

CBD

digest

BUSINESS IN THE HEART OF BIRMINGHAM
Winter 2010/11 www.colmorebusinessdistrict.com



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Big City Plan

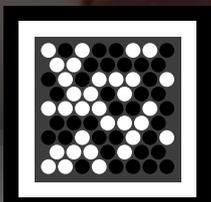
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The Wellington Pub

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CBD BUSINESSWOMAN AND CHANNEL 4'S HAIR COLOUR DOCTOR



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WELCOME

The start of a New Year is always a good time to reflect on the previous year whilst predicating the twelve months ahead, so in this edition we take a look back and forward to the business year in the Colmore Business District.



One of our highlights of 2010 was the launch of "Vision for Movement", a strategy developed by Colmore Business District, in conjunction with the other two city centre BIDs (Broad Street and Retail), Birmingham City Council and Centro, to dramatically improve the public transport and travel network of Birmingham.

The strategy outlines enhancements in the city's bus lanes, road networks and dedicated cycle and walking routes as well as considering developments such as Smartcard ticketing for public. In this edition (page 4) we've highlighted the key priorities and plans from the strategy and examined how the Vision for Movement will affect the future of the city.

Our guest interview this quarter is with successful CBD businesswoman and Channel 4's "Hair Colour Doctor" Lisa Shepherd. Lisa has a flagship salon in the District on Temple Row West and we caught up with her to find out her views on being a leader in her professional field, the main achievements of her career and her thoughts on having a business in Birmingham's CBD. Our full interview with Lisa can be found on pages 14-15.

To help you with your New Year resolutions, we have a few pointers on a range of issues from health and exercise to professional development.

As usual we've also got the latest news from businesses and organisations in the District and our leisure and culture section includes a book review, competition, a recipe from one of the District's chefs and a list of forthcoming events taking place in the District and other city locations.

On a sad note, in late 2010 the business community lost a well-loved and respected businessman, Ronnie Bowker. Ronnie, who was senior partner at Ernst & Young for nearly 15 years, lost his battle with cancer in December 2010. Ronnie was a true gent and his loss will be keenly felt by the city, our thoughts and prayers are with his family and loved ones.

I wish you all the best for 2011 and do hope you enjoy this edition of CBD Digest. If you would like to contact a member of the team to find out more about CBD or with your views on CBD Digest, please email tahreen-k@colmorebusinessdistrict.co.uk.

Gary Cardin
CBD Chair

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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.

ZOLFO COOPER LLP SIGN LATEST DEAL AT 35 NEWHALL STREET

Leading international provider of corporate advisory and restructuring services, Zolfo Cooper LLP has signed a 10 year lease at 35 Newhall Street having relocated its key Midlands region team from Edmund Street.

The deal takes 35 Newhall Street to fifty per cent let, following a recent letting, which secured 5,581 sq ft on a ten year lease to mid-market corporate restructuring and recovery firm, MCR.

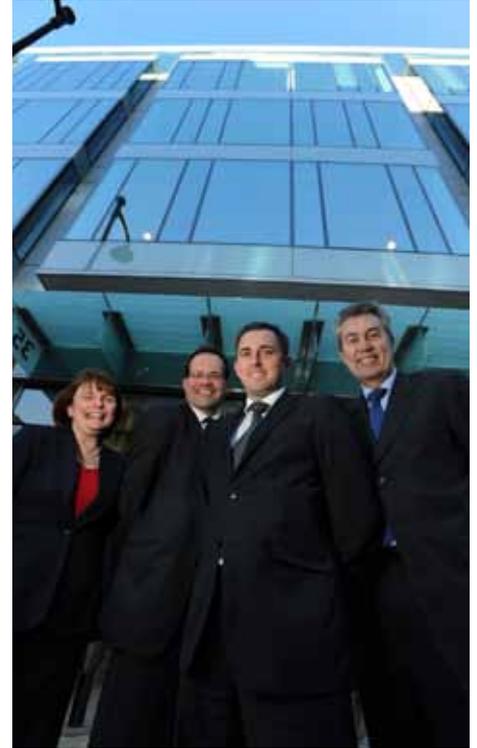
Zolfo Cooper has relocated to take advantage of 35 Newhall Street's combination of a Grade A specification, prime Colmore Business District location and excellent transport links across the city and beyond.

Ryan Grant, Birmingham office Partner for Zolfo Cooper LLP commented: "35 Newhall Street perfectly matches the requirements of our growing Midlands office. Our new office space provides a contemporary and rewarding working environment from which our team can serve our growing number of

Midlands region clients based in the heart of Birmingham and beyond.

Charles Warrack, senior associate for King Sturge, which acts as joint agent with KWB for the property added: "To have achieved 50 per cent occupation at 35 Newhall Street over what has been a very difficult past 18 months, is testament to the strengths that this property boasts. We've taken a realistic approach to marketing the building by splitting floor plates to accommodate smaller requirements and offering flexible lease terms that appeal to potential occupiers. It is a strategy that is clearly working and we are delighted to have secured Zolfo Cooper LLP following on from other high profile organisations including Kennedys solicitors and Three Lions Underwriting. The building already has another suite under offer and we are confident our pragmatic strategy will see us continue to attract high calibre and ambitious businesses to 35 Newhall Street."

For further information on 35 Newhall Street visit www.35newhallstreet.co.uk



Carole Taylor of BNP Paribas, Charles Warrack of King Sturge, Ryan Grant of Zolfo Cooper LLP and John Bryce from KWB outside 35 Newhall Street.

HBJ GATELEY WAREING INVITES SECONDARY SCHOOL PUPILS TO VISIT ITS OFFICES

In November last year, HBJ Gateley Wareing Solicitors, based in the heart of Colmore Business District (CBD), took part in a unique open day with a group of year 9 pupils from North Birmingham Academy.

The pilot event was organised by the People & Development Committee of networking and lobbying organisation Birmingham Forward in order to give the pupils (many of whom are from disadvantaged backgrounds) the opportunity to visit businesses in the city. The aim of the programme was to provide students with an insight into the different careers available to them and direct exposure



Lisa Clark leads a workshop with pupils at HBJ Gateley Wareing

to the opportunities that exist outside of their everyday surroundings.

HBJ Gateley Wareing, located on Edmund Street in CBD, invited pupils to its offices to see the wide range of roles available within the firm. The session highlighted the variety of backgrounds and cultures that make up the Birmingham professional community and demonstrated that legal firms do not employ only lawyers and that all solicitors don't look alike! Instead, the students were given the opportunity to gain an insight into the diverse range of careers that are available within such a firm.

Lisa Clark, associate at HBJ Gateley Wareing, noted that the firm was keen to take part in the open day to engage with secondary school pupils and break down any myths that roles within professional offices in Birmingham were available only to those from a particular background.

Deutsche Bank and Atkins also took part in the open day, enabling the pupils to experience a variety of different professional sectors. Pupils enjoyed lunch at Malmaison, where they got to ask hotel staff questions about the hospitality industry. Andy Bass, Board Director of Birmingham Forward said, "Birmingham Forward is committed to developing and nurturing new talent, and to making the city's professional and financial services sector more inclusive and representative of Birmingham as a whole."

www.hbjgateleywareing.com
www.birminghamforward.co.uk

BIRMINGHAM

A WELL CONNECTED CITY



Birmingham Sprint

Colmore Business District has been a key partner in developing a strategy document to improve Birmingham's transport infrastructure.

The 'Vision for Movement' is a joint public and private sector project, which includes the city's two other established BIDs: Retail Birmingham and Broad Street BID, Centro and Birmingham City Council. Launched in the autumn, it lays the foundations for ensuring that Birmingham remains a vibrant and liveable global city by improving the connectivity, walkability and efficiency of the city core.

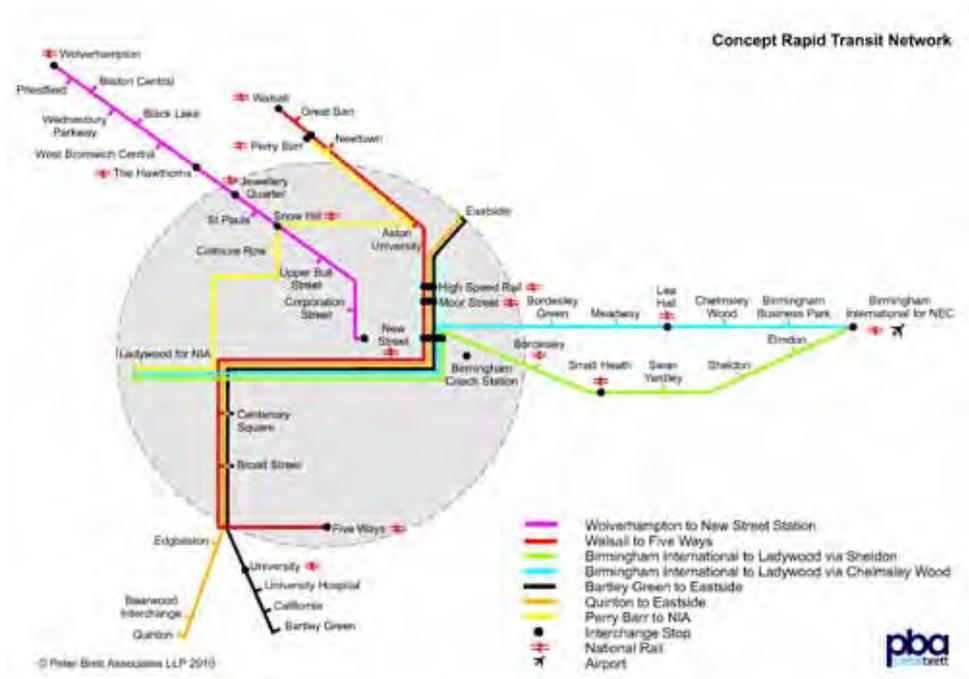
The vision is that the city centre is served by a range of high quality transport choices where economic growth is stimulated and maintained by sustainable means of travel into, out of, and around the city, which are attractive to the public and easy to use.

