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Burgess Hill

BUSINESS PARKS ASSOCIATION

Weekly Newsletter - Every Friday Morning

Opening Remarks

International Perspectives

Our membership ranks include many businesses that operate internationally, in both the export and import of goods and services. We expect to see many of those businesses at our event next week.

Business has now adapted to the challenges of Brexit. For some that may have meant a retreat or the establishment of EU based partners/subsidiaries. For 2025 an era of tariffs and restrictive trade practices now possibly beckons from the USA. One of our speakers at next week's event gives her insights on that.

Also, at that same event, we'll have a focus on India. In this changing and challenging world of international trade, it's worthy of your careful consideration.

Business Insights

We have useful updates and guides, very timely at this time of year, from HMRC. Make the most of the information resources available locally for businesses, including grant finding tools. Find out how mediation is a low cost approach to dispute resolution.

In other news

The new year beckons many to get fitter and there's an event locally to get you and any of your family checked and ready for your fitness journey. Find out how your business can get more involved with the local community, volunteering and the like for local groups and charities. There's a useful event for parents navigating the teenage angst of GCSEs.

Events

We've got a rundown of our events in January & February. With an already eclectic mix of attendees, booked from our very diverse membership ranks, across multiple sectors, we still have a few spaces available next Tuesday for our first event of the year. But book today so we can put you on our distributed delegate list later this afternoon and prepare your badge for when you arrive! [Book Events](#)

This week another new member is introduced... we have many more lining up to appear in subsequent weeks. Become part of the fastest growing business group in Sussex:

[Join Here](#)

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New Members

- **Uckfield Logistics Training Services**

Uckfield Logistics Training Services

Operator and Driver Training

Uckfield Logistics Training Services Ltd is an Operator and Driver training business offering courses in most aspects of Road Transport Safety and compliance.

I am David Pryce, the Owner and I have 44 years' experience in the transport and logistics industry as well as many transport qualifications, along with time in the Royal Navy and Traffic Police. We are fully accredited training providers as well as registered LGV Instructors and goods vehicle driver assessors. The business has been in operation since 2013 and we operate from the Old Mill House, Mill Lane, Uckfield. East Sussex TN22 5AA.



David Pryce

We are currently involved with Driving for Better Business with National Highways and Highways England, to bring down the number of workplace and work-related casualties and increase business efficiency.

One in four Road Traffic Collisions are work related and in Sussex over the last two-year period 885 people were killed or seriously injured because of a collision involving an occupational vehicle.

We are DVSA registered to deliver AFV training which is a legal requirement for all Alternative Fuel Vehicles, like electric, hydrogen etc especially vans with a Plated weight over 3.5 ton.

It was reported recently about a Sussex Police roadside compliance check, that out of 18 vans stopped for compliance checks only four complied, including the wrong driving category on the driving licence for the vehicle they were driving.

We are accredited to AITT (The Association of Industrial Truck Trainers) who are the fastest growing accrediting body in the UK, for all Forklift truck & lorry loader Training and many other machines.

We are also full members of the National Logistics Training Consortium which accredits both standard and specialist ADR courses as well as national and International Driver CPC in Road Transport through its members.



Crane Training Day

Members' Offer

We are offering any member of the Burgess Hill Business Parks Association a 10% discount on any Fully Accredited course we offer if you book between 1st January 25 and 1st February 2025 and for those that use lorry mounted cranes, we offer an optional full 7 hours driver CPC with all Lorry Crane courses. We give free help and support to all our clients tailored to their needs.

Not all training companies come with this vast knowledge and experience as well as accreditations as we do, we are pleased to be joining Burgess Hill Business Parks Association and welcome the opportunity to help all businesses increase their staff's skills and range of skills as well as meet their legal requirements.



