

September 2017

Enquiries: enquiries@stroudbusinesswomer
Newsletter: news@stroudbusinesswomen.org.uk

SBN DIARY DATES

- Our next full **Stroud** networking meeting welcomes our MP David Drew on **Thursday September 28th** from 9:30am
- **September 14th** Fabulous, mouth-watering **evening barbecue** - bring clients, partners and friends! [Book now!](#)
- **Gloucester:** Our next informal meeting at Portivo Lounge, Gloucester **September 14th**

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

NEWSLETTER CONTENT

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

Next Newsletter deadline

Deadline for October newsletter: September 28th
news@stroudbusinesswomen.org.uk

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!**

Include your contact details (!) and please check all details carefully!

Our newsletter is produced - free! - by volunteer committee member, Beth Whittaker from www.viva-communications.co.uk, so your assistance in keeping her happy is very welcome!

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 ... SBN committee member Beth Whittaker

Cake and hats were the order of the day at our laid-back late summer gathering. Every year, the committee discusses whether to have a meeting in August, and each year we say 'yes!' because ... well, it's just nice to get together during the summer holidays.

Luckily a lot of members and friends agreed and tucked into three types of cake at our informal meeting on August 31st - and took the chance to star in hat maker Tricia Hamilton's promotional video and photos by trying out her creations and becoming models for an hour!

Informal networking followed, and the morning sped away with people having to be encouraged to get back to work, way past the 11am finish time. That's what cake does to you, obviously.

September's going to be busy including another great SBN evening event on **September 14th**. This will be a **barbecue - with Pimms on arrival - at The Old Lodge from 7.00pm** - just £17 for members and £19.50 for non-members - book your places now: <http://www.stroudbusinesswomen.org.uk/event-2602428>. Please do feel free to bring along all your friends, colleagues, clients and partners.

At our meeting on **September 28th** we will be welcoming **David Drew the MP for Stroud** and shadow minister for Environment, Food and Rural Affairs who will tell us about his return to Westminster and listen to any issues that our businesses face, or concerns about the environment, food, or, indeed rural affairs!

Beth

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 run by committee member Beth Whittaker
www.linkedin.com/in/bethwhittaker1

Follow us on **Twitter** @stroudbn www.twitter.com/stroudbn
SBN's Twitter account is run by committee member Beth Whittaker
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. **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 (training) debbie@ablegrowth.co.uk
- > Beth Whittaker (newsletter, Twitter and LinkedIn) 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 (chair) CatherineGreen@wspolicitors.com
- > Karen Blaylock (website) karen@spearsouthwest.co.uk
- > Lynda McGill (ambassador) Lynda@crystal-clear-communication.co.uk

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Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: September 28th - meet David Drew MP** 9.30am at The Old Lodge, Minchinhampton
- **September 14th SBN evening barbecue** - with Pimms on arrival - at The Old Lodge from 7.00pm - just £17 for members and £19.50 for non-members - book your places now: <http://www.stroudbusinesswomen.org.uk/event-2602428>.
- **Gloucester meeting: Portivo Lounge, Gloucester Quays 9-11am** The SBN informal networking in Gloucester is held on the **second Thursday** of each month at the- SBN members and guests are welcome to pop in. All you need to do is buy your drinks!

Stroud Businesswomen's Network
2017

Our main monthly meetings with networking, speakers and member 'shout outs' are at the Old Lodge, Minchinhampton, Stroud GL6 9AQ – Thursdays 9.30am start (doors open 8.45am) - 11.00am

January 26	April 27	July 20	October 19
February 23	May 25	August 31	November 30
March 30	June 29	September 28	December <small>Christmas Party date tbc</small>

We also host informal networking at the Portivo Lounge, Gloucester Quays GL1 5SH – Thursdays 9.00am-11.00am

January 12	April 13	July 13	October 12
February 9	May 11	August 10	November 9
March 9	June 8	September 14	December 14

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 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 CatherineGreen@wpsolicitors.com.

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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Business news, courses, events, support and special offers for SBN members

Connect Business conference and exhibition

10am - 3pm Thursday 21st September 2017, The Pavilion, Hatherley Lane, Cheltenham GL51 6PN

All SBN members are warmly invited to the seventh Connect Business - a free conference and exhibition organised by community group Cheltenham Connect to encourage local networking and sourcing.

This year's speakers include Dominic Cotter from BBC Radio Gloucestershire and Head of Marketing Cheltenham Kelly Ballard, while Alex Chalk MP will be put on the spot in an interview with Gloucestershire Echo journalist Sophie Flowers.

