

+ More than just business...

COLMORE

SPRING 2022

LIFE



In this issue:

New spaces and places to
enjoy spring and summer



colmorebusinessdistrict.com

Welcome

to the Spring 2022 edition of Colmore Life.

Spring beckons with a new lease of life in the District, as we announce lots of exciting plans for the year ahead.

Many of you will have joined us for our Annual Meeting in March, where we updated businesses on the projects we have delivered over the past 12 months. As we all seem to live in the moment, sometimes taking a step back to look at what you have accomplished puts things into perspective and as many of you commented on the night, we really have accomplished a lot during the last year. Looking to the future though, we have just launched our Going Green Masterplan. The report offers a unique opportunity to demonstrate the benefits green infrastructure can play in addressing global challenges. You can read more about the report on Pages 8 & 9.

With greening the area on our minds, we're pleased to announce the completion of Phase 1 of our Snow Hill Public Realm programme. Colmore Row and Cornwall Street have both had a facelift, which you can read more about on Pages 6 & 7.

The Commonwealth Games is a topic everyone is talking about at the moment and it's important that we make the most of this fantastic opportunity, capitalising on the increased footfall in the District. We're keen to hear from you on what support you feel your business may need during this time. If you have ideas or questions please email chris.brown@colmorebid.co.uk.

After almost 2 years with very few physical events, we're making up for lost time and have a busy schedule ahead of us with the launch of our monthly Network & Drink events, as well as a Community Litter Pick. We'll also be announcing plans for Wellbeing Fortnight in May and a jam-packed programme of events right across the summer, so keep an eye on our website.

With so many exciting events on the horizon, I look forward to seeing you soon!



**MICHELE WILBY, CEO,
COLMORE BID**

THE BID TEAM

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Chief Executive Officer

Jonathan Bryce
Operations Manager

Chris Brown
Communications Manager

Katy Paddock
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SPRING 2022 HIGHLIGHTS

New spaces at BMI building



Masterplan for a green future



On the move in the District



A picture perfect view from 103



PwC join The Collective



DID YOU KNOW? The Mayor of the West Midlands, Andy Street, launched £15bn worth of housing, regeneration, commercial and infrastructure development opportunities to international investors at the recent MIPIM property conference in Cannes, South of France.

A DAY IN THE DISTRICT

BACK IN THE OFFICE? THERE'S PLENTY TO SEE, DO AND EAT!

1 BREAKFAST

COFFEE#1

With plenty of cosy corners and comfy Chesterfield sofas Coffee#1 in Newhall Street is a relaxing spot to start your day. Settle down with one of its signature coffees and pastries or bacon and sausage baps, porridge, yoghurt and granola and toast.

*Edmund House,
12 Newhall Street*



2 TO THE SHOPS

THE CO-OP, SNOW HILL STATION SQUARE

Stock up on essentials while enjoying your day in the District with this handy Co-op store next to Snow Hill station. It's ideal for grabbing that bottle of milk, wine or dinner you've forgotten before catching the train home.

1 Colmore Row

3 SEE THE SIGHTS

BIRMINGHAM MUSEUM & ART GALLERY (from Apr 28)

BMAG partially reopens on April 28 with a collection of displays featuring some of Birmingham's most creative groups, such as Beatfreaks, Flatpack and Fierce before closing again fully in December for essential maintenance work.

*Chamberlain Square
See Page 6*

4 ME TIME

PURECRAFT BAR & KITCHEN

For the perfect beer and food combination head to Purecraft Bar & Kitchen. The menu, which includes classic pork pies and vegetarian options such as roasted cauliflower tikka, is designed to be the perfect match for its award-winning craft beers.

30 Waterloo Street



5 DINNER

GUSTO

With its twinkling fairy lights and prime spot beneath The Grand Hotel Gusto Italian is the perfect place to enjoy la dolce vita. Enjoy cocktails and wine with Italian classics like sourdough pizzas, slow-cooked meatballs and antipasti boards.

Unit 10, The Grand Hotel, Colmore Row

6 ONE FOR THE ROAD

NUDE BAR & GRILL

Set over four floors in a beautiful townhouse on Bennetts Hill this new bar brings a touch of glamour to the District. You'll find food, cocktails, music with a relaxed vibe and a champagne bar and private dining rooms.

38 Bennetts Hill

COLMORE

LATEST NEWS FROM THE DISTRICT

Lowdown

2022 Games culture events to showcase Midlands' creativity

EXCITING PROGRAMME ANNOUNCED

The Birmingham 2022 Festival, a six-month-long cultural programme, takes place across Birmingham and the West Midlands this summer. It will be the biggest celebration of creativity ever seen in the region and one of the largest ever cultural programmes to surround the Commonwealth Games.

There will be over 200 events including a spectacular open-air show, a brand-new Birmingham inspired album, an immersive 3D experience on public transport, photography exhibitions across billboards, a city centre forest of magical proportions, a tap-dancing record attempt and much, much more.

With events running from spring to September the festival will put Birmingham and the West Midlands' creativity, ambition, heritage and diversity on a global stage.

TIME TRAVEL TRAM

Passengers on board a West Midlands Metro tram between Wolverhampton and Birmingham will be taken back in time while experiencing the world's first immersive digital art powered by 5G on board a tram.

Created by immersive storytellers Surfing Light Beams and Crossover Labs, it will launch living history into the 21st century by transforming the view from the tram windows into a 3D visual extravaganza of people and places from the region's past.



Wondrous Stories in Centenary Square was the opening showpiece event for the 2022 Festival programme

Running throughout the duration of the festival, until 30 September, Time Travel Tram will be accompanied by a contemporary soundtrack created by some of the West Midlands' most exciting musicians and performers.

ON RECORD

A brand-new album, *On Record*, featuring eleven original songs about Birmingham offers a sonic love letter to the city. Featuring new songs by Birmingham artists – including SANITY, UB40 and Dapz on the Map – *On Record* has been created and produced by Jez Collins of Birmingham Music Archive and Grammy-nominated producer Simon Duggal. The multi-genre work will be available via a limited vinyl release and across all streaming platforms from Saturday 18 June.

TAPPIN' IN

A mass participation tap dancing and storytelling extravaganza will take to the streets of Birmingham on 18 June for the city's biggest outdoor tap lesson and 'shim-sham'. *Tappin' In* will bring people together to get the region tap dancing and chatting.

CREATIVE CITY GRANTS

Over 100 creative community projects will also take place across Birmingham. The Creative City Grants, supported by Birmingham City Council, has enabled 107 community groups to stage their own festival events. Highlights include a large-scale mural created by the residents of Druids Heath working with the award-winning Birmingham artist, Mohammed Ali and in Small Heath Muslim teenagers will gather stories from their family histories to create a theatre show.

POLINATIONS

In the final month of the festival from 2-18 September, giant fabricated trees and thousands of plants will take over Victoria Square in celebration of the cross-pollination which has shaped UK culture. *PoliNations* – produced by Trigger Collective and part of UNBOXED: Creativity in the UK – will see a festival of free events including spoken word, music, and drag take place under the trees' canopy, culminating in the Ballistic Seed Party.

Visit birmingham2022.com/festival to find out more



PURNELL'S CELEBRATES SECOND-SPOT IN LEADING DINING GUIDE

Purnell's Restaurant features in second place in the annual Harden's Top 100 list of the UK's top dining destinations.

Based on 30,000 reports from 3,000 diners, the Harden's list is seen by many as the most comprehensive guide as to where to eat in the UK.

Glynn Purnell said: "This is a fantastic achievement for my team and myself after such a difficult two years. After 15 years of Purnell's being open, we are continuing to fly the flag for Birmingham and the Midlands, along with Restaurant Sat Bains with Rooms, in Nottingham, which came in at number one on the list."

CONGRATULATIONS TO SHOOSMITHS

Business District-based Shoosmiths were among the winners at the 2022 Birmingham BusinessLive Awards when they were crowned Professional Services Firm of the Year.

The event was held at the ICC in Birmingham and was the publisher's first in-person business awards for two and half years because of the pandemic.

Henrietta Brealey of Greater Birmingham Chambers of Commerce was named Young Businessperson of the Year.

Visit the BusinessLive website for the full list of winners and pictures.