David Pryce. Director/Owner
The Old Mill House, Mill Lane,
Uckfield, East Sussex. TN22 5AA
Mob: **07809 282805**
www.ults.co.uk

UK India - Aerospace and Defence Sector

The importance of strategic partnership between UK and India

In 2023, UK Integrated review of Security and Defence emphasised the importance of strategic partnership between UK and India in the region and commitment to the comprehensive strategic partnership and Implementing UK-India 2030 roadmap. The recent visit of new UK foreign secretary David Lammy reassures the partnership between UK and India is long term strategic in nature. The bilateral ties were strengthened at the first UK India 2+2 Foreign and Defence Dialogue.





UK-India strategic partnership

UK and India have also signed a "Technology Strategy Initiative" that will focus on emerging and critical, technologies across priority sectors. Some of the technologies include telecoms, AI, Quantum, advanced materials and semiconductors and critical minerals. We also can't forget that there are continued negotiations around Free Trade Agreement which will strengthen the UK India partnership even further.

There are strong partnerships between UK and Indian MOD (RAF, Strategic Command, DRDO and HAL) and private sector (BAE, RR, Babcock, MBDA and others).

India's goal is to create cooperative defence-export prospects worldwide and to build its own military capabilities. In order to increase domestic military industry, it has made significant changes to its arms procurement policies over the past ten years.

The government has implemented numerous measures and reforms in India's defence policy with the goal of enhancing the defence sector's ability to manufacture goods domestically and embrace modern technologies. Important programmes, such as "Make in India" and "Atmanirbhar Bharat (Self Reliant India)," view the defence industry as a vital one that is essential to the development of homegrown industry.

India is going to spend approximately US\$150 billion on the defence sector over the next 5 years, growing at an annual rate of 12%. The country's defence manufacturing capabilities are evolving, and it is more important than ever to work with international defence suppliers to acquire know how and cutting-edge technology. India has increased the foreign ownership cap in Defence sector from 49% in 2020 to 74% giving more control Investing organisations.

It's a similar story also in aviation with demand for domestic flights and new airports are high, India will soon have the largest number of passengers crossing China and USA. This year there will be an expected 376 million domestic passenger who use the airports in India and about 60 million international passengers flying from 135 operational airports.

This demand is served by many international airlines and one of the major Indian airline operator Air India (owned by Tata Group) placed an order for 470 airplanes from Airbus and Boeing, the largest ever single order. They also selected Rolls Royce Trent XWB engines for the A350 widebody planes that are manufactured in Derby (UK) and wings are manufactured at Broughton north Wales.

UK INDIA
BUSINESS COUNCIL

www.ukibc.com

enquiries@ukibc.com

+44 (0)2075973040

Business Information

Find Business Information in West Sussex Libraries

Join this webinar on Monday, 20 January 2025, 10am - 11am, which will look at how to access business databases in West Sussex Libraries such as:

- Complete Business Reference Advisor database – COBRA
- GrantFinder
- FAME
- IBIS World.

You can also find out about free 1 to 1 business support and events in West Sussex Libraries and Brighton Library Business and Intellectual Property Centre (BIPC) as well as other local and national business support services.

Register for the Business Information webinar - [CLICK HERE](#)

HMRC Guidance

HMRC email updates, videos and webinars if you're self-employed

Learn more about your responsibilities if you're running a small business including registration, tax returns, record keeping, tax bills and payments.

HMRC Guidance for the Self-Employed - [CLICK HERE](#)

Scams warning - HMRC Self Assessment

Scams warning as Self Assessment deadline loom

HMRC is reminding Self Assessment customers to be alert to potential scams and fraudsters ahead of the filing deadline on 31 January 2025.

[Scams warning as Self Assessment deadline loom - GOV.UK](#)

These alerts brought to you from the office of Mims Davies MP



MIMS DAVIES MP

*Working hard for residents & businesses of
East Grinstead, Uckfield and the villages*

✉ Mims.Davies.MP@Parliament.uk

🌐 MimsDavies.org.uk

Tuesday's event next week

Our January networking event will focus on international trade

We'll have the Department of Business & Trade on hand to explain more about how they can assist you exploring new markets. Also on hand (not presenting), UK Export Finance, assisting you on funding opportunities.

