

QUIZ NIGHT!

📍 SPACES, THIRD AVENUE

THU 22 MAY 2025 • 6PM START

Doors open at 5:30pm

Form a team of up to 6 people and put your general knowledge to the test against other Globe Businesses.

There will be prizes for the most creative team name and, of course, the winning team!

REGISTER YOUR TEAM

To sign up your team, contact Beth at elizabeth.bennett@groundwork.org.uk by 8th May 2025. Spaces are limited, so don't miss out!



Quiz Night

Following the success of our last Globe Quiz, we couldn't resist organising another one! We're excited to announce that we now have a date organised: Thursday, 22nd May at 6pm at Spaces.

This time, we'd love to involve even more businesses—so why not come along? It's a fun and relaxed after-work event, perfect for some friendly competition. Get your teams together and join us!

Hello there!

Welcome to the April edition of The Globe, bought to you from Globe Business Improvement District (BID). The Globe provides updates on events and activities around the Business Park and any topics that might affect businesses and the local infrastructure.

If you have anything you'd like to share with the GBP business community or would like to feature in the next newsletter, please do get in touch. We'd love to hear from you!

The BID Team



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Business Sustainability Meeting



In February we held our 4th Business Sustainability Group Meeting. We heard from three fantastic Speakers sharing real solutions for greener businesses. Thank you to Biffa, Chiltern Rangers and Whiffaway for providing such valuable and action provoking insights.

This group is open to all BID Businesses on Globe and Cressex Business Parks and we are looking forward to hosting further meetings this year. Join us and be part of the conversation, wherever you are on your sustainability journey. If you are interested in attending, have a topic you would like to be discussed or are interested in presenting please do contact Beth: Elizabeth.bennett@groundwork.org.uk

Mindfulness/Meditation



Mindfulness and meditation are simple ways to feel better, think clearer, and stress less. It's all about slowing down and paying attention to the present moment—no judgment, just awareness.

One big benefit? Less stress. It helps calm your mind and body, making it easier to handle tough days. It can also ease anxiety, improve your mood, and help you sleep better.

Plus, it boosts focus. Practicing mindfulness trains your brain to stay on track, which can make you more productive and less overwhelmed.

Our next FREE Meditation and Mindfulness Class will be Wednesday 30th April at 12:30pm and takes place at Spaces. Please do email Beth to book on: Elizabeth.bennett@groundwork.org.uk

Spring Walk



Thank you for everyone that joined us for our Spring Wellness Walk on Thursday, March 27th. We had a fantastic turnout for a very enjoyable walk to the river and a delicious lunch. Our Summer Walk will be in July and we're looking forward to it already!

Traffic Surveys



Thank you for the fantastic response to the Traffic Surveys that Gemma sent out, we really appreciate your input. The winners of the prizes will be drawn by the end of the week

The Marlow Murder Club



Just a heads up that the Marlow Murder Club is back on the Business Park for the next few months filming the next series.

Great Bucks Spring Clean

Last week we joined in the Great British Spring Clean, this national event encourages residents, community groups and businesses to collect and dispose of litter in their local area. It's the biggest environmental campaign of its kind and we were delighted to take part. A big thank you to the volunteers from BAP Pharma who joined us!

If you need any support with keeping your area tidy do let the BID know we'd be happy to drop over some litter picking supplies.



La Dolce Bolla



Newly opened La Dolce Bolla in the heart of the high street is one of Marlow's premier destinations, specialising in premium Prosecco DOCG, a selection of Italian Wines, alcohol free drinks and delicious antipasti.

La Dolce Bolla are kindly offering Globe BID Businesses a buy one get one free offer on drinks purchased Monday-Thursday between 4:00-6.30pm. They also have Thursday after work socials with a live DJ and host private events.

Do take a look at their website www.ladolcebolla.com or email info@ladolcebolla.com

Spring HIIT classes at Leo Gym

Want to have fun while getting fit? Come try out our HIIT 'sweat' class at Leo Gym! It's an energizing workout that's perfect for all fitness levels.



20th February



6th March



20th March



3rd April



17th April



1st May

Our next BID Spring HIIT classes are scheduled for 17th April and 1st May 5-6pm at Leo Gym.

Leo Gym's HIIT 'Sweat' classes have been a very popular addition to our wellness events schedule at Globe, they are ideal for all levels of fitness offering adaptable exercises in fun partner workouts. The workouts incorporate a mix of cardio and strength exercises in a supportive, social environment, perfect for anyone who enjoys working out with others. We have received some fantastic feedback from those that have attended these HIIT classes so why not give the next class a go?

Places are limited so early booking is advised, please see the flyer for booking details.




Do you receive our email communications?

If not, please let us know so you can be kept up to date with everything going on at Globe.

LinkedIn

Connect

Stay up to date with the latest news, announcements, and updates from Globe BID by visiting our LinkedIn page. We regularly share valuable insights, industry trends, and key developments that can help keep you informed. Follow us to connect with our community and be the first to hear about our exciting events and important information relating to the Business Park.

 /globe-business-park-business-improvement-district

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Shine a light on your Business

We are here to support Businesses on Globe, if you would like your Business to appear in future editions of The Globe please do contact us so we can feature you!

Business Park Directory

2 Heads

Altera (Intel)

AH Tripp and Son

Alliance Disposables

Amicus Therapeutics

BAP Pharma

Bare Snacks

Bonds Packaging

Chelton

Cooper Antennas

Court Motors

Dense Air

Elite EMS

Evolution Security

Genesis Gym

Gordons Solicitors

Home Counties Storage Systems

Howdens

Koppers

Kyowa Kirin International

Leo Gym

Maidenhead and Slough Tyre and Exhaust Co

Millar's @Coopers Café

MLL Telecom Ltd

Motorworx

Ortho Clinical Diagnostics

Pink Accounting Resources

PJ Investment Group

Rex Proctor and Partners

Schwing Stetter

Screwfix

Sennheiser UK

Softcat

Sorb Engineers

Spaces

Spin Master

Stevend

Superstars Events Management

Symrise

Telefonica

The Marlow Club

The Ralph

Tower Garage

Tradebe Environmental Services

Travelodge

TSL

Whistl



Globe Business Park

For any general queries please email us at globebid@groundwork.org.uk