The strategy outlines enhancements in the city's bus lanes, road networks and dedicated cycle and walking routes as well as considering developments such as Smartcard ticketing for public transport and improvements to connectivity within the city. The focus is on prioritising public transport and sustainable travel to make it easier to move around and subsequently, stimulate and support economic growth in the city.

CBD chair Gary Cardin explained the importance of Colmore Business District's involvement:

"Our aspiration is to maintain CBD's position as a high-quality and desirable place to do business in the city, and transport and connectivity to the District is central to this. 'The Vision for Movement' is key to the future development of our District and therefore we felt it was essential to join up with Broad Street BID and Retail Birmingham to represent the private sector and ensure that we are all working towards the same common goal – to keep Birmingham moving."

Whilst looking to create a long-term strategy, the Vision also seeks to prioritise projects that can be delivered in the near future. One such project is the introduction of an integrated rapid transit vehicle, which will network through the city centre and out further afield. The rapid transit vehicles, to be known as 'Birmingham Sprint', will provide workers and visitors to the city with frequent, high quality buses that will serve corridors into and around the city. It is expected that the first route will be operational in 2015.



More information on the 'Vision for Movement' can be found in the **Publications** section on www.colmorebusinessdistrict.com

THE VISION FOR MOVEMENT IS BASED ON THREE PRIORITIES

A WELL CONNECTED CITY

Delivery of a world class, easy to use, integrated public transport system into and around the city centre, providing additional capacity for regeneration and economic growth.

AN EFFICIENT CITY

Maximise the efficiency of the existing highway network with an appropriate hierarchy of priority for public and private transport, including cycling, to reduce our dependence on the private car and keep the city moving.

A WALKABLE CITY

Creation of an outstanding pedestrian environment that is well connected, safe and a pleasure to use, putting the needs of pedestrians at the heart of the movement strategy for the city centre.

TITANIUM GROUP OPENS HEAD OFFICE IN COLMORE BUSINESS DISTRICT



Lee Turner, Titanium Group

Titanium Group, a firm of pro-active accountants and business advisers, has opened its head office on Newhall Street in Colmore Business District (CBD). The firm was established in 2008 and has other offices in Worcester and Halesowen.

Senior Partner, Lee Turner, has experience in private practice and as finance director for a range of companies before setting up Titanium Group. The firm provides accountancy and business advisory services to Small and Medium Enterprises (SMEs). Lee commented that Titanium Group can deliver any combination of services to fit the need of each SME, from book-keeping and payroll to fully outsourced finance functions. Titanium Group also provides part-time finance directors to give financial and strategic guidance to SMEs that cannot justify a full time finance director.

Lee said, "We were keen to increase our profile by establishing our head office in CBD, as there is a thriving business and professional community in the area with significant opportunities for networking and attracting new clients. The District is also at the heart of all transport links, making it convenient for clients and easier to attract high quality staff.

"I feel CBD has established a clear identity and made a real difference to the area. With features such as flags, you certainly know that you are in the District. My favourite place in CBD is Victoria Square, I enjoy the variety of events held throughout the year that promote a pleasant area in which to work and socialise."

To mark the opening of its new head office in the District, Titanium Group is currently offering fixed fees for five years. For more details on this offer and Titanium Group, visit www.ti-group.co.uk

MANTON'S – COLMORE BUSINESS DISTRICT'S LATEST CAFE OPENS ON NEWHALL STREET

Manton's, coffee shop and patisserie, has recently opened on Newhall Street, adding to the great food and drink offering that already exists within the District.

Owner Simon Manton has commented that Manton's has an emphasis on fresh food and that all food is cooked daily on-site. Simon is a pastry chef by trade and enjoys the creativity that pastry work allows. Manton's is Simon's first business venture, having previously worked and trained at Rick Stein's Restaurant and Patisserie. The cafe is family run as well as being family friendly. On arrival, you will notice that Manton's has developed its own individual look with features such as milk bottle chandeliers. The shop specialises in pastries, cakes and other sweet treats but also has lunch offerings, such as salads, soups and sandwiches.

Speaking about the District, Simon Manton said, "We wanted to be in an area that has a high quality food and drink offering, which attracts visitors. There are some excellent restaurants in the District, which draw people to the area. Being within the professional hub of the city also means that we can have a good business customer base, providing companies with the option of having their meetings at Manton's."



BIRMINGHAM GATEWAY

By 2015, Birmingham will have a bigger, brighter New Street station, which will double passenger capacity and create an iconic gateway to the West Midlands, improving connectivity across the city and stimulating regeneration.

Birmingham Gateway is backed by Birmingham City Council, Network Rail, Department for Transport, Advantage West Midlands and Centro. The project is fully funded with the Government reiterating its support for the project in October's Comprehensive Spending Review. Construction at New Street started in April 2010 and most of the work will happen behind the scenes until passengers start using a new concourse in Autumn 2012.

New Street's platforms will also be refurbished; only one platform at a time will close so passengers can continue to catch their train as normal throughout the rebuilding.

TIMELINE:

1. Sept 2009: Preparatory work commenced on site
2. April 2010: Construction begun with first platform refurbishment and the creation of a new station concourse from an old NCP car park
3. 2011: Work to clad the station in its reflective steel facade begins
4. 2012: Phase 1 completes. The new station concourse opens for passengers and work switches to transform the existing station concourse
5. 2015: Phase 2 completes and the station fully opens

CONSTRUCTION UPDATE: DECEMBER 2010

At the moment, construction work is really starting to ramp up around the site, main areas of activity include:

New concourse – Over 7,000 tonnes of concrete has been successfully removed from the adjacent NCP car park to create space for the first half of the new station concourse.

Stephenson Tower demolition – preparatory works to demolish the tower are underway. The building will shortly be encapsulated in scaffolding and taken down piece by piece from the New Year. Demolition will take approximately six months.

<http://www.newstreetnewstart.co.uk/>



AMEY LAUNCHES APPRENTICESHIP ACADEMY IN WALSALL TO HELP TACKLE YOUTH UNEMPLOYMENT

Leading public services provider Amey, based in Colmore Business District, has launched a national 'Apprenticeship Academy,' creating around 40 new jobs for young people in the West Midlands.

The West Midlands apprentices will be based out of Colmore Plaza in Birmingham and will be working on some of the country's key infrastructure schemes including:

- CEFA - A national, £200 million scheme to examine every single bridge, tunnel and signal box belonging to Network Rail. Amey is also the UK's largest track renewals specialist.
- The £2.7 billion Birmingham Highways PFI – the UK's largest contract to manage and maintain local roads.

Under the scheme, a total of 100 new apprentices will complete a structured career and self-development programme. This includes studying towards recognised professional qualifications, completing work placements and on-the-job training and achieving the Gold Duke of Edinburgh's Award.

Mel Ewell, Chief Executive of Amey said: "We are extremely proud to launch the Amey Apprenticeship Academy and invest in young people, particularly at a time of economic uncertainty.

"The programme is designed specifically to help young people negotiate an extremely tough jobs market and learn practical skills that will give them real, long term career prospects.

"It is fitting that we launched Amey Apprenticeship Academy in the West Midlands, which has a pool of incredibly talented young people. We look forward to supporting the apprentices throughout their careers, which will drive investment into the communities we work in."

Lord Digby Jones added: "Amey is a significant employer, not just in the West Midlands, but across the UK. This commitment to investing in training and personal development of young people should serve as a model, demonstrating how all UK businesses can play a part in developing the skilled professionals of tomorrow."

www.amey.co.uk



Amey's apprentices

WESLEYAN ASSURANCE SOCIETY APPRENTICESHIPS



L-R: Steven Jones, Elyce Davies, Adam O'Reilly, Emma Stenson and Martin Potter

Wesleyan Assurance Society has partnered with the National Skills Academy for Financial Services (NSAFS) and its lead training provider partner in the Midlands, Birmingham Metropolitan College, as part of a groundbreaking apprenticeship scheme.