In addition, three other speakers. They all have a brief: to deliver short snappy introductions to various facets of dealing internationally, exploring new markets and opportunities. There will be plenty of time for mingling and networking with other delegates and our presenters.

Agenda for BHBPA's January networking event Tuesday morning 14th January

- 8.30 - 9.15 informal networking
- 9.15 - 10.15 Presentations
- 10.15 - 11.00 informal networking

Location: Mid Sussex Golf Club, Spatham Lane, Plumpton.

We introduce our speakers below...

Department for Business & Trade

Rob Lewtas from DBT's Exports Directorate will be presenting at our January event

Rob will be explaining more about the massive marketplace that is Asia, and how his team can support you on your journey.



Department for
Business & Trade

Market insight, intelligence, and expertise on India at this seminar event, exploring this high-growth market. India has become one of the fastest-growing economies in the world.

With the UK Government's announcement of the re-opening of negotiations for the UK-India Free Trade Agreement (FTA) in the new year, the timing for this meeting of minds couldn't be better.

Rachel Watkyn OBE

Rachel is one of the Department of Business & Trade's fantastic and highly esteemed Export Champions, based in Sussex, she'll be providing insights



**Rachel Watkyn OBE, Managing Director
Tiny Box Company**

Tiny Box Company is the UK's largest eco-friendly e-commerce gift box company. Founded in 2007 by Dragons Den alumnus Rachel Watkyn, Tiny Box Company was built on the principle that beauty shouldn't be compromised when making ethical consumer choices. With up to 100 employees during peak season, and 10% of their revenue coming from exports, with Europe as the main market.

Exporting has meant growing global recognition for Tiny Box Company, and the drive to reach new markets has led to innovation and diversification into new product lines. Rachel says: *"With greater consumer awareness about climate change, it's more important than ever to keep abreast of new research and help consumers make informed environmentally conscious choices."*

Her top tip for exporting success is: *"Make sure to check the legislation, whether you're shipping locally or across Europe".*

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The UK India Business Council - Co-Presenters

The UK India Business Council supports businesses with the insights, networks, policy advocacy, services, and facilities needed to succeed in the UK and India.

Our first-hand experience of entering and growing businesses makes us uniquely qualified. We want to share our experiences to help others succeed, whether well-established in India or in the early stages of their engagement.

Working with both governments and other influential and connected partners, we ensure that business interests are conveyed. The UK India Business Council seek to influence decisions that will make it easier for UK businesses to operate in India and vice versa. For those seeking practical advice, our talented team provides a range of sector-specific research, market entry and expansion services that help businesses understand – and take – the opportunities.

For those setting up operations in India, we provide an unrivalled network of government and business contacts, service providers, and our specialist staff to support business success. Our Membership network is at the heart of our support. Through our wide variety of events and our member-only Sector Policy Groups, we enable businesspeople to meet each other, identify potential partners, suppliers and customers, and learn from top business leaders and commentators, including those on our Advisory Council.



www.ukibc.com

+44 (0)2075973040

enquiries@ukibc.com

UK India Business Council

3 Orchard Place, London SW1H 0BF

Carpenter Box

Robert Dowling will present, bringing along with him Carpenter Box's direct and indirect tax specialists to answer any specialist questions on the day



Robert Dowling



- How to manage exposure to foreign currencies.
- Terms of trade. What the impact can be of various Incoterms on the point at which income is recognised and funds become due.
- Ditto Letters of Credit.
- How to avoid funds being held up overseas by local tax jurisdictions.
- Considerations about setting up local representative offices overseas, and what the practical differences are as compared with selling directly to an overseas wholesaler or via a local agent. Also, the benefits of having their own bonded warehouse overseas.

January Breakfast Networking

Burgess Hill

BUSINESS PARKS ASSOCIATION



Tuesday, January 14th
8.30am - 11.00am

FREE Members only

Non-members can attend one event

International Markets - Asian Opportunities

Dept. for Business & Trade with the UK India Business Council



Department for
Business & Trade

Mid Sussex Golf Club: Spatham Lane, Ditchling BN6 8XJ

Guest speakers to be announced soon



Mumbai Skyline

We will have Rob Lewtas from the department's Exports Directorate explaining more about the massive marketplace that is Asia, and how his team can support you on your journey.

