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Burgess Hill

BUSINESS PARKS ASSOCIATION

Weekly Newsletter - Every Friday Morning

Opening Remarks

This year's awards

We introduce another of our awards sponsors, which ties in a little with the benefactor of this week's quiz night. One aspect of Equality, Diversity & Inclusion includes giving more people with disabilities rewarding work opportunities. It can be done with just a few adjustments. By entering this category you can share your journey and encourage others to do so.

Only two weeks before entries close

You only have two weeks to complete your entries and send them in, so do not delay, download an entry form today: [Awards](#)

In other news

We congratulate someone who has risen through the ranks in a local insurance firm. There is a useful Help to Grow event looking at finance for small businesses. Now that you have woken up and are reading this newsletter (I'm told some of you read it in bed on your mobile), we inform you that it is [World Sleep Day](#) ! We have some commentary on that.

This issue has a sporting and well-being flavour. Now we are seeing a little less rain there will be little more enthusiasm for getting out there and being active. We are working with one of our newest members [Places Leisure](#) , in conjunction with the Mid Sussex Marathon team, to promote the many aspects of getting involved in this annual event.

Tickets for the Awards Evening

BH Biz Star awards 2024 - Ticket sales are now live! Take advantage of the **Early Bird** pricing. Click the banner below to take you to our ticketing platform.

Keep the stories coming in: richard.cox@bhbp.co.uk

This week we introduce another new member. Become part of the fastest growing business group in Sussex - [Join Here](#) .



TICKETS NOW ON SALE!
EARLY BIRD PRICES
FOR A LIMITED TIME ONLY

Individual tickets only £75 per head.
Any block booking of more than 8 tickets only £65 per head

BOOK HERE

Road Closures A2300

For two days next week

Tuesday 19th March & Wednesday 20th March

The blue line on the map below denotes the section that is closed.

Give yourself adequate time to get to our AGM next week

We have our AGM on Wednesday morning at Panattoni Park Burgess Hill, which is at the end of this section of road, so use the alternative route. Take the Cuckfield Road out of Burgess Hill, towards Ansty, then turning (again) into Cuckfield Road which takes you to that Panattoni roundabout you can't otherwise get to from the closed road.

Book your places at our AGM next Wednesday morning, 8.30-11.00am at the Panattoni Park Burgess Hill. [BOOK HERE](#)

More than 50 delegates booked already.



The blue section is being closed on Tuesday & Wednesday

The BHBPA Annual Quiz

In aid of [Kangaroos](#)

This year we had a great roster of teams and individuals including Extech Cloud, Leap Environmental, Bennett Oakley, Rose Media Group, Home Smart Energy, Travail, Fresh Display, Scissor Sisters, Amanda Anstee, Helen Tuddenham, Thomas Mansfield, Rewards Training, Kipper Life and Kangaroos themselves,

