

Enquiries: enquiries@stroudbusinesswomen.org.uk
Newsletter: news@stroudbusinesswomen.org.uk

August 2018

SBN DIARY DATES

- Our next full **Stroud** networking meeting at the Lodge is on **Thursday 30th August 2018** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Informal networking - at The Curio Lounge, King's Street, Stroud from 9am-11am. The next meeting is **Thursday 9th August 2018** and then every second Thursday of the month

Why not organise a **lift share** on our

[LinkedIn page!](#)
[Events listings on our website](#)

NEWSLETTER CONTENT MENU

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Please read the [disclaimer](#) at the bottom of the page.

Next Newsletter deadline:

Due to the holiday season the next Newsletter will be in October 2018.

We welcome your news and offers or do let us know what other local resources or information might be useful for our members to know.

Articles submitted for inclusion should be in plain text - preferably in the body of the email or as a Word document attachment (ie not a pdf, jpeg etc) and be **no longer than 200 words please!**

Ensure that you include your contact details and please check all details carefully and that your links are correct!

Send to news@stroudbusinesswomen.org.uk

Personal Data

Stroud Businesswomen's Network takes data very seriously. You have received this newsletter because you are registered as a member. 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.

Disclaimer: Stroud Businesswomen's Network ("SBN") accepts no responsibility or liability with regard to the information provided in this newsletter. The views and opinions expressed in articles are those of the individual contributing members and do not necessarily reflect the opinions of SBN or its committee members. Information is intended to be of a general nature only and is not necessarily comprehensive. Where there are links to external websites, SBN assumes no responsibility for the information contained in those entries or on those websites.

Stroud Businesswomen's Network **NEWS!**

Thoughts from ... our SBN chair Debbie Bird

We had a rare treat this month..... one of our longest standing members, our committee member and treasurer Stella Jensen told us about her business. Now why was this a rare treat? During the 14 years of her membership she has NEVER done a shout out/talk or anything similar. She confessed it is too far out of her comfort zone.

As a committee we agreed that to encourage more members to come forward we should work with someone who wasn't so confident at being in the spotlight. It quickly became clear that Stella was an obvious and deserving target for a masterclass in 5 minute shout outs. Stella and I had deliberately NOT pre-prepared and although I had a framework, just in case, that soon became redundant.

Using the 'vessel' of typical customers, Stella very ably educated us about her professionalism (she is a Chartered accountant), code of conduct, her ideal customer, competency and she also gave us a clear sense that she is valued by her clients. We were left in no doubt that she is passionate about her work and that she really enjoys it.

At the beginning of the session Stella said she wanted to make her audience laugh. I lost count of how many times she did that. She was an absolute natural.

So, I have made a commitment to each one of you. If standing up and doing a shout out on your own is too much to contemplate, you are not alone, I am happy to 'interview' you and be there to make the experience less daunting. And we hope it won't be another 14 years before we hear from Stella again.

Debbie

Facebook

NEW! JOIN US ON FACEBOOK!

Due to many requests about us running a facebook page here it is:

Please come join SBN on facebook:

<https://www.facebook.com/groups/stroudbusinesswomen/>

Join in the SBN chat - and organise lift shares - on our **LinkedIn** page

www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343

SBN's LinkedIn account is now run by committee member Tammy Kwan

www.linkedin.com/in/bethwhittaker1

Follow us on **Twitter** @stroudbn www.twitter.com/stroudbn

SBN's Twitter account is run by committee member Tammy Kwan

www.twitter.com/bw58

Our Meeting Schedule and How to Join!

See the website for the latest information www.stroudbusinesswomen.org.uk

If you haven't already joined, you can join online using Paypal. **First meeting free, then just £50 for the year!**

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Your committee of volunteers



Photo by Tammy Lynn Photography

The SBN committee of volunteers is:

Back row, left to right:

- > Debbie Bird (Chair & training) debbie@ablegrowth.co.uk
- > Beth Whittaker (Ambassador) beth@viva-communications.co.uk
- > Tammy Kwan (event organiser) tammy@tammylynn.co.uk

Front row, left to right:

- > Stella Jensen (finance) stella@jensenaccountancy.co.uk
- > Catherine Green (previous Chair to April 2018)
- > Karen Blaylock (website) karen@spearsouthwest.co.uk

Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: 30th August 2018 9.30am** at The Old Lodge, Minchinhampton
- **Informal networking 9th August 2018** The Curio Lounge, Kings Street, Stroud 9-11am
SBN members and guests are welcome to pop in. All you need to do is buy your coffee!

