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

December 2018

## SBN DIARY DATES

- Our next full **Stroud** networking meeting is at The Old Lodge on **Thursday 31<sup>st</sup> January 2019** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Informal networking - upstairs in The Curio Lounge, King's Street, Stroud from 9am-11am. The next meeting is **Thursday 10<sup>th</sup> January 2019** and then every second Thursday of the month.

Why not organise a **lift share** on our [LinkedIn page!](#)  
[Events listings on our website](#)  
[Find out about our Facebook Page](#)

## NEWSLETTER CONTENT MENU

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

## Next Newsletter deadline:

Please note that there is no January newsletter issued.

**The deadline for the February edition will be Friday 1st February 2019.**

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](mailto: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](mailto: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

Our November meeting was one that nearly took the roof off! At least the blustery wind outside made it feel like that might happen a couple of times. As I drove to the Old Lodge I reflected that it might not be a day to bring people out, more likely to find a few of us huddled around the fire. How wrong could I have been! In fact it was one of the largest crowds we have gathered for some time. It was lovely to see you all there – familiar faces and a good crowd of new ones too.

We heard from three great businesses in the 5 minute shout outs. This gives us a great opportunity to share what they do with others and possibly also get them referrals.

- Melanie Howell of Athena VAs surprised us with the range and diversity of the work she does as a Virtual Assistant.
- Sarah Phelps – The Garden Room - who surprised (and amused) us with some of the tools she uses for her massages.
- Helen Green – Helen Green Photography – who perhaps as expected showed us beautiful photos but surprised us with her video style photo show.

They all had one thing in common – they have a positive impact on their clients – problem solving for them so they can focus on what they do best.

We also heard about the Stroud Valleys Credit Union from Caroline Aistrop, she tells me business is already coming in from members which is greatly appreciated too. Another one for referrals.

For those of you who didn't make it to the Christmas lunch it only remains for me to wish you a very happy and peaceful Christmas break. I look forward to seeing you in January.

*Debbie*

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### Facebook

#### **JOIN US ON FACEBOOK!**

Tammy Kwan and Diane Young are running this page:

Please come join SBN on facebook:

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

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

[www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343](http://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)

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

<https://www.linkedin.com/groups/3004343/>

Follow us on **Twitter** @stroudbn [www.twitter.com/stroudbn](http://www.twitter.com/stroudbn)

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

### Our Meeting Schedule and How to Join!

See the website for the latest information [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk)

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

## 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](mailto:debbie@ablegrowth.co.uk)
- > Beth Whittaker (Ambassador) [bethwhittaker58@gmail.com](mailto:bethwhittaker58@gmail.com)
- > Tammy Kwan (event organiser) [tammy@tammylynn.co.uk](mailto:tammy@tammylynn.co.uk)

#### Front row, left to right:

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

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# Stroud Businesswomen's Network Events

## MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: 31<sup>st</sup> January 2019** doors open 8.45am; start at 9.30am at The Old Lodge Minchinhampton.
- **Informal networking 10<sup>th</sup> January 2019** 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

### 2019

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

Jan 31	Feb 28	March 28	April 25
May 23	June 27	July 18	August 29
September 26	October 24	November 28	December (Christmas party date tbc)

We also host informal drop-in networking upstairs at the Curio Lounge,  
Kings Street, Stroud GL5 3BX – Thursdays 9am-11am

Jan 10	Feb 14	March 14	April 11
May 9	June 13	July 11	August 8
September 12	October 12	November 14	

Check [www.stroudbusinesswomen.org.uk](http://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](#) or via our [Facebook Page](#).

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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](mailto: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 is 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.....

### New Year - New You! With Hazel Rank-Broadley

Free consultation for SBN Members for December and January.

Yes, soon it will be that time of year when we make resolutions. Easy to make, but can you stick to them?

If you KNOW what you WANT TO DO, I can help HOW TO STICK WITH IT to happen easily.

Actually it's not all about willpower. I will explain to you how the different parts of the brain work, and when they are all 'singing off the same sheet' that greases the wheels. No longer will your thoughts conflict, and whatever it is you want to be different - eating, smoking, relationships, scheduling - change can be easier than you think.

I'm offering **SBN members** an initial consultation for **Solution Focused Hypnotherapy FREE** during December and January. Contact me on my email below.

Hazel Rank-Broadley HPD DHP AFSFH CNHC

[www.gettingclear.co.uk](http://www.gettingclear.co.uk)

Email [hazelrankbroadley@gmail.com](mailto:hazelrankbroadley@gmail.com)

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### Super Special Cleaning for the whole Festive Season - Diana Robinson of Forest Hog Special Discount for SBN Members

Take advantage of our **Introductory Pack special offer** for the whole of December.