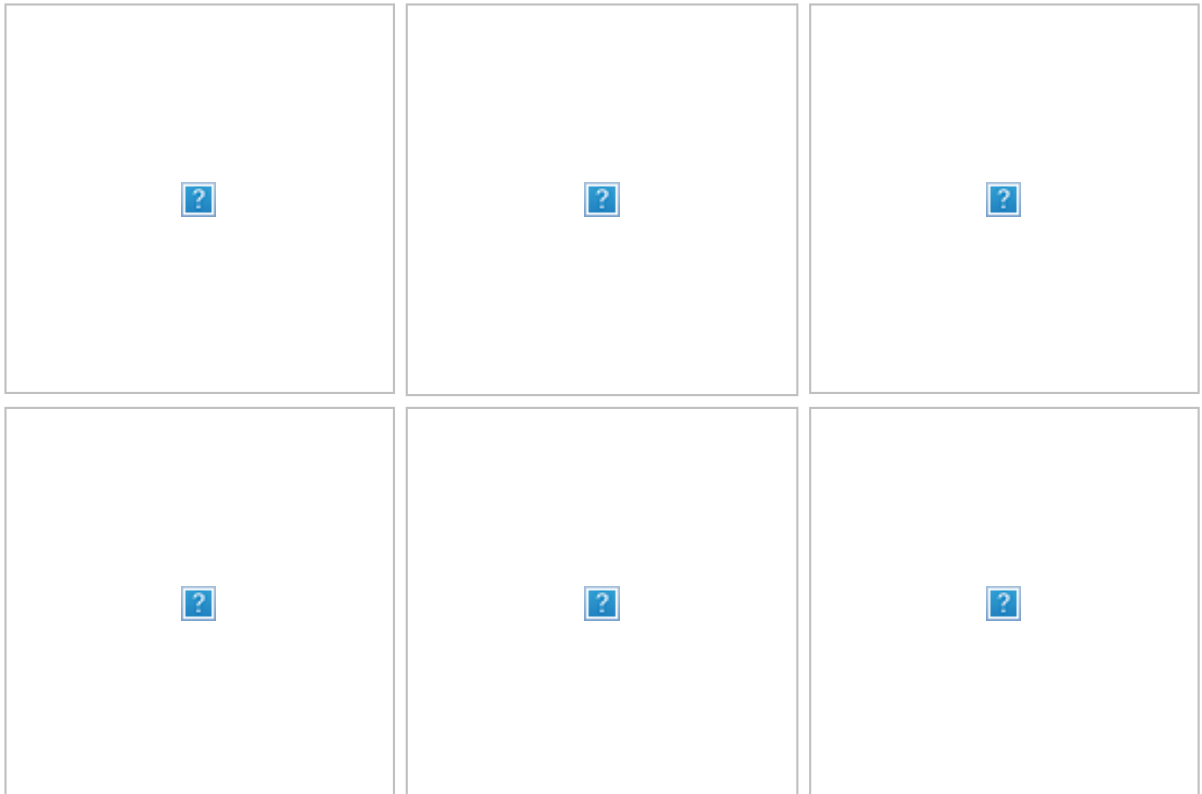
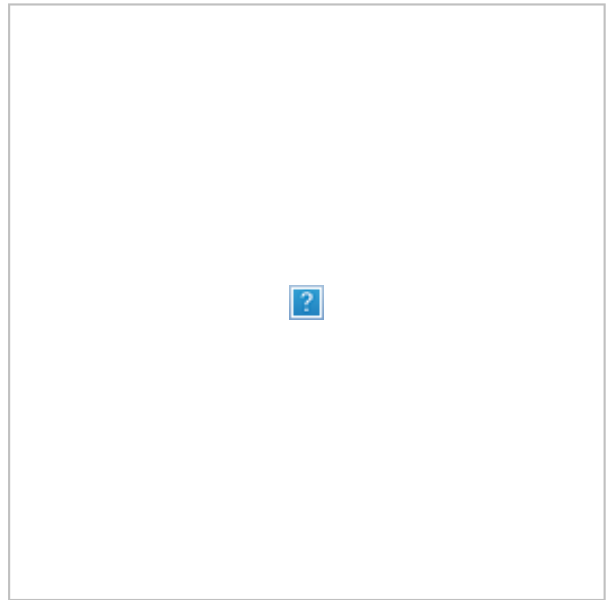
The lighting was not conducive to a fabulous photographic record of the evening (hey...I'm not Gibson Blanc). But I share a few smiling faces from the evening below.

I have my own team of individual players (The Usual Suspects) and this year we almost did it...it was neck and neck until the final round, we almost beat the team that has now won this quiz an astonishing THREE times in the last three years. The Rose Media team will go down in the annals of BHBPA Quiz history. Can they make it a fourth year running? We'll have to wait another year to find out.

All fun aside, and a lot of fun was had on Tuesday evening, I'd like to thank everyone who came along and participated. Thanks to Dee and Lance and the team at The Woolpack for putting on another great quiz night.

Together we raised a great total!

£545



Equality Diversity & Inclusion Champion

Introducing the sponsor of this year's Equality Diversity & Inclusion Champion award



[Thomas Mansfield Employment Law](#) is excited to be sponsoring the BH Biz Star 2024 Awards, especially the award for the best in Equality, Diversity & Inclusion. This award is all about celebrating businesses and people who make sure everyone at work feels included and respected, no matter who they are or where they come from.

