

Burgess Hill

BUSINESS PARKS ASSOCIATION

Opening Remarks

This week's summary

News on a funded boiler upgrade scheme for business and details on plastic reduction policies. The excellent Help To Grow initiative from the University of Brighton has an interesting event later in November. Rewards Training reminds us that upskilling is a key factor in better staff retention and we share an unconventional approach to boosting productivity. We celebrate a major accolade for one of our members.

Local Community Action

Burgess Hill Town Council's Community Team launch this year's Christmas Hamper Appeal. I know many of our members give valuable support to this in many ways, helping many deserving local families. The Burgess Hill Lions have organised a prostate cancer screening day at the Triangle, booking details further below.

Nearly Sold Out

The big combined event with BHBPA, HHBA, EGBA and GDB, on Thursday October 19th, last tickets going fast, don't delay, [Book Here](#)

Over the last few months we have had several businesses join, from sole traders to SMEs, including a multi-national company in the aviation sector and a dynamic and fast growing local manufacturer. It's a diverse selection of local enterprise reflecting our broad membership profile.

This week we welcome two of those new members from this past summer.

Become part of the fastest growing business group in Sussex. [Join Here](#)

Keep the stories coming in richard.cox@bhbp.co.uk or call **07393 728688**

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Celebrating Award Success

UK Growth Coach award win: Best SME Management Consultancy in Sussex

We are delighted to be able to share the exciting news with you that UK Growth Coach has just won the Best SME Management Consultancy in Sussex at the Management Consulting Awards run by Wealth & Finance International!

The award is a real testament to not only the hard work and quality of the business coaching we provide, but the results and real-world impact our clients experience.

Where the marketplace is flooded with big-business coaching concepts that aren't always fully relevant in an SME setting, our unique models (all developed by our own team) are a refreshing change.

Our approach to coaching is based on concepts we've developed ourselves after years as business owners and coaches to more than 250 business clients.



Here are just some of the client results that helped us achieve this accolade:

- Reduced one business owners working week from 80hrs to 45hr and enabled them to go on their first family holiday for five years.
- Significantly bolstered a construction company's secured future work and cash security, from 4 weeks to 9 months.
- Enabled a business owner to expedite the sale of their business, achieving a higher market price than initially anticipated.
- Increased another company's year-on-year turnover by 35%
- Empowered one firm to create six new jobs.

We don't just look at or focus on the business results, but also on the beneficial impacts to the lives of the company owners, their teams and the wider business society. By improving business results, we enhance the lives of business owners, employees, supply chains, and the community overall. SMEs who work with us deliver economic benefits to the communities they serve through job and wealth creation, as well as other contributions.

Why not take advantage of a complementary business review with one of our coaches, where together we will:

- Assess your business' current progression status.
- Explore your aspirations for the future and current barriers.
- Discuss ideas, opportunities, and make relevant suggestions.
- Consider how actions, support and education can make change happen



Sound interesting? Give us a call on **01444 440500**, or book directly here: <https://calendly.com/timrylatt>.

You can also check out our website for more information: growthcoach.co.uk

New Members

- Helen Tuddenham Consulting
- Basepoint Business Centre: Haywards Heath

Helen Tuddenham Consulting

A leadership and learning consultancy

Hi, I'm Helen Tuddenham, an executive coach with 25 years' leadership and learning consultancy experience, based in Haywards Heath but working across the UK and overseas.



Helen Tuddenham

I provide coaching services to help experienced professionals untangle the complexities of leadership.

If you're feeling "stuck", I can give you the support to progress further - to figure out what's holding you back and then eliminate those sticking points.

As a result, you will gain fresh perspectives on who you are and how you lead, together with an ability to develop strategies to take on new challenges and thrive in your career.

Your organisation also benefits. When leaders perform at their best, the positive effects radiate outwards — to colleagues, customers and ultimately, to the bottom line.

I understand the challenges of leadership because I've been there myself. I spent 25 years at one of the Big 4 Consulting Firms, where I advised clients on a wide range of culture, capability and leadership issues. Combined with my journey of building a career in a complex organisation and a coaching methodology that leads to genuine "aha" moments, I am ideally placed to get results that last.