Movers & Shakers: Page 15



New Board Directors at Colmore BID

APPOINTMENTS HELP DELIVER RANGE OF CITY CENTRE PROJECTS

Colmore BID has welcomed four new Directors to its Board as it looks to further strengthen the representation of the District's business community and deliver on its aims and objectives.

Kate Bailey, Rosie Ginday MBE, Tim Hall and Victoria Osgood (pictured left) were officially appointed as Colmore BID's newest Board Directors in December at the BID's final board meeting for 2021.

Kate Bailey is a legal director at Squire Patton Boggs, a full-service global law firm and has worked in their Birmingham office since 2008. Kate is the deputy chair of the Outstanding Places Working Group at Colmore BID, is a key member of the Jewellery Quarter Neighbourhood Plan and a trustee of the Midlands Air Ambulance Charity.

Rosie Ginday is CEO and founder of Miss Macaroon, one of Birmingham's most renowned social enterprise companies, selling premium macarons. Since setting up the business in 2011, Rosie has achieved a wide range of accolades to her name including her most recent award of MBE.

Tim Hall joined Hays in October 2000 and he is currently a Director specialising in Finance appointments for local businesses. He sits on the Midlands Shared Service Forum committee and has been actively involved with Colmore BID since March 2018, sitting on the Community Building Working Group.

Victoria Osgood works for HS2 Ltd as a Business Engagement Manager. HS2 Ltd is the company responsible for developing and promoting the UK's new high speed rail network and has an office in the heart of the Colmore Business District.

Colmore BID's Board is responsible for the efficient running of the company and for setting the direction and strategy for the BID and District. The Board, which is Chaired by Nicola Fleet-Milne, currently consists of 7 business leaders from a range of organisations, who are joined by four directors from key public sector partners.

If you're interested in getting involved in Colmore BID, visit colmorebusinessdistrict.com to see the latest news, events and opportunities

Lowdown



NETWORK & DRINK

26 April

The Florence

A free monthly networking event organised by Colmore BID. Each event features a short talk from a guest speaker, followed by a chance to network with other attendees while exploring one of the District's fantastic hospitality venues.



WELLBEING FORTNIGHT

2-13 May

Our Wellbeing Fortnight returns for 2022, featuring a range of physical and virtual events providing advice on how to improve both your physical and mental wellbeing. From fitness classes to meditation, we have a packed programme of activities for you to choose from.

ALLIANCE NETWORK SPEED QUIZ

10 May

Purecraft Bar & Kitchen

Join The Alliance Network and Colmore BID for an evening of pub quiz trivia with an LGBT+ twist. Rally your mates and join us to battle it out for the title of Quiz Champion at our annual quiz.

NETWORK & DRINK

24 May

Dirty Martini

A free monthly networking event organised by Colmore BID. Each event features a short talk from a guest speaker, followed by a chance to network with other attendees while exploring one of the District's fantastic hospitality venues.



BMAG is back... 'pop-up' style

Birmingham Museum & Art Gallery (BMAG) is unpacking a series of pop-up displays and live events that bring a different feel to the historic building in time for the Commonwealth Games and Birmingham 2022 Festival.

On Thursday, 28 April, 2022, BMAG's Round Room, Industrial Gallery, Edwardian Tearooms, Gallery 10 and BMAG shop will reopen seven days a week. The Bridge Gallery will also reopen to

showcase a selection of gems from the civic collection and invite feedback on what people want to see from the museum when it reopens fully.

The partial reopening will take place while Birmingham City Council's essential electrical works programme continues safely in other areas of the building. The areas reopening in April will close again in December 2022 to allow maintenance work to continue before BMAG reopens fully in

2023/4. To mark the occasion the galleries are being handed over to some of the city's most exciting creatives who have responded to the theme of 'This Is Birmingham'.

The five pop-up displays will bring together themes such as culture identity, community and media, with new objects on display and live events as well as space for visitors to join in and contribute.

*John Feeney:
Pages 24 & 25*

Groups plan for emergency scenario

During the winter Colmore BID conducted an emergency planning exercise with businesses in the District.

The Birmingham Resilience Group is the collective name for the multi-agency response that works together in times of emergency to save lives and provide welfare for those affected. The group is led by senior officers of Birmingham City Council and consists

of Category 1 'blue light' responders, utility companies, transport, Highways England, Birmingham Airport and partners such as UK Armed Forces, Met office, voluntary sector and government departments. It must have capability to respond to an emergency situation 24 hours a day, 7 days a week.

Paul Street, Strategic Project Officer, Colmore BID Safe & Sound Work Stream, said: "The

decisions to mobilise are made on a case by case basis and can be influenced by existing threat assessments and local intelligence. The Colmore BID Emergency Planning & Business Continuity Exercise shares best practice, identifies risks, ensures plans are exercised and maintains a risk register of threats associated with a number of identified risks such as flooding, terrorism and fires."



BMI's stunning new hall for hire

NEW ROOM NAMED AFTER FORMER PRESIDENT AND CELEBRATED ENGLISH COMPOSER

The Birmingham & Midland Institute has opened a new room at its Margaret Street building.

The new area has been named The Sir Arthur Sullivan Hall, after the English composer and 35th President of the Institute in 1888.

Just off the BMI reception, there was an area that was sub-divided into four smaller rooms, but had once been the main library hall of the Birmingham Library.

The new room is 10.5 metres x 12 metres and has three beautiful arched, leaded windows which look out onto Margaret Street and the Edwardian baroque façade of the Council House extension. The work has revealed the original 1899 parquet flooring.

Sir Arthur gave his Presidential Address to members of the BMI at the Town Hall on 19th October, 1888.

A room dedicated to former



President, Charles Dickens, has been in existence for years, but now the BMI has four rooms named after previous Presidents: The Charles Dickens Hall (16th President in 1869), representing literature; The Sir William Blake Richmond Gallery (55th

President in 1908), representing art; and The Guglielmo Marconi Hall (68th President in 1921), representing science, in addition to The Sir Arthur Sullivan Hall, named to represent music.

The Institute's Steinway piano will be re-located to the hall.

Representatives from The Sir Arthur Sullivan Society visited to formally dedicate the space with a celebration of Sullivan's music and unveiling of a reproduction painting of Sir Arthur.

The Sir Arthur Sullivan Hall is available at a daily rate of £390. For more information email enquiries@bmi.org.uk



Above and below: The Sir Arthur Sullivan Hall was formally opened with a celebration of Sullivan's music and a visit from The Arthur Sullivan Society



Masterplan launched to create greener and cleaner city centre

NEW APPROACH TO CITY SPACES AND 'TOOLKIT' OF PLANTING IDEAS

Birmingham's city centre Business Improvement Districts (BIDs) are aiming to create an attractive, greener and safer city with an ambitious masterplan for green infrastructure.

The Going Green Masterplan takes a strategic approach to greening the city to ensure maximum benefits for businesses and residents including improved air quality, better health and wellbeing, and engaging streetscapes.

A 'toolkit' of interventions enables local decision makers to make informed choices about implementing green infrastructure – 'GI' – across the city. These scale financially and across ambition from enhancing existing GI such as planters, to installing wildlife ponds, living lamp posts and city scale parks.

For businesses, residents and visitors to the area, the plans will undoubtedly be a welcome announcement, particularly in the context of the post-Covid recovery, with a need to repopulate high streets

and urban centres. Birmingham's Colmore and Central BIDs, which operate in the city core, commissioned UK-based international architects and urban designers Broadway Malyan to create the Masterplan. Working with both BIDs and local stakeholders including Birmingham City University and University of Birmingham,

Broadway Malyan mapped the city's existing 'green' offer. They found the districts to be heavily urbanised, with low quality biodiversity, potential impact on health and wellbeing, and potential issues around flooding, air quality and urban 'heat island' effects. Proposals have been developed to demonstrate the benefits of GI to play a significant role in addressing the global challenges of the Covid pandemic, high street decline, EU exit, climate change impacts and citizen health and wellbeing.

The Going Green Masterplan received £50,000 funding from Greater Birmingham and Solihull Local Enterprise Partnership as part of the Towns and Local Centres programme. Clean growth is one of GBSLEP's key strategic delivery themes and this toolkit will encourage the 'greening' of the existing built environment.