We take pride in using our experience and expertise to help a broad range of employers and individuals, always delivered with a straight talking and commercial mindset.

We also think it's important to have a workplace where everyone feels they belong and can be themselves and we know that it benefits business too.

By sponsoring the Equality, Diversity & Inclusion Champion award, we want to shine a light on those who are leading way in making workplace better for everyone. By celebrating businesses that excel in these areas, we aim to inspire all organisations to integrate these practices into their core operations. It's not only about legal compliance, but enhancing corporate culture and driving innovation through diversity.

We're proud to support the BH Biz Star Awards and can't wait to see the great work being done by businesses to make their workplaces more inclusive.

Director & Board Appointment

Sutton Winson (SW) are delighted to announce the appointment of Neil Hobbs as a Director and Board member, subject to FCA regulatory approval.

Neil has been a longstanding and dedicated member of the SW team, having started as an Account Technician in our Corporate Commercial Broking team back in 2004, working his way up over the years and heading up the Commercial team since 2011.



Neil Hobbs

In his new role, Hobbs will assume responsibility for the strategic direction and operational efficiency of SW's Private Clients division. The team are responsible for looking after the personal insurance needs of our clients and their families, as well as the bespoke requirements of high-net-worth individuals.

In addition to his new responsibilities, Hobbs will continue his current duties overseeing Commercial Broking & Operations, Merger and Acquisitions, as well as Insurer Management. His proven track record in these areas has been instrumental in SW's growth and success, and the business has full confidence in his ability to continue delivering outstanding results.

"We're thrilled to announce Neil's promotion to Director" explains Gareth Roberts, Managing Director at SW. "His leadership, expertise and dedication have been invaluable over the years, and we're excited to see him take on this new challenge. We have no doubt that Neil will excel in his new role and continue to drive the business forward".

Hobbs also commented:

"I'm absolutely delighted to take on the role as Director and would like to thank my colleagues and rest of the SW Board for their best wishes. I'm excited to be leading our already very successful Private Clients division, who continue to deliver a first-class service to our clients, putting them at the centre of everything that they do." Hobbs continues, "I'm really looking forward to driving further growth in this area of the business and the opportunities it will bring to the rest of SW".



www.suttonwinson.com

Talk to an expert **0330 008 5555**

[Contact us](#)

This Week's New Members

- Parker Project Management

Parker Project Management

Virtual and in person assistant

Hi, I'm Gina, a Burgess Hill based virtual and in person assistant for all your business and home administration and organisational needs.



Parker Project Management is here to support you with your busy business or hectic household.

I'm a seasoned professional with over 27 years of experience in various senior positions focusing on client service, relationship management, and back-office operations and I'm here to lighten your load and help you reclaim precious time.

Gina Parker

I have had first-hand experience of not having enough hours in the day, being overwhelmed, having conflicting and time-consuming responsibilities, and simply not having enough hours in the day to even answer the phone and get the day to day done at the cost of getting home late, stressed, distracted and generally feeling I've accomplished little from an ever-growing list of things to do.

This is where I can support you as a one-off, short term or ongoing basis. You don't need office space or extra equipment, you don't pay for annual/sick leave, NI or pension contributions but you do need a no hassle, no commitment safe pair of helping hands! I can even step in when you need holiday cover or that gap when recruiting for a permanent member of the team.

Some may think that taking on another headcount is more expenditure, but what this allows you to do is refocus to build and grow your business, spend more time with the family or even just accomplish a good day.

