

# Stroud Businesswomen's Network >>>



## NEWSLETTER

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### SEND US YOUR NEWS

We welcome your news, offers and any other local resources or information you wish to share with other members via our newsletter which is issued 10 times a year. Feel free to submit your **articles during the month so that we have your news in good time for our next issue.** Members articles may be shared to our Facebook group. Please **send less than 200 words** in plain text without any images.

Ensure that you include your contact details and please check all details carefully and that your links are correct! Send submissions to [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk)

## February 2023 (Quarterly)

### KEY DATES

**Thursday 16<sup>th</sup> February 9.30am - 11.00am**

**Main meeting with Speaker Fiona Hammond from Stroud College.**

**Guests** who would like one free networking meeting are welcome to try us out. Contact us on the email below

**Bring your product samples for the display table.**

**Thursday 9<sup>th</sup> March 2023 - 9.30am - 11.00am**

**Coffee Catch-Up at The Curio** - Open to ALL - SBN Members, Friends & Guests

**Thursday 30<sup>th</sup> March 9.30am - 11.00am**

**Main meeting with Speaker Louise Wilson from Longfield Community Hospice.**

**Newsletter** issued February, May, August & November

### CONTACT US

[enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

news submissions: [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk)

### CONNECT WITH US

[Facebook Group](#) - Our closed group for Members

[Facebook Page](#) - SBN Business info, events and information

[Twitter](#) - Keep in touch with SBN conversation and events

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**Personal Data:** Stroud Businesswomen's Network takes data very seriously. You have received this newsletter because you are registered as a member or friend of SBN. If you would like to see a copy of our privacy statement please [click here](#). If you would like to opt out of receiving this newsletter please email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

## Thoughts from SBN Chair Tanya De Leersnyder

January seems to have passed by in a flash! We started the year with a bang with our first meeting of the year on the 26th of January. A big thank you to **Carolyn Williams, our SBN committee treasurer** who organised lanyards and printed name badges for all our members. The committee decided that we will ask everyone to return their badges at the end of each meeting and pick them up again at the next one as, in the old days, it was so easy to misplace them when we took them home.

We also decided to start the year with a networking activity arranged by our lovely committee member Sam Collins. It was fabulous again! We got to learn more about each other, and Sam included a great question asking us to tell the person we were talking to one fact that nobody in the room was likely to know and if they wanted to, to share this with the group after the activity. We heard about one of our members meeting Robbie Williams as a teenager, another getting to play on Wimbledon centre court aged 14, another who used to do professional trampolining, my adventures in underwater hockey in my early 20s and a few other fascinating things we didn't know about each other.

### Speakers

At our November meeting, our main speaker was **Liz Godsell of Godsell's Cheese** based at Church Farm in Leonard Stanley. As a dairy farmer's daughter, she always wanted to become a farmer. Liz studied agriculture at Aberystwyth and even though her father thought her brothers were better suited to the work, she has made a huge success of it. Her brothers have 5 boys between them, none of whom are interested in farming and Liz has a daughter who loves the farm. **Liz's family have been farming for 200 years**, first as tenants on the farm and then her dad bought their farm in 1960. Her Dad went from chicken farming to dairy. At the time of the millennium, dairy farmers were being paid 16p per litre of milk and on average, 1 dairy farm per week was going out of business! **Liz is a self-confessed "cheeseaholic"**, so she decided to branch out into cheese making, thus adding extra value to their milk. She is now a master cheesemaker. She started making soft cheeses and progressed to hard cheeses. Soft cheese has around a 6-week shelf life whereas hard cheeses have between 18 months to 2 years maturing and they just get better and better. The cheeses they concentrate on are cheddar and the single and double Gloucester cheeses. The cows are all free range and grass grazing which does give them a premium on their milk prices. The single Gloucester cheese has a P.D.O. - Protected Designated Origin so it can only be made in Gloucestershire. **Anyone making single Gloucester cheese has to own some Gloucester cattle.** The Gloucester cows were on the verge of extinction and are thriving now. They are a rare breed, brown/black in colour with a distinctive white stripe which starts halfway down their back and goes all the way down their tail.

Liz's daughter encouraged them to investigate getting a vending machine during Covid times. They now have a vending machine at the farm selling their fresh, farm pasteurised milk as well as the bottles to fill with milk, their cheeses and even local eggs, honey, sticky toffee pudding and caramel shortbread. A veritable local shop!

