that I'd reopen the restaurant in a different location and bring them back. I was keen to open in Colmore Business District, as I feel there is a real element of class here with some great architecture. I'd had my eye on 11 Newhall Street for a while and have kept my promise by reopening the restaurant and bringing back the original team!"

The Asquith will continue to serve modern French Food but there have been some adjustments to suit the city centre. Glynn explained that customers can now just come in for a main course for a business lunch or dinner if they choose. The Head Chef is Jason Eaves, who had previously worked with Glynn at Jessica's in Edgbaston.

The Asquith will run alongside Ginger's Bar, a stylish new cocktail bar based in the same location. The general manager is Chris Hoy, one of the best mixologists in the country who has selected the team behind the bar.

"...unique to the District."

The cocktails range from classic options such as the Mojito to more adventurous choices such as a lamb and mint flavoured Sunday roast in a glass. The bar will also offer traditional cask ales, spirits, local ciders, lagers and fine wines. Glynn will continue to work day-to-day at Purnell's Restaurant, leaving The Asquith and Ginger's Bar to be run by the teams.

The interior of the bar has been inspired by the elegance of the 1940s. Glynn told me: "I like the period when there were classic stars such as Ginger Rogers. I wanted to offer a bar in the city centre where you could come in and get a drink brought to your table, as was common in the era of the classic Hollywood stars. I've actually named the bar after Ginger Rogers. Also, my son has ginger hair so it seemed a fitting name!"

Glynn commented that the bar and restaurant are not part of a chain and are unique to the District. Both are very individual and will work well together. There is also a pudding bar concept that is currently in development, which will enhance the overall offering by giving customers the opportunity to come in for a pudding and drink!

Leaving the interview, I wished Glynn luck for the first day of Ginger's Bar and knew I'd be back to work my way through the cocktail menu!



Glynn Purnell (left) with Chris Hoy

SUSTAINABLE TRAVEL WEEK

Colmore Business District ran its first Sustainable Travel Week from Monday 26th to Friday 30th September 2011, which offered a range of activities and information sessions for businesses in the area.

Working with Birmingham City Council and Centro, CBD held a 'Travel Exchange', hosted by Ernst & Young. This brought together a variety of organisations that specialise in efficient and cost effective transport, home-working, cycling, car clubs and walking. Organisations included the Pedestrian Cycling Task Force, Energy Saving Trust and City Carclub.

CBD also held lunchtime led walks with the Ramblers for people to enjoy the city's canals and sights during their break, free cycle training and refresher sessions for novices and experienced riders and also led cycle groups.

COLMORE BUSINESS DISTRICT SPONSORED FOOTBALL TEAM THE STORY SO FAR...

Colmore Business District (CBD) is proud to sponsor a team's kit in the Birmingham Office's Football League (BOFL), made up of players from various companies in the District.

The Colmore BID football team formed in 2010 and includes players from Davis Langdon, AON, Modis, Gateley, Ecclesiastical Insurance and Wesleyan Assurance Society, all based in CBD.

The team finished in 4th place last season. Player-manager, Samuel Clark of Davis Langdon said, "Finishing 4th position last season was a promising start for a new team in a league of nine. It was a great performance considering many of the players had not played together for a few years. We have started the 2011/12 season strongly, winning our first two games against Birmingham Trainee Solicitors and Phoenix Group. We hope to continue this trend through the rest

of the season with a strong squad drawn from the local business community."

Anyone who is interested in joining the league should contact Craig Blaxland: craig.blaxland@boxtelematics.com / 07966 093 563.