I love the flexibility, variety of challenges, and meeting new people that running a lifestyle and business management company brings, so if you, your family, or your business needs a helping hand and a dash of common sense please don't hesitate to contact me:



07477 457693

gina@parkerprojectmanagement.com

www.parkerprojectmanagement.com

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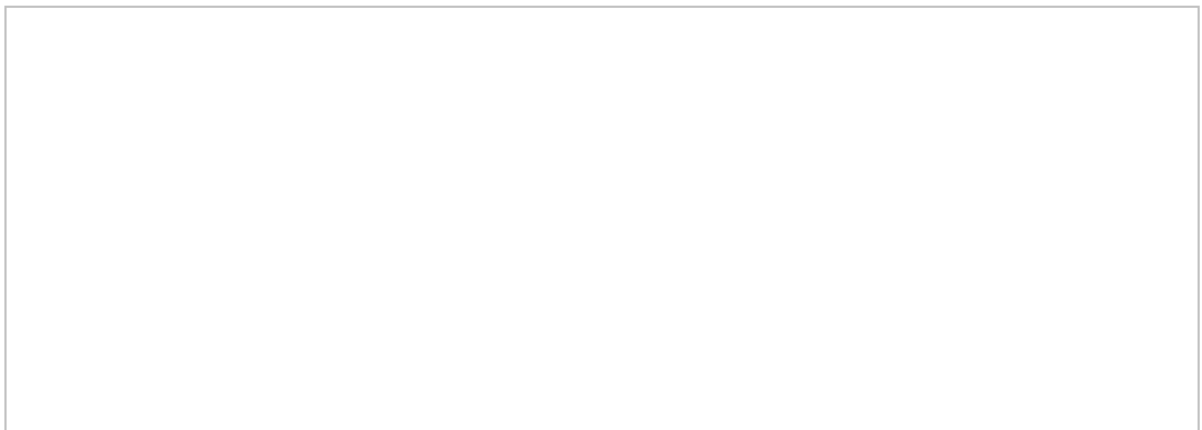
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abcom.co.uk



The Mid Sussex Marathon Weekend 2024

Be Part of the Action!

Burgess Hill 10K Team Challenge





The Mid Sussex Marathon weekend is a unique sell-out mixed terrain running event that takes place over the May Bank Holiday weekend, **4th – 6th May 2024**.

Whether it's your first race or a seasoned runner, The Mid Sussex Marathon Weekend offers something for everyone. Participants can compete in an individual town race or complete the full marathon distance of 26.2 miles over three days. Younger participants and new runners can enter the Mid Sussex Fun Runs and Mid Sussex Mile races.

This popular three-day event starts at The East Grinstead Rugby Club on Saturday 4th May with a 10 Mile race, moving to Haywards Heaths' Victoria Park on Sunday 5th May for the second 10 Mile race, and finishing at The Burgess Hill Academy on Monday 6th May with a 10K race.

Gather your colleagues together & compete in the Burgess Hill 10k Team Challenge Groups of 3 or more can enter and compete with other BHBPA teams to be the fastest team in the Burgess Hill 10K race. Every member of the team needs to complete the 10K distance, and the fastest team wins!

The Burgess Hill 10k Team Challenge is open to BHBPA members:

- The challenge is a perfect event for team building.
- An opportunity for charity fundraising.
- Supports a local community sports event.
- Offers the many health benefits running brings.
- The winning prize will be awarded to the fastest team!

The 10k race starts on The Burgess Hill Academy playing field and exits via Woodlands Mead School onto Chanctonbury Road. Runners then run up Chanctonbury Road to Nightingale Meadows where they do two laps of the fields before returning to BHA by the same route.

Finishers will receive a bespoke Burgess Hill 10k medal.

How to enter

1. The entry fee per person is £23, or £21 for UK Athletics affiliates.

2. Find your Team name - or create one if you are the first person to enter!
3. Complete your registration details.

Click on this link to [Enter The Burgess Hill 10k](#)

Are you an organiser? Why not bulk purchase entries now and fill in the runner details later?

The Mid Sussex Marathon Weekend takes place thanks to the generous support of partners including Places Leisure, East Grinstead Town Council, Haywards Heath Town Council, Burgess Hill Town Council, Mid Sussex District Council. As well as British house building company Vistry Group, sponsors of The Burgess Hill 10k 2024.



