

Having problems viewing this email? [View in browser](#) .

Burgess Hill

BUSINESS PARKS ASSOCIATION

Weekly Newsletter - Every Friday Morning

Opening Remarks

An Investment in staff is an investment in your company's future

This week we celebrate younger members of staff on their career journeys and there's a special limited offer for members to elevate their younger staff even further. For business owners there's a call out for the last spaces on the Help to Grow scheme, provided by the University of Brighton.

The power of the purchaser

To enable your sustainability journey further, don't forget, you hold the upper hand with your suppliers. One of the joint presenters at our networking event next week at PVL shares more best practice in purchasing policy. This event is proving very popular, 50+ bookings and spaces still available

Our two newly announced events in November are also building numbers quickly...one will sell out soon! All details further below. [Book Events](#)

Work & Wellness

The association is always keen to be involved with community sports. Almost all the local sports teams are members, while Places Leisure (The Triangle in Burgess Hill and The Dolphin in Haywards Heath) are also members, primarily as we support the Mid Sussex Marathon, which gets competitive among our larger members who field corporate teams. This week we hear of the success of a new team which has garnered sponsorship from three of our members.

Promoting wellness at work in all its forms is key to having a winning workplace. This week we look at mental health.

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

Another new member is introduced this week.

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

Financial advice,
built around **you.**

Wellesley

Piers Bonnett FPFS
Chartered Financial Planner

piers.bonnett@sjpp.co.uk
01444 244551

wellesleywa.co.uk



Get in touch
to book a
no-obligation
financial
review

Financial advice, built around you.

Planning for your future doesn't begin with income, products and portfolios. It starts with you. And together, we'll help you to plan a happy and financially secure life. So you can focus on living it.

We can help with all aspects of financial planning, including:

- Retirement planning
- Business owner financial and tax planning
- Investment planning and Inheritance Tax planning

Piers Bonnett FPFS
Chartered Financial Planner
piers.bonnett@sjpp.co.uk
wellesleywa.co.uk

Wellesley is an Appointed Representative of and represents only St. James's Place Wealth Management (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website at <http://www.sjp.co.uk/products>. The St. James's Place Partnership and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives. Wellesley is a trading name of Wellesley Investment Management Ltd.

SJP approved: 02/08/2024
W10425

Business supporting sport in the community

Burgess Hill's newest team takes to the pitch in great new kit

BH Phoenix Women's Football Club is an inclusive team for anyone over 30 years of age. They're off to a great start as they've just won their first league game against Pevensey & Westham 3-1 last Saturday, and they played in their all-new [Bio-Productions](#) kit!

The team has so far received some great support from three BHBPA members.



Phoenix AFC 1st team before their first match of the season, shirt sponsors Bio-Productions



[Flex Physio](#) are on the back of both team's kits.



Raincoats were sponsored by [The Woolpack](#)

The team are now looking for a training shirt sponsor. They didn't factor a training shirt into the initial kit order but the coach needs names on the back! Please get in touch if you can help.

A truly inclusive women's team growing from strength to strength

They are seeing multiple new players attend and sign up each week. Why not get involved as a player or a supporter.



www.bhphoenixwfc.org

clubsecretary@bhphoenixwfc.org

[Contact us & Locations](#)

Star Apprentice of 2024

Winners Certificate presented to Jaden Corner from PVL

Earlier this week I was invited to the premises of PVL to meet their Star Apprentice and present him with his Winners Certificate from this year's **BHBiz24** Awards.

Sponsored by Time24, this category was judged by one of our three independent judges, Paul Rolfe, Associate Principal of Chichester College Group and Director of Sussex & Surrey Institute of Technology.



Jaden Corner with his magnificent trophy. I presented him with a Winners Certificate which I hope will be an inspiration to anyone who works with him in his team.

Here's what our judge Paul Rolfe had to say about Jaden's **BHBiz24** submission:

"Undertaking an apprenticeship is not easy, you have to focus on learning new skills, knowledge and behaviours whilst writing assignments and building a portfolio of evidence alongside a full-time job!"

Jaden's nomination demonstrated a strong commitment to taking ownership

of his learning through his apprenticeship as well as excelling in the workplace to become one of their top performing technicians.