My clients are experienced leaders who are performing well but want to get even better - either through gaining more confidence to nail a promotion, feel at home in a new role, or find a career path that better suits their strengths and interests. I mainly work with law, accounting and professional services organisations.

I'm very much looking forward to joining the BHBPA, meeting like-minded professionals and sharing my expertise.



You can reach me at:
helen@helentuddenhamconsulting.com
or take a look at my website
www.helentuddenhamconsulting.com
to find out more about me and what I do.

Basepoint Business Centre: Haywards Heath

Another new member of BHBPA

Bright, light & airy serviced offices, light industrial workshops, day offices, Co-Working, meeting rooms and business lounge.

Special BHBPA members' offer:

Either of these two options:

- 1 day office free trial or
- 2x days co-working free trial.

For more details: email haywardsheath@basepoint.co.uk to book.

Flexible workspace - a month to 5 years! Access to over 3,000 locations worldwide.

A dog friendly centre where we provide the best customer service. We want to help your business grow. Secure CCTV parking. Regular in centre networking events.



What our tenants say:

“It works! Everything that a business needs from a serviced office provider”

BRC Consultants - June 2023



Commercial rental offices & light industrial units - Flexible terms

[Basepoint](#) De Mierre House, Bridge Road, Haywards Heath RH16 1UA

Conveniently situated within 7 minutes walking distance of Haywards Heath Station with links to trains and buses from London, Brighton and East Grinstead. A perfect place for meetings in the centre of Sussex close to Gatwick Airport.



Contact James McKinnie or Gill Evaroa on **01444 849250** or haywardsheath@basepoint.co.uk

www.basepoint.co.uk

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Boiler Upgrade Scheme

Check if your business is eligible

The Boiler Upgrade Scheme (BUS) provides funding for premises owners (residential or business) to install heat pumps (or biomass boilers) to replace fossil fuel boilers. It's about both energy efficiency/long term cost savings and of course the environmental benefits of replacing fossil fuels.

The Ofgem site explains the scheme and the recent changes announced, coming into play on October 23rd: [Boiler Upgrade Scheme \(BUS\) | Ofgem](#)

And here are the details about eligibility: [Apply for the Boiler Upgrade Scheme: Check if you're eligible - GOV.UK \(www.gov.uk\)](#)

This specific scheme has come to attention again this week – as the Govt. announced that funding for the Boiler Upgrade Scheme, will increase from up to £5000 to up to £7500.



Reducing Plastic Waste

Ban and restrictions on some single-use plastic items from 1 October

Did you know that every year people in the UK use approximately 2.7 billion single-use cutlery items and 721 million single-use plates, yet just 10% of these get recycled? The newest single-use plastic ban comes into force on 1 October. It will reduce plastic waste and protect the environment.

The ban includes:

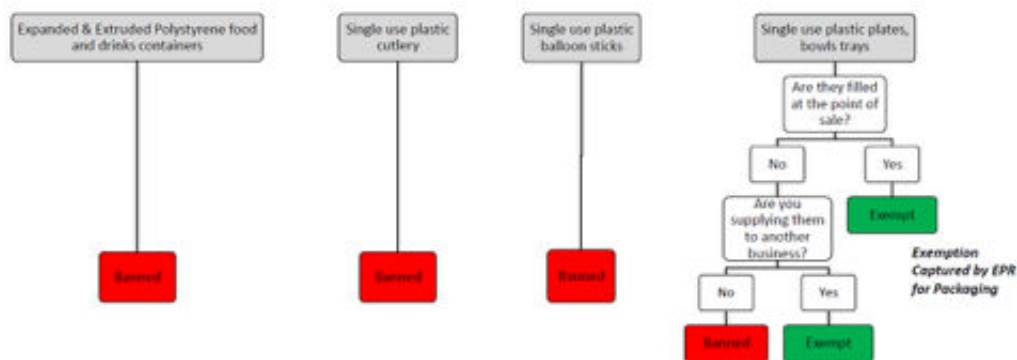
- single use plastic cutlery
- single use balloon sticks
- extruded and expanded polystyrene cups and food containers
- a restriction to the supply of single-use plastic trays and bowls to members of the public (although businesses can continue to supply these items if they are used as packaging in shelf-ready pre-packaged food items)