Continued below.....

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If you go to their website, <http://www.godsellscheese.com>, there is a great video of their story including some of the reasons why their cheeses have the quirky names they do such as “Singing Granny” and “Hooded Monk”. Their Smoked Single Gloucester cheese is the only one in the world and is called “Holy Smoked”. It is smoked using oak or beech chippings. A three year old, extremely strong cheese is called “Le Pong”.

Someone asked what the difference between single and double Gloucester is. I learnt something here too! **Single Gloucester** is lighter and younger and made from half skimmed milk and half the next day’s full milk and **Double Gloucester** is made entirely from full evening and full morning milk, so it is a cheese with more depth.

After Liz, our SBN member **Jacqui Stearn** had a 5-minute shout out about her business, **Coaching with Intent**. She is a leadership coach enabling people to step into their leadership founded on their purpose and aligned with the purpose of the organisation and team. Jacqui helps people clarify their purpose. Jacqui is a level 7 coach (Institute of Leadership Management). Among other techniques, she spoke to us about **systemic constellation mapping** where she helps clients develop a physical map of what is at play in a system and to explore what is unseen. Based on the premise that we all want to belong and that everyone has their place, mapping allows the client to decide on the movements that may be needed. Jacqui also has a coaching conversation podcast that you can subscribe to. There is a wealth of information about her and her business on her website, [coachingwithintent.com](http://coachingwithintent.com). Jacqui is also a poet, and you can find some of her poems on her website.

**NOTE the early date of the February meeting to ensure we do not clash with half-term. Hope to see many of you there.**

*Tanya*  
Chair

## SBN meetings 2023

### Coffee Catch Up meetings 2022 - 9.30am to 11am - The Curio Lounge Stroud GL5 3BX

12th January	9th February	9th March	13th April
11th May	8th June	13th July	10th August
14th September	12th October	9th November	14th December

### Members' Networking meetings 2022 - opens 8.45 for 9.30am start\*\*

26th January	16th February*	30th March	27th April
25th May	29th June	20th July *	31st August**
28th September	26th October *	30th November	Festive Lunch

\*Earlier in the month due to school holidays

\*\*Please check our Meetings page for Members' Meetings venues above the main meeting dates.

Download your copy PDF with 2023 dates [here](#).

## The SBN Committee of Volunteers

Our Committee left to right below:

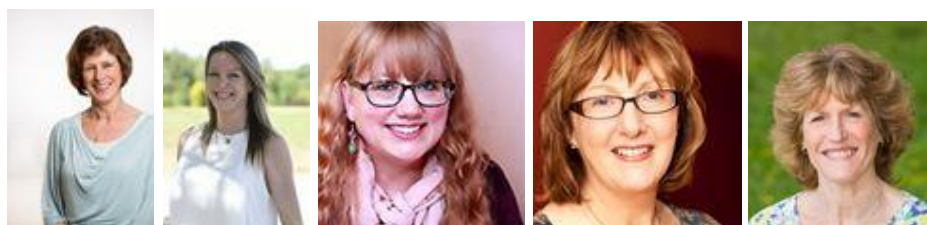
Chair: Tanya De Leersnyder (info@kalyaproducts.co.uk)

Networking: Sam Collins (sam.collins@sjpp.co.uk)

Events & Technical: Tammy Kwan tammy@tammylynn.co.uk

Website/Social Media: Karen Blaylock karen@spearsouthwest.co.uk

Finance: Carolyn Williams (carolynw1220@outlook.com)



## What happens at the SBN meetings?

We run three different types of main MEETINGS to suit all tastes!

We have a rolling programme of different styles of meetings.

**Meeting style 1: Local interest speaker:** recent speakers include Stroud MP Siobhan Baillie, Lotte Lyster Connolly of the Prince Albert Pub & Stroud Book Festival's Louise Brice and Caroline Sanderson.

**Meeting style 2: Dedicated to learning new business skills and networking:** helping members meet each other using structured and informal networking techniques, so people get to know each other better, and gain more confidence in networking generally.

**Meeting style 3: Inspirational businesswomen:** one keynote business speaker, usually a successful and inspirational businesswoman from in and around the Stroud district, sharing ideas and aspirations. Recent examples are Emily Gravestock from the UK Space Agency and extreme ocean rower Roz Savage MBE.

**Shout Outs -** Within these meetings according to time we offer **member 'shout outs'** when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information.