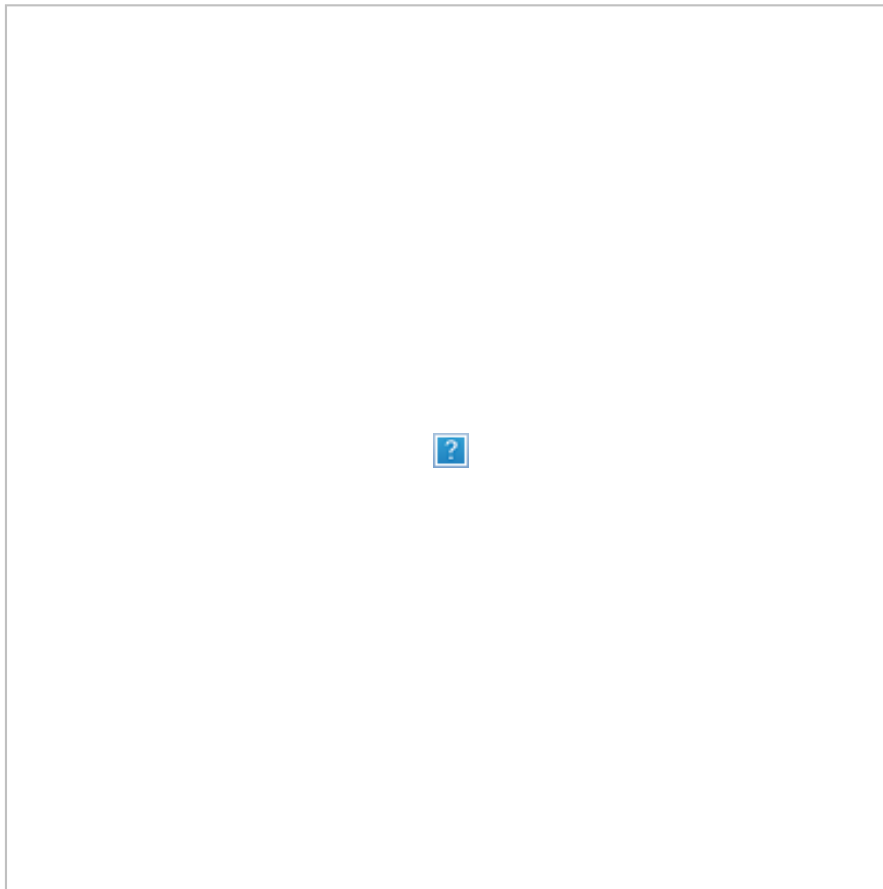
For more information about the Team Challenge contact midsussexmarathonweekend@outlook.com

Visit midsussexmarathon.co.uk for full details about the Burgess Hill 10K and The Mid Sussex Marathon Weekend 2024.

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Rock & Ride

We are excited to announce that 'Rock Up and Ride' will return in 2024!



A Coach from Gosport BMX will be offering coaching to children of all ages on Monday 8 April, at Burgess Hill BMX track (off Maple Drive). Coaching will be available from 10:30am - 12pm and 1 - 2:30pm but spaces must be booked in advance.

Those not wishing to be coached, can drop along between 10:30am - 4pm and enjoy the use of the track alongside music offered by DJ Matt!

All attendees are asked to wear long trousers and a suitable helmet and will not be able to take part without them. They must also bring their own bike with pedals (no balance bikes) and must be a confident rider. Anyone in school year 6 and under must be accompanied by an adult for the duration of the session, but any young people of secondary school age may attend alone.

Burgess Hill Football Club will be open and offering cake and hot drinks to purchase for the duration of the event.

