

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

March 2019

## SBN DIARY DATES

- Our next full **Stroud** networking meeting is at The Old Lodge on **Thursday 28<sup>th</sup> March 2019** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Our Informal networking meets upstairs in The Curio Lounge, Kings Street, Stroud from 9am-11am. The next meeting is **Thursday 14<sup>th</sup> March 2019**. We meet every second Thursday of the month.
- Save the Date! Easter Lunch will be **30<sup>th</sup> April 2019** more info to follow.

Link: [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:

**The deadline for the April edition will be Friday 29<sup>th</sup> March 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. You can submit your articles during the month, to the email address below, please mark clearly that it is for the next newsletter.

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

WOW a super packed room for a lively meeting this month. It was great to welcome 12 visitors! I heard lovely things from them about feeling really welcome. Our membership is rising so hopefully a few more will be joining us.

When we have bigger numbers in the room it becomes even more important keeping to just a 20 second intro for each business. I realise that it might be more daunting/hard for our visitors (so some flex is applied) but members are really supporting this. If you just do the maths, 30 people with 20 seconds each totals 10 minutes, but with a handover allowance of 30 seconds each that is then 15 minutes. This may not sound so bad with 30 people but with 45 people in the room our total is now 22.5 minutes. If everyone stretches it to say a minute we are at 45 minutes. Suddenly there is much less time for anything else! We will remain diligent!

Thank you to Gina and Jane for their shout outs. Jane Fleming with her wonderful mood boards and huge experience is clearly really supportive of her clients' ideas and creativity and it is no surprise that she is building up her Gloucestershire client base. Remember to keep your ears open for anyone who is decorating/making changes. This was followed by a powerful talk from Gina Mann about her business (and life) journey. Her openness was very moving for many in the room. Right from the outset Gina has been a particularly great asset to SBN because she invites lots of guests. Her weight loss journey with Forever Living and her impactful picture is a show shopper too. She has much to be proud of.

We then had a whistle stop tour of making your 60 second pitch really work for you which seemed to be appreciated. We can always return to this another time.

It would be fantastic if we were COMPLETELY over-run with members and visitors in March when Martin Bundy, Branch Manager of John Lewis and partners, Cheltenham comes to talk. If it a very large attendance we may do seating and shout outs in a different way. Be ready to be flexible! He will touch on the John Lewis history and the very successful business model which may surprise some. Please come along and join in the fun.

Have a wonderful month. Remember in a year's time - whatever happens with Brexit - we will still be here! Debbie

*Debbie*

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### Facebook

**NEW! JOIN US ON FACEBOOK!**

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*

[www.twitter.com/bw58](http://www.twitter.com/bw58)

## How to Join!

See our 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 or using a credit card.

**Your first meeting is free, then it is just £50 for the year!** Email us with any enquiries or if you need assistance with joining - [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

## 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)

# Stroud Businesswomen's Network Events

## MEETINGS & EVENTS

[Events page on our website](#)

- Next full SBN Meeting: **Thursday 28<sup>th</sup> March 2019** 9.30am at **The Old Lodge** on Minchinhampton Common; doors open 8.45am for coffee.
- Informal networking: **Thursday 14<sup>th</sup> March 2019** upstairs in **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!
- **Easter Lunch**: We have set a date for our Easter Lunch Tuesday **30<sup>th</sup> April 2019**.

**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

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

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

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

Check [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk) for meeting details, and to confirm dates and times

### Three types of 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](#)

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



*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.

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

### Special Offer submitted by Katie Sheratt

Wow, I attended my first Stroud Businesswomen's network meeting this week and it was fabulous. So many inspiring, wonderful people thank you so much for letting me be part of it. I would like to offer you **25% off** your 1st week on the 1:1 Diet by Cambridge Weight Plan with me, just mention the SBN business meeting.