## SBN meetings - Please Join Us!

Our membership is just £60 for the year! Please read on to find out what is included...

The Stroud Businesswomen's Network meets twice a month for two very different types of meetings.

As we return to face-to-face meetings, it is worth noting that our online Zoom meetings over the past 18 months were very successful and well attended. Members reported feeling very welcome and supported during the meetings, helping them to cope and recover from the impact of Covid on their businesses.

**Our Members' Networking Meeting** (usually on the last Thursday of the month) usually welcomes an inspirational guest speaker and encourages networking and the sharing of information and business knowledge and skills. Everyone has a chance to introduce themselves and their businesses.

**Member benefits** include attending main meetings with a variety of speakers, individual shout outs, newsletter articles posted online, promotion of your business on our [Facebook group](#) and [SBN Page](#) along with subsidised training events. Find out more details [here](#).

**The Networking meeting is for SBN Members only**, but if you are interested in joining the Network, you are welcome to try us out for one meeting, as a Guest. Just email admin here [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk). Members do not need to book for our meetings, you can just turn up on the day. We also do not restrict membership to where we include only one member to a type of business, everyone is welcome.

**Our informal Coffee Catch-Up at the Curio Lounge** (usually the second Thursday of the month) is open to anyone for support, social and business chat!

If you'd like to become an SBN Member please Join online here - <https://www.stroudbusinesswomen.org.uk/Join-now>

## SBN Admin - Contact Us

If you have a query or question for us please contact our Administrator.  
Admin : Diane Young [enquires@stroudbusinesswomen.org.uk](mailto:enquires@stroudbusinesswomen.org.uk)



Photo courtesy of Tammy Kwan

### NEW MEMBERS LAST MONTH:

A warm welcome to our new members!

**Nettie Akisson** of Small Batch Education - <https://www.smallbatcheducation.co.uk>

**Jo Rayner** - Jo Rayner Property Solicitor - email - [jo@jorayner.co.uk](mailto:jo@jorayner.co.uk)

### FEBRUARY MEETING

For full meeting information [click here](#).

### DISPLAY TABLES AT OUR MEETING

We are reintroducing our **DISPLAY TABLE** at our Networking Meeting at the MGC! Please bring along products/leaflets/flyers etc. First come first served!

### PLEASE HELP US SPREAD THE WORD ABOUT THE SBN!

As you will know, we're **working hard to increase our Membership numbers** with your committee taking on various tasks to help spread the word among other business support groups, co-working organisations etc.

As part of this promotion drive, we would be grateful if you are able to **print off and display our poster on [this link](#)**, or click [here](#) to print this from the final page of this newsletter.

If you have the opportunity to forward to friends/colleagues who might be interested that would be really helpful too!

### MEMBER TIPS:

**Our Members have shared their tips as part of their Business Spotlight Post on our Facebook Page and Group. We schedule one Member post weekly for a Wednesday evening.**

- don't give up even when times are hard.
- always remember to look after yourself too! Make yourself a priority in your business.
- do not be afraid to ask. Have confidence in yourself.
- don't keep everything in your head! Get all those problems out on paper. Make a plan.
- surround yourself with people who lift you up and inspire you.
- plan and be organised but that also includes making time for yourself away from work.
- be confident about your proven skills and talent; not everyone can do what you do.
- if someone else can do it, you can too! Forget limits. One step at a time is enough.
- My top tip for other businesswomen is network, network, network! It can be daunting at first, but I have found the majority of my clients are either people I have met or people who have been referred to me via someone I've met.

## SBN Announcements

### MEMBER SPOTLIGHT ON SOCIAL MEDIA

**Get your business featured on our Facebook Page and Group!** The email accompanying this newsletter has a link for you to download our Spotlight Form or alternatively we can send this by email to you, just email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk) to request this. Fill the form in, add a photo and return to us.



Page (our Public Page) [facebook.com/StroudBusinesswomensNetwork](https://facebook.com/StroudBusinesswomensNetwork)  
Group (our Group - for SBN members only) [facebook.com/groups/stroudbusinesswomen](https://facebook.com/groups/stroudbusinesswomen)



Instagram [instagram.com/stroudbn/](https://instagram.com/stroudbn/)



Twitter [twitter.com/stroudbn](https://twitter.com/stroudbn)



LinkedIn [linkedin.com/groups/3004343](https://linkedin.com/groups/3004343)

## Members' News and Offers

### Small Group Intensive Business Coaching Offer - Article submitted by Jo Hennessy

#### “Align > Design > More Time”

If you would like support in your business yet are not ready to invest in a 1-2-1 package just yet, this could well be for you!