GBSLEP also manages the Enterprise Zone which spans 39 sites across central Birmingham. The toolkit will be used to inform green development opportunities within the area.

Louise Brooke-Smith, GBSLEP Board Director for Place, said: "Creating greener and cleaner places for all of us is not a choice but a priority if we are to help our city-centres reach net zero targets and mitigate the impacts of climate breakdown.

"This work builds upon our partnership with Colmore and Central BIDs to ensure we help catalyse investment into the city centre. Our ambition is to create

places that are greener and a city that is sustainable."

Michele Wilby, CEO of Colmore BID, said: "Improving sustainability and 'greening' the District has been an objective of the BID since its first term. We have delivered a number of improvements to the public realm over the years, including the creation of Church Street Square, Colmore Square, our parklets and more recently, work on Cornwall Street and Colmore Row itself.

"The benefits of greening the City Core are many and varied – from improving environmental issues like air quality and over-heating, to encouraging footfall and dwell time in the area. With the research conducted by our delivery partners, we have been able to develop a greening wish list of the various possibilities that can be implemented. The document is not a list of what we are delivering, but more of what could be delivered across the city with appropriate support."

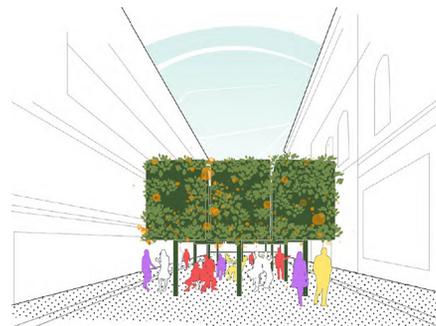
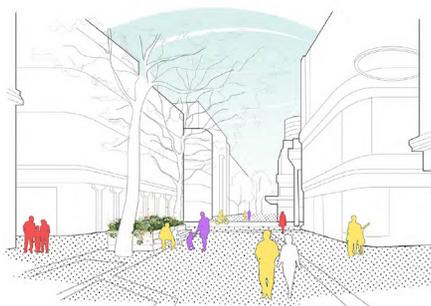
Danny Crump, Director of Urbanism at Broadway Malyan, said: "Often we see reports with fantastic recommendations, but which don't consider the real-life challenges, such as securing funding or planning permission. We wanted the proposals in our masterplan to be as deliverable as possible.

"Birmingham is one of many urban centres across the globe facing huge challenges. The slow Covid-19 recovery still depletes highstreets and city centre life. The impact of the climate crisis is more and more visible, as is the world-wide loss of biodiversity. As urban designers, of huge importance to us is how city centres affect not just people's health and wellbeing, but their safety and quality of life. If we truly want to have an impact on these shared issues, we can no longer afford to provide blue-sky thinking. We must come up with a clear roadmap for change."

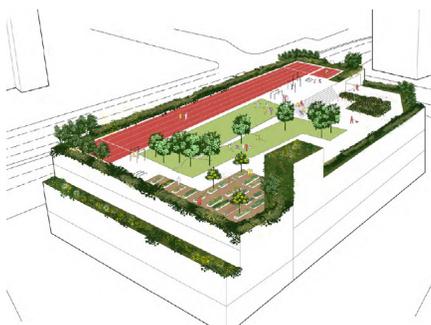
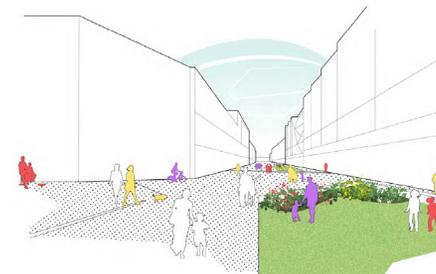
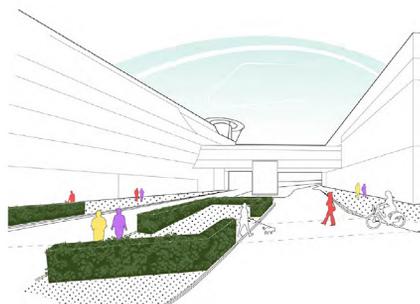
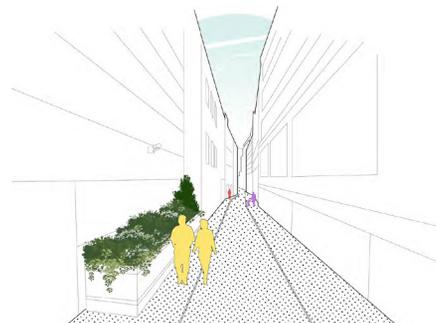
The Going Green Masterplan is available now, for free, at colmorebusinessdistrict.com/projects/going-green-masterplan/



Lowdown



The Masterplan proposes a number of green ‘interventions’ with their benefits, costs and maintenance requirements





*“The completion
of this work
could not have
come at a more
opportune time
as we re-evaluate
how we use
spaces in the city”*

New spaces to breathe new life into Colmore streets

COLMORE ROW AND CORNWALL STREET PROJECTS DELIVERED

Works have completed on two new public realm projects in Colmore Business District, providing improved access for pedestrians as well as enhancing the appearance of the historic Colmore area for workers, visitors and residents alike.

Developed in partnership by Colmore BID, Birmingham City Council and Transport for West Midlands (TfWM), with further funding from the Greater Birmingham Local Enterprise Programme (GBSLEP), the schemes on Colmore Row and Cornwall Street have been delivered as part of the larger Snow Hill Public Realm programme. The programme, which was launched in 2015 includes a number of projects that aim to improve public transport connectivity, while enhancing the public realm and prioritise pedestrian movement.

COLMORE ROW

Work on Colmore Row has seen improvements made to the pedestrian space, with new high quality paving materials and landscaping features, which includes the widening of footpaths in various locations. The right turn from Livery Street onto Colmore Row has been removed, meaning vehicles will now need to turn left onto Colmore Row from Livery Street. The central reservation outside of Snow Hill Station has now been removed, narrowing the road and providing pedestrians with more space to cross the road.

Vehicles will also notice a difference as a new two-way traffic system has been installed on Livery Street, enabling users to exit from Snow Hill car park and Livery Street via Barwick Street or Cornwall Street.



New look: Cornwall Street and Colmore Row

Pictures: Stacey Barnfield



CORNWALL STREET

Cornwall Street has also undergone improvements. Similarly to Colmore Row, new paving materials have been installed and work has been undertaken to rationalise loading and parking for cars and delivery vehicles. Changes look to encourage visitors to use the area by providing a more inviting and pedestrian friendly environment. Landscaping has been improved, with new seating installed. The space has been developed with local hospitality businesses in mind who will be encouraged to utilise the area with the appropriate licences.

Nicola Fleet-Milne, Chair of Colmore BID, said: "When Colmore BID, Birmingham City Council and TfWM revealed their plans for the Snow Hill Public Realm Programme, we could not have imagined how much the world would have changed as a result of Covid. While lockdown has impacted on the work schedule, the completion of this work could not have come at a more opportune time as we re-evaluate how we use spaces in the city.

"The BID team and its partners have worked diligently over the past seven years and the end results have indeed been worth all of the hard work. I look forward to seeing Cornwall Street brimming with visitors in the summer months, making full use of the newly installed seating and widened pavements."

‘We provide more than just a room. We provide an experience. We leave each person feeling valued’

SHAKTI WOMEN SUPPORTS PROFESSIONAL AND PERSONAL DEVELOPMENT IN THE BUSINESS DISTRICT. CATHERINE HENDRICK LEARNS MORE FROM ITS PASSIONATE FOUNDER, SIOBHAN HARPER-NUNES

For the first three months of lockdown city CEO Siobhan Harper-Nunes was happy working from home.

“I was incredibly productive at first,” Siobhan recalls.

“I’ve worked from home a lot during my career but this was different. After a while I found I was feeling demotivated, I was watching more TV, hitting the sofa more.

“I realised I needed to be back in the office.”

So as soon as it was safely allowed Siobhan returned to Shakti Women’s headquarters in Newhall Street.

The organisation was set up 15 years ago to support women’s professional, personal and business development.

“I was cautious and made sure everything was safe but as soon as I was back in the office I found I was so much more productive,” she says.

Siobhan realised that she wasn’t alone.