His future looks incredibly bright, he has truly earned the title of star apprentice."



pvluk.com
Call us on +44 (0) 1444 258980
Email sales@pvluk.com



Elevate your Younger Staff

Exclusive Offer for BHBPB Members only - 25 FREE

Places on DBL elevate Career Jump-Start Programme, starting 23rd October 2024*

Future-proof your new employee's career with DBL elevate! We are offering 25 FREE* places on our [Career Jump-Start Programme!](#) This unique solution, specifically designed for young professionals or recent graduates aiming to accelerate their careers, is CPD accredited and spread over 10 to 12 weeks, to easily fit a busy working schedule. Participants will gain exclusive access to cutting-edge learning modules, expert mentoring, and personalised development plans at no cost.



The program is focused on enhancing key human skills such as personal brand, relationship building, communication, resilience, and professional agility, all critical for success in today's competitive job market. Don't miss out on this limited offer to gain the tools and insights needed to jump-start your career with DBL's support!

Express your interest by emailing lucie@rosemediagroup.co.uk NOW!

*Limited to 25 places in total, one application per member.



For more information about our full services, check out our website: [Rose Media Group](#)
01444 241 341

New trainees taken onboard

Carpenter Box recruits 26 New Trainees onto its 'Platinum' training programme

A career in accountancy continues to be a popular choice for many school and college leavers, university graduates and career changers, with Sussex and South East accountancy firm Carpenter Box announcing the recruitment of 26 new trainees – a record intake for the firm.

Eleven of the new trainees have joined Carpenter Box's Worthing office, five have taken up positions in Crawley, four in Brighton, five in Chichester and one in Portsmouth. They are spread across the firm's Business Services Group, Assurance & Advisory Group, Tax Services Group and Starbox team, which provides expert finance and tax advice to new media companies and digital platform content creators.



Six of the new trainees, back row l-r: Alex Webber, Jake Solomon, James Newman & Sophie Middleton. Front row l-r is Josh Plumb & Jiaolin Chen).

Carpenter Box Managing Partner, Alan Edwards, commented: "It's great that the firm is in the position to offer so many talented individuals the opportunity to build their career here and to be part of our ambitious growth plans for the future.

"I hope they take inspiration from the fact that many of our current partners, including myself, started out as trainees with Carpenter Box, and I very much look forward to seeing them thrive in what is a supportive environment as they progress towards their professional qualifications."

The training programme delivered by Carpenter Box has earned both 'Approved Employer' and 'Platinum' status. The majority of the new trainees are embarking on a career pathway towards ACCA (Association of Chartered Certified Accountants) accreditation, whilst others are pursuing ACA (ICAEW Chartered Accountant) and ATT (Association of Taxation Technicians) qualifications.

For those interested in a career in accountancy, Carpenter Box is holding a Careers Open Evening on Tuesday 19th November between 5.30pm and 7.30pm at their main offices in Crescent Road, Worthing. Click on the following link for further details:

<https://www.carpenterbox.com/event/open-evening/>



CARPENTER BOX www.carpenterbox.com

Asking the Right Questions

The fourth in an occasional series on achieving greater sustainability

Brought to you by the Adelphi Group of Companies, a guest presenter at our event in a couple of weeks' time at PVL.

Why Ask Questions?

It's really important to ask questions of your suppliers which reflect what is important to your own company's values. For example, as Sustainability is one of our primary concerns at Adelphi, we ask all prospective suppliers if they are ISO 14001 (Environmental Management Systems) accredited. This represents the gold standard in our evaluation process.



An Open Door Policy

We also ask suppliers to share copies of their Environmental Policy, Net Zero Policy and Corporate Social Responsibility Policy, so that we can assess their commitment to high standards in these areas.

The Three E's

It is also essential to question; Does the prospective supplier add value to Adelphi, in all of these three key considerations:

- Economy – minimising our costs
- Efficiency – quicker, simplified and/or streamlined processes
- Environmentally – a high degree of care and concern throughout their operations

The Power of the Purchaser

Why **YOU** have more influence than you may realise.

In the current economic climate, every order matters, and your influence extends even to non-sustainably minded suppliers. At Adelphi, if customers wish to invite us to take on additional sustainability initiatives before they commit to working with us, this is something which we are always pleased to consider. Likewise, we require all of our supplies to adhere to our code of conduct, which covers aspects such as waste management, modern slavery, employee safety and wellbeing, and more.

What to do with the Answers? An Adelphi Case Study

A waste management company that Adelphi had been working with for many years was not actively contributing to our values. We came to the decision to switch to a different company who was more forthcoming and we knew more about. They visited us on site and presented how they would help us reach our recycling goals and go greener overall. Although the price difference was marginal, the customer service also far outweighed that of the previous company.

