

SBN DIARY DATES

- Our next full **Stroud** networking meeting is at The Old Lodge on **Thursday 29th November 2018** 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 8th November 2018** and then every second Thursday of the month.

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

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

Next Newsletter deadline:

The deadline for the December edition will be Friday 30th November 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

October saw us displaced for two reasons, by date to fit around half term and location because The Old Lodge were otherwise engaged. Well what a treat that was! We gathered instead at Rush Skate Park in Brimscombe and enjoyed the story of Rush from founder Michelle Norman. The Rush story is a classic one of having a good idea but without much idea of quite what they were taking on to becoming an award winning business with global recognition, well beyond expectations. I hope members will take up the offer to go back and see the park in action - it is a sight to behold. Many thanks to Michelle and the Rush team for their hospitality.

We then had a fascinating picture painted for us by Julie about Young Enterprise. It was really inspiring to hear about this excellent and really practical experience based programme helping develop young people's horizons. A tremendous programme with a potential role for us to play, I think Nicki and Julie were really pleased at how many ideas and offers of help that were forthcoming after the meeting.

From what I have heard our change of venue went down well. There were even first time visitors who found us. It is a funny thing that changing a routine can be really empowering and energising. Perhaps that should be a goal for all of us this month. If habits have become a bit too routine and automatic make a change in your business and see what the effect is.

We only have one meeting before our Christmas lunch. One obvious change could be for some different people to be brave and step up for the 5 minute shout outs; an email will be issued for an opportunity to do this before our next meeting. Remember I am more than happy to take on the 'interview' style if that will help. Looking forward to hearing about those changes and the effect they have. Have a great month.

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. **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
- > 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

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Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: 29th November 2018 9.30am at The Old Lodge Minchinhampton.**
- **Informal networking 8th November 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!
- **Another date for your diary: it's not long until Christmas!! We have set a date for the SBN Christmas lunch : 4th December 2018 at Dinner at Six!**

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](#)
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.

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.....

Christmas cards designed by SBN member raising funds for Foodbank!

Usually when you buy charity Christmas cards, a very small proportion of what you pay actually goes to the charity. But if you buy cards designed and donated by SBN member Beth Whittaker to the Stroud District Foodbank this year, **EVERY PENNY** goes into the charity's coffers.

For a £10 donation (+ p&p) you get eight A6 cards, four each of two seasonal designs showing mistletoe, ivy and holly. Almost 500 have already been sold raising more than £500 in just a few weeks!

See the cards and place your order

here: <https://mydonate.bt.com/events/sdfbchristmascards/476542> or pop into their base at Brimscombe - address here: <https://strouddistrict.foodbank.org.uk/>

To see more of Beth's art, see <https://bethwhittakerartist.weebly.com/>

Tricia Hamilton Win My House Update

Only 4 weeks Left!

This is your last chance to Win My House. Someone will buy a ticket for £10 and win my beautiful 200 year old cottage. It is spacious and versatile. The property comprises of 4 bedrooms, 3 bathrooms, and many more rooms with a 3 car garage, workshop and outhouse.

The last day of this Prize Competition is Thursday 15th November 2018. I will pay the Stamp Duty and Conveyancing for the winner. It is very exciting!

<https://www.winmyhouse.online>

Animal Art for Sale Sunday 4th November 2018

Greyhounds, hares, badgers, and the owl and pussy cat dancing; animal prints and paintings on show and for sale by artist Diane Young at an event in aid of the Evesham Greyhound and Lurcher Rescue 11-3pm at Stonehouse Community Hall Laburnum Rd, Stonehouse Glos GL10 2NS.

See more animals in art by Diane Young at www.dianeyoungartist.com

Courses & Events

EGLR Festive Shopping Event

..at Stonehouse Community Centre, Laburnam Walk, Stonehouse, Glos GL10 2NS. Evesham Greyhound and Lurcher Rescue's Festive Fayre takes place on Sunday November 4th from 11am - 3pm at Stonehouse Community Hall. There will be a fantastic selection of stalls to stock up on some early Christmas gifts and a grand raffle to win a Fortnum and Mason hamper. There will be a huge selection of cakes and bakes available to. We look forward to seeing you there. If anyone would like to make enquiries they can contact me on 07900215139 or laurasutilities@yahoo.co.uk Raffle tickets can be bought on the day for £1 each. Laura Stewart.