[The new ban on certain single use items](#) compliments the existing restrictions on other single-use plastic items including [plastic straws](#), [cotton buds and drink stirrers](#) and the [carrier bag charge](#)



Single-Use Plastic Ban - What's In and What's Out

From 1 October 2023 there will be additional bans and restrictions on single-use plastic items



Please note: The ban on Expanded & Extruded Polystyrene food and drinks (EPS) containers targets takeaway EPS containers, as these are commonly littered items that we often see littering our high streets. It is not intended to target all EPS containers, e.g., large reusable EPS containers are often used to transport frozen fish and are an important part of the supply chain.



Help to Grow

Help to Grow Autumn Alumni event at Plus X Innovation on 16th November 2023.

Join us for an early evening of networking with Help to Grow Alumni and other business organisations. This will be a good opportunity to network with the up and coming businesses in Brighton and wider Sussex.

Richard Freeman from Always Possible will be facilitating an expert panel discussion on **Small business, AI and Growth: Where do we even start?**

Additional speakers will be announced soon.



We are pleased to announce this event is being hosted in partnership with Plus X Innovation on Lewes Road, an innovation hub designed to meet the needs of growing businesses from their prototyping workshop to their office space.

Drinks and snacks will be provided. Please let us know of any dietary requirements via the ticket source link. Plus X is accessible via bus routes and Moulsecoombe train station. If you require parking please let me know your registration number or fill it in on the ticket source link and I will organise this with the university parking at Elm House.

Follow the link below to secure your place, and we'll see you on the **16th November 2023**



To secure your place at the Help to Grow event - [BOOK HERE](#)

Boosting Productivity

Boosting Productivity; An Unconventional Solution

Productivity is the lifeblood of any thriving economy, and the UK is no exception. In recent years, there has been a growing concern about the stagnation of productivity levels in the UK compared to its global counterparts. To ensure businesses remain competitive and profitable, it is imperative to explore innovative methods to enhance productivity. One unusual method is hypnotherapy, which can actually prove to be a real game-changer.

The UK's Productivity Challenge

Before I expand on the effectiveness of hypnotherapy, let's consider the current

productivity landscape in the UK. The nation has faced persistent challenges in boosting productivity over the past decade. Factors such as outdated work practices, lack of investment in skills development, and inadequate employee well-being considerations have, no doubt, contributed to the issue. These challenges not only hinder economic growth but also pose a significant threat to the sustainability of businesses.



Hypnotherapy: An Unconventional Solution

Hypnotherapy is often associated with Hollywood stereotypes, but its potential benefits for productivity should not be underestimated. In a business context, hypnotherapy involves guiding employees into a relaxed and highly focused mental state. This state allows them to overcome mental barriers, reduce stress, and enhance concentration, ultimately leading to improved productivity.

The Science Behind Hypnotherapy

Hypnotherapy operates on the premise that the subconscious mind plays a pivotal role in influencing behaviour. By tapping into this subconscious realm, hypnotherapy can help individuals reprogram negative thought patterns and habits that hinder productivity. Through guided sessions, employees can address issues like procrastination, confidence, self-doubt, and work-related stress.

Enhanced Focus and Creativity

One of the most significant advantages of hypnotherapy is its ability to enhance focus and creativity. In the modern workplace, distractions are aplenty, and maintaining concentration can be challenging. Hypnotherapy equips employees with the tools to filter out distractions and concentrate on tasks with greater clarity and efficiency.

Stress Reduction

Work-related stress is a pervasive issue that not only affects individual well-being but also has a direct impact on decision making, planning and productivity. Hypnotherapy techniques, such as relaxation and stress management, can help employees better cope with stressors. This, in turn, leads to a more resilient and productive workforce.