**Stroud Businesswomen's Network
2018**

Our main monthly meetings with networking, business skills workshops and inspirational speakers are at the Old Lodge, Minchinhampton, Stroud GL6 9AQ – Thursdays 9.30am start (doors open 8.45am) – 11.00am

January 25	April 26	July 26	October 18
February 22	May 24	August 30	November 29
March 29	June 28	September 27	December <small>Christmas Party date tbc</small>

We also host informal drop-in networking at the Curio Lounge, 9am-11am Kings Street, Stroud, GL5 3BX (from January 2018)

January 11	April 12	July 12	October 11
February 8	May 10	August 9	November 8
March 8	June 14	September 13	December <small>Christmas lunch date tbc</small>

Check www.stroudbusinesswomen.org.uk for meeting details, and to confirm dates and times

OUR MEETINGS

We have a rolling programme of meetings based on the following three styles, to suit all tastes!

- ✓ **Meeting style 1: Local interest speaker** - for example, recent speakers included David Hagg, Chief Executive of Stroud District Council, Dr Claire Mould from Open House, Nick Weir from StroudCo Food Hub, Ann Taylor from the Museum in the Park and the team from Stroud Fringe - who talk for about 10 minutes. Plus three member 'shout outs' when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information
- ✓ **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 - and one member 'shout out'

Don't forget, you can organise lift shares to our meetings via our [LinkedIn Page](https://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)
www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343

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Get your business noticed!

Members' banners display

Members who may not have any items they can place on our display table, may instead have **banners promoting the services they provide**. Four members per meeting can place their banners in the entrance to the meeting room - please sign the rota at the preceding meeting if you would like to put up a banner at the next SBN gathering, or contact Diane at enquiries@stroudbusineswomen.org.uk.

Shout about your business!

The Network's 'Shout About Your Business' slot where **members have five minutes to tell the whole group about their business**, is very successful. Members are on a list, and when they reach the top of that list, they are invited to 'shout about' their business at the next meeting. They will be notified in good time, giving them plenty of time to plan their presentation!

And don't forget the SBN Showcase



*Photo courtesy of
Ruth Davey
<http://look-again.org/>*

In addition to the 'Shout about your business' option, we also offer SBN members the chance to **display your products or services** at our SBN meetings.

This will now be offered on a First Come - First Served basis for SBN members.

Whoever turns up first (from 8:30am) ready to prepare their display, gets one of the spaces available.

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Member's News & Offers.....

MEMBERS NEWS!

Thinking Space with Julie Cresswell

For any parents who have days when they need to know they're not alone! I'd love to invite you to join this Facebook Group at www.facebook.com/groups/ThinkingSpace/

It is a friendly, community of parents who want to enjoy family life as much as possible (the messy, complicated bits and the fun times too). The group offers space to think around how, as parents, we prioritise wellbeing and build emotionally healthy children and families. It's designed to be a forum with reflective questions, useful articles and an opportunity to share experiences (good and bad) and ideas with others. It's focused around everyday challenges and topics that we face and provides the chance to reflect and consider how you can confidently navigate these in the way that is best for your family.

Our current topic is dealing with anxiety in our children. August's topics are Sibling challenges and looking after our own wellbeing over the summer holidays!

Julie Cresswell

www.optimum-coaching.co.uk

Tel: 07745 448871

MEMBERS EXCLUSIVE OFFERS! - Reminder

Half day Breadmaking classes with Danielle Ellis Promotional offer for Members

19th August from 10:30 am for approximately 3 hours

Location: Near Slimbridge

Cost: £75 (£65 for SBN Members)

Join me for an enjoyable and informative bread making class focusing on healthy bread. I trained in France and I'll pass on some of the techniques I learnt there. Go home laden with bread and a great sense of satisfaction.

<https://www.severnbites.com/product/learn-to-bake-bread-the-french-way/>

Advance booking is essential via the link above. Class sizes are small for maximum enjoyment. Further dates for more classes will be added soon. Please email danielle@severnbites.com to be added to the mailing list.

Many thanks!
Danielle

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Courses & Events

Bubble Rush Event 5k walk/jog for families from LONGFIELD

Click this [link](#) for details of a fun day out for this charity with bubble stations along the route to create some fun for the kids.

More events from Longfield [here](#) celebrating 30 years of specialist care and support.

Work Like a Woman at the Stroud Book Festival - November 7 - 11th

Mary Portas, the retail guru renowned for her starring role in such TV series as *Mary, Queen of Shops* and *What Britain Buys* will be in conversation about her new book *Work Like a Woman*, a bold manifesto for women in business which aims to redefine what we mean by success in a future world of work.

More details on other authors announced for the festival [here](#)

Celebrating Women's Vision and Drive at Chipping Camden Court Barn Museum

July 27 to October 28th

To celebrate the work by women in the Arts and Crafts movement this year, not only what they produced but their vision and drive which enabled other women to make a living from their work. More information [here](#).

Business Events Listing

Glos Info will list your business events for free [here](#)

Information, Resources, Funding and Support.....

Do You Employ Part Time Staff?

The correct way to calculate holiday pay article is [here](#)

Do You Work From Home?

Fastershire are bringing fast broadband across Gloucestershire right now, you can check with your postcode [here](#)

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