This is only £25.00

Our lovely range of cleaning products are produced in Gloucester and into every e-cycle bottle goes the perfect mix of ingredients supplied by mother nature that really work and smell fabulous. Triple concentrated they last a long time.

**SBN members get a 10% discount** on normal retail price throughout 2019.

Launching in January is our new Refill Family - become a distributor from home.

For more information visit [www.foresthog.co.uk](http://www.foresthog.co.uk) or email [info@foresthog.co.uk](mailto:info@foresthog.co.uk)

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### Animal Art for sale, gifts and more!

Sunday 9<sup>th</sup> December 2018 at Kingshill House, Dursley

Owls, hares, polar bears and more in the form of slate heart designs and original paintings and prints embellished with gold leaf by artist Diane Young at [Kingshill House Christmas Craft Fair](#).

Christmas shopping in Nailsworth? So many lovely ideas for gifts - glass, prints, wood carvings, natural scented soaps and also paintings and prints by Diane Young downstairs in the [Cotswold Craftsmen Gallery](#) in Market Street.

See Diane's original designs here [www.dianeyoungartist.com](http://www.dianeyoungartist.com)

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## Member's News & Offers.....

Are you ready for the Christmas Party season? - with Sue Bailey Consulting.

### Special Discount for SBN Members this month

Lots of companies reward their staff with some sort of Christmas function. If you do or are thinking about it, here are some FAQs to think about.

Can you dock the pay of an employee who has arrived at work late the morning after the company Christmas party?

How should you treat the problem of employees not coming in to work on the day following a work-related social event?

As Christmas is a Christian festival, can you still hold a Christmas party if some of your employees belong to other religions?

What issues should you consider regarding the timing of a Christmas party?

What can you do to avoid problems arising from work-related social events?

Can you be held liable for harassment that takes place during a work-related social event?

Should you have written rules on work-related social events?

What issues should you consider if inviting employees' partners to a work-related social event?

Is the company Christmas party a taxable benefit?

Have fun! If you need help with any of these questions, please do get in touch - [sue@suebaileyconsulting.co.uk](mailto:sue@suebaileyconsulting.co.uk). **10% discount on normal hourly rate for SBN members this month.**

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### Breadmaking and Pastry Class Voucher

Special Discount for SBN Members until Christmas

I teach in small classes and one-to-one sessions, with prices starting at £75pp. **SBN members can buy a voucher at 10% less than face value**, if booked before Christmas. I'm based near Slimbridge.

The recipient could learn to make some great pastry, consistently make great bread or show off with baguettes. You decide!

Danielle Ellis - Severnbites @breadbakerdani on Twitter and Instagram

Email [danielle@severnbites.com](mailto:danielle@severnbites.com) for more information.

<https://www.severnbites.com/vouchers/>

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## Member's News & Offers.....

### MTD is coming in April 2019 - What does this mean?

Making Tax Digital (MTD) is planned by HMRC to create a two-way, digital connection between the businesses and them. For this a commercial software needs to be used.

HMRC is approving several commercial softwares to be able to communicate with them using API (applications programming interface). The difference between this and the traditional software using submissions: it enables interaction; not just sending but also receiving information.

The pilot is already live, but from 1 April 2019 all VAT submissions for businesses which are mandatory VAT registered (not voluntary) HAS TO BE through a third party software. Government gateway submissions will not work from this date.

I will keep you updated regarding the other types of taxes, for now this is the most important date, and there is not too much time left to act!

If you have any concerns, questions regarding to this please contact me: Beatrix / BSB Accounting contact me by email: [bsbookkeeping76@gmail.com](mailto:bsbookkeeping76@gmail.com)

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### Debbie Bird - Able Growth Courses - discounted for SBN Members

How do you typically prepare your business for the new year? Do you take time out or is it more 'back of an envelope'. This is a great opportunity to concentrate on YOUR business, take stock of 2018 and plan ahead for 2019. This workshop will be fun but with serious and useful outputs. You will gain focus and motivation right through 2019.

The price is £99 for both sessions (10th and 17th December 2018) 12.30 to 4.30 at Fig Offices, Gloucester. Members 50% discount - use discount code SBN2019 for members own use only.

Please book my courses on this [link](#).

Debbie Bird is an experienced Business Coach and Trainer who specialises in making big business tools relevant and accessible for small businesses. Her planning techniques bear fruit - bringing profitable growth and improved efficiency. As a result you can feel you are running your business instead of your business running you!