I am running a new version of my Align > Design > More Time programme for solo/small business owners in a new fun & friendly virtual small group format starting end Feb/ March.

#### Key outcomes (plus much more)...

- Increased self-awareness and connection with your unique personal and business vision and goals.
- Gain a one-page overview of your optimised business model and planned micro-tweaks/projects.
- A 60-minute 1-2-1 coaching session to provide accountability and propel your mindset & your productivity forward in 2023.

#### Special Introductory Price - £333

Email [hello@johennessycoaching.com](mailto:hello@johennessycoaching.com) for more details  
<https://www.johennessycoaching.com>



### UTILITY WAREHOUSE EXTRA SPECIAL OFFERS - Article submitted by Carolyn Williams

\*\*\* £200 'Boost' credited to your energy bill when you switch three services to UW or £100 for two services

PLUS

\*\*\* £400 towards any early termination fees when you switch three or more services to UW

UW is an award-winning British home multi-services provider (energy, broadband, mobile and insurance), a FTSE 250 company and trusted by over 800,000 customers.

As a partner in UW I offer a **free personal service** to review your energy and home services costs. If you would like to know more with no obligation please contact me.

\*\*\* We also have a cashback card which you can use when shopping to receive credit on your monthly bill. You can save £100's a year.

\*\*\* We are the cheapest energy supplier because we can pass the benefits and savings to our customers by not advertising. We work through referrals and recommendations.

\*\*\* Who do you know who would like an extra income? We are looking for more partners to help others save money whilst earning themselves. You can earn £50 as a customer when you refer a friend but that could be £250 or more if you are a partner. Work from home, very flexible, free training and great earning potential with a supportive and friendly company.

Carolyn Williams

M: 07986 604305 E: [carolyn.williams@uw.partners](mailto:carolyn.williams@uw.partners)

W: [uw.partners/carolyn.williams](http://uw.partners/carolyn.williams)

### Meetings at Burleigh Court - Article submitted by Liz Allen

Looking for an un-corporate venue to plan, debate, create and connect?

Our Terrace Room is perfect for any kind of meeting, brainstorming session or training day for up to 16 delegates. We're offering a **10% discount to SBN members** on our delegate packages - just £35 per person for half day or £59 per person for a full day, see here for details.

SBN members can also hold informal meetings in our elegant and comfortable lounge over tea/coffee.

Call 014543 883804 or email [events@burleighcourtcotswolds.co.uk](mailto:events@burleighcourtcotswolds.co.uk) for more information.

@burleighcourtcotswolds

<https://www.burleighcourtcotswolds.co.uk/>

### What are the signs that you need a probiotic to support your gut? Article

submitted by Trish Tucker May

Probiotics are live microorganisms, typically bacteria, that are beneficial to the body's digestive and are vital for a resilient immune system.

But how do you know if you need a probiotic?

Here are some signs that you may need to add a probiotic to your diet.

1. You're having **digestive issues**. Gas, bloating, constipation, or diarrhoea, a probiotic may help improve your digestion.
2. **You're feeling fatigued**. If you're feeling more tired than usual, probiotics may be able to help.
3. You're often sick. If you're constantly getting sick and can't seem to shake off the colds and flus, a probiotic may be able to help.
4. **You're taking antibiotics**. They kill off both bad and good bacteria in the gut, so taking a probiotic can help replenish the good bacteria that's been lost.
5. **You're under a lot of stress**. Stress can have a major impact on your gut health, and probiotics may be able to help. Research shows that probiotics can help reduce stress-related gut symptoms such as abdominal pain and diarrhoea.

If you're experiencing any of the above signs, let's talk about adding a **probiotic** to your diet. Probiotics can be found in some foods such as **yogurt and kimchi**, or you can take a probiotic supplement. Let me guide you to the best one for you.

Email: [trish@trishtuckermay.com](mailto:trish@trishtuckermay.com)

Free FB community dedicated to gut and hormone health <https://www.facebook.com/groups/timetounourish>

## Courses and Events

### **You are needed! Help raise money for charity with Scarlet House** - Article submitted by Katerina Pippi

Scarlet house is happy to announce that we will be holding a **collection in aid** of the women of Nelson trust the week commencing 6<sup>th</sup> March with a women's celebration on International Women's Day which is on the 8<sup>th</sup> March 2023. A list of items needed by Nelson Trust to will be provided once you have booked.