I will give you weekly 1:1 support in the comfort of your home or mine throughout your weight loss journey. With 6 different weight loss programmes to choose from all of which are flexible enough to fit in with your own lifestyle there will be something to suit you.

With summer fast approaching there is no better time to start feeling fabulous.

Many Thanks

Katie Sherratt  
1:1 Diet Weight Consultant  
07975899513  
[cwp\\_katiesherratt@outlook.com](mailto:cwp_katiesherratt@outlook.com)

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### Start and Grow Enterprise - Free Support for start-ups - article submitted by Natalie Ferrari

Do you run a business under 3 years old? You're not alone. All business owners face the same challenges. And now there's **FREE** help and support at hand.

Grow your Business is an essential two-day course for new businesses with ambitions to grow and learn new skills. This practical course covers topics including business strategy, finances and funding, and marketing, to help you tackle the common obstacles in growing a successful business. You'll leave the course with a defined growth plan, a network of business contacts to share ideas, and clear next steps to help you achieve the growth you dream of.

Upcoming dates:

Tuesday 12th & 19th March, 10:00am-4:30pm at the Growth Hub in Gloucester - [book your place here](#)

Friday 22nd & 29th March, 10:00am-4:30pm at the Growth Hub in Cirencester - [book your place here](#)

Contact us: E: [startandgrow@glos.ac.uk](mailto:startandgrow@glos.ac.uk)

T: 01242 715477 W: [www.startandgrowenterprise.uk](http://www.startandgrowenterprise.uk)

F: @UoGStartandGrow

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

### SAVVY SHOPPING

#### 2B -Inspired Special Offer - article submitted by Berith Sandgren-Clarke

9<sup>th</sup> March, 9am to 1pm -Cabot Circus, Bristol

Starting off with a coffee and a seasonal update, this is retail therapy with a difference.

I will share with you how to find clothes that suits your colouring, body shape, personality and budget. You will have a chance to try things on. There won't be any pressure buying anything, just the opportunity to learn and understand what suits you.

I leave the spending up to you and teach you what a true bargain looks like.

But before we meet, we need to find out what it is you are hoping to find, so a consultation is important.

The fee is normally £800 but as this is a group session it's **only £100**

For more information or to book, email me at [berith@2B-inspired.com](mailto:berith@2B-inspired.com)

Website: <https://2B-inspired.org>

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#### Massage Treats for Mums with Sara @ The Garden Room - Special offer - submitted by Sara Phelps

Mother's Day falls late this year on 31st March, so you don't need to make that mad dash to the garden centre for gift ideas. Why not do something different this year and show how much you love and appreciate your mum by treating her to a relaxing and restorative massage.

If you're the mum and fancy a massage, you have the whole month to drop the biggest hints!

The Garden Room offers a range of pampering treatments to make you feel really special. The environment is warm, welcoming and friendly; with one to one attention from the moment you walk through the door, so mums will be put at ease and feel comfortable, even if they've never had a massage before.

So, buy a gift voucher or, better still, book a treatment too and come along and be pampered together; we have a very comfortable conservatory, where you are able to relax and wait for each other. The Garden Room is offering **10%** discount for massages booked for mums only **or 15%** off both treatments, when accompanying your mum for a joint appointment. Details of all of the treatments available, along with prices, may be found here:

<http://www.stroudmassagetherapy.co.uk/massage-treatments> Telephone: 0333 123 3195 or e-mail: [sara@stroudmassagetherapy.co.uk](mailto:sara@stroudmassagetherapy.co.uk) for more information or to book.

The Garden Room, Pine Cottage, Slad Road, Stroud, GL5 1RG

Whilst it cannot be added to this promotion, I offer **10% discount** on all full priced treatments to SBN members.

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## Members News & Offers.....

### March Special Offer - article submitted by Gina Mann

**15% off** any of the Forever Living C9 and F15 weight loss programmes.

Losing weight is hard, maintaining that weight loss is even harder. No doubt about it. In the 5 months from January 2018 to June 2018 I lost **21 lbs and 23 inches** in total and went from a chunky size **16 to a slinky size 12**. AND I have **maintained** that weight and size for the past **8 months**.

