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Hello and welcome to your weekly Westside World news digest. Each Friday, Westside BID brings you the top stories from in and around Broad Street, Brindleyplace, Five Ways, Centenary Square, Broadway Plaza and surrounding areas...



### Calling all bookworms: free books for Westside workers who join club

Westside BID is launching a fantastic new book club as part of its strategy to support enjoyment and wellbeing at work - and everyone who works in the Westside area is being invited to join.

Businesses are being urged to spread the word and everyone signing up to Westside Book Club will receive a free copy of a new novel called *Usurper* by P W Finch. The club will hold its first event at 12 noon on Wednesday 21 June at Jonathan's café in the Roundhouse.

[Read more](#)



Westside's 'body jam' fitness event

### Body jam date boosts mental health

Westside BID teamed up with friends at Nuffield Health to provide free fitness sessions for local workers.

The first 'body jam' session was held to support Mental Health Awareness Month during May, and those taking part laughed, sweated and de-stressed with fitness instructor Jake Ainger. The BID is now planning more events in an ongoing campaign to help Westside workers' mental health and wellbeing.

[Read more](#)



### 'Quirky' Velvet bar hits the screen

A film crew from Local TV visited Velvet Music Rooms at the weekend to report on what they described as the "quirkiest bar" on Birmingham's famous Broad Street.

Reporter Richard Gullick interviewed Velvet manager Corey Hadley, who explained that the independent bar opened in 2005 and was owned by an Irish family from Galway.

[Read more](#)



### Special event for networking group

Westside BID has once again joined forces with the Hats & Heels networking group to celebrate the success of women.

More than a dozen women enjoyed a two-course meal during the event at The Coconut Tree on Gas Street, where they listened to guest speaker Amy Langham, a Westside BID director and general manager of the Sea Life Centre and Legoland.

[Read more](#)



The Westside TV advert

### TV ad sings the praises of Westside

Westside BID has teamed up with its close partners at Local TV to create a new advert promoting the area for the summer season.

The stylish advert packs plenty into the 30-second commercial which will be broadcast on Local TV's Freeview Channel 7, Virgin Media 159 and online at [www.Birminghamworld.uk](http://www.Birminghamworld.uk).

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