

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

May 2018

## SBN DIARY DATES

- Our next full **Stroud** networking meeting at the Old Lodge, Minchinhampton, is on **Thursday May 24<sup>th</sup> 2018** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Informal networking - at The Curio Lounge, King's Street, Stroud from 9am-11am - next meeting **Thursday May 10<sup>th</sup> 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

- [Stroud Businesswomen's Network News](#)
- [SBN events](#)
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- [Business courses, events, members news & special offers for SBN members](#)
- [Information, resources, funding & support](#)

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

## Next Newsletter deadline:

**The deadline for the June edition will be Friday May 25<sup>th</sup> 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](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. See our privacy statement [here](#). If you would like to opt out of receiving this newsletter please email [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk).

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**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 new SBN chair, Debbie Bird

It is a great honour to be elected as your chair and I am really looking forward to the next phase of SBN. Catherine has been a fantastic chair, not least because of her self-effacing and supportive style, coupled with her fun and bubbly enthusiasm. I hope and plan to carry that feeling on. As I said at the April meeting: **'We don't take ourselves too seriously, but we take our businesses VERY seriously'**.

Networking is an important element to establishing and maintaining businesses and living proof that face to face relationships still have a place in a digital age. Without it we can find ourselves 'staring at a blank wall' and backing ourselves into a corner of doubt and procrastination.

SBN for me has consistently been a source of sanity and support and will continue to be so, I am sure. Of course, many of us do get 'business from the room' as well - all good. I really want to encourage all of you to come to the meetings even if you haven't been for a while - and bring guests!

As one of this month's guests remarked: 'there's a good vibe in the room'. If information, support, encouragement and laughter will be a good fit for you then it will be worth the 2 hours a month. Sometimes a topic that doesn't seem relevant is the very one that bears fruit. Make it a habit! You never know you may find the momentum you need to move your business on to the next stage, whatever that might be.

*Debbie*



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## Facebook

**NEW! JOIN US ON FACEBOOK!**

Due to many requests about us having a Facebook page, here it is. Please join the group!  
<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*

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. **First meeting free, then 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 [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) [CatherineGreen@wpsolicitors.com](mailto:CatherineGreen@wpsolicitors.com)
  - > 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: May 24<sup>th</sup> 2018 9.30am** at The Old Lodge, Minchinhampton
- **Informal networking May 10<sup>th</sup> 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

<b>January 25</b>	<b>April 26</b>	<b>July 26</b>	<b>October 18</b>
<b>February 22</b>	<b>May 24</b>	<b>August 30</b>	<b>November 29</b>
<b>March 29</b>	<b>June 28</b>	<b>September 27</b>	<b>December</b> <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](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](https://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)  
[www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343](https://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@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.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



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.

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

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## Courses, Events, Members' News & Offers

### MEMBERS EXCLUSIVE OFFERS!

#### The Garden Room - Massage Therapies

Summer can't be far away...surely (!?) and it's time to think about getting your skin ready to be out and proud! To help you along the way, the Garden Room is offering **20% discount** off all massage-based scrub treatments until the end of May:

- > Hot Oil and Salt Scrubs now £32
- > Lime and Walnut Body Wrap now £40
- > Luxury Thermal Back Treatment now £28
- > Hand and Foot Buff and Moisturise now £12

There are many benefits to having a body scrub:

- Exfoliates the skin, sloughing off dead skin cells and rubbing away hard and flaky skin
- Promotes more efficient circulation of blood and elimination of toxins
- Improves skin tone and the appearance of cellulite
- Energises and invigorates
- Opens the pores to aid more effective moisturisation and absorption of oils
- Prepares the skin for even tanning

So, come along and get summer ready! To book or find out more about all of the treatments offered at the Garden Room, please go to: [www.stroudmassagetherapy.co.uk](http://www.stroudmassagetherapy.co.uk)

**10% off all other treatments for SBN members.**

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#### Aware Healing with Zara Kirk

Hello, I am Zara Kirk of Aware Healing - Aware Living Products. I am so pleased to have recently joined SBN. I am really enjoying being part of such a fun and supportive group.

