NEWSLETTER

June 2019

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SEND US YOUR NEWS

We welcome your news, offers and any other local resources or information you wish to share with other members via our newsletter which is issued 10 times a year. Feel free to submit your **articles during the month so that we have your news in good time for our next issue.**
Please **send less than 200 words** in plain text without any images.

Ensure that you include your contact details and please check all details carefully and that your links are correct!

Send submissions to news@stroudbusinesswomen.org.uk

KEY DATES

Thursday 13th June 2019:
Informal Networking upstairs in **The Curio Lounge**, Kings Street, Stroud GL5 3BX from 9am-11am.

Thursday 27th June 2019:
Don't miss our **main meeting** at **The Old Lodge**, Minchinhampton Common near Stroud GL6 9AQ.
Arrive at 8.45am onwards, meeting starts promptly at 9:30am.

Friday 28th June 2019:
Newsletter deadline for our **June Edition**. Please submit anytime throughout the month to this email address news@stroudbusinesswomen.org.uk

CONTACT US

enquiries@stroudbusinesswomen.org.uk

news submissions : news@stroudbusinesswomen.org.uk

CONNECT WITH US

Facebook – Our closed group with over 100 members

LinkedIn - with the SBN; connect with other businesses

Twitter – Keep in touch with SBN conversation and events

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.

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

Stroud Businesswomen's Network Debbie Bird

Thoughts from ... our SBN chair Debbie Bird

We are consistently increasing member attendance at our meetings this year and the feedback I hear is universally good. Please do keep inviting people to come along and see what we are all about. We certainly had a treat this month covering a good range of subjects, property investments, relationship and communication improvements, the massive subject of PR and how to save money on utilities. Carolyn, Lianne, Kathryn and Kirstie presented well and all credit to them. We were engaged, educated and better informed as a result.

Some of my work is as a trainer and one of the things we practise is the 60 second pitch. In a training session this month a businesswoman stood up and did her 60 seconds for the first time and very well. However, as she sat down, she burst into tears. She was in a safe and supportive environment and that proved to be so. For her it was SUCH a big deal to stand and speak in front of others. This isn't the first time I have experienced this reaction or something similar. Fortunately, we had another training session the following week and she repeated the exercise – again very well – and retained her composure. She reported that it wasn't so bad second time.

This made me reflect on her experience. Seeing really good presentations like the ones we had at our May meeting can be intimidating for others. If that is you, or you know someone who is very reluctant, please get them to talk to me. I am more than happy to help with practise before hand and even help with questions and conversation on the day. Don't miss out on the opportunity to showcase. SBN IS a safe and supportive environment, so do please practice on us.

I am now fortunate to be sitting in Devon already feeling very relaxed and starting to feel refreshed. I hope you have had something of the same over the bank holiday. Looking forward to seeing you in June – we might even have a new PM by then!

Debbie

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

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

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

Jan 10	**Feb 14**	**March 14**	**April 11**
May 9	**June 13**	**July 11**	**August 8**
September 12	**October 10**	**November 14**	

Check **www.stroudbusinesswomen.org.uk** for meeting details, and to confirm dates and times

The SBN Committee of Volunteers

Photo by Tammy Lynn Photography

Back row, left to right:

- Debbie Bird (Chair & training) debbie@ablegrowth.co.uk
- Beth Whittaker (Ambassador) bethwhittaker58@gmail.com
- Tammy Kwan (event organiser) tammy@tammylynn.co.uk
- Lynda McGill (Previous Chair)

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

What happens at the SBN meetings?

We run three different types of main MEETINGS at suit all tastes!

✓ Meeting style 1: **Local interest speaker** – examples of recent speakers Martin Bundy of John Lewis Cheltenham, Doina Cornell the Leader of Stroud District Council, and David Drew MP for Stroud.

✓ 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 businesswoman from in and around the Stroud district, sharing ideas and aspirations.

✓ Shout Outs - Within these meetings according to time we offer **member 'shout outs'** when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information.

At our Meetings – 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. Contact us if you wish to set up a banner by emailing us at enquiries@stroudbusinesswomen.org.uk.

Shout about your business!

We email our members when slots are planned at our meetings for **five minute shout- outs to speak to the whole group about their business.** They will be notified in good time, giving them plenty of time to plan their presentation!