Five new apprentices have joined the Birmingham-based organisation on a year-long vocational training programme, which is designed to provide an alternative route for young people to kick-start a career in financial services. The scheme will give the apprentices a thorough understanding of how the financial services industry works and equip them with the necessary skills to forge a career in the sector.

Former retail and catering employee, Elyce Davies is looking forward to utilising her existing skills and seeing another side to customer service. "I wanted to find a role that would offer long-term personal development," the 21-year-old from Birmingham explained. "I didn't know a lot about Apprenticeships before I applied for the role, but now that I've found out what I'll be doing over the next 12 months, I know I'm building the right foundations for my future career."

The Wesleyan Apprenticeship Scheme is part of a national initiative that has seen over 1,000 apprenticeships delivered by NSAFS training providers across England in the last year. Wesleyan will also be supporting the NSAFS Pre-Apprenticeship Scheme, which offers BTEC students from Birmingham Metropolitan College a two week work placement at the company.

www.wesleyan.co.uk

SPECIALIST REAL ALE PUB

THE WELLINGTON

CBD Digest Interviews Nigel Barker, landlord of The Wellington Real Ale Pub, Bennetts Hill, Birmingham.

Nigel, how long have you been working in the industry?

Since 1976. I started part-time at a pub in Derby and it all snowballed from there.

When did you open the Wellington Pub?

Six years ago on 17th December 2004. I've always been a real ale drinker and when I moved to Birmingham in 1995 I used to come into town on my nights off and there were hardly any real ale pubs in Birmingham. I had a little dream that one day, I would like to open a real ale free house. It took ten years to come to fruition but my ambition was realised.

What attracted you to Birmingham and in particular Colmore Business District?

I wanted somewhere very central and somewhere that already had a license of some description. The Wellington premises had previously been a pub as well as a wine bar for a few years, which had closed and the property was on the market. By some miracle we managed to secure it ahead of the "big boys" and turned it back into The Wellington.

What's different about The Wellington Pub?

Most of the pubs in central Birmingham are run by large companies. Whilst we are part of a small company, the pub is a free house which means I have complete control over what we buy and sell.

We are a specialist real ale pub. We don't stock national or global brands, what we do instead is offer more individual and often local products that are the equivalent or better. Also, we don't do food but you can bring your own – plates and condiments are provided - which works really well.

The Wellington Pub is renowned for its real ale, how many do you normally stock?

We have 16 different beers on offer all of the time, eight of which change daily. The most we've changed in one day is 28.

Your pumps are constantly changing, how do you select which beers to have?

We have five regular beers and then the guest beers. We try not to have things that are available in the other city pubs. We don't go near the larger companies; instead we try and support the smaller breweries. We have some local favourites but also try and get hold of brand new beers as soon as we can to keep customers interested.

You have done quite a lot of work with The Campaign for Real Ale (CAMRA) and have won quite a few awards, can you tell us a little bit about that?

CAMRA is the largest consumer organisation in Europe with over 115,000 members and supports any pub that sells traditional beer. The best 25 pubs in Birmingham go into the Good Beer Guide each year. They also hold a pub of the year competition for the best of the best, which we've won four years out of five. We were quite relieved we came second in 2010 to give somebody else a chance!

The Wellington has developed quite a prestigious reputation over the years with people travelling across the country to visit, why do you think this is?

Hopefully it's because of two things – what we do and how we do it. We have extremely high standards and we probably return more beer to breweries than most pubs sell. If it's not right we won't sell it.

Before we put any beer on sale, we test its clarity and taste, if it hasn't cleared properly or it doesn't taste right we'll send it back. We don't put anything on that we're not happy with. So that's how we've established our reputation for top class beer, all the time. We don't have music, fruit machines, sky or kids - no distractions, just beer and good company.

What are your plans for the future?

More of the same basically. People often ask me whether I have plans to open more pubs like The Wellington but I've done all that. I've achieved a lot of my ambitions, I'm very happy with where I am and what I'm doing, and the success of the pub just drives me onwards.

And we have to ask, which beer is your favourite?

On an ongoing basis it would have to be Wye Valley HPA but as a close second the recently released Citra from Oakham Brewery is one of the nicest beers I have ever tasted. It is a brand new American hop and it's the most refreshing drink you will ever have!

www.thewellingtonrealale.co.uk

BRIAN GRIFFIN

Colmore Business District supports and encourages art and cultural projects and in the autumn CBD partnered with Birmingham City Council and Birmingham City University to bring an exhibition of one of Britain's leading photographers and film makers, Brian Griffin, to the heart of the District.

For seven weeks the District hosted 'Face to Face: a retrospective' which comprised of three free of charge exhibitions; one located outside Snow Hill Station and the other two accompanying indoor retrospectives in One Snowhill.

The exhibition included some of Brian's most famous portraits as well as extracts from his corporate project, 'The Water People', which he produced for Reykjavik Energy.

Brian also visited the District on several occasions including an exclusive CBD organised event, "An Evening with Brian Griffin" in Barclays Latitude Club at One Snowhill. During the evening, Brian shared stories and anecdotes with the gathered audience as he took them on a journey through his career highlights: from photographing Margaret Thatcher to taking the shot for Joe Jackson's 1978 album 'Look Sharpe', which is listed among the 100 greatest album covers of all time.

Hundreds of people from the District and further afield, visited the exhibition, which gave a real sense of community and culture to CBD. Mike Best, CBD Director, commented on the seven week event, "We wanted to bring exciting art and culture to the District and we have been delighted to be able to showcase the work of such an acclaimed and iconic artist. Bringing Brian's work to CBD in a unique and interesting way, with a dual indoor and outdoor exhibition, has proved very successful and attracted a lot of regional and national interest to the area. We've had people from all over the UK visit the District to see Brian's work."

To view more photographs from the exhibition and to find out about other events happening within CBD please visit

www.colmorebusinessdistrict.com

LOOKING FORWARD WITH CBD

At the first Annual Meeting held in autumn 2010 at the Birmingham Museum and Art Gallery, Colmore Business District announced new development plans to further improve the infrastructure and environment of Birmingham's business district.

During the evening CBD chair, Gary Cardin, and CBD manager, Michele Wilby presented some of the main highlights from 2009/10 and also announced some of the key future projects currently being worked upon to ensure that CBD remains an attractive place to do business.



Gary Cardin, CBD Chair, at the CBD Annual Meeting

One of the key projects presented to the audience was the creation of a new public space in Church Street. This project will see the widening of pavements and the creation of a more pedestrian friendly environment.

Chair of Colmore Business District Gary Cardin explains "The Church Street project is a joint venture with Birmingham City Council and forms part of the Big City Plan initiative.

"The project will see the development of a new square on the key route between Birmingham Cathedral and St Paul's Church, creating a relaxing space to pause, linger or pass through when travelling on foot between Colmore Business District and the Jewellery Quarter." Since the formation of CBD in April 2009 the team has focused its efforts on delivering important changes and developments to the benefit of everyone in the District. Recent successful projects have included providing additional street cleansing services through to hosting a variety of events such as the recent Brian Griffin "Face to Face" exhibition outside Snow Hill Station and inside One Snowhill. Other projects that are currently in discussion to enhance the business district include the rejuvenation of the pedestrian footbridge across Great Charles Street to Ludgate Hill in the Jewellery Quarter and the launch of the CBD Food Festival in 2011.

To find out more about the future plans for Colmore Business District or to download a copy of the Interim Annual Report or CBD Overview Document, please visit www.colmorebusinessdistrict.com



Sarah Skurr, pictured with Tim Oaks of Birmingham Parks & Nurseries and Simon Fortt of Form Fabrications

BOARD MEMBER **SPOTLIGHT:** Sarah Skurr, Livery Place

What does your role entail?

I joined the working group “Cleaner, Greener and Attractive” so I could be part of a team working towards aesthetic improvements throughout the area. I liaise with the BID team and attend planning meetings in order to achieve this.

Why did you get involved in CBD?

I wanted to effect changes in the immediate vicinity of Livery Place where I am Building Manager for Highcross. I attended the consultation meetings leading to the creation of CBD and realised that I could help to achieve improvements in a wider area and be of service to the business district as a whole.

What do you love about CBD?