Market insight, intelligence, and expertise on India at this seminar event, exploring this high-growth market. India has become one of the fastest-growing economies in the world, and with the UK Government's announcement of the re-opening of negotiations for the UK-India Free Trade Agreement (FTA) in the new year, the timing for this meeting of minds couldn't be better.

Other guest speakers will talk specifically about their experiences developing their businesses by thinking internationally.

Join us and find out how to expand your horizons

There'll be plenty of networking opportunities before and after our presentations.

How Mediation Saves Time & Money

CASE STUDY: Dispute Resolution in 2 hours

SITUATION : Digital Marketing agency Creative Bloom's trademark was registered by Clive Bonny in 2019 with an online monitoring service to identify any future potential infringements. The total fees for an intellectual property review, a trademark search, an application to register and monitor were less than £500. Over the next 5 years Stuart Davies at Creative Bloom grew their digital marketing services across the region with many sectors and widened their portfolio of services to include a free IP review for their clients to mitigate infringement risks.

PROBLEM : In 2024 Clive's monitoring service identified another digital marketing service applying to register a similar trademark. Clive advised Stuart of the likely infringement and contacted the third party personally and directly to ensure they were aware of the likely reputational damage of an infringement claim against their own brand and potential misdirection of client enquiries.

Clive provided the third party with information on similar cases, the relevant legislation protecting trademark owners and his professional credentials as a certified IP advisor and accredited mediator.



SOLUTION : After just two interactions with the third party the third party agreed to withdraw their trademark application and ensure no future likely infringements. Clive confirmed the cost-savings for the third party including £500 in costs from the Intellectual Property Office, and a minimum £5000 charge from an IP attorney.

Mediation avoided a potential adversarial legal settlement time of several months with extra court costs. Clive's total billed time to Stuart was less than £250 with no costs billed to the infringing third party as they had agreed to forfeit their previously paid IPO application fees.

Clive Bonny

OUTCOME : Total settlement time from start to finish was less than 10 days. This enabled both parties to avoid distractions to continue to develop their own businesses without unfair or illegal competition. Mediation ensured all parties quickly reached an amicable outcome.

Client feedback from Stuart Davies *"Clive diligently spotted a trademark infringement for us and got it sorted for in amicable way with the other party without any hoohar. Highly rated to protect your brand name!"*



Clive Bonny
Strategic Management Partners
Please connect with me on [LinkedIn](#)
E: Clive@consult-smp.com
M: **07973 799153**

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to review your
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SJP Approved 19/12/2024

Learn, Grow, and Give Back

Calling Local Businesses: Join us at the Community Volunteer Fair and Make a Difference in 2025!

On Saturday, 18th January 2025 from 11am to 1pm, The Pantry in Burgess Hill will host the Community Volunteer Fair - an inspiring event connecting businesses, charities, and individuals for a day of collaboration and impact.

Why Your Business Should Get Involved

Being part of this event and finding out more about your local community and how you could get involved, helps demonstrate your company's commitment to giving back.

Volunteering initiatives showcase your values, builds trust, and enhances your reputation in the local community.

Learn, Grow, and Give Back



Burgess Hill Community Volunteer Fair 2025

17 Saturday 18th January 2025
 11am – 1pm
 The Pantry, 29 The Martlets Burgess Hill, RH15 9NN
 Everyone is invited - enjoy a free community lunch!

Everyone is welcome!

Whether you're looking for new experiences, eager to share your skills, or simply someone with a passion for making the world a better place, this event is for you.

For more information visit:
www.communitypeople.org.uk/what-we-do/volunteering





This event is proudly organised by Community People Mid Sussex (Registered Charity no. 1158780) and sponsored by HSBC, united by a shared goal of supporting and strengthening local communities.