I would love to offer members a chance to try a deeply relaxing and nourishing Rejuvenessence face massage with me or a Nutrition Consultation at a **10% discount**.

Aware Living Products are available online or at Cirencester Market where I am most Wednesdays at the Cornhall. The konjac Sponges are also in Green Spirit in Nailsworth.

Do visit my website [www.awarehealing.com](http://www.awarehealing.com) for further information. Please quote AHALPSBW10 and email [info@awarehealing.com](mailto:info@awarehealing.com) if you would like to book a session.

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## 'Savvy Traveller Webinar'

**Thursday 3<sup>rd</sup> May, 8pm, via Zoom.**

If you are a woman who tends to pack far too many clothes when going on holiday, returning with half of the items unworn, **this webinar is for you!**

I will share five lessons that I have learnt through my years working as a Wardrobe Mistress and Image Consultant. At the end of the 30-minute webinar, you will be able to pack everything in to a carry-on bag for your next holiday, allowing you to arrive at your destination without feeling stressed. Just walk past everyone waiting for their luggage, knowing that you have everything you need. The suave Savvy Traveller!

**Put the 3<sup>rd</sup> May in your diary, set your alarm for 7.55pm, and join me via Zoom!**

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/564816404> and use 'Adept' as your log in code (if prompted). Any questions, email me at [Berith@2B-inspired.com](mailto:Berith@2B-inspired.com)

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## Breast Cancer Haven - Support in Cheltenham and more locations.

A diagnosis of breast cancer can be frightening and the treatment gruelling. Medical treatment is necessary but people need so much more than this. This is where Breast Cancer Haven comes in.

They support women and their families through this difficult time and have recently extended their service for people in Gloucestershire, offering their tailored programme of support in Cheltenham one day a week in addition to the existing support from the centre Hereford and the Breast Care Unit in Worcester.

In Cheltenham, healthcare professionals and therapists run programmes of support, this can include emotional support - for them and their families, supportive therapies to help combat stress, exhaustion and nausea as well as practical advice on things like healthy eating, exercise, money and work. Above all, there is always someone to talk to. In Cheltenham in the first three months 113 appointments took place, and the demand is increasing.

The support is free to anyone affected by breast cancer wherever they live. Jackie sums it up for her when she says: "The NHS got rid of my cancer but Breast Cancer Haven put me back together again."

To find out more or to support visit [www.breastcancerhaven.org.uk](http://www.breastcancerhaven.org.uk)

**Alison Palfrey Fundraising Manager** 01432 361051 [breastcancerhaven.org.uk](http://breastcancerhaven.org.uk)

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## Charity Walk for Free Respite Care - Horsefall House

Sunday 13th May from 10am till 1pm. Join us for a walk through picturesque local



countryside via Gatcombe Wood and Avening Court and discover woodlands and gardens not normally open to the general public.

Dogs and all family members welcome - Full walk ten miles, short walk 3-4 miles.  
Parking available in Bell Lane car park.

£10 for individuals, £25 for families. All money raised supports our Free Respite bed  
hitch aims to help those caring for a partner or relative.

Register online [here](#)

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## Regular Meet Ups:

### Stroud Laptop Friday

Come and join us at Mr Twitchetts in the Subscription Rooms for coffee, chat, co-working and focus IT help from Stroud Techies. 1st and 3rd Friday each month, 10:00 to 11:30. We do hope you will be able to come along.

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### Friends in Stitch...

.. a group of ladies who share a love of all things related to textiles who meet on a monthly basis. You will be made very welcome if you would like to join us. Attendance £5. For more information please visit [www.friendsinstitch.wordpress.com](http://www.friendsinstitch.wordpress.com) or email: [FIS.stroud@gmail.com](mailto:FIS.stroud@gmail.com)

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## A reminder, in case you missed this!

### The Gloucestershire Business Show 2018 Event

Gloucestershire Business Show will be on Wednesday 16<sup>th</sup> and Thursday 17<sup>th</sup> May at the Centaur, Cheltenham Racecourse. For more information go to <http://www.gloucestershire-business-show.co.uk/> .