There will also be a panel discussion with three local entrepreneurs who have achieved their business dream and 22 exhibitors from local businesses. Visitors can drop in for an hour or stay all day.

The event is free to attend but there is an £8 charge for the optional networking lunch, which must be booked in advance.

- The day's agenda and a booking link can be found at www.connectbusiness.org.uk. For more information follow #CCBiz or join the Connect Business group on LinkedIn.

Stroud Laptop Friday is back after the summer break

1st & 3rd Fridays 9:30 till 11:30 at Mr Twitchetts in the Sub Rooms. Join us for co-working, Coffee, chat and focused IT help from Stroud techies. Hope you can join us.

- Contact Jenni Gardner for more info jennigardner01@gmail.com

South Gloucestershire Business Show at Bristol and Bath Science Park - Oct 4/5

Whether you are a big business, SME or sole trader, there are many interesting and engaging topics for all to enjoy and be part of at this free business show.

Here are some highlights:

- > The future of the high street
- > Creative effective content marketing
- > Managing business risks
- > Driverless cars, robotics and business
- > How to make innovation stick
- Find out more, and register for your free place <https://www.eventbrite.co.uk/e/registration-sgbs17-tickets-29437477287?aff=es2>

How Gloucestershire's Accelerated Impact Network (GAIN) could help your business grow

With GAIN, the University of Gloucestershire is building on the very successful national service previously offered by Growth Accelerator. This means SMEs who are serious about their growth plans, can access 40% of the costs of four days of high quality business coaching.

They'll also get access to free masterclasses on issues contributing to growth, and to networking events for learning and support from other businesses with the potential for increasing productivity and profitability.

GAIN Project Manager Geraldine McCullagh says: "This is a really exciting opportunity for us to offer a Gloucestershire-specific programme of support to SMEs to take them to the next level in terms of their turnover, job creation and new products and services. The funding runs until December 2019, so we've got two and a half years to make a real and measureable difference to over 200 companies in the county."

- To find out more about GAIN and whether you're eligible, email gain@glos.ac.uk

Self-Development Training for Women **SBN discount!**

How often do you take time to develop yourself, take stock of your life and consider your aspirations?

This course is designed to empower women to refocus and re-energise by learning skills and practical tools to enhance your personal or professional life. It will be delivered over 2 ½ days by an experienced trainer and provides essential time to reflect on different elements of your life.

We will explore your preferences to assist you in adapting your interactions with others more effectively. We shall continue to explore how conflict can be handled effectively by adopting assertive behaviour to increase your confidence.

The course provides opportunity to review your inner self-talk to be able to develop your positive programming, recognising the power of a positive mind-set and how this contributes towards you being more resilient.

The course is designed to be engaging and interactive. It will be an opportunity to learn, develop and meet like-minded women.

- £259 pp. (**10% discount available for SBN members**) Friday 22nd to Sunday 24th September 2017, Warwick Hall, Church Green, Burford, Oxfordshire, OX18 4RP
- More info: Jacqueline Seviour, 07946 632636
info@littlewhiteblossom.co.uk www.littlewhiteblossom.co.uk

WSP Solicitors Tapas Tuesday 12 September 12-2pm.

Come and meet the WSP team and like-minded business professionals from the Gloucestershire area. Tapas Tuesday is a friendly event where attendees have the opportunity to network informally, listen to a speaker and enjoy some tasty tapas.

Peter Milligan, Founder of New Generation Leaders will be speaking about Change.

Cost is £9.50 per person to include a selection of tapas and a drink. This is a not for profit event held at Sebz Cafe Tapas Restaurant, 93 Northgate Street Gloucester GL1 2AA.

- To book <https://www.eventbrite.co.uk/e/tapas-tuesday-12th-september-tickets-34717590247>

Acoustic Coaching Stroud **SBN discount!**

SBN member Katherine Hyslop offers three key facilities:

1. Coaching for Creative Businesses
 2. Coaching for individuals: transition, and challenge
 3. Piano coaching and teaching: children and adult-returners/newcomers
- Music can have a powerful effect: eg memories, imagination, relationships, energy levels, moods, wellbeing and confidence. Music is an established form of ‘two-way’ communication.

The power of music to influence our thought-processes and sensory-experiences is established eg films and advertising. Airline companies have more recently researched connections between our experiences of taste and sound.

Additionally we understand that music can affect mood - the ‘ambience’ of a restaurant being so much more than ‘lighting’ or ‘décor’; ‘musical acoustics’ involves both the perception and cognitive neuroscience of music.

Our rudimentary brain is greatly influenced by sensory input; consider sight smell and hearing. There are boundless opportunities for adults to link musical-development to personal -development coaching. Music can make you (want to) ‘move’, implicating proprioception.

