

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

October 2018

## SBN DIARY DATES

- Our next full **Stroud** networking meeting for just this month is at **Rush Skate Park** on **Thursday 18<sup>th</sup> October 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 11<sup>th</sup> October 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:

**The deadline for the September edition will be Friday 19<sup>th</sup> 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](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).

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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 SBN chair Debbie Bird

It was great to see so many of you at the Old Lodge in September to hear your news, have some good energetic networking and hear from the Leader of Stroud District Council Doina Cornell.

Doina's story was one that may have felt familiar to many in the room. From putting her hand up to elect to be the toddler group secretary to becoming Leader of the District Council has clearly been an interesting and rewarding journey. She is clearly passionate about Gloucestershire and takes a consultative approach and it was interesting to hear about the variety of projects currently on her 'to do' list.

As she mentioned it was great to have a woman elected as leader as we celebrate (only) 100 years of the first women having the vote.

Stroud Book Festival sounds really interesting too and I am looking forward to hearing Mary Portas talk about her book 'Work like a Woman'. It was partly watching Mary's various programmes coaching businesses that made me think 'That makes a difference – I could do (something like) that'.

With that in mind we have the 'Boost Your Business' workshop on 9th Oct which I will be leading. We have a good group booked but there is still room for more. The session itself will run up to lunch time with lunch and networking afterwards. This would be a great moment to take a pause and find focus. And do bring your friends/colleagues. Details are on the website and in this newsletter.

There is certainly a lot going on in the room with many things promoted here in the newsletter. As I mention all too frequently networking is about support, ideas and if you are lucky referrals. The key though is getting to know other people's businesses and seeing how you can help. What goes around comes around – as true as ever. Have a great month and see you either on the 9<sup>th</sup> at Dinner at Six, at the Curio on the 11th or the next meeting which PLEASE NOTE is on the 18th OCTOBER at RUSH SKATE PARK. We are looking forward to welcoming Boze Durston at this meeting who is representing Young Enterprise and also hearing from our hosts Michelle and Jerry Norman about their journey – more info [here](#).

Have a good month!

*Debbie*

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### 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/>

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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

[www.linkedin.com/in/bethwhittaker1](http://www.linkedin.com/in/bethwhittaker1)

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)

## 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 (Ambassador) [beth@viva-communications.co.uk](mailto:beth@viva-communications.co.uk)
- > 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: 18 October 2018 9.30am at Rush Skate Park, BRIMSCOMBE.**
- **Informal networking 11<sup>th</sup> October 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](#)  
[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@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 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.....

### Flex Appeal - with Amanda Strange

Do you know a business who needs some FLEX appeal?

That is, companies which could get ahead by allowing flexible working. There's a bit of a cultural block about this, with a minority of jobs being advertised as flexible. But it's what the people want.

A recent national survey showed that most workers would like to ditch the standard 9am-5pm. The preferred choice? A simple switch to 8am-4pm was most popular.

The definition of flexible working can be pretty flexible too. It might be a working parent wanting to start and leave 15 minutes early for nursery drop-off/pick-up. Or someone wanting to cram their working week into four days.

Having FLEX appeal can attract more talent and help a business cultivate happier, less-stressed, more loyal and ultimately more productive workers.

So, if you know a business that wants more employees like these, introduce them to me and I'll guide them to ensure it works for their business. More information is available in this article [here](#).

Amanda Strange

The HR Dept Cheltenham & Stroud [www.hrdept.co.uk](http://www.hrdept.co.uk) [Amanda.strange@hrdept.co.uk](mailto:Amanda.strange@hrdept.co.uk)

01242 850246

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### Millie Swanepoel - Art Exhibition

You are invited to an art exhibition "AUMAKUA INSPIRED ART" By Millie Wood Swanepoel MA(RCA) BA(Hons 1st) At The Lansdown Gallery Stroud GL5 1BB 2nd - 13th Oct 2018 Daily 10am - 5pm Sunday 11am - 4pm 07754 182 082 [m.wood.swanepoel@gmail.com](mailto:m.wood.swanepoel@gmail.com)  
[www.milliewoodswanepoelart.com](http://www.milliewoodswanepoelart.com)

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## Courses & Events

**BOOK NOW !!** SBN Event: 9.30am on 9<sup>th</sup> October 2018 at Dinner at Six

**Boost your Business Workshop!** We have a great morning planned, a business workshop presented by Debbie Bird followed by a delicious lunch all at Dinner at Six. There will also be an opportunity to network with your fellow attendees over our specially prepared lunch. Don't forget to bring lots of business cards and a notebook for those great ideas for your business plan. This is a great opportunity to review your business practices which you surely can't afford to miss!