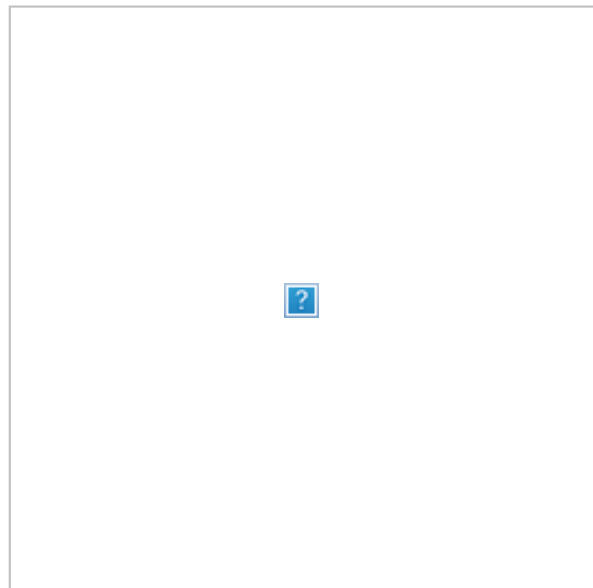
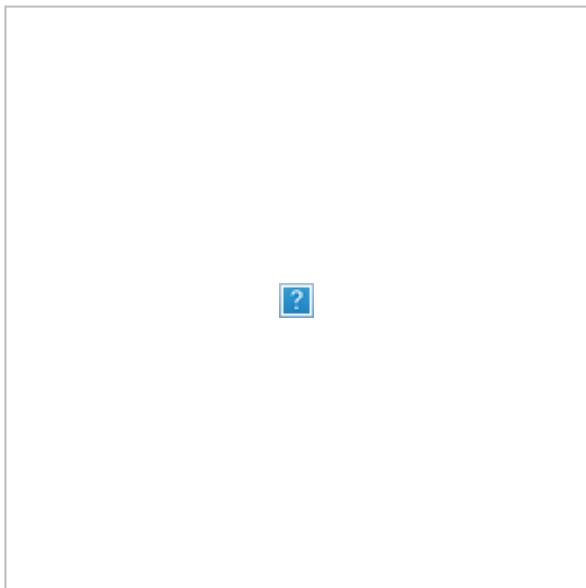
Coaching sessions must be booked in advance via our website.

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

[Register for Coaching](#)

Kids Get Sporty this Spring

Popular children's sports sessions for the Easter holiday



Grab your trainers and get ready! Burgess Hill Town Council is pleased to announce the return of the popular children's sports sessions for the Easter holiday in 2024. With tennis, badminton and gymnastics, children will have an opportunity to try out new sports this Easter.

Wednesdays (3 and 10 April) will see tennis in St John's Park from 10 – 11:30am, and Tuesday 2 April and Friday 5 April, kids can go to the Triangle to try their hand at badminton and gymnastics. Booking is essential for all these sessions, and we ask that families only book into one session, to ensure that all children have equal opportunity to participate in the free sessions, this Easter. All sessions are funded by Burgess Hill Town Council.

So, grab your trainers and get going! Spaces are limited; book from Monday 11 March to avoid disappointment.



[www.w.burgesshill.gov.uk](http://www.burgesshill.gov.uk)

01444 247726
or [contact us](#) via the website

Enter the BHBPA Business Awards

Entries must be in no later than **Friday March 29th**



Our [BH Biz Star awards](#) focus on the most important part of any business – your people.

Multiple entries in a single category

You can enter up to three different categories, but in each category you have the opportunity to make multiple entries. So if you have several 'Bright Stars' or 'Star Apprentices', tell us why they're exceptional.

Read about what we are looking for in each of the award descriptions on our website. Our judges are looking for evidenced submissions so make it apparent what has been achieved.

We look forward to hearing from you.

Once you're done, send the completed forms, together with any supporting evidence, testimonials and the like to: richard.cox@bhbpa.co.uk