“A woman phoned me to say her daughter had landed a great job but that she had to work from home and she realised she wasn’t getting a lot done, so she asked if she could work from one of our spaces. I said ‘yes, we are here’. I’ve had a few of those calls.”

Shakti Women, which is in Newhall Street above Jo Jo Lounge Bar & Restaurant, offers flexible shared workspaces for women.

“Women increasingly told us that they were feeling isolated and anxious during lockdown so we set up the Women’s Room,” Siobhan says.

“We wanted to offer somewhere where women can feel comfortable, secure and inspired.

“We provide more than just a room though. We provide an experience. We leave each person feeling valued.

“People have described it as like stepping into a warm bath. We wanted to create somewhere pretty, homely and cosy which feels relaxed because I think that helps women feel more productive.

“We feel different in a nice space don’t we?”

“I want women to feel amazing when they come to work and walk out feeling taller.”

Clients will find sofas and comfortable chairs, WiFi, a TV, a breakfast bar, unlimited teas and coffees and walls decorated with motivational quotes.

“Our building has large windows so it’s light, bright and airy. We know being in naturally lit spaces is good for our health and we’re conscious about wellbeing,” Siobhan adds.

So what does Siobhan think the future holds in terms of where we work?

“I think working from home will continue for some but occasionally you need to be in an office and with other people to get stuff done and that’s why we offer flexibility and not contracts.

“Women can book in for a few hours, a day or a month. We’ve got everything they need.”

Siobhan says being back in the Business District has made a real difference to her.

“It says business and it’s helped me feel inspired.”

Before adding with a warm laugh: “You feel like a grown-up!”

“I just feel much more productive being here. It’s the atmosphere.

“I love what Colmore BID has done in the area and the activities it’s organised, like the jazz on the street.

“We’ve had meetings in the grounds of St Philips Cathedral and breakfasted everywhere, including The Grand and Hotel du Vin. There are so many great places in the district.”

As well as flexible workspace Shakti offers business consulting and marketing services and a training room which it has rented out to companies and organisations including Birmingham Apple Group, Fairtrade and UNICEF.

“We’re finding companies also want to deliver their online training from our space because it looks more professional,” Siobhan says.

“There’s also a photographic studio where businesses can shoot videos.”

So why did Siobhan decide to set up Shakti Women, which takes its name from the Sanskrit word for

The Shakti Women HQ on Newhall Street



The Colmore Life Interview

power, energy or force? "As a woman, especially a black woman, I felt very lonely when I started out and I wanted to support other people like me.

"I tried breakfast clubs and other networking organisations but they were very male dominated and I found there was a lot of showing off by men about how great they were, but they didn't talk about the problems they'd faced and how they'd solved them which is what I wanted to hear.

"The first person I ever heard do that was a woman CEO and it was refreshing.

"I've noticed that when women are in mixed spaces the conversation can end up being dominated by men, they can take up more space.

"When women are comfortable they have more confidence and tend to buzz into different business conversations and be more likely to bounce ideas off other people.

"It's about building women's confidence and aspirations and making sure they fulfil their potential."

Siobhan believes women can benefit from a different approach to business and mentoring.

"Women owned businesses and social enterprises are a rarer group than men. All the research shows that women need a different kind of approach and a tiny bit more hand holding.

"Men can see 10 per cent of a job advert and think "I'll go for it" while women have to see 90 per cent that appeals to them.

"Women tend to be more risk averse and need their own role models and the right environment.

"Although once they've launched a business they're more likely to stay the distance.

"We're better at doing our research and checking the bottom line.

"I get a lot of emails from women who we've helped and I see some of them are now running the show.

"Supporting females is supporting the economy."

**For more information
visit shaktiwomen.com,
email hello@shaktiwomen.com
or call 0121 233 1670.**



'When women are comfortable they have more confidence and tend to buzz into different business conversations'

SIOBHAN HARPER-NUNES

'WE'RE FIGHTING STEREOTYPES'

Shakti Women was initially set up to support women's business and professional development.

But it was soon realised that women were struggling with issues like childcare, being in lower income jobs and confidence.

So Shakti decided to offer personal development too, through initiatives like confidence building sessions, creative writing, job and money clubs.

"We want to help women find their feet and their voice," Siobhan says.

"During lockdown we had women call us who felt desperately lonely and some even felt suicidal, so we offered counselling too."

Shakti also runs confidence building courses for girls.

"Research tells us that whilst girls do better at school, are more likely to go to university and have been outperforming boys in languages, maths and science for decades, they're much less likely to see these gains in the professional and business world," Siobhan explains.

Shakti Women believes that socialisation and negative gender expectations teach girls to "play small and play it safe."

But Siobhan says: "We want our girls to shine academically and aspire to the professional status they deserve.

"We want them to learn the basic tools they will need to fight negativity and stereotypes, to raise their aspirations and build their confidence."

Movers & Shakers

A round-up of the latest Business District launches, relocations, appointments and promotions

HENRY RILEY

Property and construction consultancy Henry Riley has relocated its Birmingham office, moving from The Lewis building to the Bruntwood-managed Cornwall Building.

Executive director David Ayres said: "In relocating to a more strategic and accessible location for continued collaboration with our clients and fellow consultants, we are positioning ourselves for continued growth in an environment our people will thrive in."

CBRE

CBRE has appointed Andrew Round as senior director of economic development.

Round will be based in the firm's Birmingham office but with a national remit, working in CBRE UK's growing planning and development team.

In his new role, Round will provide CBRE clients with advice to facilitate new development by assessing need, understanding impacts, and promoting social and economic benefits, alongside building business cases for public funding to unlock or accelerate development and regeneration sites.

With a career spanning more than 30 years, he has considerable experience in economics, regeneration and placemaking, working in both the public and private sectors. His previous roles included assistant director of planning and development at Birmingham City Council, where he worked on projects such as HS2, the redevelopment of New Street Station and Paradise Circus, and the Birmingham City Centre Enterprise Zone.



Paul Ray, left, and Ricky Neault of L-E-A-P

IMPERIAL AND WHITEHALL

Colmore Row office building Imperial and Whitehall is fully let following the relocation of brand agency L-E-A-P to the property's final remaining suite.

L-E-A-P's creative co-partners have signed a one-year lease with landlord Hortons' Estate Ltd to occupy the 215 sq ft, second floor office space at the Grade II* listed building at 23 Colmore Row.

Combining 40 years of experience, L-E-A-P co-partners Ricky Neault and Paul Ray spearhead the strategic agency's design, development and formation of start-up and big-name brands.

Defining themselves as Birmingham's only official 'brand agency', the L-E-A-P directors will work alongside an experienced network

of freelancers. Fashion designer Ying Liao Ltd took the building's penultimate office space, signing for a three-year lease.

Imperial and Whitehall forms part of Birmingham's The Grand Hotel, which was originally built by Isaac Horton almost 150 years ago. Hortons' refurbished the building to create modern, flexible working suites, characterised by many of the iconic building's original features.

Nina Meeks of Hortons', said: "We're very pleased to welcome L-E-A-P as one of two new tenants who have chosen Imperial and Whitehall as the location from which to grow their businesses. Occupiers have been attracted by the central Birmingham location and modern office suites that retain the character of a period building."



KNIGHT FRANK

The Birmingham office of Knight Frank is relocating to a new office at 103 Colmore Row.

The independent global property consultancy has signed a 15-year lease on 4,376 sq ft, taking part of the 18th floor of the 26-storey building with joint venture partners Sterling Property Ventures (Sterling) and Tristan Capital Partners (Tristan).

Knight Frank is currently based at One

Colmore Row, where it employs circa 50 people. It is set to move to its new office at the end of Q1 2022, increasing its occupation of office space in the city.

Ashley Hudson, partner and Birmingham office head at Knight Frank, said: "Not only does 103 Colmore Row tick all the right boxes in terms of ESG, design and location, it will also provide our colleagues and clients with a best-in-class working environment – as well as unbeatable views of the Birmingham skyline."

#viewfrom103: See Pages 22 & 23

SHOOSMITHS

Law firm Shoosmiths has taken 32,900 sq ft at Birmingham's 103 Colmore Row, marking the largest letting to date at the landmark tower.