Boost Employee Engagement and Well-Being

Volunteering isn't just about helping others - it's also great for your team. Engaging in community projects improves morale, promotes teamwork, and contributes to employee well-being by fostering a sense of purpose and accomplishment.

Sharing skills and expertise is just one way of supporting local organisations who would value your knowledge.

Strengthen Your Community Presence

By actively participating in local initiatives, your business can build deeper ties with the community.

Show your support for local causes while connecting with potential customers and partners who share your values.

Network with Charities and Organisations

The fair brings together a wide range of charities and community groups. It's a unique opportunity to explore partnerships that align with your company's mission while making a tangible difference.

Event Details

- When: Saturday, 18th January 2025
- Time: 11am – 1pm
- Where: The Pantry, 29 The Martlets Burgess Hill, RH15 9NN
- Who's Invited: Local businesses, charities, professionals, and anyone eager to collaborate and give back.

Kick off 2025 with purpose and impact.

Join us at the Community Volunteer Fair and discover how your business can empower employees, support local causes, and lead the way in creating a stronger community.

This event is proudly organised by Community People Mid Sussex (Registered Charity No.1158780) and sponsored by HSBC, united by a shared goal of supporting and strengthening local communities.



For further information about Community People Mid Sussex please visit: www.communitypeople.org.uk

Gatwick Airport

Gatwick Airport Northern Runway – Project Update

A project update has been published.

The Secretary of State for Transport has issued a request for comments from the Applicant, other named parties and all Interested Parties.

The deadline for response is 17 January 2025.

[View the request](#) (PDF, 132KB)

You can view the Project information for more information.

Please find below a link to a letter from the Secretary of State that has been published on the National Infrastructure Planning website.

<https://infrastructure.planninginspectorate.gov.uk/document/TR020005-003818>

You can also view the letter under the Documents tab on the project webpage of the National Infrastructure Planning website:

<https://national-infrastructure-consenting.planninginspectorate.gov.uk/projects/TR020005>



Gatwick Airport Case Team
National Infrastructure Planning
Helpline: **0303 444 5000**

GatwickAirport@planninginspectorate.gov.uk

This Month at HurstWorks

HurstWorks: Surviving the GCSE Years Event

Book your place at this event - [CLICK HERE](#)

HURSTWORKS HIGH STREET COWORKING LIMITED

SURVIVING THE GCSE YEARS

A PARENTS' GUIDE

MEET OUR EXPERT PANEL

EMMA MCCREA
HEAD OF CURRICULUM DESIGN

JENNY HUGGETT
FOUNDER OF JENNY HUGGETT EDUCATION

RACHAEL MARTIN
COUNSELLOR & YOUTH WORKER

Join us for an evening with three fantastic education experts as we explore how to support your child through the challenges of Years 9 to 11, both emotionally and academically.

WHAT'S INCLUDED:

- Panel discussion
- Q&A session
- Practical tips you can start using straight away

GET TICKETS HERE:



23 JANUARY 2025

HURSTWORKS, BN6 9RG | FROM 6:00 PM - 9:00 PM



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Phone **01273 978438**

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February Evening Networking

Burgess Hill

BUSINESS PARKS ASSOCIATION



Thursday, February 13th
5.30pm - 7.30pm

FREE Members only

Non-members can attend one event

The Launch of BHBPA Training

Stay after the event to watch the awesome U18s play

Burgess Hill Town Football Club: Maple Drive, Burgess Hill RH15 8DL

Find out more about the training BHBPA now offers from Rewards Training, Cybility Consulting & Sales to Success



The U18s team will be playing at 7.30pm.
It promises to be an exciting match.



Paul Williams
Rewards Training



Michala Liavaag
Cybility Consulting



Julian Clay
Sales to Success

Training is important

We'll start with some informal networking before we hear first from Burgess Hill Town FC's manager and training coach about how he prepares his team for a big match.

We then introduce the range of staff training we'll be providing every month, all taking place at The Kings Centre on Victoria Road. Three of our training partners will explain more about our valuable selection of courses, provided with discretionary pricing to all BHBPA Members.

There'll be plenty of networking opportunities before and after our presentations.