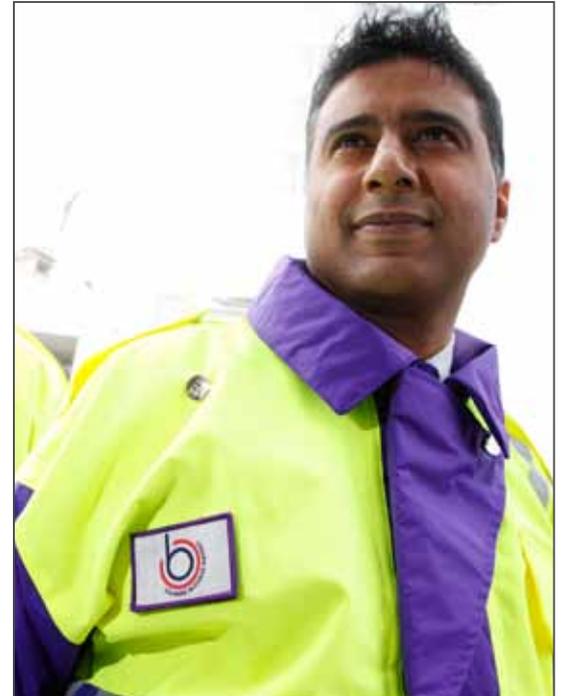
I love the vibrancy of the area, the broad mix of businesses and services and the vast spectrum of people who work here and breathe life into it. I love the art, the music of the jazz festival, the food and the culture and the great atmosphere within CBD.

What would be the one thing in CBD you would change?

Probably the traffic flow as this can be very difficult at peak times. I know there are plans to improve this throughout the Birmingham area but I would like to fast forward to a congestion free CBD.

CBD'S STREET WARDENS

Picture the following scene: your client has just arrived on the 9:07 from London Marylebone into Birmingham Snow Hill for a deal breaking meeting. As they alight from the train they realise that they've left their mobile, which holds directions of how to reach your office, at home. As your client joins the bustling community of city workers coming out of Snow Hill, you can imagine them starting to panic about how they are going to find you for that crucial meeting. We've all been in similar situations to this but in Colmore Business District (CBD), there's a simple answer to the problem – visitors to CBD just need to find a CBD Street Warden, who can be found outside Snow Hill station during peak commuting times, and they will direct them to anywhere in the District, provide them with a CBD 'Z map' or even walk with them to the destination.



CBD Warden Team Leader, Sonny Sandhu

Welcoming visitors and helping people find their way is just one of the services provided by the four CBD Street Wardens who are on duty in the District from first thing in the morning until after the rush hour in the evening.

The Wardens, who are based at the centre of CBD in Snow Hill train station, also patrol the District daily, checking that the District is clean and inviting and ensuring any environmental or road and pavement defects, that may need repairing, are reported back to the council departments.

Street Wardens also offer an integral service to ensuring that the area is as safe as possible. They work very closely with the Police to ensure that any anti-social behaviour and environmental disturbances are dealt with immediately, keeping the District a safe place to work and do business.

CBD Warden Team Leader, Sonny Sandhu explains about the important role the Wardens play in supporting the emergency services, “The Wardens are dedicated to the District. That means that we are patrolling the streets every day, which allows us not only to build up relationships with the local community, businesses and visitors, but it also means that we are very vigilant and can immediately spot things that may be amiss as we know CBD so well.”

This in-depth knowledge of the District means that the Street Wardens are quite often the first to arrive at the scene of an emergency where they will assist members of the public and co-ordinate with the emergency services to ensure that an incident is dealt with safely and effectively.

In our next edition of CBD Digest we will be reporting on our experience with a CBD warden as we join them for a day on the streets of the District. To find out more about the Street Warden Service or to contact the Wardens please call Sonny Sandhu on 0121 212 9633.

SAFE AND WELCOMING



Sergeant Dave McGrory, The Very Revd Catherine Ogle and Tahreen Kutub of Colmore Business District at the recent Christmas Arts and Craft Market held outside Birmingham Cathedral.

In efforts to tackle the recent Anti-Social Behaviour (ASB) issues experienced by organisations based on and around Temple Row and Birmingham Cathedral, Colmore Business District (CBD) and West Midlands Police have partnered to invest in a pilot police scheme in the area.

Having commenced in December 2010, the pilot scheme will last for three months with a review and evaluation of the project in February. The scheme involves the presence of one police officer in the area for six days a week covering Monday to Saturday between the hours of 3pm and 9pm.

Gary Cardin, CBD chairman said, "Making the District as safe and welcoming as possible is one of CBD's key objectives. The ASB in and around Birmingham Cathedral and Temple Row is a priority issue for CBD and it was important for us to act as soon as possible to tackle this."

Birmingham Cathedral is also working in partnership with CBD to introduce a calendar of events on the grounds to improve the environment, introduce new people to the area and make it a place that can be enjoyed by everyone. The recent Christmas Arts and Craft Market in December 2010 proved to be a successful use of the ground space.

The Very Revd Catherine Ogle, Dean of Birmingham, said, "Birmingham Cathedral is keen to have different events take place on the grounds to allow positive use of the space and promote a pleasant environment for all to enjoy."

GBR PHOENIX BEARD CONTINUES EXPANSION FOLLOWING MERGER

Property consultancy firm GBR Phoenix Beard will increase its employee base by 10% by January 2011, signifying continued growth since the merger of Phoenix Beard and GBR in July 2010. The firm has offices in Birmingham and London, the Birmingham office being based on Newhall Street in Colmore Business District (CBD).

The merger brought together two firms with different areas of expertise, resulting in the new firm being able to offer a full range of property services. These include asset management, valuation and lease advisory, building consultancy and health and safety as well as office, industrial and development agency, and investment work.

GBR Phoenix Beard has a number of key projects based in Colmore Business District, including full service involvement with high profile developments such as 45 Church Street, as well as smaller office buildings such as Newwater House on Newhall Street. The firm currently advises clients on 35 office buildings in CBD, totalling approximately one million sq ft.

Simon Farrant, GBR Phoenix Beard Managing Director said, "The merger has provided an array of opportunities as well as widening our contact base. The investment in staff is key to achieving our strategic growth plans and represents an exciting period of expansion. Being located in the heart of Birmingham's professional and commercial community also means that we are attracting a very high quality of staff."

www.gbrpb.co.uk



Simon Farrant, top right, with some of the new recruits at GBR Phoenix Beard

IMPROVING THE ODDS ON RIDING TO WORK

Over the last few years more and more people have discovered the joys of riding a motorcycle or scooter to work: jam-busting nippiness in traffic; cheap running costs and, in the case of Colmore Business District, free on-street parking near the office.

Sadly it's not all good news: besides motorcycle and scooter riders having to deal with the often-inclement British weather, there are the risks to life and limb. Riders are many times more likely to be killed or seriously injured on a motorcycle than in a car per kilometre travelled. People often assume that motorcycle danger lies on rural roads, with leisure riders of sports bikes colliding with the scenery at weekends, but in the West Midlands about 40% of the crashes involving motorcycles and scooters take place during weekday commuter periods and involve people just going about their daily business on a bike. Often these urban commuter crashes involve another vehicle and often the rider is not fully to blame. There's not much to be done about that is there?

Well, actually there is. West Midlands Fire Service (as part of West Midlands Road Safety Partnership) is piloting 'Urban Biker' coaching sessions in Colmore Business District. The sessions are two-tiered: the first tier involves a half-hour lunchtime group session with an expert in motorcycle safety and featuring a brand new DVD resource aimed at motorcycle and scooter commuters. You even get to keep a copy of the excellent DVD at the end of the session, along with an opportunity to go for the second tier, which involves an on-road session with a qualified WMFS rider coach where you get to put into practice some of the hazard awareness and defensive riding techniques covered in the DVD. The DVD has been produced by Fused, the company that produced the award-winning DVD *Great Roads Great Rides* used extensively by the Highways Agency.

It's not all about staying alive; one aspect of riding that often confuses riders and car drivers alike is filtering through congested traffic. These sessions will show you what the legal view of filtering is, when and when not to do it, and how to do it so that you make smooth, efficient progress.

These sessions could be useful whether you're riding on 'L' plates or if you've had a licence for years. Whether you're a rider or an employer or manager with staff getting to work on motorcycles and scooters, if you'd like to have a first-tier group session in your office, please get in touch at urbanbiker@wmfs.net.

Make no mistake; if you ride a motorcycle or scooter to work Urban Biker coaching will help you get the most out of your commute and could save your life.



GOVERNMENT BACKS BIRMINGHAM BIDS



Bob Neill MP (right) at the Conservative Party Conference fringe event

In the early autumn Colmore Business District, along with Retail Birmingham, Birmingham City Centre Partnership and Broad Street BID jointly hosted a Conservative Party Conference fringe event.

The event addressed the topic of ‘What role can BIDs play in preparing for the upturn?’ and gave CBD and the two other established BIDs in Birmingham a unique opportunity to draw attention to the achievements and projects that they have delivered in the city to an audience of representatives from central government, interested individuals and national media.

Bob Neill MP, the Parliamentary Under Secretary of State for Communities and Local Government, joined the panel and commented afterwards on the effect the Birmingham BIDs are having within the city.

“I am hugely supportive of Birmingham’s BIDs. The three city centre BIDs have collectively generated in excess of £2 million of private sector investment into Birmingham city centre each year. This approach has allowed them to make a tangible impact on the landscape and environments of the Districts in which they operate”.