Breaking the Procrastination Cycle

Procrastination is the arch-nemesis of productivity. Many employees struggle with procrastination, which can significantly hamper their output. Hypnotherapy can help employees identify the root causes of procrastination and develop strategies to overcome it. This can lead to a significant increase in task completion rates and overall productivity.

Measuring the Impact

To determine the effectiveness of hypnotherapy in improving productivity, businesses can track key performance indicators (KPIs) before and after implementing hypnotherapy programs. Metrics such as project completion rates, error reduction, and employee satisfaction can provide valuable insights into the impact of hypnotherapy on the workplace.

It is clear, that if UK businesses want to grow and be competitive, improving productivity is a crucial factor. Hypnotherapy offers a unique and effective approach to enhancing productivity by addressing the mental and emotional aspects that can hinder performance. While it may be unorthodox, the science behind hypnotherapy is solid, and its potential benefits for the UK's workforce are substantial. Embracing innovative solutions like hypnotherapy could be the key to unlocking a new era of productivity and profitability for businesses.

Do get in touch if you would like to find out more about how I can help improve your bottom line!



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Brief, Solution Focused Psychotherapist
www.andreaaro.co.uk
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07593 600 517
andrea@andreaaro.co.uk



Christmas Hampers

Can you help?

This December, Burgess Hill Town Council are working together with local organizations and churches to provide and distribute Christmas hampers to those in need. We are asking the businesses of Burgess Hill to help us provide these families with food this Christmas. If your business is able to collect items that would be very helpful and we would request these are delivered to Kings Church on Wednesday 6 December between 9am and 10am. If your business is able to support, please do let the organising team know as we would very much like to publicize your business's support.

Food items that are being requested are: sugar, tea bags/ instant coffee, tinned vegetables (carrots, peas, sweetcorn), pasta sauces, tinned meat, tinned fruit, tinned tomatoes, tinned custard, angel delight, jelly packets, tinned rice pudding, biscuits, jam, UHT milk, cereal, chocolate selection box, tinned fish, baked beans, tinned soup, pasta and mince pies.

The organizations working on the project are: Burgess Hill Community Foodbank, Burgess Hill Town Council, Burgess Hill Youth and The King's Church Mid Sussex. Organizations contributing financially to the scheme are the Foodbank, Burgess Hill District Lions and Clarions Futures. We are very grateful for their support of the project in 2023.

Contact details are communityteam@burgesshill.gov.uk We would request that items are not delivered prior to Wednesday 6 December due to storage capacity.



The flyer features a light blue background with white snowflake patterns. At the top, the word "Christmas" is written in a red cursive font, followed by "HAMPER PROJECT" in large, bold, purple block letters. A yellow ribbon graphic is positioned below the title. The main text is in a dark teal, typewriter-style font. The flyer is divided into three numbered steps, each with a white circle containing a number. At the bottom, there is an illustration of a purple and yellow woven hamper basket filled with various food items like a bottle, a gift box, and some produce.

Christmas HAMPER PROJECT

This Christmas local organisations and churches are working together to provide and distribute Christmas hampers to people in need.

THERE ARE THREE WAYS FOR INDIVIDUALS AND BUSINESSES TO GET INVOLVED...

- 1** Set up a collection point in your place of work and encourage colleagues to collect the items listed overleaf. Deliver your donations to The King's Centre the morning of Wednesday 06 December
- 2** Buy some of the items listed on the flyer and drop them into one of our collection points listed overleaf.
- 3** If you would like to make a financial donation (online) this will go directly to Burgess Hill Community Food bank. Search for 'Burgess Hill Community Food bank' on peoplesfundraising.com

Christmas HAMPER PROJECT

This is a great way to support our local community over Christmas and with your help we hope to bless dozens of individuals and families.

THOSE THAT ARE INVOLVED IN THE CHRISTMAS HAMPER PROJECT ARE...