The company, whose 300 legal advisers and support staff are currently based at Two Colmore Square, will relocate to 103 Colmore Row, which has reached practical completion, after agreeing a 15-year lease, on the 11th, 12th and 20th floors, with joint venture partners Sterling Property Ventures and Tristan Capital Partners.

Alex Bishop, partner and co-head of Shoosmiths' Birmingham office said: "We are thrilled to have signed a lease for 103 Colmore Row.

"Birmingham is an exciting city right now and we feel that this stunning, state-of-the-art building reflects the innovative and client-focused nature of our business as well as offering us the flexibility for hybrid working in the years to come."

GALLAGHER

Gallagher, the insurance, risk management and consulting services specialist, is moving its Birmingham team to 103 Colmore Row.

The company has taken 12,146 sq ft on the 13th floor of the 26-storey building, agreeing a ten-year lease with joint venture partners Sterling Property Ventures (Sterling) and Tristan Capital Partners (Tristan). The rent is undisclosed.

The move will enable Gallagher to co-locate its 150 staff in Birmingham into a single office.

Gallagher is the sixth company to take space at 103 Colmore Row, joining Grant Thornton, Knight Frank, Shoosmiths, Tilney Smith & Williamson, and flexible workspace operator x+why. More than 60 per cent of the office space in the building is now let.

Movers&Shakers

BT

BT has announced plans to recruit nearly 41 graduates and 28 apprentices in Birmingham for its September 2022 intake.

The announcement is part of the Three Snowhill-based company's plans to recruit more than 600 graduates and apprentices across the UK this year.

BT will recruit talent across areas such as engineering, customer service, applied research, and cyber-security to support the UK's fast-growing digital sectors.

The new recruits will also support the company's plans to build and extend its 5G network around the UK.

The new roles are spread across a number of other locations including Belfast, Bristol, Dundee, Glasgow, Ipswich, London and Manchester.

The programme, which will complete in 2024, has already opened future fit, high-tech workspaces in locations including Three Snowhill.

VICTORIA SQUARE HOUSE

The Government has agreed a deal to take almost 70,000 sq ft at the landmark Victoria Square House office building.

The Office of the Public Guardian has committed to taking 67,000 sq ft on multiple floors in the building.

Michael Cecil, head of UK asset management at Ardstone Capital, said: "This deal demonstrates the continued confidence that the government has in Birmingham as a city and as a home for its major working divisions outside of London."



LIQUID

Award winning communications consultancy, Liquid, has opened its state-of-the-art kitchen studio in the centre of Birmingham as part of the new business offering, Kitchen by Liquid.

Situated on the third floor of New Oxford House, Waterloo Street, the 760 sq ft kitchen provides a unique content creation space ideal for food and drink photography, videography, recipe development, cookery classes, demonstrations and events.

The studio features a fully equipped demonstration kitchen, two large islands, large south-facing windows, an additional prep kitchen space, breakout areas with seating and a separate board room with a dining table seating up to 10.

Since its completion in November 2019, the kitchen has enabled Liquid to produce in-house content for its growing roster of food and drink clients, with recent projects ranging from videography for butchers and farm shops to the creation of a Christmas cookbook for international food board, Maple from Canada.

WM GROWTH COMPANY

AshbyCapital, the property investment advisory company, has let 4,696 sq ft on the 11th floor of The Colmore Building, its grade A office building in Birmingham city centre, to the West Midlands Growth Company (WMGC).

WMGC, the region's economic development agency, is moving from Baskerville House to The Colmore Building. Relunched by AshbyCapital in 2016, after a £3.5m enhancement programme, The Colmore Building comprises 314,000 sq ft of Grade A office space over 14 storeys. WMGC will join an array of global tenants including Chubb, Allianz, Investec, Irwin Mitchell, Hogan Lovells, Rathbones and Willis Towers Watson.

The building offers Birmingham's broadest range of amenities with a state-of-the-art gym, yoga and Pilates studio, treatment rooms, bicycle parking, luxury changing rooms and a drying room, as well as a private GP room and the &More Coffee House.

Movers & Shakers

RACHEL ROBERTS

CEO and founder of award-winning Birmingham PR agency, spottydog communications, Rachel Roberts, has started her tenure after being appointed Chartered Institute of Public Relations (CIPR) President for 2022.

The CIPR is the world's only Royal Chartered body for public relations professionals. It's committed to professional standards and lifelong learning, supporting the careers of members, and building understanding of PR.

With over 20 years' experience within PR and communications, Roberts has worked with a broad range of clients including



Mitchells & Butlers pubs, McDonalds, Cancer Research UK, Yellow Pages, Bristan and the NHS, acting as the bridge between brands and their audiences to make

a real impact. Since founding spottydog in 2010, Roberts and the team have won 26 industry awards, including Midlands Outstanding Consultancy of the Year twice.

Roberts joined the CIPR institute in 2008, before becoming a Chartered PR Practitioner in 2016. She also served as Chair and Vice-Chair of the CIPR Midlands Group from 2016-2019, whilst also serving on the CIPR Board since January 2020.

Rachel said: "My key focus in my year as President is broadening the representation of practitioners who engage with CIPR from across the PR industry and this mission is reflected within the composition of this year's CIPR Board which features a wealth of talent representing the diversity of PR practice and practitioner community."



BIRMINGHAM MUSEUMS TRUST

The Birmingham Museums Trust Board has appointed two new trustees – Tony Simpson and Liam Darbon.

Their appointments help to energise and strengthen the organisation's Board of Trustees, with particular focus on marketing and audience development, income generation, and commercial development, along with bringing a wide range of experience and knowledge from their varied careers.

Tony Simpson (pictured above left) is Partner at Oliver Wyman, a leading global management consulting firm, where he has advised and restructured some of the world's leading media, sport, and entertainment groups. Tony also has experience in the arts and culture sector and spent five years as an Advisory Board Member to the Black Cultural Archives (BCA). Born and raised in Birmingham, Tony was a singer-songwriter in the city in the 1980s, in New Wave band '021', and is still connected to the Birmingham Music Archives.

Liam Darbon is Head of Omnichannel Trading at Tate, a world-renowned family of art galleries spanning the UK, with a mission to increase the understanding and enjoyment of art. Liam leads on the commercial strategy across Tate and its trading subsidiaries. Prior to Tate, Liam held senior commercial leadership positions at the John Lewis Partnership and has also worked for American Express and the marketing agency Syncredible.

Niels de Vos, Chair of Birmingham Museums Trust, said: "Tony and Liam's appointments continue the work we are doing to take Birmingham Museums in a bold, fresh direction."

PwC

Birmingham has climbed three places in a league table which rates the real estate prospects of cities across Europe.

The city has moved up to 22nd from 25th in PwC's The Emerging Trends in Real Estate Europe. Furthermore, Birmingham also ranks 18th on the local outlook for real estate prospects

in rent and capital values. The 2022 report from PwC and the Urban Land Institute (ULI) highlights the views of European real estate sector leaders' and expectations for the year ahead.

Jonathan Clements, real estate tax director at PwC UK, said: "Birmingham is well placed to benefit from the impact of further investment due to its location, transport links and skilled workforce, as well as the Commonwealth Games."

PwC Collective: Page 27

Property



Paradise plans continue to transform city

HOST OF NEW APPLICATIONS AND ARRIVALS TO SHOWPIECE SCHEME

HEART OF BRUM

Paradise Birmingham is the £1.2 billion destination providing new connections, public spaces, commercial buildings, leisure and hospitality venues, in the very heart of the city.

Paradise is creating new jobs and opportunities for Birmingham and the region as well as improving city centre connectivity.

After more than a decade of work, the team has now delivered, or is in the process of delivering, several new public squares and streets, along with six new commercial buildings as part of Phase One and Phase Two.

With people and events coming back to the destination it means a renewed emphasis on the cafes, bars and restaurants that spill out into the public realm.

Paradise also supported the Westside Metro extension and road improvements around the site, while protecting the integrity of the A38 Queensway tunnel that has remained open throughout the redevelopment work.



NEW PLACES

Paradise has seen a trio of new restaurants come to Birmingham thanks to the first two buildings. Dishoom, the Indian-Irani restaurant, Albert's Schloss, the Alpine themed pleasure palace, and Rosa's Thai café have all had a positive impact on the city's hospitality offer, and there's more to come.