Optimum Coaching's Thinking Space Small Group

This is for parents who would like some thinking space, I have a couple of spaces left for you to come and join Optimum Coaching's Thinking Space small group;

This is a chance to create some calm, reflective space to think, gain reassurance and fresh thoughts for the sticky moments of parenthood and family life. Coffee and cake included!

Ideal for you if you:

- ~ Value reflective space
- ~ Are seeking fresh ideas
- ~ Would benefit from greater confidence and clarity as a parent
- ~ Enjoy working alongside others (there is no requirement to share lots of personal information)
- ~Are seeking to proactively manage the challenges of family life

This is a 6 month small group programme (maximum 6 people) and includes 3 group session and 2 x 30 min 1:1 coaching sessions. This is a pilot at £60 (can be paid at £10 per month).

NB: When fully launched the coaching programme will run for 12 months and be priced at around £210 (17.50 per month).

Group session dates (to be held at Longlevens Library, Gloucester) on the following dates: Tuesday 13th November 2018, Tuesday 15th January, Tuesday 12th March 2019.

To find out more contact Julie: 07745 448871

juliecresswell@optimum-coaching.co.uk

<https://www.facebook.com/jcoptimumcoaching/>

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Courses & Events

Reduced rate tickets are available for **Work Like a Woman at the Stroud Book Festival - 12th November 2018 - 2pm - there is only a few left!**

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.

Members tickets £8/ Non-Members £12 - [Book here](#)
More details on other authors announced for the festival [here](#).

Details of the next Meeting at The Old Lodge

29th November 2018

We will be emailing an invite for 3 shout outs at this meeting. There will be the offer for Debbie Bird to assist you with your shout out in a similar way that she demonstrated to us at a recent meeting with Stella. More details to follow.....

Christmas is coming!

Pop the SBN Christmas Lunch date in your diary: 4th December 2018 at Dinner at Six in Stroud. More details to follow shortly.....

The Organic Beautician

Pitchcombe is organising a Pamper Evening on November 30th in aid of the church roof. If anyone is interested in either pampering, being pampered or selling gifts, please could they get in touch with Jane Mann on 07961224560 for more info.

Stroud Laptop Friday at the Imperial Hotel Stroud

The day/times remain 09:30-11:30 on the 1st & 3rd Friday each month. Do pop in to see us and don't forget IT help from Stroud Techies is available free of charge.

No fee just buy a drink. We hope you can join us for co-working, coffee and chat.

Jenni Gardner Mob: 07825 698 257

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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 ; ring 01453 298785 or email admin@svcu.org.uk.

A New Small Training/Conference Room in Stroud Town

If you're looking for a smart yet comfortable room on the edge of Stroud town centre with wifi, projector with interactive screen, and tea + coffee-making facilities, then head to The Exchange, Stroud's Social Enterprise Centre in Brick Row. The room is ideal for small and medium-sized events, daytime or evening, looking to host up to 25-30 participants. A lovely garden with shelter offers a relaxing space to draw breath during lunch breaks! The Exchange is a few yards from Church Street car park offering lots of parking space. Prices start from £12/hour. For more information, contact Reli, office manager, on 01453 762271, email info@theexchangestroud.org.uk or pop-in between 9-11am, Mon-Friday.

Caroline Aistrop
Stroud Valleys Credit Union

The Wheelhouse, a new Co-Working Space with GRCC

The Wheelhouse is excited to have opened a new co-working space on College Green, Gloucester and are proud to be working in partnership with Gloucestershire Rural Community Council. The fantastic, light and airy rooms have desks for individuals or small teams, a comfortable relaxed seating area, access to meeting rooms, unlimited fresh coffee and events laid on for members. Their buzzy co-working spaces started in Oxford and their core values of local friendly co-working run through the business; low on cost but big on community. Go check them out if you are a freelancer, small business or charity.

For more information contact hello@thewheelhouses.com or call 01865 920999 and visit www.thewheelhouses.com

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