Now we feel accountable of our waste and are able to monitor its impact. The new company are also able to dispose of glass vials and tubes, which is ideal for Adelphi, crushing them to form roads. Previous suppliers were unable to do this due to the high melting point of glass.

Sharing Our Journey

We hope by starting these conversations we can work with our suppliers and encourage them to also interrogate their own sustainable practices.

Over the next two years these conversations will be exciting and thought provoking for both Adelphi and our suppliers.



Written by Glen Smith, Strategic Buyer at the double environmental-award winning Adelphi Group of Companies.



ADELPHI GROUP OF COMPANIES

Celebrating 75 Years (1947-2022)

Olympus House, Mill Green Road

Haywards Heath, RH16 1XQ, U.K.

www.adelphi.uk.com

ADELPHI
GROUP OF COMPANIES



Cybersecurity



Cloud Migration



IT Support



Voip



Connectivity



Talk to us on: **01444 443200** | Email us on: **info@extech.co.uk**

Help to Grow

Help to Grow is 90% Government funded

Help to Grow have almost filled our last planned cohorts
This is the last call out for Crawley.

Help to Grow is a 90% Government funded course empowering SME leaders to confidently build better businesses. The last few places on the Crawley cohort starting in November are still available.

(Quote BHBPA under Other when asked where you heard about it).
More information Help to Grow (brighton.ac.uk)

“

I had lots of ideas but didn't know how to implement them. Learning from Help to Grow and sharing ideas with other business owners has given me the confidence to put these ideas into a plan.

I now have the tools and a fresh approach to take forward improvements.

JUDY COLBRAN
COLBRAN & WINGROVE LTD

”



HELP TO GROW
MANAGEMENT COURSE

New Members This Week

- **Fentons Business IT Solutions**

Fentons Business IT Solutions

The Fentons team are excited to have recently joined BHBPA. As a thriving business since 2007, Fentons is founded on family values. We are enthusiastic about IT and place excellent customer service at the heart of everything we do. We are keen to contribute positively to the wider local community which BHBPA will help us to facilitate.



We are a friendly team of skilled IT professionals with a wide range of qualifications – understanding technology is what we do. We are proud to say that most of our valued team have been with Fentons for 5 years or more, showing loyalty and dedication.

We range from expert IT support and managed IT services, to assisting in-house teams when they hit a bump in the road. To do this, we provide the absolute best IT solutions and expertise, with reliability, integrity and transparency.

Jill Warburton - Operations Manager

We are proud to have so many happy and loyal customers who keep meeting their goals by using technology and solutions specifically tailored for them, through collaboration and our understanding of their individual business needs. We work with and support all size and type of business. These range through, manufacturing, pixel processing and generative storytelling, engineering, HR, maintenance, large and small charities, care homes, solicitors and so many more... Cyber security is paramount as well as complete confidentiality.

As we specialise in IT for all variety of businesses, this makes our job extremely interesting and sometimes challenging. That is why we love IT!

We look forward to being a part of BHBPA and getting to know our other members.



Please check us out at our website: fentonsit.com
[Contact us](#)

World Mental Health Day

Mental health in the workplace and workplace stress

The theme for World Mental Health Day, which was on Thursday 10th, is recognising and prioritising mental health in the workplace and workplace stress can be a key reason for sleep problems.



Work-related stress is a leading contributor to sleep disturbances, profoundly affecting an individual's mental and physical well-being.

Long working hours, high job demands, and difficulties in switching off after work can lead to over activation of the body's stress response, which disrupts sleep cycles.

The constant pressure to perform, especially in fast-paced or high-stakes environments, increases levels of cortisol, a stress hormone that impairs the ability to fall and stay asleep.

One key factor is rumination, which is the tendency to replay work-related concerns when trying to relax.

This mental over activity prevents the body from transitioning into a restful state, leading to insomnia or frequent waking throughout the night.

Sleep deprivation then creates a vicious cycle, as a lack of restorative sleep exacerbates stress levels, reducing a person's capacity to cope with work pressures effectively.

Additionally, poor sleep reduces cognitive function, memory, and decision-making skills, which negatively impacts work performance and increases stress.

Over time, this can result in burnout, fatigue, and a higher risk of developing anxiety or depression.

Tackling work-related stress by setting boundaries, practicing relaxation techniques, and improving workplace conditions is crucial for maintaining good sleep hygiene and overall health.