[Burgess Hill Town Football Club - Networking - 13 February - BOOK HERE](#)

BHBPA Training in 2025 - Selling

Fundamentals of Selling & Best Practice Account Management



Julian Clay

Julian has a Psychology and Business Studies degree and was a top sales performer and senior manager in Kodak's Office Imaging division. Since 2001, he has worked for Sales to Success on a number of different types and size of project to help develop and implement successful sales strategies for clients.

His training workshops add value because of them being practical and often based on his own real-life experience. This is in the role of a Sales Executive, Business Development Manager, Account Manager, Sales Manager and Sales Director.

Julian will be offering two specially created courses for BHBPA members:

- Fundamentals of Selling
- Best Practice Account Management



BHBPA Training Partner

BHBPA Training in 2025 - Cybersecurity

Crack the Code to Better CyberSecurity: Transform Your Team in Two Hours

Tired of staff glazing over during security training? Cybility's detective-style CybilityXP Live Level 1 turns reluctant learners into engaged cyber defenders through an innovative detective investigation format.

What Makes Cybility Different

Drawing on 35+ years of collective cybersecurity expertise, Cybility delivers practical learning through gamified detective investigations, interactive quiz tournaments, and real-world simulations. Their H.A.C.C.E.R.™ principles ensure lasting behaviour change by making security training human-centric, active, and engaging.

Real Impact, Real Results

Perfect for teams of 6-15 people, your staff will learn crucial topics like:

- Attacker motivations and techniques
- Practical security behaviours
- Social engineering defence
- Cybersecurity at home

What Our Participants Say

"Ana was fantastic and bright, enthusiastic and made the training good fun. The pace was great and the relaxed atmosphere made it feel more interactive and a safe space for questions."

"Content was delivered in a fun and engaging way - much better than other cyber security training I've attended."

"Great, fun way to learn cybersecurity basics" and "Surprisingly good, time went quite fast".

Measurable Learning Journey

Cybility tracks engagement and knowledge retention through anonymous surveys before, during, and after each session, providing comprehensive analytics for your business's cybersecurity metrics.



Michala Liavaag

Cybersecurity leader Michala Liavaag founded Cybility Consulting after 25 years in IT across government, healthcare, charity and private sectors. She specialises in empowering business leaders with the skills and confidence to tackle cybersecurity challenges through engaging, human-centric training.

A trusted advisor, she serves on the South-East Cyber Resilience Centre Advisory Group and contributes to UK National Cyber Security Centre initiatives.

Michala Liavaag



BHBPA Training Partner

BHBPA Training in 2025 - Leadership

ILM Level 3 Award in Leadership and Management

The ILM Level 3 Award is an accredited qualification suitable for individuals who have management responsibilities, have had no formal training, and wanting to develop their abilities against the company vision or, those new to leadership and management and wishing to develop or improve upon their practical management skills. It is also suitable for aspiring managers, those that are seeking progression in the business and wishing to gain valuable knowledge in the principles of team management.

Delivered at The Kings Centre, at the heart of the Burgess Hill Business Park over three 4 Hour work shop sessions and a minimum period of 12 up to a maximum of 24 weeks including induction, delegates will also have access to online 121 tutorial support between sessions and will be required to complete an assignment at the end of each work shop.

The ILM is a qualification made up of a wide range of units covering core management skills and progression and can be tailored to meet the needs of the employer and individual. The BHBPA in partnership with Rewards Training have selected the following units which we believe to be the most relevant and incorporate the general principles of leadership and management.

