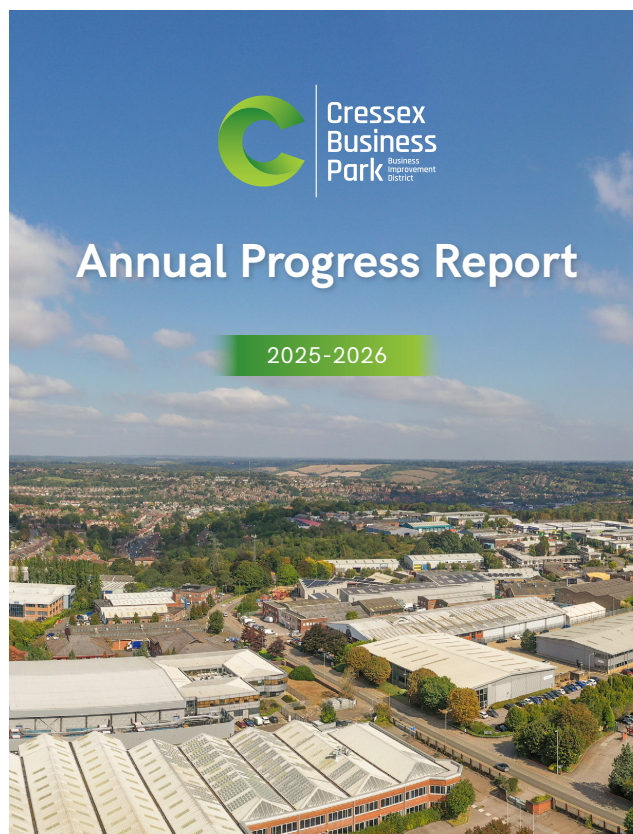




Cressex BID Annual Progress Meeting Update



On Friday 5th June we held the Cressex Business Annual Progress Meeting, it was a really useful session to reflect on what the BID has delivered over the past year and how partners are successfully working together.

Updates covered a range of BID activity, including parking projects, transport modelling work, and litter and waste improvements, alongside improvements in how information is shared and businesses are kept informed.

Consistent communication continues through LinkedIn, newsletters, and email updates, helping to keep businesses up to date with what's happening across the business park but nothing quite replaces the value of a face-to-face session. This brought the full scope of BID activity to life!

It was also good to have a range of partners in attendance, including Buckinghamshire Business First, Bucks Skills Hub, South East Cyber Crime Unit, Thames Valley Police, Risk Management and SK Transport, giving businesses the chance to speak with them directly.

Thank you to Cllr Steven Broadbent, Leader of Buckinghamshire Council, for attending and sharing his insights, to the BID Board and Chair Rebecca Tipping for their ongoing support and to Hovis for hosting this event.

To access an in-depth copy of the 2026 report please click here: cressexbid.co.uk/about-the-bid

Hello there!

Welcome to The Cressex Newsletter, brought to you by the Business Improvement District (BID) Board.

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



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New Banners Showcase Cressex Business Park Businesses



If you've driven through Cressex Business Park recently, you may have noticed a fresh addition to the streetscape. New lamp post banners have been installed across the park, proudly displaying the logos of businesses based within the Cressex Business Park BID area.

While the banners may seem like a simple enhancement, they play an important role in strengthening the identity of Cressex Business Park as a recognised business destination. By creating a stronger visual presence throughout the estate, they help reinforce the sense that Cressex is more than just a collection of individual business premises – it is a thriving and connected business community.

The banners also provide an opportunity to raise the profile of the many companies that call Cressex home, giving greater visibility to local businesses and celebrating the diversity of organisations operating across the park.

Risk Management



We are pleased to announce that the Cressex BID Board has appointed Risk Management Security Services to undertake regular security patrols across the public highway throughout Cressex Business Park.

The patrols commenced on 19th June and will take place four times each day, providing a visible and reassuring presence across the park. Their role is to help deter criminal activity, identify and report any incidents in progress, and record evidence of any crimes that may have occurred between patrols.

In addition to monitoring the area, the patrol team will act as extra eyes and ears for the business community, helping to identify issues that could impact the safety, security, or overall environment of the park.

This initiative forms part of the BID's ongoing commitment to enhancing safety and security across Cressex Business Park. By increasing the visible security presence and strengthening incident reporting, we aim to create a safer and more secure environment for businesses, employees, and visitors.



Car Parking Consultation Update

Thank you to everyone who took the time to complete our informal car parking consultation. We are pleased to confirm that the consultation has been submitted to Buckinghamshire Council.

We received a strong response from businesses across the Business Park, providing a clear picture of the current parking pressures and the challenges being experienced. Your feedback will play an important role in helping us work with the Council to explore and develop improved parking solutions for the area.

Thank you once again for your support and participation. We look forward to sharing further updates as discussions progress.

SEEDL Courses

DID YOU KNOW?



SEEDL offers a range of courses on Environmental, Social, and Governance.

ESG Courses:

- ESG: An introduction to Understanding Climate Change.
- An Introduction to the World of ESG: Environmental, Social and Governance
- Sustainability and ESG reporting.

Plus many more!