Andrea Aro
 DHypPsych(UK), GQHP, GHR Reg., GHSC
 Clinical Hypnotherapist
 Brief, Solution Focused Psychotherapist
07593 600 517
enquiries@andreaaro.co.uk
[Contact me](#)

October Breakfast Networking

Burgess Hill
 BUSINESS PARKS ASSOCIATION



Tuesday, October 15th
 8.30am - 11.00am

FREE Members only

A Focus on Sustainability - Site Tour of PVL Joint presentation with The Adelphi Group of Companies



56 Victoria Road, Burgess Hill, RH15 9LR
 Presentation from the MD Nick Broom & hands-on demos



Sharing Our Journey

The double environmental award-winning Adelphi Group of Companies (Haywards Heath) themselves regularly host events and tours, using their own approach as a case study to pay forward learnings in the field of sustainability.

This month's guest speaker at PVL is Strategic Buyer Glen Smith, presenting the topic of Environmentally Preferable Purchasing – his Top Tips and Key Considerations for sustainably and ethically minded businesses, to turn intention into action.



Glen Smith
 Strategic Buyer
 Adelphi Group of Companies

Delegate numbers continue to grow for what will be an interesting and insightful event, with plenty of networking opportunities during the morning

[PVL - A Focus on Sustainability - October 15th - BOOK HERE](#)

November Evening Networking

Burgess Hill
BUSINESS PARKS ASSOCIATION



Thursday, November 7th
5.30pm - 7.30pm

FREE Members only

Spirit of the Downs - Distillery Tour

A glass of English Sparkling or soft drinks, some nibbles and tastings.



Unit 3, Bookers Vineyard, Foxhole Lane,
Bolney, West Sussex RH17 5NB



How to get there

Exit the A23 at A272, head towards Bolney on the Cowfold Rd /A272, go past the village, at The Gulf Petrol Station turn right up Foxhole Lane. 400 yards on the left Spirit of the Downs sign and flag turn into Bookers Vineyard through the double wood gates, follow the drive around the hose towards the black units at the back, unit 3.

Please do not park in Bolney Wine Estate.

Delegate numbers are restricted to a maximum of 30
Later bookings will be added to a waiting list



Michael Yeoman
Master Distiller & Owner
Spirit of the Downs

Spirit of the Downs - Tour & Networking - 7th November - [BOOK HERE](#)

November Breakfast Networking

Burgess Hill
BUSINESS PARKS ASSOCIATION



Thursday, November 21st
9.30am - 11.30am

FREE Members
Non Members can attend one of our events

The all-new Woodlands Meed College

An opportunity to see Burgess Hill's newest educational facility





Adam Rowland
Headteacher
Woodlands Meed SEN

There will be a breakfast brunch available for our delegates, served by students from the college.

We'll have presentations from the headteacher, Adam Rowland while David Hills will be talking about Assisted Apprenticeships with examples of successful local placements in Burgess Hill.

Come along and find out how you can make a positive impact, improving the routes to work for young people with disabilities.

Let's level the playing field!

Plenty of opportunities to network
Be inspired to make a difference, there is great support for employers.

Woodlands Meed College - Networking - 21st November - [BOOK HERE](#)

All Upcoming BHBPA Events

15th October
8.30 - 11.00am

PVL Site Tour - A Focus on Sustainability

With additional best practice sharing from the Adelphi Group of Companies

7th November
5.30 - 7.30pm

Spirit of the Downs - Distillery Tour

Limited to only 30 delegates - STRICTLY MEMBERS ONLY

21st November
9.30 - 11.30am

Woodlands Meed College - Tour & Presentation

Buffet will be served by college students

3rd December
8.30 - 11.00am

Pangdene Barn (Bookings available next week)

Public Relations - The powerful secret sauce of marketing
Presentation from Rose Media Group & others

10th December
5.30 - 7.30pm

The Woolpack - Annual Christmas Drinks

Mulled wine & mince pies - always popular business social event

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](#)

Rethink Your IT & Telecoms Strategy Now

Business IT Support | Hardware Sales & Repairs

Microsoft 365 | Cybersecurity

Penetration Testing | VoIP & Broadband

ABCOM
IT SOLUTIONS

01444 871200
abcom.co.uk



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



[About Us](#) [Contact](#) [Privacy Policy](#) [Unsubscribe](#)

BHBPA Ltd. c/o Lea Graham Associates
Hillcrest House
84 Valebridge Road
Burgess Hill
RH15 0RP

Copyright © 2024 Burgess Hill Business Parks Association