Such in-depth responses are astonishing! From a physiological perspective there are a range of responses eg cardiovascular. Music can truly modify reality offering powerful coaching opportunities for businesses also.

- **SBN members are entitled to complimentary initial sessions and (current) discounts**
- **Contact Katherine on 07972704712**
www.acousticcoachingstroud.com

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Try something new
- including special offers for SBN members

‘Fish & Ships’ at the Amberley Inn 1st September - 30th October

SBN members Rachel Markwick and Diane Young come together for an exhibition of art inspired by stories, history and fables.

Light refreshments will be served, and the bar will also be open; cards and unframed prints will also be available.

Fish and Ships is a vibrant combination of paint and collage, with a variety of animals, birds, fish and of course ships. It is all in the detail for both artists where Diane also likes to include the luxurious touch of gold leaf to her paintings and Rachel's fascinating and intricate collages are assembled from her accumulation of postage stamps and postal material.

PRIVATE VIEW Thursday 7th September 6-8pm at The Amberley Inn, Culver Hill, Amberley, GL5 5AF.

- **RSVP please for catering purposes: Rachel Markwick on 01453 757933 markwickfamily@aol.com or Diane Young on 01453 886240 dianecyoung@hotmail.com.**

Bake Together! SBN discount!

Have you been watching The Big Family Showdown and thinking why don't we cook together as a family? How about baking together?

Groups of up to 5 can spend half a day learning how to make some tasty treats that you'll take home to enjoy at the end of the class with award-winning bread maker Danielle Ellis - Bronze Winner World Bread Awards 2016 for Almond Babka.

You could bake bread, savouries such as focaccia or pizza or sweet items such as cinnamon buns.

- **To get 10% discount on individual or group bookings for SBN members for any of Danielle Ellis's classes, contact her on 07901 854981 or visit www.severnbit.es.com/bread to find out more.**

Rustic chair-making with Jane - SBN discount!

Jane's popular chair-making courses will start again next April and in the meantime, she's keen to show off her new website, designed and built by SBN member Karen Blaylock "I am very grateful to Karen for her wonderful work. Do go to www.rustic-chair.co.uk and take a look," says Jane.

A day in the woods and a chair to take home does make a wonderful present. Cost for the day £70 (**10% discount for SBN members**). jane@rustic-chair.co.uk 07855 535717.

In addition, Neals Yard Remedies has just launched their new catalogue and range of seasonal gifts. Interested? Give Jane a ring. Beautiful skincare and shopping in a relaxed environment. She is also looking for volunteers for a free Frankincense mindfulness facial.

- janegraywallis@hotmail.com 07855 535717

Fantastic Train Excursions! **SBN discount!**

Last chance to travel on the steam hauled Torbay Express this summer on September 10th. Locomotive Tornado is booked to take the train from Bristol Temple Meads, across the Somerset levels and around the stunning scenery of the east Fevon coastline. Alight at seaside Paignton or stay aboard to line's end at Kingswear, where you can take the ferry to explore historic Dartmouth. Have a look at www.torbayexpress.co.uk

In addition, Pathfinder Tours has The Swanage Belle picking up from Stroud on 21 October for an autumn trip to the Isle of Purbeck - have a look at www.pathfindertours.co.uk.

- To book either please call the Booking Office (Monday to Friday 09:15 - 16:45) on 01453 835414 or 834477. **10% off for SBN members.**

Jenni Gardner jenni@pathfindertours.co.uk.

Tricia runs contest to sell her £1m 19th century cottage - just £2 a ticket

SBN member and hat maker Tricia Hamilton plans to use an unusual method to sell her home in order to reinvest in her business - she is considering setting a history quiz to sell her four-bedroom house in Pill, North Somerset.

And the prize draw could be hosted on live TV after the BBC's The One Show invited her onto the show.

Tricia, whose two children and 91-year-old mother live in Surrey, said: "The house has been up for sale for a year but we just haven't found the right buyer." She has already dropped the asking price by over £300,000, but is reluctant to reduce it further as she has invested heavily in renovation and decided instead to investigate selling through a competition.

The retired school teacher said: "Everybody I've spoken to has said they would be interested in buying a ticket. But I want to make sure it would be legal and above board."

Tricia hopes to use the money to reinvest in her business to have her designs manufactured in the UK.

She would need to sell 500,000 tickets to cover her asking price and costs and there would have to be an element of skill in the contest in order to be within the law.

- To register your interest to be in with a chance to win Tricia's house, visit www.winmyhouse.online

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