Burgess Hill District Lions Club • Burgess Hill Foodbank • Burgess Hill Town Council
Burgess Hill Youth • The King's Church

YOU CAN DROP OFF YOUR FOOD ITEMS TO ONE OF THE FOLLOWING COLLECTION POINTS:

Town Council Help Point, Burgess Hill • The King's Church, Burgess Hill

Food List

- Sugar
- Tea bags/Instant coffee
- Tinned vegetables - carrots/peas/sweetcorn
- Pasta sauces
- Meat/meatballs (tinned)
- Fruit (tinned)
- Tinned tomatoes
- Tinned custard
- Angel Delight
- Jelly packet
- Rice pudding (tinned)
- Biscuits
- Jam
- UHT Milk
- Cereal
- Chocolate selection box
- Tinned fish
- Baked beans
- Tinned soup
- Pasta
- Mince pies

Please DO NOT add other items to the box; we want them all to be similar. Please buy products that are of a nice quality and do not buy value items.

For more information please contact communityteam@burgesshill.gov.uk

Increase Your Staff Retention

Summer's over... Now is a good time for upskilling your staff



Giving your employees the chance to develop in their



career helps to motivate them and improve your staff retention.

Apprenticeships are open to all ages with full or 95% funding and incentive payments* are available too. * subject to learner eligibility

Hospitality Apprenticeships

- [Commis Chef Level 2](#)
- [Production Chef Level 2](#)
- [Chef de Partie Level 3](#)
- [Senior Production Chef Level 3](#)
- [Hospitality Team Member Level 2](#)
- [Hospitality Supervisor Level 3](#)
- [Hospitality Manager Level 4](#)

Business & Management Apprenticeships

- [Business Administrator Level 3](#)
- [Customer Service Practitioner Level 2](#)
- [Customer Service Specialist Level 3](#)
- [HR Support Level 3](#)
- [Learning & Development Practitioner Level 3](#)
- [Learning & Skills Mentor Level 4](#)
- [Team Leader / Supervisor Level 3](#)
- [Junior Management Consultant Level 4](#)
- [Operations / Departmental Manager Level 5](#)

Health & Social Care Apprenticeships

- [Adult Care Worker Level 2](#)
- [Lead Adult Care Worker Level 3](#)
- [Healthcare Support Worker Level 2](#)
- [Senior Healthcare Support Worker Level 3](#)
- [Lead Practitioner in Adult Care Level 4](#)
- [Leader in Adult Care Level 5](#)

Along with qualification delivery, we can also help you with [apprenticeship recruitment](#).

Learn more about [apprenticeship funding here](#) or just give us a call !



[Contact us](#)

[View our E-Brochure for an overview of ALL our courses - CLICK HERE](#)

October Networking

Large Combined Networking Event

Free for all members of BHBPA, HHBA, EGBA and GDB

We are delighted to invite you our collaborative meeting of [Burgess Hill Business Parks Association](#), [East Grinstead Business Association](#), [Gatwick Diamond Business](#) and [Haywards Heath Business Association](#)

- **Thursday 19th October from 6pm for an evening of networking.**
- **East Sussex National Hotel, Uckfield**

Complimentary drinks and canapes will be served on arrival and during the evening there will be a raffle giving you the chance to win an overnight stay for two including breakfast and a rhasoul treatment.

Meet like-minded businesspeople from all four of the local business support organisations.

We expect a great turnout for this event.

Book your ticket here - <https://www.eventbrite.co.uk/e/680873851017>

*This is a ticket only event, please book as a member from one of the organisations listed above. If you are unable to attend, please cancel your ticket as spaces are limited.

The power of
Business Networking

Collaborating and working together improves creativity, innovation and efficiency

Visit [hhba.co.uk](https://www.hhba.co.uk)

VENUE
EAST SUSSEX NATIONAL HOTEL,
UCKFIELD, EAST SUSSEX, TN22 5ES

DATE 19/10/23 **TIME** 6-8PM

FIND OUT MORE AND REGISTER ON EVENTBRITE

Free for bhbpa/egba/gdb/hhba members only



November Networking

The Autumn edition of the Growth Hub Network



Thursday 16th November from 8.30 -11.00am

A Site Tour of Time 24

A large and long established manufacturer in Burgess Hill

Presentation from David Shore, co-MD and co- founder of Time 24:

The Strategy of Growth

- Evolution
- Adaptation
- Agility
- Staff Retention
- The Future

David will talk about the future as Time 24 work on a wide range of products for the world semiconductor (chips) industry.