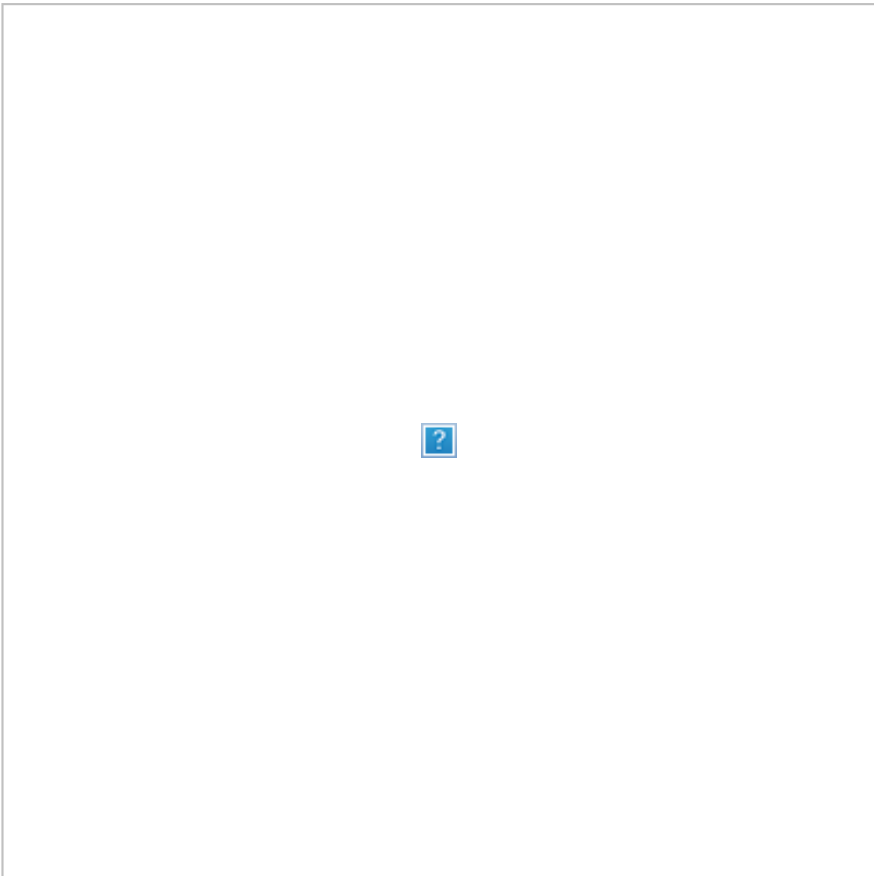


[Download an entry form today](#)

[Early Bird tickets - Buy here](#)

Help to Grow Breakfast Event

Aimed at businesses with 5+ staff for it to be relevant and them to be eligible for Help to Grow.



Book your places here

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Call: 01444 443 200
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We'll show you how Microsoft can help you beat the cyber criminals.

World Sleep Day

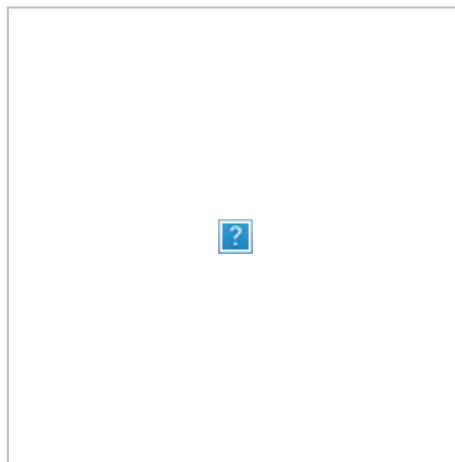
The importance of good sleep

March 15th marks World Sleep Day, which is a global initiative to raise awareness about the importance of good sleep and its impact on health and well-being. In today's fast-paced world, quality sleep often takes a back seat, leading to a myriad of health issues and decreased productivity. The consequences of poor sleep are far-reaching, affecting not only physical health but also mental and emotional well-being.

Research has shown that inadequate sleep can contribute to a range of health problems, including obesity, diabetes, cardiovascular disease, and weakened immune function.

Moreover, sleep deprivation has been linked to mood disorders such as anxiety and depression, as well as cognitive impairment and decreased productivity.

The cumulative effect of chronic sleep deprivation can significantly diminish one's quality of life.



Fortunately, there is hope. Hypnotherapy, proves to be an effective, drug-free, solution for addressing sleep issues. Unlike traditional sleep aids, which often come with side effects and can be habit-forming in themselves, hypnotherapy offers a natural and holistic approach to improving sleep quality.

Through guided relaxation techniques and positive suggestions, hypnotherapy helps individuals to identify and address the root causes of their sleep disturbances. Whether it's stress, anxiety, or ingrained sleep habits, it is possible to break free from the detrimental cycle of poor sleep and cultivate healthier sleep patterns.