All three Birmingham city centre BIDs are focused on delivering services to the collective benefit of all organisations within their respective districts by addressing local issues and opportunities that affect businesses, their employees and visitors to the areas. The evening allowed the Birmingham BIDs to showcase some of these services and developments. Talking about some of the key milestones achieved by Colmore Business District, chair of CBD, Gary Cardin highlighted the work the team had carried out to facilitate a vibrant local business community through a series of diverse events as well as working on projects to secure a higher quality environmental landscape.

The panel also updated the audience on the substantial work that the BIDs had carried out by working together on joint projects for the benefit of businesses and individuals across the whole city centre. Commenting on the partnerships between the BIDs, Mr Neill added: “What is interesting about the three Birmingham BIDs is that they are leading a joint public and private sector partnership to investigate the strategic, long-term priorities of Birmingham’s transport infrastructure [through the ‘Vision for Movement’ – a transport strategy that will guide the future development of the city centre]. Projects such as this reveal the versatility of Birmingham’s BIDs; they tackle short term issues and also play a crucial part in the future planning of the city. I look forward to hearing more about this and other innovative partnership projects and schemes as they develop.”

Commenting on the opportunity to discuss BIDs with a high profile audience Gary Cardin, added, “The evening gave us an opportunity to emphasise the excellent work and the level of additional services we are providing to the District. I’m pleased that central government has given its backing to BIDs and that we have been able to showcase Birmingham as an example of where private public sector partnerships can have a tangible impact on the future of a city.”

More information on the ‘Vision for Movement’ can be found in the **Publications** section on www.colmorebusinessdistrict.com

MAKING THE DISTRICT CLEANER...

One of Colmore Business District’s main objectives is to make the District cleaner, greener and more attractive. As part of this objective, CBD arranges deep cleans of the main streets in the District through Ramora. To help keep the streets of the District as clean and attractive as possible, CBD would ask everyone to dispose of litter in a responsible manner.

PLEASE NOTE THAT THERE IS A £75 FIXED PENALTY FINE FOR DROPPING LITTER, INCLUDING CIGARETTE BUTTS.

**Birmingham is
not your ashtray**



£75 fixed penalty fine for dropping litter



CBD BUSINESSWOMAN AND CHANNEL 4'S HAIR COLOUR DOCTOR

Lisa Shepherd

Lisa Shepherd is one successful business woman! Originally from Kidderminster, Lisa opened her first hair salon there in 2002. Nine years later she now has salons across the country, including one in Colmore Business District (CBD), is colour expert for the Channel 4 programme "10 years Younger" and is the recipient of over 20 awards.

We recently caught up with Lisa to find out her views on being a leader in her professional field, the highlights of her career and her thoughts on doing business in Birmingham's CBD.

You've won over 20 awards, including winning British Hairdresser of the Year, what words of advice would you offer to any young professionals starting out in their chosen career?

The first thing I would say is to be prepared to work hard and above all, listen! If you think you know it all at any stage then you will stop learning! It is important to be humble too and gracious to all around you that help you along your way, even if you don't necessarily agree with their ways. You often meet people on the way up who aren't totally on your wavelength but even these people will have some form of information to offer you. Above all be open minded and absorb everything.

Your Birmingham Salon is in the heart of Birmingham's Colmore Business District - why did you choose this location?

I worked in Brindleyplace for a long time for my previous employer and loved Birmingham so always wanted to come back and in terms of location, I always seemed to be pulled over to the business district. A lot of my clients come from around here so it just felt right to open here. It really is a great location for the business community and also, we are within a few minutes walking distance to New Street Station, which was a big plus point for me.

You've been in your industry now for over 20 years - what has been the highlight(s) of your career to date.

There have been so many! The obvious one would be the major industry awards that I always strive to win. In 2005 I was actually lucky enough to win Hairdresser of the Year at the British Hairdressing Awards which was a huge honour. Another highlight would have to be my first day filming for "10 Years Younger" - it was just so nerve wracking and exciting all at the same time.

Most of all I just get so much joy out of seeing my team do well, I am like a proud Mum at all events now when they win things! Wins like those make every hard day worthwhile.

As our careers develop we all face different challenges, what would you say your biggest professional challenge has been?

Keeping everything going throughout the last few years! It's been tough. I take everyday as it comes with fresh eyes whilst also financially and mentally preparing for the years to come!

How would you describe your management style?

It's been described by most of my staff at some point as 'Firm but Fair!' I am tough to work for, I know that, but I give 100 per cent. I'm not afraid for my team to develop around me and I'm confident enough in what I do to allow that and to nurture that!

What do you think are the benefits of running a business in a business improvement district?

It's always being kept fresh and alive! You know that you are being looked after and that keeping business thriving is a top priority. There is always 'new blood' coming in too, which has a great impact on us - it often means new clients!

THERE IS A GREAT 'HUSTLE AND BUSTLE' ATMOSPHERE IN CBD AND THERE ARE LOTS OF GREAT COFFEE SHOPS AND RESTAURANTS.

What benefits do you think social media brings to running a modern day business?

I love social media and utilise it daily! We tweet out trends, Facebook offers, even just give advice or chat to followers - it's just such a quick route to the consumer. I love it and can't wait to get better at it, as I see this as the way forward for all businesses no matter what their industry. It works particularly well for us because not only can we interact more with clients outside of the salon, but we can instantly comment on the latest trends or celebrity styles.

For more information on Lisa and the Lisa Shepherd Birmingham Salon on Temple Row West, visit the website www.lisasherpherd.co.uk



LISA SHEPHERD'S HAIR ADVICE

As a bustling business environment, Colmore Business District is the location for many after work drinks and events. Do you have any top tips to share with us on how to quickly transform a look from day time to play time?

Of course! There are so many quick and easy ways to get perfect party hair in just a few minutes, here are my top tips:

One ideal quick fix to take you from your desk to the dance floor is to try a simple but chic up-do. I love messy buns, sleek ponytails and French braids – these are really on trend at the moment too. Don't forget to add some accessories like a few sparkly grips and you're ready!

If you are looking for something to last a little longer, why not try a new colour? We offer a great express service where you can get a great colour change in just an hour! I love all the deeper and richer tones that are around at the moment

Why not try adding some curls? By using GHDs you can create great curls in minutes! Finally, make sure you keep your hair in great condition, I would always recommend using a deep conditioner every few weeks to keep hair healthy and shiny

Don't forget that up-dos work better on hair that hasn't been just washed!

For more information on Lisa and the Lisa Shepherd Birmingham Salon on Temple Row West, visit the website www.lisashepherd.co.uk

CUT ABOVE THE REST...

COLMORE BUSINESS DISTRICT IS HOME TO SOME FIRST CLASS HAIR SALONS. WE CAUGHT UP WITH SOME OF CBD'S STYLISTS TO FIND OUT MORE ABOUT HAIR TRENDS FOR 2011.



JC HAIR

33 Colmore Row, Birmingham B3 2BS

The hair trends at the end of 2010 are indicative of what will be in for most of 2011. For many black women, Kim Kardashian and Rihanna are the biggest influences on the hairstyles they choose. The long straight #1 look, the shorter more styled 'Rihanna' red look or red highlights for the less adventurous will all be very popular styles for 2011.



PARLOUR HAIR

38a Paradise Street, Birmingham B1 2AJ

At Parlour hair we are championing next season's massive new look, The Dip dye (or Smudgefade), as seen now on celebs such as Alexa Chung and Drew Barrymore. It's daring, easy going dismantled colour. Do it either faded out gently or boldy and contrasting.



HUB HAIRDRESSERS

39 Colmore Row, Birmingham B3 2BS

Hub prides itself on its friendly and knowledgeable approach, adding a modern day twist in a contemporary atmosphere with the old traditional barber shop. Our style for the current season, leading towards Spring, is the modern version of an old 50's classic, cut with scissors, short into the nape of the neck, combed to one side with a lengthy fringe.

THINGS YOU MUST NEVER FORGET ABOUT...

PRESENTATIONS

1 PREPARATION

Even if you've given your presentation before, each time you deliver it will be different. Your material will probably need updating, and so will be slightly different. Your audience may well be different – making your presentation to a group of your professional peers will be completely different from delivering it to a lay audience. Even a group of fellow professionals from a different area or company may require some tailoring. If you find yourself getting a cool response from an audience with material you've delivered successfully before then this is probably where you went wrong.

2 UNSPOKEN COMMUNICATION

Estimates vary, but most research agrees that only a small percentage of communication comes from the actual words we use. Your script, whether it's written on paper or in your head, is just a foundation that the rest of the presentation is built upon. We'll cover some of these below.

3 MAKE A GESTURE (OR TWO)

Never deliver a presentation with your arms glued to your side or gripping a lectern as if your life depended on it. There are two kinds of gestures in public speaking: descriptive gestures and emphatic gestures.

Most people gesture quite naturally in an informal environment but lose the capacity to gesture when they stand in front of an audience. If necessary mark your notes at points where you need to gesture; eventually it will come naturally.

