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NORTHERN TRUST

PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: 26th April 2022

THERAPYFIT TREATMENTS EXPANDS TO INCLUDE A SECOND BUSINESS AT JEWELLERY BUSINESS CENTRE

Whittle Jones; managing agents acting on behalf of Northern Trust Company are pleased to confirm TherapyFit Treatments has expanded their operations at Jewellery Business Centre, Birmingham.

In July 2020 Bal Sidhu relocated into the Jewellery Business Centre to run his sports massage therapy and personal training business full time from this location. The company rebranded and has since evolved to become TherapyFit Treatments Ltd.

Due to popular demand the business expanded in 2022 to include TherapyFit Body Clinic Ltd who provides therapy services of an evening and weekend for female clients only, by a female therapist. Both businesses also provide exercise prescription/rehabilitation and variety of other massage therapy services, including cupping therapy.

The female therapist is Farah Sidhu, Bal's wife and business partner and this is what she had to say about her move to the JBC:- "Since we first set up in 2020, I loved the building and facilities and can't speak highly enough about all the Whittle Jones staff and their great customer service. So when it came time to look for a location for TherapyFit Body Clinic, there was no question in my mind about where I wanted to set up. It was definitely meant to be when the unit directly opposite the corridor from Bal became available and we haven't regretted it! If you would like to find out more details about the services we offer please visit our website www.TherapyFitGroup.com"

Caroline Jones, Regional Property Manager at Whittle Jones Midlands said "I am delighted that Bal and his wife Farah decided to expand their business offering at Jewellery Business Centre, and I am looking forward to seeing them develop their businesses further."

Jewellery Business Centre in Birmingham is a period building split into two sections arranged around a central landscaped courtyard. The main building fronts onto Spencer Street, with rear section backing onto Branston Street.

The Centre is one of four Northern Trust Business Centres, and has been specifically designed to encourage new start-up businesses and support small and medium sized enterprises looking for flexible office accommodation.

Arranged over four floors, the building provides fully serviced office accommodation with suites from 1 person (108 sq ft) upwards. Suites can be combined to create a larger floor area subject to availability. The Centre offers an unrivalled business solution with modern working environment, meeting room facilities, and on-site cafe.

For more details and current availability please visit the dedicated website <https://www.jewellerybusinesscentre.co.uk/> or contact us on 0121 523 2929 or via email at midlands@whittlejones.co.uk to arrange a viewing.

- End -

Notes to Editors:

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Northern Trust is a family owned private company, established in 1962, with a successful track record in property investment, development and strategic land regeneration.

The existing property portfolio extends to over 8 million sq ft of industrial, trade counter and office parks, together with more than 5,000 acres of land throughout the UK, with circa 1,500 acres currently being promoted through the planning process for mixed use development.

The Industrial and Office portfolio contains more than 4,000 individual units with industrial unit sizes ranging from as little as 285 sq ft up to c 50,000 sq ft and office suites from as little as 1 person upwards. Premises are situated in over 200 separate locations and the portfolio extends from the South Midlands to the central belt of Scotland. Through recent acquisitions and new development almost 1 million sq ft has been added to the portfolio within the last 2 years. The portfolio is actively managed by Northern Trust's in-house surveying practice **Whittle Jones**, which has regional offices in the North West, North East, Yorkshire, Midlands and Scotland.

New and existing customers looking for industrial and office accommodation can search the [Whittle Jones website](#).

In addition, **Northern Trust** has developed over 3 million sq ft of commercial space in over 50 locations with over 625,000 sq ft currently under construction or in the development pipeline.

Northern Trust has also secured planning for circa 4,500 new homes over the last two years, and with the current projects covering more than 50 sites where there is potential to bring forward more than 10,000 new homes. The company works closely with house builders, local authorities and special purchasers in bringing forward strategic land regeneration opportunities

Northern Trust has substantial funds available for new investment, development, and strategic land acquisitions throughout the UK. For more information please visit the website at www.northerntrust.co.uk

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