There is a strong Women in Business theme relating to Vote 100 - 100 years of votes for Women.

- > **Wednesday 16<sup>th</sup> May - 11.15 to 12.45**
- > Women in Business - Informing the Discussion: **Workshop led by our chair Debbie Bird**
- > **Thursday 17<sup>th</sup> May - 12.30**
- > Faith in Business: Our chair Debbie Bird will interview the Rachel Treweek, Bishop of Gloucester
- > Women in Business - Driving towards gender equality: Panel Discussion

Entry is free and you can register at <https://www.eventbrite.co.uk/e/the-gloucestershire-business-show-2018-tickets-38917550441?aff=erelexpmlt>

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## Information, Resources, Funding and Support

### Small Offices Available

Unit 4 Griffin Mill London Road Stroud GL5 2AZ.

A small office is immediately available, it is 15 sq m. Also there are two others of a similar size and a third slightly larger one which will be available in a few months.

Please contact [stephen.mills@docare.co.uk](mailto:stephen.mills@docare.co.uk) or via mobile on 07843 357584.

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### More Office Space

Useful link for office space around Stroud for more information -

<https://www.stroudcluster.com/stroud-room-hire-directory/>

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### Federation of Small Businesses Free-to-Enter Biz Shows

The FSB supports major local business shows and there are four coming up. All of these are free-to-enter shows for businesses throughout and Gloucestershire and West of England (and beyond) and all aim to provide support and network opportunities for you and your business! Click [here](#) for more information

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### Gloucestershire 2050 Vision - Contribute to this

Exciting and radical ideas which include a new Super City, a third centre other than Gloucester and Cheltenham. Click [here](#) to see the six ideas put forward and extensive information on consultation and the vision for Gloucestershire. Take part in the consultation [here](#).

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### Growing Gloucestershire Conference 2018

Early bird tickets are now on sale for this year's Growing Gloucestershire Conference on 20 June 2018 at The Growth Hub and University of Gloucestershire's Oxstalls Campus in Gloucester. Now in its 16th year, this innovative and inspiring conference sees around 200 business people come along to learn from some of Gloucestershire's finest speakers to share best practice and to meet with other delegates including business owners and managers. More info and tickets [here](#).

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### The Growth Hub

The Growth Hub was first launched in Gloucester in 2014 through a partnership between GFirst LEP and the University of Gloucestershire. It sets out to reduce the barriers that stop businesses growing and provide a wide range of tools and services. Latest information [here](#)

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## Cotswold Life Family Business Awards - Nominations or Entry

The Cotswold Life Family Business Awards deadline for entry or nomination is the 16th July 2018 see [here](#) for more categories and full details.

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### Share your experience with students

Liz Lloyd, Careers Advisor at Farmor's School at Fairford, helps students make better further education/career choices as well as provide them with all the information and inspiration to choose good career paths.

Farmor's School operates a speaker programme every Tuesday for Y12/Y13 students and would welcome anyone to come along and present. It is a great opportunity for the students to hear about the variety of options available to them.

Contact Liz Lloyd if you are interested - 01285 712 302 (Ext 158) ONLY on a Monday, Tuesday or Thursday.

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### Circle To Success - Networking

C2S is open to organisations from all sectors, size and turnover with the aspirations to grow and further develop their organisations. Their unique format has been designed to be flexible and adaptable to match your requirements.

They are offering a **free** networking event on 24 July 2018 from 5pm to 7pm to follow a [paid event](#) at the Cheltenham Cricket Festival.

Contact [info@circle2success.co.uk](mailto:info@circle2success.co.uk) for more information about the free evening networking.

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### Common Sense Business

16<sup>th</sup> May will see the launch of Common Sense Business - a new e-learning programme written specially for small businesses.

Debbie Bird and other small business specialist trainers have written content relating to their expertise covering subjects such as marketing, sales, finance, planning all in bite size modules. The list will grow. There will be affordable comprehensive subscriptions, but everyone gets their **first course free** so look out for the launch on line at [www.commonsensebusiness.co.uk](http://www.commonsensebusiness.co.uk)

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