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## Courses & Events

### Tech for Good in Gloucestershire: For Organisations that Keep Giving

At The Growth Hub, Oxstalls Campus, Longlevens , Gloucester.  
6<sup>th</sup> and 7<sup>th</sup> December 2018- 9.30 am - 3.30 pm with lunch included.

#### Day 1:

Using technology to enhance relationships with local businesses and the University Value Exchange: Can technology transform corporate volunteering? Anne Thomas CEO and founder of Vtues will discuss the benefits of micro volunteering; help you identify the support you need and introduce new Vtues micro volunteering platform.

(<https://www.vtues.com> )

Business in the Community: How corporate partnerships have helped local charities to increase their impact utilising technology.

Technology and business transformation: Find out how the University of Gloucestershire supports digital transformation.

#### Day 2:

Developing your Digital Offer

Design Hop: Explore your services through a 'design hop' delivered by Dan Sutch, CEO of CAST. <https://wearecast.org.uk/for-nonprofits/design-hops/>

Funding Tech for Good: Find out how to develop a successful crowd funding campaign and securing venture capital for his 'tech for good' project.

#### Who can apply?

Established purpose-led organisations based in Gloucestershire, ideally the delegate should be decision makers who have a good understanding of your organisation's existing services and what the challenges are in providing them.

To book your place: <https://www.eventbrite.co.uk/e/tech-for-good-for-charities-tickets-51955160283>

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### Stroud Laptop Friday

Come and join us for coffee, chat, co-working and Mince Pies at the last Laptop Friday of 2018 - on 7 December, 9:30 -11:30 at The Imperial Hotel, Station Road, Stroud. Free IT help available from Stroud Techies.

January dates are 4th & 18th.

Hope you will be able to pop in to see us.

More info from Jenni Gardner Mob: 07825 698 257

## Courses & Events

### Start and Grow Enterprise funded courses

Grow your Business course of the year, taking place on Friday 7<sup>th</sup> & 14<sup>th</sup> December, 10:00am-4:30pm both days, at the Growth Hub in Gloucester, GL2 9HW.

This is a fully-funded course for new businesses, supporting business owners to fill any gaps in their knowledge and learn how to do what they're doing better. They'll also get the chance to apply for one of our £1,000 Enterprise Vouchers (to help them grow their business) before the year's end. Please see our Facebook event page for the full details: <https://www.facebook.com/events/314165672507077/>

I'm sure there are many in your network who would benefit from attending. Interested participants can book this course by joining the programme here: [www.startandgrowenterprise.uk](http://www.startandgrowenterprise.uk). Our contact email is [startandgrow@glos.ac.uk](mailto:startandgrow@glos.ac.uk) and you can reach us on 01242 715477.

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### Details of the next Meeting at The Old Lodge

Our next full meeting will be in the new year on 31st January 2019 all meeting dates can be found [here](#).

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

### Savings and Loans available from Stroud's own Community Bank

Stroud Valleys Credit Union is a community-owned, not-for-profit 'bank' providing fair and responsible loans and savings accounts just for the people of Stroud district and Tetbury. We keep money in the local economy and offer a reliable alternative to the high street banks and similar bodies. It's a co-operative run by local people for local people and is celebrating its twentieth anniversary this year.

There are times when a business needs a small loan to build up operations or weather a lean patch. Getting such a loan from the big banks can be extremely difficult for sole traders or small companies. If you find yourself in this situation, why not try your local credit union - we're the small loans specialist. We can't loan to a company as an entity but you can apply as an individual and then spend it on your business. You could even put your business takings in one of our savings accounts. For more information about loans and savings, visit [www.svcu.org.uk](http://www.svcu.org.uk) ; ring 01453 298785 or email [admin@svcuc.org.uk](mailto:admin@svcuc.org.uk).

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### Stroud in Bloom

After winning Gold again this year the committee struggled to continue with only four members and needed new help. They need 10 members including a Chair and Treasurer. Please contact Caroline Ractliffe by email here [intrigueofstroud@gmail.com](mailto:intrigueofstroud@gmail.com) if you think you can contribute or you know someone who might be interested.

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### Christmas Fayre Stall at Marling School?

Do you know anyone who makes Christmas wreaths and candles (separately or both) as Marling School have space at their Christmas Fayre Sat 8th Dec 11-4pm. contact [jeff.oodian@icloud.com](mailto:jeff.oodian@icloud.com) for more details.

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