And don't forget the SBN Showcase:

We also offer SBN members the chance to **display their products or services** at our SBN meetings.
This is offered on a first come first served basis to members.
You may **arrive after 8.30am** to pop your display on the table available.

Photo courtesy ofRuth Davey
http://look-again.org/

Join us at our Meetings –First Meeting is Free!

Try us for free!

Would you like to try us for free first? Check out our meeting dates here and then come along to our main meeting at The Old Lodge, where we will be ready to greet you **from 8.45am**; there is no need to book. Bring a friend or two with you too!
We offer the first meeting for free, and then it is currently **just £50 for the year**!
Do you have any questions? Please email enquiries@stroudbusinesswomen.org.uk.

How to Join!

Join us! Go to www.stroudbusinesswomen.org.uk. Join now and follow the simple steps to join on-line. All meetings for the year are included in your membership plus concessions on our lunches and training. Even if you choose not to join as a Member you can register as a Friend and still receive our newsletters.

What Else?

Join us at the Curio in Stroud!

Come and join us on the second Thursday in the month 9-11am at the Curio Lounge. We have an informal gathering upstairs and **you do not have to be a member**. Just buy a cuppa and join in the chat. This is a good introduction on a more intimate level to chat with members and friends of the SBN. Dates for this are on our events calendar too.

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Stroud Businesswomen's Network Announcements

SBN June Main Meeting – Our speaker will be local author Kate Riordan

Kate Riordan is a British writer and journalist. After working at the Guardian and Time Out London, she left the capital and moved to the Cotswolds in order to concentrate on writing novels.

Published by Penguin, HarperCollins and Heyne, she's currently writing her fifth book.

Her short talk will be a summary of her background and books, with a bit on the publishing industry at large from a writer's perspective.

SBN August Extended Main Meeting – Tradeshow with Cake!

Please note that this is a more informal meeting specifically for showing off members' wares and services but also including a networking session and is specially extended to midday.

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Members' News and Offers

IntoU – article submitted by Liane Ulbricht-Kazan

IntoU is a new partnership between myself, Liane Ulbricht-Kazan, and John Field. The purpose of the new venture is to enable people to meet and connect in a more meaningful way. Starting in July there will be a series of evening workshops covering subjects related to developing and improving relationships. It's been described as speed dating meets Open University. However it's not about dating as such. It's about all relationships; romantic yes, but also friends, family and business connections.

The first workshop on the **3 July** will be about **'The Languages of Love and Appreciation'** and will start at **The Lansdown Pub in Cheltenham at 7pm**. Tickets and more information are available from the IntoU website at www.intou.co.uk. There is already a rapidly growing Facebook group at www.facebook.com/groups/IntoUforYou/ and we also have a thriving MeetUp group atwww.meetup.com/IntoU-Meeting-people-in-a-more-meaningful-way/. There clearly is a demand for people to meet and connect more meaningfully.

Maybe you know someone who could benefit or you might just enjoy coming along and learning something with like-minded people while also having fun. Thank you for your support. Liane & John. For more information contact:

Mob: 07825 286 550

Email: liane@intou.co.uk

Belford House HR Ltd - article submitted by Helen Ridler

"Safe Pair of Hands "

I sometimes feel like Colombo (remember him?) or a Super Sleuth in my role as a workplace investigator! It is my role to follow the evidence and establish the facts of a case.
Most of my investigations arise from a complaint or grievance raised by an employee. Sometimes there are allegations against senior people in the company. Sometimes it is a complex or high risk case involving complaints about discrimination, bullying, harassment or victimisation.

There have been some high profile examples in the news recently - a petition against 'forced hugging' by the CEO at Ted Baker, and complaints of sexual harassment and race discrimination against Philip Green.

All cases require robust but professional and sensitive handling. To my delight, I have been described as a "safe pair of hands" and one of my clients say that they breathe a sign of relief when I get involved.

I am only a phone call or email away so please contact me either by email: helen@belfordhousehr.co.uk, or call my mobile on 07765 64562

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Members' News and Offers

Introducing YewTrade, the 21st Century Resource Revolution B2B trading platform.
Article submitted by Gina Mann

www.yewtrade.com
Come along to the first Stroud event to find out how you can:
· increase your profits
· get new customers
· pay for business expenses with an up to 95% discount AND
· have more cash in the bank
This could be the cup of coffee that changes your life!