Acclaimed wine bar and restaurant Vinoteca, and a new Yorks Café, will arrive later this year on the ground floor of Two Chamberlain Square.

As well as new places to eat and drink, most of the venues across Paradise are completely new to Birmingham and the Paradise team is working hard to bring even more innovative leisure concepts to the development. Watch this space!

RECENT PLANNING WINS

In 2022 Paradise was awarded detailed planning permission to complete the final elements of Phase Two of the development with new public realm and pedestrian links, including Ratcliff Passage, Ratcliff Square and Western Terrace, as well as a new high-quality, 17-storey boutique hotel on the corner of Paradise Street and Suffolk Street.

Local people and the city council have been engaged throughout the planning process for Phase Two, both through formal channels and online through social and mainstream media.

Dedicated content has been promoted to the public to gather their views and answer questions.

As well as new places to eat and drink, most of the venues across Paradise are completely new to Birmingham

ONE CENTENARY WAY

One Centenary Way is the first building to come forward as part of Phase Two.

It provides 280,000 sq ft of Grade A commercial space in a major new landmark building in the very heart of the city. As one of Birmingham's most sustainable and SMART enabled buildings, it will set the tone for others coming forward in the city centre.

Arup, the global employee-owned built environment consultancy, has already taken 68,000 sq ft of space across three floors of One Centenary Way and will be relocating its Midlands office and 1,000 staff to the building in 2023.

The building was topped out in March and is set for completion by the first quarter of next year.

OCTAGON

Octagon will be the tallest building in Birmingham when construction work completes in 2025.

With enabling works already underway, progress can be monitored via the dedicated webcam on the Paradise website.

With 370 apartments and rising to 49 storeys, or 155 metres, the building will be 3 metres taller than the nearby BT Tower, and once finished will become the tallest pure octagonal residential building in the world.

Designed by the team at Glenn Howells Architects and led by local architect Dav Bansal, Octagon is a cutting edge building in a variety of ways.

The space and light in each apartment is ground breaking, as is the building's sustainability credentials – it produces far fewer emissions and embodied carbon during the construction phase than a similar sized building of rectangular design.

Octagon will also be the first high rise residential building in the UK with a pressurised core, a class leading safety feature, plus a sprinkler system that extends to individual apartments.



An artist's impressions of the Octagon building

Food & Drink



'COOK HAUS' OFFERS BAKERY, SUNDAY SERVICE, CABARET, SHOWTIME... AND MORE!

Albert's Schloss, which opened in Paradise Forum in December last year, is 13,000 sq ft of bar, restaurant, tavern and showtime, inspired by the Bavarian Alps and bohemia.

'The Cook Haus' serves up indulgent Bavarian-Alpine food with Fondue and Schweinshaxe being stars of the show. Whilst an in-house bakery produces bread, pretzels, pastries, and puddings alongside fresh daily roasted coffee.

By night, Albert's Schloss is brought to life with cabaret performances, live music and '7 days of showtime' and is home to over 100 freelance artists serving up fun and flamboyant performances every night of the week. Upon arrival guests are treated to the full Albert's Schloss experience. On offer is a variety of Biers, specialty cocktails and canapes sampling their Alpine-inspired menu.

An immersive performance schedule sees live-performances, cabaret acts and the incredible Haus band perform throughout the evening, providing guests with a taste of their '7 days of showtime' schedule. To round this off, the venue hosts a weekly Sunday Service, where guests can enjoy a hearty menu of Sunday Luncheons fresh from the Cook Haus, whilst watching entertainment offerings such as a Gospel Choir and live band.

More recently, Albert's Schloss launched their In-Haus Bakery, led by



Head Baker, Howing Lai, a graduate from Le Cordon Bleu Culinary School in London. The team of artisan bakers arrive at 5am each morning to prepare fresh breads and pastries, including the traditional Haus Pretzel and Albert's Schloss Croissants.

The venue also has a popular Breakfast menu, kicked off with Liveners including a Bloody Mary

and Espresso Martini. The Cook Haus serves up its own traditional breakfast with Yorkshire White sausage, smoked streaky bacon, Hollowdene Farm egg and all the trimmings, alongside the King of the Bavarian breakfasts: the Schlossage Sandwich.

Booking is advised but walk-ins are always welcome. Visit www.albertsschloss.co.uk/Birmingham



Jamaya brings Caribbean flavours to Colmore Row

Independent restaurant brand 'Jamaya' has brought a ray of Jamaican splendour to Colmore Row.

The brand celebrates authentic Jamaican culture, art and food - in venues that are brought to life with graffiti art and decor inspired by the islands.

Since its inception, Jamaya has built a loyal fanbase thanks to its Jamaican dining experience. The restaurants serve up traditional favourites such as jerk chicken, callaloo, fried plantain and street-style festivals; and have famously become the 'first of their kind' by introducing proper 'Jamaican fried chicken', as inspired by their secret blends and recipes.

Jamaya on Colmore Row offers an exclusively designed cocktail menu, which takes inspiration from the liveliest Caribbean flavours. The cocktails perfectly pair with the food dishes and can be enjoyed at an even better price during

the restaurant's popular Happy Hours (as scheduled throughout the week).

Jamaya's new opening on Colmore Row has received a warm reception so far. Guests are particularly fond of the brand's celebration of black culture - with the best in music, art and ambience. The stylish new venue boasts a phenomenal graffiti tribute to Jean-Michel Basquiat, an iconic African American artist who rose to success during the '80s. There are plenty more stunning artwork pieces throughout the restaurant - making it one of the city's most sleek and Instagrammable spots.

Co-founded by Byron Carnegie, in honour of his rich Jamaican roots, Jamaya has plans in store for the future. Guests can look forward to Bottomless Sunday Brunch and Saturday DJ Nights.

For more details and to book your next visit to the sunniest corner of Birmingham, visit jamaya.co.uk

Colmore Life



A view to a thrill



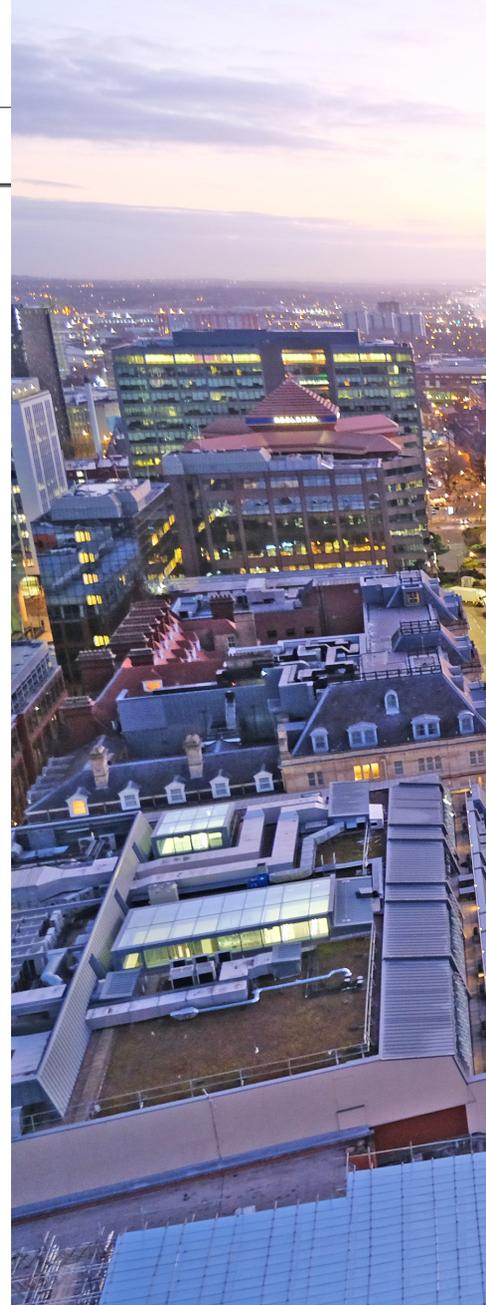
PHOTOGRAPHERS GATHER FOR SUNRISE PHOTOMEET AT 103 COLMORE ROW

Sterling Property Ventures and Tristan Capital Partners invited the city's top photographers to a photomeet on the 18th floor terrace of 103 Colmore Row.