**This workshop is open to members and non-members so spread the word.**

### **Boost Your Business Workshop Details:**

Debbie Bird of AbleGrowth will be giving you the opportunity to take a magnifying glass to your business, have a 'spring clean' and see positive results.

- Do you always use your time wisely?
- Do you have clear priorities focussed around making profit?
- Are your products and services priced correctly?
- Is it easy to get new clients?
- Do you know where your business will be next year let alone next month?

During this 3 hour session Debbie will take you through her top tools for business and you will write your one page plan. This will give you focus and greater clarity and direction resulting in better use of your time and more profit. Interested? **Book your place now.**

*Former National Sales Manager Debbie has extensive and varied business experience from large corporations to her own shops in Cirencester and Hungerford. For the last 4 years Debbie's business AbleGrowth has been providing coaching and training support to SMEs in Gloucestershire to maximise the potential of her client's business particularly focused on general business skills, simple techniques with numbers and sales activities. She delivers down to earth and sound advice which has a transforming positive impact on her clients. Her clients come from a wide range of sectors including engineering, food production, retail, recreation, construction, business services, clothing and digital. Debbie is the chair of Stroud Business Women's network.*

### **Lunch at Dinner at Six**

The workshop is followed by a specially prepared lunch at Dinner at Six. Dinner at six has built a reputation as a fantastic restaurant which uses quality seasonal ingredients, much of which is local produce, prepared with great care, flare and passion.

This event is **discounted for Members**. **Bring your friends** - spread the word and invite your friends/colleagues for what is sure to be a great event whilst mixing business with pleasure.

**PLEASE BOOK ONLINE ASAP!** [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk) Non-Members: Registration, menu selection and payment can be made online through the SBN website. Please use your own email address and follow the online instructions. **View the Menu** [HERE](#)

## Courses & Events

Reduced rate tickets are available for **Work Like a Woman at the Stroud Book Festival - November 12<sup>th</sup> - 2pm**

**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.

This event has yet to be posted on our website please email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk) to register your interest.

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

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### The Organic Beautician

Pitchcombe is organising a Pamper Evening on November 30<sup>th</sup> 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.

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### Stroud Laptop Friday has moved!

Our new home is The Imperial Hotel, Station Road, 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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### Pamper Party with Gina and Aloe Vera

Who would like to be pampered? Why not come along and relax, have some fun and leave with skin soft as a baby's b\*\*\*y! I am running Pamper Parties in Whiteshill regularly throughout the next couple of months.

Come and experience the Infinite anti-ageing range, our amazing "Botox in a Box" face mask, and the Targeted products that fit with the rest of the skin care ranges.

Enjoy a glass of Peach Fizz to start and afterwards some yummy homemade cake with a warming Aloe Blossom herbal tea.

Just let me know (07976612410) that you want to attend and I can send you a list of the times and dates available.

Love to see you at one and to treat your skin to some Aloe goodness!

Gina Mann, Forever Living Business Owner .

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

The National Apprenticeship Show at the Cheltenham Racecourse.

The **National Apprenticeship Show West of England**, presented in conjunction with the **National Apprenticeship Service** and with the support of **GFirst LEP**, is taking place on the 3 & 4 October 2018 at Cheltenham Racecourse and will see over 10,000 young people, young adults, their teachers and tutors, parents and carers from across the region.

Find out more about it [here](#).

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Start and Grow Enterprise (SAGE) supports Gloucestershire based entrepreneurs

Start and Grow Enterprise is open to Gloucestershire based pre-start individuals and start-ups (trading up to 3 years) and is completely FREE!

Start up events, intensive courses, master classes and much more. See [their FB page here](#) to find details of what is going on which might be relevant to you and your business.

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