I know, having used the products myself, how well you feel while losing weight. The programmes are designed to lose weight, steadily and healthily. When you get to target weight, I have products that will help you maintain this.

Call: Gina Mann on 07976612410 to get you started!

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### Empowerment Workshop and Chronic to Supersonic online Course from Sam Hawkins

Would you like to unleash your inner Superhero? Come along to my 'Become the Best You' Empowerment Workshop on Thursday 21st March at Whiteshill and Ruscombe Village Hall GL6 6AB. £10 to SBN members when booked in advance or £12 on the door. Every third Thursday of the month. **BOOK YOUR PLACE NOW!**

sam@unique-coaching.co.uk 07813003327

I am also booking for 'Chronic to Supersonic' online course. An 8 week course with weekly interactive online group sessions as well as ongoing support. Aimed at people with chronic illness who are determined to get their lives back. Contact Sam for more details.

I also offer one to one coaching. Any SNB member gets 10% off the chronic to supersonic course or 121 coaching.

Please go to my website for more information [www.unique-coaching.co.uk](http://www.unique-coaching.co.uk)

## Courses & Events

### Details of the SBN MARCH meeting.

#### SBN Guest Speaker for March: Branch Manager of John Lewis

We are very pleased that Martin Bundy - Branch Manager of John Lewis and Partners in Cheltenham will be joining us. Among other things he will share:

- What the term 'partners' means in practice
- How the high street can become a real draw again
- 

Do join us on the 28<sup>th</sup> March for this event!

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#### Laptop Friday -- regular event submitted by Jenni Gardner

Laptop Friday will be on 1st March and then on 14<sup>th</sup> March 2019 at The Imperial Hotel, Station Road, Stroud from 9:30 to 11:30am. Bob's IT help is still free of charge and the coffee isn't bad either. Just turn up buy a drink and join in.

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#### Mother's Day Collaboration from Kathryn Minchew and Jane Gray-Wallis

Gloucester Studio, home of the Pyromaniac Chef, is opening its doors for a wonderful Mother's Day. Gloucester Studio is one of the world's smallest restaurants where just eight diners sit on reindeer hides around a central fire pit. On Sunday 31st March there are two very special events.

From 10.30am to 12.30pm for £25 you can enjoy tea or coffee for two with cake and scones cooked over fire. As an added sweetener, each pair of tickets includes a gift-wrapped candle or book. Visit <http://pyromaniacchef.com/product/mothers-day-tea/> to book.

From 1pm to 5pm, Pyromaniac Chef Kathryn is teaming up with Jane Gray-Wallis to offer an afternoon of delicious fire-cooked food to sustain you through an enjoyable spoon whittling workshop. Tickets cost £45 per person and are available from <http://pyromaniacchef.com/product/spoon-making-31st-march/>

Gloucester Studio is known for Kathryn Minchew's distinctive fire-cooked dishes but she is opening the space for businesses and individuals who identify with its cosy lifestyle ethos. If you'd like to run a class or give a talk, please contact her at [hello@kathrynminchew.com](mailto:hello@kathrynminchew.com). Events can operate on a profit share basis and Kathryn promotes all events.

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

### Limor App for Audio Podcasts - recommendation submitted by Wendy Thomson

Check out a new social media platform called LIMOR which is a social audio approach to sharing information etc. <https://www.limor.ie/>

I attended a presentation from the CEO Shane Monahan (ex Gloucester rugby player) at the new Cirencester Growth Hub on 27th Feb. He believes this is the missing link in social media making it easy to record your voice and share it instantly. Fits with me as it will make it easy for me to share my knowledge about my products without worrying about writing the correct words.

Wendy Thomson

wendygoesgreen

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

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