4 MAKE THE RIGHT NOISES

Few people consider the mechanics of producing a sound in the context of public speaking. Your voice is produced by air passing over flaps of muscle tissue in your throat; some of it is autonomic, so you don't get much say in the matter, but some of it is controllable with a little effort and practice. You can control the volume of air with your breathing; nerves make people's breaths too shallow and fast, not much good in public speaking. You can control your voice by varying the three P's: pitch, pace and power.

5 NOTEWORTHY NOTES

Notes are a key aspect to controlling your nerves and connecting with your audience. If you have too few notes you may forget what you want to say, or miss chunks out. There are few things more annoying than getting down from a lectern and remembering something important you wanted to say; a genuine 'doh!' moment. If you have too many notes you will find it hard to make contact with your audience – and keep it.

For more tips on presentations, look out for the spring edition of CBD Digest.

www.colmorebusinessdistrict.com



CBD CHALLENGE 500

District companies have raised over £9,000 for The Prince's Trust in the Colmore Business District (CBD) Challenge 500. The challenge took place over four weeks, between 14th October and 11th November 2010. The money raised will go towards making a positive difference to the lives of young people within Birmingham who face considerable barriers in life.

The challenge proved to be an innovative way to build networks within the District whilst providing excellent team building opportunities for employees. District companies raced each other to be the first to raise £500 and to raise the most funds overall for The Prince's Trust.

Companies taking part included Barclays Wealth, JMP Consultants Limited, Hammonds LLP, Turner & Townsend, Turley Associates, Urban Coffee Company, Bruntwood, PricewaterhouseCoopers, Gifford, Cobbetts, Hotel du Vin and BNP Paribas Real Estate.

Challenge 500 concluded with a great finale hosted by Colmore Bar & Grill on Waterloo Street. Hammonds was the first team to reach £500 and PricewaterhouseCoopers was the team to have raised the most funds at the end of the challenge. Prizes were kindly donated by Asha's Restaurant on Newhall Street and the CBSO.

Thank you to all teams who took part to raise a fantastic amount for The Prince's Trust.

THE BARCLAYS WEALTH EAGLES

Who: Barclays Wealth
Team: Sheilen Savjani, Benjamin Jones, Laura Thorpe and James Pearson
Activities:

- Bake sale
- Dress down days

Raised: £764.00

JuMP 2 it

Who: JMP Consultants Limited
Team: Andy Baines, Claire Kennedy, Rosie James, Ben Simm, Martin Howells and Hayley Newton
Activities:

- Sponsored walk
- Mario Kart night
- Wii Tennis night

Raised: £560.00

GIFFA LITTLE

Who: Gifford
Team: Roger Shaw, Samantha Cheater, Gary Corden, Judith Eley, Carl Bailey, Harry Norton and Matthew Revell
Activities:

- Raffle/ quiz on the Gifford intranet
- Sponsored run
- Charity quiz evening

Raised: £682.00

URBAN COFFEE CO

Who: Urban Coffee Company
Team: Peter Gough, Emma Parsons, Jamie Weaver, Saj Ali, Kaite Wootten, Hannah Dobs and Becs Jones
Activities: Halloween Party

Raised: £120.00

CHARLIE AND HIS ANGELS

Who: Hotel du Vin
Team: Mark Davies, Sian Evans, Colleen Walton, Jayne Potter, Ineakah Ingram and Helena Randall
Activities:

- Halloween Party
- Raffle
- Pumpkin competition

Raised: £350.00

TEAM TURLEY

Who: Turley Associates
Team: Fran Rowley, Annabel Stott, Michelle Orange, Kim Brindley, Katie Kershaw and Diane Bowers
Activities:

- Tuck shop
- Book swap-shop
- Bring and share lunch
- Cake sale
- Chutneys, jams and other homemade produce sale
- 'Guess the weight of the marrow' competition
- Dress down Fridays

Raised: £560.50

DON'T STOP BELIEVING

Who: Cobbetts
Team: Claire Burrows, Sarah Childs, Liz May, Gillian Potter and Tanya Chadha
Activities:

- Music Quiz
- Cake and book sale
- Hit the bottle

Raised: £300.00

FIRST TEAM TO RAISE £500 TEAM AUBERGINE



Who: Hammonds LLP
Team: Philippa Speak, Amy Keogh, Victoria Callicott, Natalie Osadciw-Louth, Andrew McCarthy and Ali Morton
Activities: Auction within Hammonds

"The trainees at Hammonds worked hard to maximise their opportunity to raise as much money as possible for The Prince's Trust. Our internal auction was a huge success and we were delighted with the overall amount raised."

Philippa Speak
 Trainee Solicitor, Pensions, Hammonds LLP

Raised: £1,182.72

TEAM TO RAISE MOST FUNDS OVERALL THE EMILE HESKEY FAN CLUB



Who: PricewaterhouseCoopers
Team: Paul Hinz, Alex Merchant, Phil Dean, Richard Guest, Vernan Richards, Tom Bonser, Moroni Cardenas and Hardeep Othi
Activities: Football grounds walk/cycle

At PwC we are actively encouraged to take part in events such as these and the charity in question and type of event particularly appealed to our group members. We particularly enjoyed the competitive nature of the event and would recommend it to others. It was well worth the sore knees and blisters!

Paul Hinz
 Forensics/Assurance Senior Associate, PricewaterhouseCoopers

Raised: £2,872.22

TEAM MCLAREN BUILDING

Who: Bruntwood
Team: Sandi Kaur, Lucy Lee, Simon Garratt, Leon Gatenby and Tom Shaw
Activities:

- Curry Quiz night
- Sponsored Shave (Leon)
- Cake Bake & Samosa sale
- Guess the Balloon
- Raffle for Tickets to the Clothes show

TEAM CORNWALL BUILDING

Who: Bruntwood
Team: Rachel Knowles, Kate Evans, Katie Scott, Laura Whitehurst and John Kennedy
Activities:

- Cake bake
- Guess the sweets
- Raffle for Tickets to the Clothes show

**Collectively raised:
 £1,000.00**

THE CASH CONVERTORS

Who: BNP Paribas Real Estate
Team: Stelios Demetriou, Claire Whinder, Annabelle Curtis, Andrew Briggs, Charlie Roberton, Edd Stanton
Activities:

- Dress down Friday
- Cake Sale
- Samosa Sale
- Breakfast Morning

Raised: £575.00

CBD

Who: Colmore Business District
Team: Alex Burrows, Michele Wilby, Tahreen Kutub, Gary Cardin and Kirsten Henly (Clare Godson and Izzy Monk - Clarke Associates)
Activities:
 Wine Tasting Event

Raised: £387.61

T & T

Who: Turner & Townsend
Team: Raj Beghal, Helen Ward, Stuart McDonagh, Ian Shaw
Activities:

- Charged staff for teas and coffees and use of our car parking spaces
- Bhangra workshop
- Halloween cake sale
- A food & drink night
- T&T Tarts - sponsored four men in the office to wear a dress for one hour

Raised: £508.00

Raising funds to support
The Prince's Trust



All not necessarily donated to The Prince's Trust (registered charity no. 1076815)

BIRMINGHAM BUSINESSES URGED TO BACK BIG YELLOW FRIDAY 2011

Colmore Business District based Children's Liver Disease Foundation (CLDF) is calling on local businesses to back its yellow-themed national fundraising day, Big Yellow Friday on **4 March 2011**.



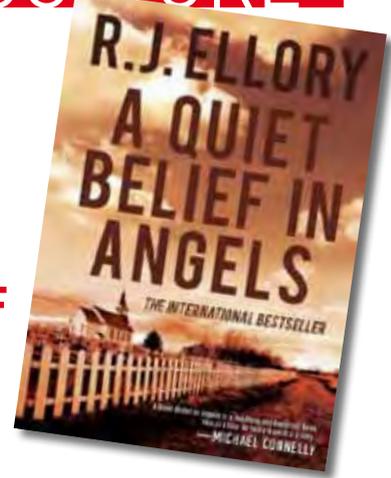
Rachel Murphy, community fundraising officer at CLDF, said: "Big Yellow Friday is great fun. You could wear something yellow to work, sell yellow cupcakes, throw custard pies at your boss or hold a yellow themed raffle. Whatever you do, your company's event will make a huge difference to the lives of young people affected by childhood liver disease and their families. We're hoping to raise over £50,000."

Every day, two families will learn the shattering diagnosis that their child has a life-threatening liver disease. CLDF picks up the pieces, providing vital information and support.

The Big Yellow Friday team is on hand to help with fundraising and publicity support. For a fundraising pack, please call **Rachel on 0121 212 6022** or e-mail byf@childliverdisease.org

URBAN COFFEE BOOK REVIEW

A QUIET BELIEF IN ANGELS



A Quiet Belief in Angels by local author R.J. Ellory was Urban Coffee Company's book club choice for November.

The novel tells the story of Joseph Vaughn, who leads an unlucky life. Growing up fatherless in a small town where a series of murders of young girls take place, Joseph feels a great sense of responsibility and sets up a group of guardians. Despite the group, no one is caught for the murders and the novel follows the community's aims to reveal the identity of the murderer. As with most cases, however, the past doesn't stay in the past.