We will be having our monthly Ladies Who Latte Networking on this Wednesday 8<sup>th</sup> March to celebrate everything good about being a woman. Join us after 9:30am for tea/coffee and cake. The Stroud Mayor will be joining us and hopefully the community as well.

So please put it in your diary and RSVP as soon as possible to [Katerina.pippi@careuk.com](mailto:Katerina.pippi@careuk.com)

## Information

### **Stroud Valleys Project - looking anew at ways to engage within our community and our team** - Article submitted by Kerri Tyler

In the aftermath of Covid and with the cost of living crisis ongoing, we're facing challenges, as many commercial businesses are. We're exploring different ways of raising funds, including asking businesses to consider choosing us as their Charity of the Year - we support people, wildlife, and the built and natural environment across Stroud district, so we're a great all-rounder. We've been talking to our own workforce and realising our team have a range of skills outside their primary role requirements. We're looking into talking to businesses in new ways, and hearing what they need from us - corporate volunteering, improving green spaces around their offices, and so on.

For more information about SVA email Kerri here - [Kerri@stroudvalleysproject.org](mailto:Kerri@stroudvalleysproject.org)

### **Longfield Community Hospice - extensive free services and drop in sessions available.** Article submitted by Louise Wilson who will be our speaker at our March meeting.

Services at Longfield are for anyone over the age of 18 with a progressive life limiting condition such as cancer, respiratory diseases, organ failure or neurological diseases, including people living with Parkinson's, MS, Motor Neurone Disease, also mild to mid stage dementia, depending on support needs, who live in Gloucestershire or have a GP registered in Gloucestershire. They are there for their carers and also for those who are bereaved.

#### **All services are free.**

Drop in session are every Friday from 10am - 12pm and a Thursday afternoon from 2pm - 4pm. People can pop in for a coffee/tea and a chat to find out a bit more about what they do, if they wish to do so. No appointment is necessary.

They are available from diagnosis onwards, helping people understand their illness, to better cope with its impact on their lives and gain skills and tools to enable them to live well.

Also available are Wellbeing services, counselling, family and carer support and a Hospice at Home service, although the main clinical care would remain with relevant NHS teams as we work in parallel with these services to support a patient's health and wellbeing.

#### **Referrals**

Referrals for our Wellbeing Centre, counselling and family and carer support can be made by the patient, a family member or a health care professional as long as they have consent to do so. All they need to do is ring on 01453 733706 or email us at [wellbeing@longfield.org.uk](mailto:wellbeing@longfield.org.uk)

Referrals to our Hospice at Home service are for people at the end of their life (the last 3 months, weeks or days) and must come from healthcare professionals Via CHC Fast Track referral process. GP's and healthcare professions will know how this works.

#### **Hospice at Home**

Longfield has a fantastic Hospice at Home service, which allows people who are in the final stages of their illness, with only 8-12 weeks left to live, the choice of where they would like to die. It allows them to die at home surrounded by family and loved ones, pets too. Or to be on their own if this is their choice. We do up to 3 sits per day and overnight sits.

**WE DO NOT HAVE A BEDDED UNIT.**

**All of Longfield's services are FREE of charge to patients and carers** and take place at our site in Minchinhampton.

Louise Wilson

Community Engagement Officer

Longfield, Burleigh Lane, Minchinhampton, Gloucestershire GL5 2PQ

**Email:** [louise.wilson@longfield.org.uk](mailto:louise.wilson@longfield.org.uk)

**Tel:** 01453 886868

**Web:** [www.Longfield.org.uk](http://www.Longfield.org.uk)

Registered in England No: **2213662** Registered Charity No: **298627**

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Please scroll down to see our SBN Poster, please print or/and share and help spread the word of SBN.

# Stroud Businesswomen's Network ►►►

Proving that business  
and pleasure do mix!

Meet potential clients, make contacts, make friends and be inspired at our welcoming and supportive meetings twice a month.

**All for just £60 a year!**

Stroud Businesswomen's Network was launched in 2004. We're a not-for-profit organisation run by volunteers.

**Your first Members' Meeting is FREE!**

Contact us

[enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

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