The snappers had an early start in order to catch the sunrise at 7.10am, but the weather gods were smiling and, just one day after Storm Eunice had abated, they enjoyed the stunning views of the city skyline as dawn broke. Stacey Barnfield from Colmore Life magazine was there to capture the vistas, which he described as 'jaw dropping'.

Signed occupiers at 103 Colmore Row include Shoosmiths, Grant Thornton, Tilney Smith & Williamson and Gallaghers. Flexible workspace operators x+why have three floors in the building and will also operate a business club on the 18th floor. The terrace will be available to hire for events.

The building is topped by a double height restaurant, which will be operated by D&D London and is scheduled to open later this year. D&D will also operate a ground-floor bar and café.

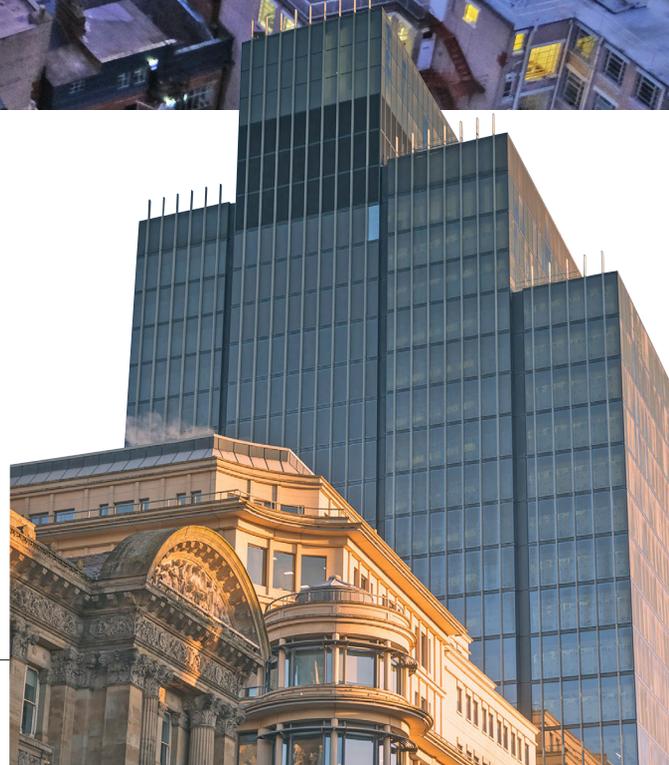


James Howarth, managing director of Sterling Property Ventures, said: "As the developer on this project and a regular visitor I never tire of the views from the building.

"From the outset we were determined that Brummies and visitors alike would have access to 103 Colmore Row. The restaurant enables this and the terrace too will be available for hire."

For enquiries contact Colliers, Cushman & Wakefield or Knight Frank.

For more views from 103 Colmore Row check out the @103colmorerow and #viewfrom103 Instagram feeds.



Local History

John Feeney: The Brummie who gave back through art

AS BIRMINGHAM MUSEUM & ART GALLERY PARTIALLY REOPENS TO VISITORS **CATHERINE HENDRICK** LOOKS AT THE LIFE OF THE BIRMINGHAM PHILANTHROPIST WHO HELPED ESTABLISH IT AS THE HOME OF ONE OF THE COUNTRY'S GREATEST CIVIC COLLECTIONS

With a fortune made from newspapers John Feeney could have revelled in a life of luxury.

Instead he was determined to pay back the city which made his name.

Feeney's civic pride helped bring art to the masses of industrial Birmingham and lay the foundations of Birmingham Museum & Art Gallery's world class collections.

The newspaper proprietor was born in Sparkbrook in 1839 and was the son of an Irish journalist, John Frederick Feeney, who launched the Birmingham Daily Post with Scottish journalist Sir John Jaffray in 1857.

But Feeney didn't immediately follow in his father's footsteps.

Instead he became an apprentice to a firm of metalworkers where he developed an interest in industrial and decorative art.

When his father died in 1862 his elder brother took over the family interest in the business.

But he left to become an artist and so at the age of 24 Feeney joined the Birmingham Daily Post in partnership with Jaffray.

He soon discovered he had a talent for newspapers and in 1870 the businessmen set up the Birmingham Daily Mail.

In 1894 Feeney bought out his

partner and became sole proprietor of the company.

During his 40 years at the helm he created a highly respected newspaper group. He also revealed a generous nature and social conscience. Feeney and Jaffray created the Birmingham Mail Christmas Tree fund to raise money for 'toys and cash to brighten the lives of poor children in hospital'.

For generations the fund helped the city's poor, providing Christmas dinners and boots to children who couldn't afford new shoes.

Under Feeney's guidance the Post campaigned for better social conditions in Birmingham too.

Local hospitals, including the General and Women's Hospitals, also benefited from the newspaper proprietor's wealth and he paid for the chancel of Aston Parish Church to be rebuilt.

When the Mayor of Birmingham, Joseph Chamberlain, set up a fund to improve Mason College, Feeney was one of the first to support it. It eventually became the University of Birmingham.

But it was the newspaper man's passion for art which led to his most notable legacy.

In 1885 the Prince of Wales formally opened Birmingham Corporation's 'magnificent' Museum and Art Gallery.

Feeney had donated an extraordinary collection of works featuring Japanese porcelain, enamel, lacquer, silver, swords and armour

Birmingham Museum and Art Gallery from Chamberlain Square. Date unknown, after 1911 and before WWII

Picture: Birmingham Museums



and Chinese items made with silver, bronze and lacquer.

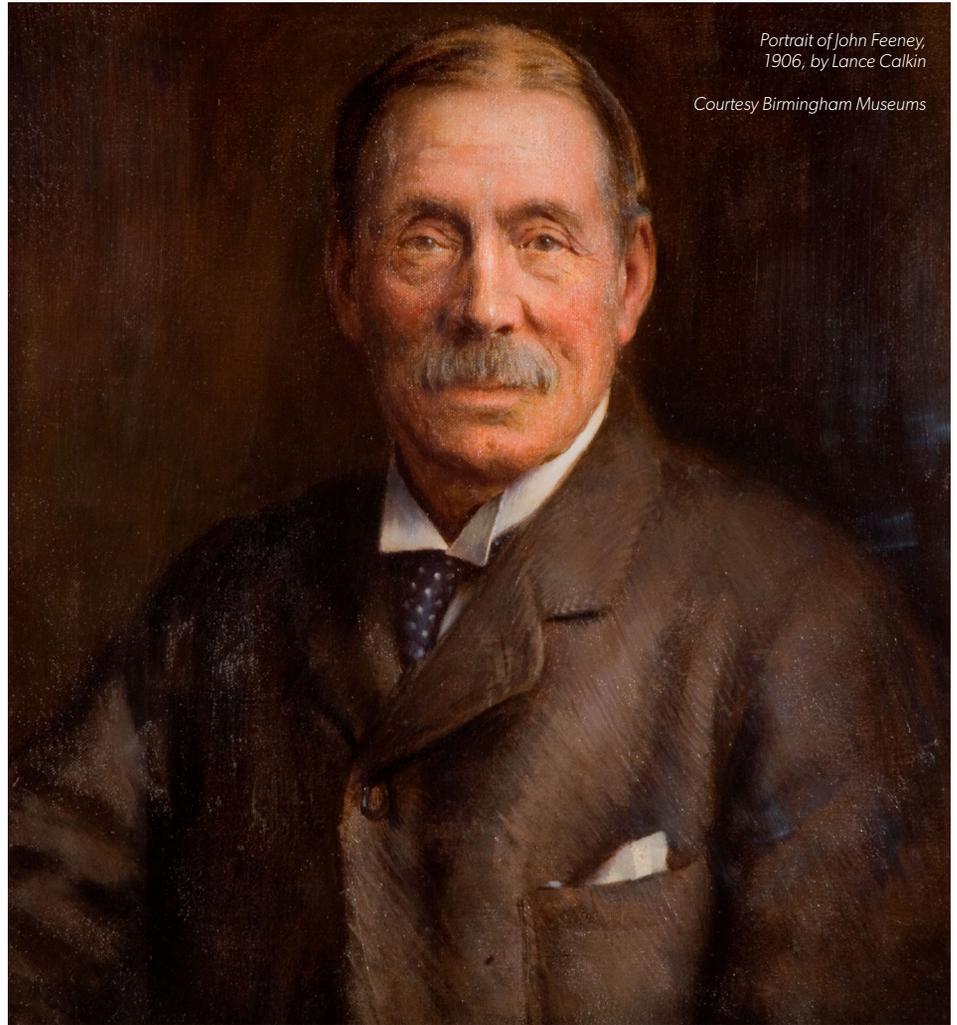
By 1899 he had handed over a collection of 1,693 pieces from around the world, including works from Persia, Scandinavia and Germany.