The novel threw up a lot of different themes and storylines, which the group found a little chaotic and often unexplained. The group felt the author really knew the great American classics well and aimed to place this novel in amongst them, but sometimes the references to great American authors were too obvious. That being said, the novel still held enough interest for readers to want to get to the end to see how it all turned out.

For details on the next book club, contact happycustomers@urbancoffee.co.uk

ORION WRITERS IN RESIDENCE AT HOTEL DU VIN

In early autumn Hotel du Vin welcomed its doors to the British thriller writer, R.J. Ellory, as part of its "Writers in Residence" initiative.

The project, a joint collaboration between The Orion Publishing Group and the boutique hotel chain, involved a selection of authors published under the Orion imprint, taking up "residence" at specially selected branches of the Hotel du Vin/Malmaison chain.

During his residence at Hotel du Vin, Birmingham-born Roger, finished one of his novels whilst staying in the hotel and observed comings and goings of hotel life via his blogs and social media feeds. Roger also took time to take part in a book signing, be a special guest at a business dinner and to feature as part of a local radio interview.

To find out about similar events taking part at Hotel du Vin please visit www.hotelduvin.com

To find out more about R.J.Ellory and to read extracts from his works visit www.rjellory.com



TIME TO BURN

Today time management and convenience take precedence over what should be our most important life commitment, to look after our health.

We spent time with Dan Ward, personal trainer from Hotel du Vin, to find out how we can strike the balance to ensure that looking after ourselves stays firmly at the top of this year's resolution list.

"Boxercise is one of the best training methods that provides effective training in a shorter session for those who have little time to spare. Not only is it suitable for all levels, from beginners to advanced, but for those who have a stressful lifestyle, Boxercise is an avenue to vent all that frustration and let it out on a punching bag or one-to-one on the sparring pads with your personal trainer.

"This stimulating training provides variety, which helps to encourage long-term adherence to a more physically active lifestyle. Being a great calorie burning exercise, it will make you feel lighter on your feet (literally) and feel better in yourself"

During these cold winter months, many of us opt out of running outdoors and wait till the warmer months to resume. Dan explains that the frosty weather doesn't mean that training needs to be halted.

"We offer 'Marathon Preparation Training', which provides strength training to develop muscular endurance and to increase your tolerance to the lactic acid build up. Interval training on the treadmill set on a random program, ensures that the random gradient changes will simulate an outdoor environment, whilst developing your cardiovascular fitness, all from the comfort of the indoors!"

The Hotel du Vin's in-house spa also consists of a team of fully qualified beauty therapists, who can work with you to complement your fitness regime with recommended treatments to ease any aches and pains developed from a workout.

Spa manager Kelly Vincent explains the benefits:

"A therapeutic massage can leave you feeling invigorated and refreshed. We've a range of treatments available at Hotel du Vin and our fully qualified team are also happy to talk through your symptoms and develop a treatment specific to your needs

"Our popular Oshadi wrap treatment for example is ideal after a hard workout as it uses plant and spice extracts infused with oils to warm and hydrate the skin and relieve aching muscles and joints."

To find out more about health and fitness at Hotel du Vin, visit www.hotelduvin.com

To find other health and fitness organisations within CBD, visit www.colmorebusinessdistrict.com



Asha's Head Chef, Guneet Singh Bindra

ASHA'S RESTAURANT BIRMINGHAM

Asha's Restaurant, located on Newhall Street in Colmore Business District, provides Indian cuisine and fine dining. The menu includes a variety of vegetarian, seafood and meat dishes. Head Chef, Guneet Singh Bindra has kindly provided a seafood recipe below for CBD Digest.

Guneet has worked for Asha's Restaurant since it opened in December 2006. He previously worked for Bukhara restaurant in New Delhi. Guneet commented, "By being located in the heart of the business district in Birmingham and close to world renowned firms, we aim to provide the best menu and service for our customers."

PRAWN CHINGLI CHAMP

Serves 2

INGREDIENTS

	QUANTITY
Large tiger prawns with shell on	4
Fresh coriander (chopped)	2 tbsp
Breadcrumbs	200g
Corn oil	to fry
For the Marinade:	
Egg	1
Ginger paste	3 tbsp
Garlic paste	1 tsp
Red onion chopped	1 tsp
Chilly powder (kashmir)	1 tbsp
Lemon juice	2 tbsp
Salt	1 tbsp

Method

Clean and devein prawns. Butterfly the prawns (deep cut along the middle of the prawn, open it out and press it down so that it is flat). Clean in cold running water.

Make a smooth marinade of ingredients and add fresh coriander.

Dip the prawns in the marinade; leave for 20-25 minutes.

Remove the prawns from the marination and remove excess marination.

Crumb the prawns and deep fry.

Serve with lemon wedge, onion salad and mint chutney.



CBD PHOTOGRAPHIC COMPETITION

Throughout 2010 Colmore Business District ran a photographic competition, CBD Snapshot, and in January 2011 the panel of judges revealed the winner to be Molly Sidwells.

Molly Sidwells' work, pictured opposite, is also on display on the Colmore Business District website and will be seen throughout the year within CBD communication material.

As part of her winning prize, Molly also won a book signed by international photographer Brian Griffin.

Molly Sidwells' photograph was picked out by the panel of judges as being highly creative.

Judge Marc Reeves, from the business portal TheBusinessDesk, explained the tough process the judges went through:

"We were all really impressed by the exceptionally high standard of the entries to the competition, which made the judging process very challenging. Molly's photography, however, stood out to all of us for showing a unique juxtaposition of the District's people and landscape."

Marc was joined on the judging panel by popular local photographer Jas Sansi and Birmingham Museum and Art Gallery's Business Development Manager, Hollie Smith-Charles.

CBD Snapshot was open to anyone living in, working in or simply visiting the District and entrants were encouraged to submit their most interesting, inspiring or simply best looking pictures of the District.

To view some of the photography submitted simply visit our on-line gallery on www.colmorebusinessdistrict.com



Molly Sidwells



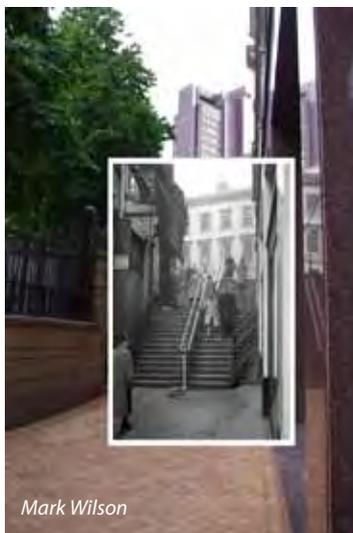
Lyndz Cole



Barbara Wild



Jacob Powell



Mark Wilson



Molly Sidwells



Richard Williams



Emma Clifford

“NEVER FORGET, THE CAMERA IS ONLY A TOOL. IT IS THE IMAGINATION, CREATIVITY AND FLAIR OF AN INDIVIDUAL THAT MAKES A PICTURE.”

Jas Sansi
Photographer

SOUTHSIDE BUSINESSES SAY 'YES' FOR A BUSINESS IMPROVEMENT DISTRICT

Businesses and organisations in Birmingham's Southside have voted in favour of a new Business Improvement District (BID).

This is now the fourth BID in Birmingham city centre, with the Broad Street, Retail Birmingham and Colmore Business District BIDs already firmly established, collectively bringing in over £10 million of additional investment. Although run separately, all four BIDs share key aims and objectives, including making each area cleaner and safer and working together on key city centre projects such as the Vision For Movement.

The BID will commence on 1st April 2011 for a five year term.



CBD BOARD CHARITY ACHIEVEMENTS

CBD board member and assistant director at Brewin Dolphin, Paul Fielding successfully completed Birmingham's Half Marathon in autumn. Paul, who was joined by 17 members of Birmingham Future, raised money for the Birchfield Harriers 12 for 12 campaign, which is supporting 12 local athletes in the London 2012 Olympic dream. Congratulations to Paul and the team who raised over £3,000.

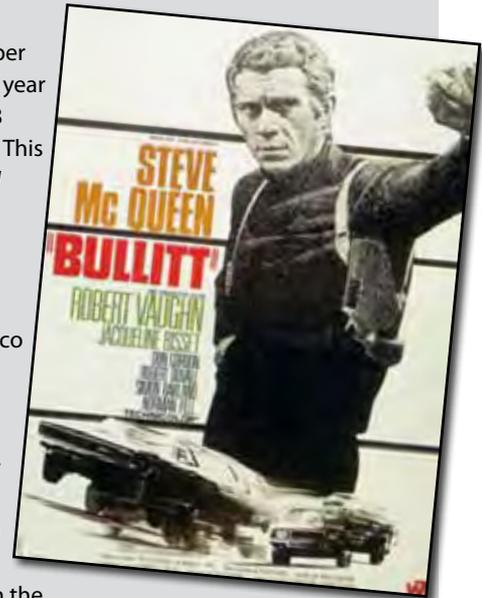
Meanwhile CBD board member and office director for Turley Associates, Mike Best raised nearly £2,000 for Parkinson's UK by taking part in the ProLogis Challenge Bike Ride from London to Paris. A fantastic achievement for Mike and everyone who took part.