Date: Tuesday 4th June 2019
Venue: Kings Head House Hotel, Eastington, GL10 3AA
Time: 10 am – 12 pm OR
6 pm – 8 pm
To book your place:
Call: Gina Mann, Ambassador for YewTrade on 07976612410 or email ginamann13@yahoo.co.uk

Discount offered by Katie Sherratt -The 1:1 Diet by the Cambridge Weight Plan

Offering you discreet, flexible one to one support in the comfort of your home or mine on your weight loss journey. Giving all SBN 25% off your first week on The 1:1 Diet by the Cambridge Weight Plan with Katie Sherratt.

Tel: 07975899513

cwp_katiesherratt@outlook.com

Clothes shouldn't cost the earth - article submitted by Berith Sandgren-Clarke

"Define your signature style – Be recognised for who you are" is a factual fiction where I share abundant information and inspiration on how you can find and maintain your signature style - making sure you care for the environment as you attract the best business partners and clients in your life learning how to establish what truly suits your personal as well as business brand.

It's available on Amazon now, BUT PLEASE don't buy it yet.
Purchase it from Amazon on the 21st June or directly from me on the 22nd at the Made In Stroud shop where I'll be signing copies and offering free style audit sessions.

Go to my website for more information: https://2b-inspired.com
P.S. if you requested a free copy, please email me berith@2b-inspired.com and I'll be in touch.

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Courses and Events

Sam from Unique Coaching - article submitted by Sam Hawkins

Do you feel there are limiting beliefs holding you back? Would you like to break free from the chains and let go of everything that no longer serves you?

Come to my Empowerment workshop on Thursday 20th June. 7.25-8.45pm at Whiteshill and Ruscombe village hall-

£10 in advance for anyone in this group.
Email mailto:sam@unique-coaching.co.ukto book your place

Gloucestershire Green Circle - article submitted by Caroline Aistrop

Would you like to run your business in a more environmentally friendly way? Have you already embedded greener ways of operating? Or do you offer greener products or services?

If the answer is yes to any of those questions, you'd be really welcome at a new networking/support group starting up called Gloucestershire Green Circle. This will help businesses learn how to be greener, and share the experience, advice and best practise from those which already are plus chance to meet other companies and perhaps find new clients.

There'll be speakers, 'How to…' workshops and networking at all monthly meetings.

The first event is on **Wed 26th June** and looks at the issue of waste and how companies can reduce it:

https://www.eventbrite.co.uk/e/launch-of-gloucestershire-green-circle-theme-waste-tickets-60191069108

or call Caroline, Green Spark Marketing, on 07894 663436.

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Information, Resources, Funding and Support

Women Focused Loans for Business

Fredericks Foundation aim is to build a £2 million fund to enable them to provide loans to women with a viable business plan who have been turned down by conventional lenders.

Although their numbers have increased, women are still under-represented in enterprise. Moreover, women often have responsibilities that make traditional employment difficult, especially if under zero-hours contracts. For more info click the link below….

http://www.fredericksfoundation.org/the-womens-fund

School Governor Needed!

Chalford Hill Primary is a community school offering 200+ children an inspired education from Reception to Year 6. The commitment, varied skillsets and life experiences of our Governing Body is critical for guiding and supporting our brilliant staff and pupils. We are now seeking additional members of the Governor team to help us on our journey and to meet the challenges that schools now face.

Have you experience in one or more of the following areas?

- Human resources including staff wellbeing.
- Knowledge and understanding of the education system.
- Property management and maintenance.
- Fund raising.

Could you bring the following qualities?

- The ability to assess situations in a logical and objective way.
- A team player who's prepared to take an active lead when required.
- Empathy, warmth and good humour towards a serious cause.

If you have the motivation and time to help, please get in touch!

- Email Clerk to the Governors -governors.clerk@chalfordhill.gloucs.sch.uk
- Call in for a pack from the school reception
- Visit the school's website -www.chalfordhill.gloucs.sch.uk

Expressions of interest to be received by Friday 21st June

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