Upcoming BID Events

Free HIIT Classes for Cressex BID Members

WHY CHOOSE

→ **energie fitness**
HIGH WYCOMBE

24/7
ALWAYS OPEN AND AVAILABLE TO SUIT YOU

20+
CLASSES FOR MEMBERS TO ENJOY

2
FLOORS OF TOP OF THE LINE EQUIPMENT

UNLIMITED
WAYS TO ACHIEVE YOUR FITNESS GOALS



Start your Tuesday with a boost of energy! Cressex BID members are invited to join FREE HIIT classes **every Tuesday from 7:00–7:45am at Energie Fitness**, Cliveden Office Village, Lancaster Road.

What is HIIT?

HIIT (High-Intensity Interval Training) is a workout that alternates between short bursts of intense exercise and brief recovery periods.

Think:

- ▶ 30–45 seconds of work
- ▶ 15–30 seconds of rest
- ▶ Repeat

The beauty of HIIT? It's efficient, effective, and can be adapted to suit any fitness level. Whether you're walking, lifting weights, cycling, or doing bodyweight exercises, HIIT is about working at your maximum effort during each interval.

What Does HIIT Target?

HIIT is a full-body workout that delivers multiple benefits in one session:

- ▶ Improves cardiovascular fitness and endurance
- ▶ Burns calories during and after your workout
- ▶ Builds muscular strength and power
- ▶ Improves balance, coordination, and agility
- ▶ Boosts metabolism while saving you time

Every session challenge both your muscles and your heart, helping you become fitter, stronger, and more resilient.

Book your place here: cressexbid.co.uk/events

Please use your work email address when booking so we can identify your business.

Summer Wellness Walk Thursday 23rd July



Do come along to our Summer Lunchtime Walk around Chairborough Nature Reserve and FREE lunch on Thursday 23rd July. It's a fantastic opportunity to take a well-earned break from your desk, get some fresh air and meet other Cressex Businesses. We will meet at 12:15pm on the corner or Coronation/Lincoln Road (by Hovis). To register please email Beth -

Elizabeth.bennett@groundwork.org.uk by 21st July and please include any dietary requirements.

Looking Ahead: Our Next Sustainability Group Meeting



Following the success of our previous sessions, we're excited to be planning the next Globe & Cressex Sustainability Group Meeting this autumn.

Our expert-led meetings bring local businesses together to explore the latest sustainability challenges and opportunities, while providing a valuable chance to network with others on their own environmental journey. Previous topics have included Carbon Reduction, Net Zero, and Extended Producer Responsibility, with practical insights that businesses can put into action.

As we plan our next event, we'd love to hear from you. Is there a sustainability topic you'd like to learn more about or discuss with fellow businesses? If so, please get in touch with Beth at elizabeth.bennett@groundwork.org.uk - your suggestions will help shape the agenda.

We look forward to welcoming you to another informative and collaborative session.

Spotlight on a Cressex Business... Wycombe Nut and Bolt



Tell us your business name and what your business does in one sentence.

Wycombe Nut and Bolt Ltd, I sell nuts and bolts to the trade and to the public

What's something surprising or unusual about your business?

The projects people are up to.

What do you enjoy most about working on Cressex Business Park?

I've spent most of my working life on here, it has changed over the years but there is still a community spirit. When I opened my own business, it made sense to be here and last year when I had to move to new premises, I was so glad that I found a unit on Lincoln Road that was suitable.

Where's your go-to place for coffee, lunch or a team treat nearby?

Coffee Werks, they were next door to my last premises and helped fuel my day

How long have you been here and what made you choose this location?

I previously worked for a local company on the estate that provided this service for 14 years, so I developed a strong understanding of both the work and the needs of businesses here. In 2020, due to them restructuring I decided to start my own business, and it was important to me to remain based on the estate. Staying local allows me to continue supporting the businesses in the community with a service they already know and trust.

What's been a proud moment for your business recently?

Being able to move to larger premises to allow me room to grow

What's one piece of advice you'd give to a new business starting out?

Go for it, try your best and the rest will come even if it isn't what you set out to do.

Where can people find out more about you? (Website, socials, etc.)

wycombenutandbolt.co.uk, currently working on a new online shop, in the meantime pop in to the trade counter, I'm always happy to help.

Have Your Say – Meet Our Local MP & Connect with Marlow Film Studios

We have been approached to gauge interest from Cressex businesses in meeting our local MP, Emma Reynolds, to discuss issues that matter most to the local business community.

The meeting is expected to take place in late September or early October, with the exact date to be confirmed. This is an opportunity to raise questions, share concerns and discuss topics that are important to your business.

If you would be interested in attending, please let the BID team know and include any specific questions you would like to put forward for discussion.

In addition, Marlow Film Studios is keen to engage with businesses across Cressex and explore opportunities to connect with the local business community. If this is something you would be interested in hearing more about, we'd love to hear from you.

Please register your interest by emailing cressexbid@groundwork.org.uk, letting us know whether you are interested in the MP meeting, engagement with Marlow Film Studios, or both.



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 Cressex: cressexbid@groundwork.org.uk

Shine a light on your Business

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



**Cressex
Business
Park**
Business
Improvement
District

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