THE JEKYLL & HYDE JUNIPER CINEMA REVIEW



The Jekyll & Hyde's Juniper Cinema started the new year with a screening of 1968 American thriller, Bullitt. This formed part of the *Good Cop, Bad Cop* theme for January.

The film stars Steve McQueen as San Francisco Police Lieutenant, Frank Bullitt, who is asked by a politician to protect Johnny Ross - a mobster about to give evidence against the organisation he has been involved with. Although placed in the protection of the San Francisco Police Department, Ross is killed by a pair of hitmen who happen to know the exact whereabouts of the witness. The rest of the film focuses on Bullitt's search to find the killer and where the order had come from.



Bullitt is a tense thriller throughout, with an unexpected twist towards the end. The film also features a spectacular car chase, which is now considered to be one of the most exciting sequences in American film history.

The Juniper Cinema shows classic and contemporary films every Wednesday evening in its Gin Parlour. There is a different film theme every month. Entry is free of charge.

For more information, visit www.thejekyllandhyde.co.uk



CBSO DIGEST OFFER

The City of Birmingham Symphony Orchestra (CBSO) is offering CBD Digest readers 10% off full price tickets for three sparkling concerts at Symphony Hall, Birmingham. For tickets, phone Town Hall & Symphony Hall (THSH) Box Office on 0121 780 3333, quoting 'CBGT offer'*.

Choose from the chance to see the CBSO's phenomenal Music Director Andris Nelsons in action as he conducts two Spanish-inspired performances featuring Ravel's pulse-racing Boléro and the blazing colours in Rapsodie espagnole: Tuesday 7 & Wednesday 15 June, 7.30pm. Or why not join the CBSO for one of its Friday Night Classics, The Music of Andrew Lloyd Webber® on Friday 1 April, 7.30pm featuring West End vocalists? For full details of each performance, visit www.cbsoco.uk/concerts

* Up to four tickets per person, subject to availability; please note a £2 fee per transaction will be charged by THSH Box Office on all bookings, except purchases made in person. Usual ticket prices: £9.50-£39.50. Please note this offer cannot be combined with any other discount or concession.



BIRMINGHAM CATHEDRAL IPHONE APP LAUNCHED – A FIRST FOR BIRMINGHAM

Birmingham Cathedral has launched its new iPhone App, - the first time an English Cathedral has provided a free App to serve its existing congregation and wider public.

The new App had its public launch in the Cathedral during the 'Civic Carol Service', on Monday 20 December 2010.

The App features a calendar of services and events, a location map, and podcasts of recent sermons and choral music. It has been designed to allow iPhone users to see immediately what is happening at the Cathedral and to catch up with sermons and talks, wherever they are and whenever they wish.



LORD MAYOR HOSTS CBD BOARD MEETING

The Lord Mayor, Councillor Len Gregory, kindly hosted a Colmore Business District Board meeting at the Lord Mayor's offices on 22nd September 2010. The meeting gave the Lord Mayor an opportunity to be updated on activities and projects being undertaken by CBD. The Lord Mayor also informed CBD about his Charity Appeal, which supports four charities: BID Services (previously known as Birmingham Institute for the Deaf), Birmingham PHAB Camps, The Stroke Association and Burns Centre (at Birmingham Children's Hospital).

FORTHCOMING MAYORAL CHARITY EVENTS INCLUDE:

THURSDAY 3RD MARCH 2011

COMEDY EVENING
CENTENNIAL CENTRE, EDGBASTON
TABLE OF 10 - £850 DONATION (INCL. DINNER AND DRINKS RECEPTION).

SATURDAY 26TH MARCH 2011

TREORCHY MALE CHOIR – SUPPER & CONCERT
BANQUETING SUITE & TOWN HALL

SUPPER – 6PM
CONCERT – 7.30PM.

CONCERT TICKET ONLY - £20
COMBINED TICKET - £49.50

CBD CHRISTMAS RETROSPECTIVE

CBD celebrated Christmas 2010 with an Arts and Craft Market, carols from The Matthew Jones Choir and even a visit from Santa Claus.

Adding to the Yule Time spirit, Colmore Business District and Birmingham City Council also funded the District's own Christmas decorations including a feature display at Snow Hill Piazza and Colmore Row, and festive wreaths and lit features on street lamp posts.



CBD DIGEST EVENTS

JAZZ IN THE BAR Old Joint Stock, Temple West	26 JANUARY
THE POETRY OF DRAWING: PRE-RAPHAELITE DESIGNS, STUDIES AND WATERCOLOURS Birmingham Museum and Art Gallery	29 JANUARY – 15 MAY
FRANCIS ROSSI Town Hall	1 FEBRUARY
THE CIRCUS OF HORRORS New Alexandra Theatre	8 FEBRUARY
SINGLES NIGHT Birmingham Museum and Art Gallery	11 FEBRUARY
MATTHEW BOURNE'S CINDERELLA Birmingham Hippodrome	15 – 19 FEBRUARY
LENNY HENRY IN CRADLE TO RAVE: A MUSICAL JOURNEY New Alexandra Theatre	28 FEBRUARY
THE LIGHTHOUSE FAMILY Symphony Hall	3 MARCH
FARMERS' MARKET Hotel du Vin	4 MARCH
NEW WORLD SYMPHONY: ANGELA HEWITT AND HANNU LINTU CBSO	16 MARCH
ENCHANTED BURLESQUE – RISQUE The Old Rep Theatre	19 MARCH
THE DHOL FOUNDATION Town Hall	1 APRIL
JEKYLL AND HYDE Birmingham Hippodrome	4 – 9 APRIL

THREE NEW APPOINTMENTS TO CBD BOARD

Colmore Business District (CBD) has appointed three new members to its Board. Rob Valentine, Head of Sales of property company Bruntwood, Melanie Williams, Partner of legal firm Hammonds LLP and Simon Jenner, owner Urban Coffee Company have all joined the CBD Board.

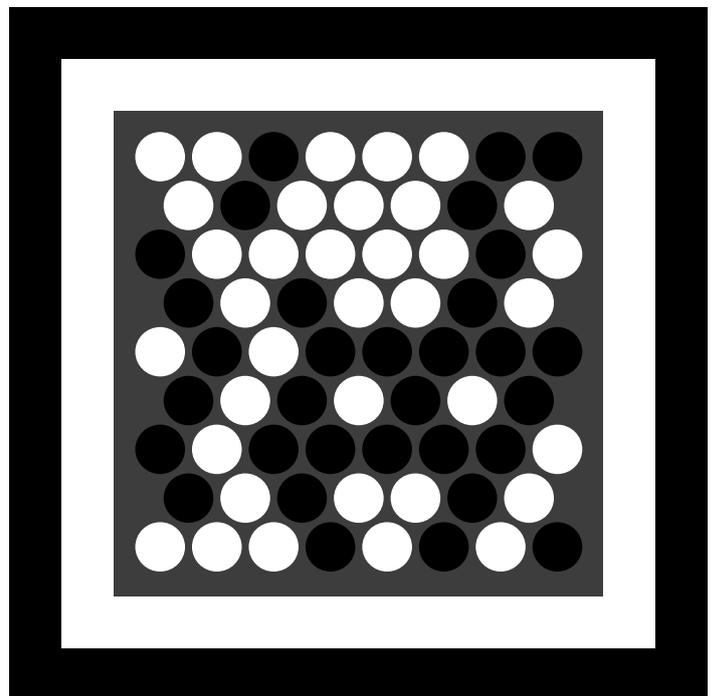
HIGHWAY STEWARD TEAM LEADER WINS THE CABINET MEMBER AWARD 2010

Debbie Poynton of public services provider Amey has been recognised for her work as Highway Steward Team Leader by winning the Cabinet Member Award 2010. Cabinet Member for Transportation and Regeneration, Councillor Timothy Huxtable, praised Debbie for her efficiency, hard working nature and the high quality of assistance she gives to councillors.

COMPETITION

WIN AFTERNOON TEA FOR 2 AT MANTON'S

For a chance to win, simply **download the free WiMO app** from your handheld device's app store, **snap the WiMO tag** below (don't worry if you don't have a 'super smart' phone...simply visit www.colmorebusinessdistrict.com/competition) and **enter your email address for the chance to win**. It's a piece of cake! (Prize includes any two hot drinks and two cakes or pastries)
Further information on Manton's is on page 5



LAST EDITION'S COMPETITION WINNER



Luke Strickland, Principal Engineer at Gifford LLP, won a dinner for four at Metro Bar and Grill...Congratulations!

CBD 2010

A YEAR IN PICTURES