Feeney also worked with other Birmingham businessmen to acquire major works for the Museum by the likes of great artists such as Turner and Reynolds.

They also donated precious paintings by members of the Pre-Raphaelite Brotherhood, which Birmingham Museum & Art Gallery has become renowned for.

The Museum & Art Gallery was designed as a building for the people

Local History



Portrait of John Feeney,
1906, by Lance Calkin

Courtesy Birmingham Museums

and built as an extension to the Council House.

The offices of the municipal gas and water companies were housed alongside its galleries, which were free to enter. So when people paid their bills they had the opportunity to admire some of the finest art in the land.

After his death in 1905 Feeney's generosity continued.

The newspaperman left £50,000 in his will to build a new picture gallery at the Museum & Art Gallery and purchase more paintings and drawings.

The Feeney Galleries, which were built in Edmund Street and Great

Charles Street, were opened in 1912 and were connected to the old with a bridge inspired by the Bridge of Sighs in Venice.

Visitors can still admire the newspaperman's collection of precious metal objects from the Middle and Far East there today.

Feeney was a modest man who didn't seek publicity for his good deeds but left a significant mark on the city and people of Birmingham.

Most of his fortune was left to charity, much of it for the benefit of his home city.

Nine per cent of his residuary estate was bequeathed to the John Feeney Charitable Trust which continues

to champion the arts, heritage and public open spaces in the city today.

The Trust continues to support Birmingham Museum & Art Gallery and in its early years helped purchase paintings by the likes of Constable, Canaletto, Bellini, Burne-Jones and Millais.

It also offers an annual fellowship for promising artists and provides funding for other city charities and for parks, recreation grounds and open spaces.

Although John Feeney died more than a century ago he created a legacy which has enriched Birmingham's cultural life for generations and continues to do so today.

For more information about the work of the John Feeney Charitable Trust visit feeneytrust.org.uk



Whether you are on a specific health and fitness journey right now or simply looking to generally improve your overall wellbeing, understanding the impact of simple decisions is key to your progress.

Firstly, one of the biggest factors in many people not being able to achieve their goals when it comes to getting in shape is how they define a 'weekend' and the lack of discipline or any structure they give themselves over this period of time.

I am sure most of us have been there 'I'll be good in the week but allow myself a treat or two at the weekend'. This in itself shouldn't halt progress, however, the issue comes when the weekend includes Friday, Saturday and Sunday! 3 out of 7 days equates

to approximately 43% of the week.

It goes without saying that to make significant progress towards a goal will require a greater level of commitment than just over 50%.

Here is a typical example of someone trying to get into shape whilst watching calories:

This person who is trying to lose bodyfat has worked out that they need to burn more calories than they consume, commonly called 'A calorie deficit'

If they eat 1,800 calories per day this puts them in a 200kcal deficit per day which then equates to 1400kcal over the course of a week.

After a strict week they decide to treat themselves at the weekend (Friday/Saturday/Sunday)

A few drinks on Friday evening, a coffee and cake on Saturday followed later by a take away and wine (sound familiar?!). On Sunday a lovely brunch or perhaps a roast and glass of wine and suddenly they have consumed the additional 1,400kcal from the previous week and they are back to square one!

Now, this doesn't take into account that they may have burnt additional calories through exercise but it does start to paint a picture as to why a lot of people feel frustrated at their lack of progress in spite of being 'good' throughout the week'.

I personally feel that having a defined period of time to 'treat' or 'cheat' can lead to more of a binge mindset which ultimately leads to cravings and frustration. Whenever we put restriction we have a tendency to focus more on it.

A more balanced approach would be to allow yourself to enjoy whatever it is that you really want without wasting calories on food or drink that you are not really bothered about.

This controlled consistency over time will ultimately lead to fantastic long term results and most importantly, a healthy relationship with food.

At MK Healthhub, we specialise in creating supportive mindset and lifestyle modifications that allow you to achieve your personal goals whilst still having time to enjoy yourself.

Our 80/20 nutrition and lifestyle guide is available to all Colmore Business District readers.

To get your copy or a complimentary health and wellness consultation, contact us at birmingham@mkhealthhub.co.uk



PwC staff join 13,000-strong 2022 Games volunteer team

'COLLECTIVE' TO ENSURE SOCIAL LEGACY OF SHOWPIECE EVENT

Ten volunteers from PwC UK will join the Commonwealth Collective, a 13,000 strong team of volunteers helping to deliver a summer to remember at this year's Birmingham 2022 Commonwealth Games.

The group's members represent a number of PwC's UK offices: Deborah Owen (London), Elliot Ip (London), Frankie Meehan (Birmingham), Hamzah Ahmed (Leeds), Herman Fung (Birmingham), Karina Atkinson (Newcastle), Kavina Nagji (London), Michele Walker (Birmingham), Mihir Shah (London) and Sharvani Ramdoo (Glasgow).

The group applied through a PwC volunteering pathway, and after being successful, were invited to PwC's Birmingham Office at One Chamberlain Square to meet Andrew Newman, Director of Workforce & Volunteering at Birmingham 2022, PwC UK Senior Partner and Chairman, Kevin Ellis and PwC UK Midlands Region Leader & Birmingham Senior Partner, Matt Hammond.

The Commonwealth Collective will be the heart and soul of the Games experience, supporting over a million spectators, as well as athletes and officials. Volunteers will cover a wide



variety of duties, including driving, first aid, meet and greet, venue preparation, kit carrying and courtside assistance.

Andrew Newman, Director of Workforce at Birmingham 2022 said: "Volunteers are the heart and soul of the Commonwealth Games and play a hugely important role in making both athletes' and spectators' journeys very special. Their positivity and passion will help us deliver the best ever Commonwealth Games and I'm sure the volunteers from PwC will do a fantastic job of welcoming people to the city and helping Birmingham 2022 run smoothly."

Matt Hammond, PwC UK Midlands Region Leader & Birmingham Senior Partner, said: "We're delighted for our ten successful volunteers who will have the chance to give back, inspire a generation and be part of something truly special by supporting this year's Birmingham 2022 Commonwealth Games. The Games will be a fantastic

celebration of culture, sport and community, and will deliver a positive social and economic legacy.

"We share Birmingham 2022's ambition of becoming a catalyst for change. The Games provide a golden opportunity for our people to continue to volunteer their time and skills to support its legacy, and the many local charities and non-profit organisations that will benefit from its social and environmental impact. This also helps to support the development and wellbeing of our own people, which is at the heart of everything we do."

Recently, a new volunteering partnership between PwC UK and the Canal & River Trust kicked off with staff from the Birmingham office helping the city get ready for the Games by planting native fruit trees and helping to cut back overgrown bushes and shrubs along the Main Line Canal in Smethwick. As part of a wider programme of community and wellbeing activities in Birmingham and the West Midlands, the Canal & River Trust are working towards a goal of cleaning up a minimum of 22 miles of canals before the Games' Opening Ceremony on the 28th July.

Pictured: Members of the volunteering group with Andrew Newman, Director of Workforce & Volunteering at Birmingham 2022, PwC UK Senior Partner and Chairman, Kevin Ellis, PwC UK Midlands Region Leader & Birmingham Senior Partner, Matt Hammond and PwC UK Head of Community Engagement, David Adair

COLMORE LIFE

SPRING 2022

THE BIG PICTURE

Birmingham photographers are always seeking new views of the city skyline and this spring they achieved exactly that with a sunrise photomeet at the heights of 103 Colmore Row.

The intrepid bunch were up at sunrise to capture views like this – across the rooftops of Birmingham Cathedral – for the one-off gathering.

Find out more on Pages 22 and 23.