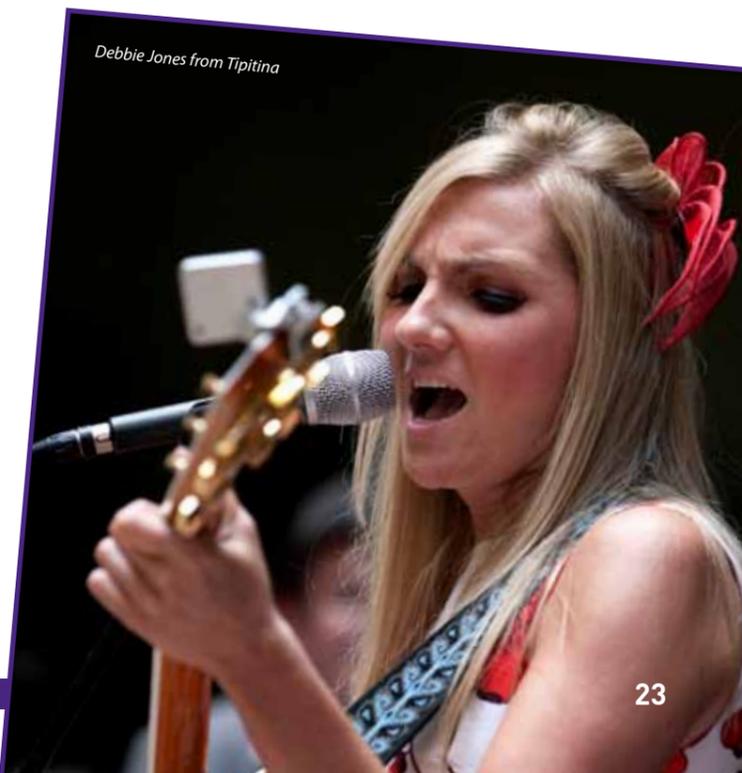
COLMORE BUSINESS DISTRICT'S UNIQUE LIVE ALBUM RECORDING

Hotel du Vin in Colmore Business District (CBD) was filled with the sounds of New Orleans Jazz on 30th June, as it hosted a one-off live album recording to celebrate the start of the Birmingham International Jazz & Blues Festival in Colmore Business District (CBD).

Birmingham's Hotel Du Vin was the setting for the three hour recording organised by CBD. Jazz, blues and gospel band, Tipitina, entertained guests with a mix of classic and contemporary New Orleans inspired jazz including their own interpretation of You Know I'm No Good by Amy Winehouse and a song written especially for CBD entitled *Taking Care of Business*.

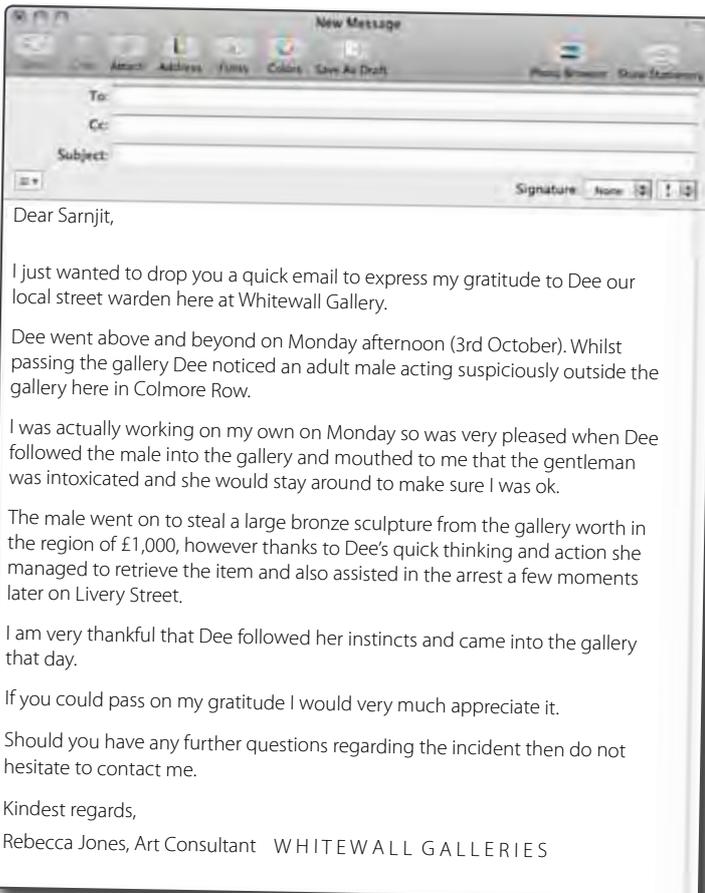
The event launched CBD's third year of participation in the Birmingham International Jazz & Blues Festival, which saw a successful week of live music performances in the District.

The live recording will lead to the release of a single and album, which will be available on CD and via online outlets such as iTunes. Further information will be in the Spring 2012 edition of CBD Digest.



COLMORE BUSINESS DISTRICT WARDEN SAVES THE DAY...

Colmore Business District's street warden, Dee Heer was instrumental in foiling a robbery at Whitewall Galleries on Colmore Row in October 2011. Here is a copy of the thank you email that was sent from Rebecca Jones of Whitewall Galleries to warden team leader Sarnjit-Singh Sandhu.



COMPETITION

To be in with a chance of winning a champagne dinner for two at All Bar One on Newhall Street, spot the differences between the two images of the bar.



Circle the 5 differences on the bottom image, fill in your contact details, cut out the competition and send your answers to:

Tahreen Kutub, Communications Co-ordinator, Colmore Business District, 2nd Floor Whitehall Chambers, 23 Colmore Row, Birmingham B3 2BU.

Name

Job Title

Company

Email address

Telephone

Terms and conditions

Competition closing date is 31st January 2012. Entries must be received by this date. The winner will be chosen at random from all correct entries. The winner will be announced in the next edition of CBD Digest.

SUMMER EDITION'S COMPETITION WINNER

Congratulations to Ashley Grainger from Hiscox Birmingham who has won a meal for two, including a bottle of wine at Thistle Birmingham City hotel in Colmore Business District.