- Understanding Leadership – Looking at Leadership styles, positive and negative effect on individual and group behaviour and understand leadership qualities and review own leadership qualities
- Understand How to Establish an Effective Team – Covers the benefits of effective working relationships in developing and maintaining the team, development and maintaining trust and the importance of communication
- Understanding Performance Management – Will cover performance management techniques, setting objectives, setting performance standards and dealing with areas of potential under performance and the importance of feedback

Benefits for Individuals

- Gain a range of key management skills and put them in to practice
- Build individual leadership capabilities, motivate and engage teams and manage relationships confidently
- Develop own leadership and Management skills using own knowledge, values and motivations

Benefits for Employers

- Effective and confident managers, Team Leaders, Supervisors
- Better relationships and communications in teams
- Proven skills – Know it, show it, do it
- Provide employees with the tools to develop their own skills and abilities

An Accredited Qualification

As an accredited qualification the ILM Level 3 Award offers a platform for further development to Certificate and Diploma qualifications at levels 4, 5 and 6 and certificated on completion.



Paul Williams

What people say

- 9 in 10 learners said they were able to apply the leadership and management skills learnt through ILM to their day-to-day job role
- 94% of employers would recommend ILM to another organisations looking to improve leadership and management skills
- 88% of employers say their business was immediately positively impacted by ILM training



Burgess Hill
BUSINESS PARKS ASSOCIATION

BHBPA Training Partner

New Year, New You!

“New Year, New You” Health and Exercise Taster Event

Join us at The Triangle Leisure Centre for a day of health checks, wellbeing chats, and taster exercise classes!

**NEW YEAR
NEW YOU!**

**Health and Exercise
Taster Event**

Saturday 25 January 2025
Triangle Leisure Centre
12:30pm - 3:30pm

Blood pressure, glucose and cholesterol checks
Wellbeing consultations
Menopause talks and physio discussions
Exercise taster classes and more!

Tickets must be booked in advance,
from January 6th - scan the QR code, visit
ticketsource.co.uk/burgesshilltowncouncil
or call 01444 247726

Burgess Hill
Town Council

Burgess Hill Town Council is excited to announce the “New Year, New You” Health and Exercise Taster Event, which will take place on Saturday, 25 January 2025, from 12:30 PM to 3:30 PM at The Triangle Leisure Centre.

This free community event aims to kickstart a healthy 2025 by offering a variety of health checks, advice, and taster exercise classes.

Participants will have the opportunity to engage in health conversations, including free tests for blood glucose levels, blood pressure, and cholesterol. There will also be wellbeing and physio consultations, as well as a special focus on menopause health.

For those interested in fitness, taster exercise classes will be available for non-gym members.

Event Highlights Include:

- Health Checks: Blood glucose level, blood pressure, and cholesterol testing (10-minute appointments per test)
- Wellbeing Chats: 10-minute sessions to discuss physical and mental health
- Physio Consultations: 20-minute physiotherapy advice sessions
- Taster Exercise Classes: Suitable for non-gym members
- Refreshments: Hot drinks and biscuits served by Burgess Hill District Lions

(Note: Participants booked for blood glucose or cholesterol tests should avoid refreshments before their test to ensure accurate results)

Booking Information:

Bookings for the health checks and exercise classes will open on Monday, 6 January 2025, at 9:00 AM. To secure your spot, please book early as there are limited slots available. Tests are scheduled in 10-minute slots, and wellbeing chats are 10-minute appointments. Physiotherapy consultations are 20 minutes. We recommend allowing extra time between bookings if you wish to book multiple tests.

While some walk-in slots for blood pressure tests and wellbeing chats may be available, we strongly encourage advance booking to avoid long wait times.

The event is generously funded by the Mid Sussex Partnership and is being held in partnership with The Triangle Leisure Centre, with additional support from Burgess Hill District Lions.

Event Details:

- Date: Saturday, 25 January 2025
- Time: 12:30 PM - 3:30 PM
- Location: The Triangle Leisure Centre, Burgess Hill

We look forward to welcoming you to this exciting event as we kick off a healthy and happy 2025!

All Upcoming BHBPA Events

14th January
8.30 - 11.00am

Mid Sussex Golf Club - International Trade
Dept. of Business & Trade & UK India Business Council
Special Guest speaker to be announced soon

13th February
5.30 - 7.30pm

Burgess Hill Town Football Club
The Launch of BHBPA Training courses + networking + after 7.30
see a match with the town's awesome U18s playing

Please 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@bhbp.co.uk



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