For thirty five years, Time 24 have worked on some of the most prestigious electronic projects across Europe.

Their products are widely found on Trains, Commercial Aircraft, Military Aircraft, Defence Equipment, Oil & Gas platforms and precision medical equipment.

We expect a great turnout for this event, there'll be plenty of time for networking but book early to avoid disappointment.



For all events including this one - [BOOK HERE](#)

Free (Prostate Cancer) PSA Testing

Brought to you by Burgess Hill Lions

PCaSO Sussex Branch – Burgess Hill PSA Testing Event **Saturday 21st. October 2023**

NOTE: bookings are online only.

We are not able to take phone bookings or reserve places.

- The Triangle Leisure Centre, Triangle Way, Burgess Hill, West Sussex.
- Saturday 21st. October 2023 10:00-16:00

If this is the first time you are considering a PSA Test please learn more about PSA Testing [here](#)

Please login or register to make a booking [here](#) – just registering will NOT make a booking, you need to add a booking, enter your details and complete the booking. If you do not receive a confirmation of booking email then your booking is not complete.

FREE
PSA*
testing

organised by PCaSO
and funded by
Burgess Hill District Lions Club

PCaSO
Prostate Cancer
Support Organisation

Saturday 21st October 2023 – 10am to 4pm – Age 40 to 80
To book an appointment go to – pcaseo.mypsatests.org.uk
Event enquiries only – 01926 419 959 (Mon-Fri, 9 to 5pm)
**Venue: Triangle Leisure Centre, Triangle Way,
Burgess Hill RH15 8WA**

"...1 in 2 men will have a prostate problem
at some time in their life..."

"...my husband had a PSA test
and it **SAVED HIS LIFE!**..."

"...men over 50
especially with
prostate cancer history
in their family are
at greater risk..."

*PSA stands for Prostate Specific Antigen.
A blood sample taken from
a vein in your arm, will be sent to
a laboratory and the
PSA result will be sent to you

**Know your
PSA**
Know where it's going

www.bhdlions.org.uk
Registered Charity No. 1166026

www.pcaseo.org
Registered Charity No. 1170026

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To make a booking for a free screening - [CLICK HERE](#)

Banner advertising in this newsletter

We're made the banners larger!

- December to February (3 months) - £180
- March to May (3 months) - £180
- June to July (2 months) - £120

Maintain high brand awareness with our weekly readership. Typically 300-400 'opens' across our membership week in week out, with many 'internal distributions' in the larger companies following that.

If you'd like to find out more, get in touch:

richard.cox@bhbpa.co.uk

07393 728688

To book any BHBPA events, or the events run by our members - [CLICK HERE](#)

All Upcoming BHBPA Events

New events coming soon

We will have another event we'll be announcing shortly for late October.

Would you like to give a presentation at one of our general networking events?

We are always interested to hear from you if you have a 10-15 minute presentation covering a pertinent business topic. To discuss this in more detail contact richard.cox@bhbpa.co.uk

Thursday 19th October from 6.00pm

The Power of Business Networking
A joint event for members of BHBPA, HHBA, EGBA & GDB
East Sussex National
Members only - **FREE**

Please use this eventbrite booking form:

<https://www.eventbrite.co.uk/e/680873851017>

Thursday 16th November from 8.30 - 11.00am

Growth Hub Network
Site Tour of Time 24
FREE for all members

Please ALWAYS book our events on our website.

Whether it's an online event, or a site tour at one of our members, or a networking event at a venue. We need to know how many are attending. Spaces can sometimes be limited and we are finding increased demand. So book early!



Closing Remarks

We want to hear from you

We are keen to hear your stories, awards won, apprenticeships completed, sustainability improvements, your involvement with local schools and all and everything going on in various business parks in and around the town.

Let's celebrate your successes and achievements!

Deadline for copy each week is Thursday noon.

Contact me directly - richard.cox@bhbpa.co.uk

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