Participants learn valuable tools and techniques for managing stress and promoting relaxation, enhancing their overall well-being beyond sleep. Along with teaching the merits of good 'sleep hygiene' and routines, hypnotherapy enables individuals to navigate life's challenges with greater resilience and ease.



World Sleep Day highlights the essential role that sleep plays in our lives and how, when we prioritise good sleep, the positive domino effect can be profound. If you find yourself struggling with sleep issues, consider exploring the transformative potential of hypnotherapy. With the right support and guidance, you can unlock the restorative power of sleep and reclaim your vitality.

I run a 3 session Sleep Well course, which you can learn more about by following this [link](#)



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BHBPA - Annual General Meeting

Join us at the Panattoni Park Burgess Hill
20th March from 8.30 - 11.00am

Find out what BHBPA has been up to this past year and what we plan

We'll be having the meeting inside one of the complete units at the Panattoni Park Burgess Hill. A buffet breakfast has been arranged, coming from the Hickstead Lodge and sponsored by Panattoni.

We'll have an update on everything the association has done over the last 12 months and what we have in store for the rest of the year.

Commercial Property Update

Find out about commercial property in Sussex. We have a respected expert in this field giving an overview of the Mid Sussex market:

[Tim Hardwicke](#) from [SHW](#).

- An overview of the Burgess Hill / Mid Sussex, Warehouse, Industrial & Logistics market. (i.e. Rents / Demand / Supply)
- How Mid Sussex sits in line with the broader South East and A23/M23/A27 Sussex region.
- Occupier trends / what do occupiers want from a unit.
- Environmental, social & corporate governance (ESG) & Greener units



You'll leave the event energised!

We'll conclude with a well-being wrap-up session. Enhancing the morning's proceedings by alleviating stress, nurturing connections, and creating a positive, lasting impression on attendees.



Participation is encouraged in a welcoming manner, featuring hands-on demonstrations of quick, SIMPLE and fun relaxation techniques! Brought to you by Well-Being Motivator [Sam Rehan](#)

[Click here to book this event](#)

The Power of Networking

The joint event of BHBPA, EGBA, gdb and HHBA is this year hosted by Burgess Hill Business Parks Association

We would like to thank Porsche Centre Mid Sussex for hosting an event we expect will generate a huge turnout. We have put a limit on this of 150 guests.

We would also like to thank CAE for allowing us to use their adjacent car park for the evening.

This is strictly a **MEMBERS ONLY** event

You will have to [book via eventbrite](#).

It is on our website...but use the eventbrite booking form please!

Burgess Hill

BUSINESS PARKS ASSOCIATION



EGBA | EAST GRINSTEAD
BUSINESS ASSOCIATION
CONNECTING & SUPPORTING LOCAL BUSINESS WITH LOCAL PEOPLE

Brought to you by
bhbpa.co.uk

Joint Networking Event

FREE Members only
BHBPA, EGBA, gdb and HHBA

The power of networking -sparking business
creativity, innovation and efficiency!



Join the ultimate 2024 Joint Networking Event where BHBPA, EGBA, gdb, and HHBA come together for an epic in-person gathering!



Wednesday, April 24th
6pm - 8pm

BOOK HERE
[eventbrite](#)

Porsche Centre Mid Sussex

Innovation Drive, Burgess Hill RH15 9TW



[Book this event here](#)

All Upcoming BHBPA Events

20 Mar 2024
8.30 - 11.00am

BHBPA - Annual General Meeting

Held at Panattoni Park Burgess Hill

FREE for all members

24 April 2024
5.00 - 8.00pm

Joint event with HHBA, EGBA & GDB

To be held at Porsche Centre Mid Sussex

Huge joint event with 150+ expected - [book on eventbrite](#)

FREE for all members

24 May 2024
7.00pm - 1.00am

The BH Biz Awards Evening

The AmEx Stadium - We expect between 300-400 guests

Dress to Impress. Early Bird tickets - [BUY THEM HERE](#)

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!

[Book all Events - CLICK HERE](#)

Closing Remarks

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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