

Stroud Businesswomen's Network



NEWSLETTER

August 2023 (Quarterly)

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KEY DATES

Forthcoming Member Meetings - networking, speakers and shout-outs.

Thursday 31st August- 10am - 12.00pm - at The Old Lodge

Thursday 28th September - at MGC - 9.30am - 11am

Thursday 26th October - at MGC

Coffee Catch-Up at The Curio - Open to ALL

Thursday 10th August - 9.30am - 11.00am

Thursday 14th September

Thursday 12th October

Guests who would like one free networking meeting are welcome to try us out. Contact us on the email below.

Bring your product samples for the display table.

Our newsletter is issued February, May, August & November.

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 4 times a year. **We will request your articles by email at the end of each quarter.** Members articles may be shared to our Facebook group. 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

CONTACT US

enquiries@stroudbusinesswomen.org.uk

news submissions: news@stroudbusinesswomen.org.uk

CONNECT WITH US

[Facebook Group](#) - Our closed group for Members

[Facebook Page](#)- SBN Business info, events and information

[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 or friend of SBN. 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

Thoughts from SBN Chair Tanya De Leersnyder

Another quarter has rushed past since the last newsletter, and we are steadily building back our membership numbers which is very encouraging. A very big thank you to all of our volunteers who make up the committee, and to Diane our admin guru, for all the work and the enthusiasm that is behind our special group of women running the network.

Since the last newsletter, we held our AGM at the end of May instead of at the end of April because of a break-in at the golf club that unfortunately meant we had to cancel our April meeting at the last minute. After the short AGM Sam Collins ran our SBN survey to find out what you as members would like to get from the network. It was an excellent exercise, giving us meaningful feedback to discuss and enabling us to trial a modified meeting format at our July meeting. We felt, as a committee, that it worked well.

Here is a summary of how it has changed:

9.30am - Chair introduction

9.35am - Round the room - now up to a maximum of 30 seconds each

9.50am - Members' shout-out - now a maximum of 10 minutes

10.00am - Speaker and questions or mini-training or networking activity

10.30am - Events/News/Connections - anyone you are looking to connect with

10.40am - Informal networking

Speakers

We heard from David Fisk of Leaf and Ground in June and Melissa Briggs of Bee Solar Tech in July.

David Fisk started Leaf and Ground in September 2019 after a site became available and friends encouraging him to start it up. It sits in over 20 acres with a view over the Severn and walks into the woods and up to Stinchcombe Golf Club. They have great food, a fabulous deli focusing on local food producers and also encouraging a zero-waste policy.

Leaf and Ground have a garden, meeting room that can be hired out, a shop and they encourage makers from the area to take part in pop-ups for only 10% of their takings as the charge.

During lockdown, they turned to candle making to be able to keep the staff busy when they were not able to open the café. They also support charities such as the Dursley running club, Great Western Air Ambulance, Dursley RFC, Wild Hedgehog Rescue and Gloucestershire Wildlife Trust among others.

The business challenges have been Covid, Staffing and now inflation. David has an IT background so they have some sophisticated integrated, cloud-based systems in place and we hope to perhaps get David back another time to give us some hints and tips into how much more we can utilise Microsoft 365 including things such as a planner, power apps, SharePoint, Power BI and more.

Melissa Briggs started up Bee Solar Tech in 2022. Her business is centred around Solar tracking solutions for homes and businesses that can't make use of roof top solar panels or static ground mounts. The system rotates and changes angle all day to be able to produce power from sunrise to sunset.

[contd...]

Thoughts from SBN Chair Tanya De Leersnyder

[contd....]

Melissa is passionate about making a difference for her kids and grandkids. She feels our generation has caused huge damage over the past 30 years and we simply cannot continue to burn fossil fuels. Did you know that enough sunlight falls on earth every hour to meet the world's energy needs for a whole year? Of about 29 million homes in the UK, only 1.1 million have renewable energy.

Melissa first read about Solar tracking in an in-flight magazine in 2018. It was designed in Finland, and they had no sales/marketing in the UK. Melissa brought the UK into the picture and quickly became number three in the company. The product was originally manufactured in Sweden but when the Ukraine war broke out, the Swedish company returned to military telecoms leaving Melissa with countless orders and nobody to make the systems. That is when she set up the manufacturing business in July 2022. She sourced hundreds of components, learnt about steel and aluminium and everything there was to know and started production in September/October 2022.

Melissa is passionate and determined to make a difference and her talk was really inspiring.

In the 5-minute shout-outs, we had Julia Adams of Cotswold Meridian Therapies speaking to us in May. She told us about an exciting new course in conscious intention setting, envisioning planning and smoothing major life transitions called I N Vision that she has developed and tested with great success over the past 3 years.

In June, we had Jane Langdon talk about her new business which she set up in September 2022 called Mindmaths Tutoring. Jane taught and tutored maths across Secondary schools, Further Education and Sixth Form colleges for over 30 years and she feels maths should be fun and for young people to feel positive and do well. She teaches online and offers face-to-face maths tuition within 10 miles of Cam and Dursley. Her passion is finding each student's learning style and working out how to unlock their potential.

In July, with our new 10-minute shout-out, Kate Tyler of Journey in Style spoke to us about the bespoke international holidays her team puts together using "Responsible Travel" to ensure, among other things, that people they work with get fair wages and animal policies are in place, for example camel rides and safaris. Kate loves to create holidays in destinations that she has already had the opportunity to travel to. The company is a destination specialist in Australia and New Zealand. They use hand-picked hotels and look to help customers create unique memories on their holidays. Kate is now looking into restful retreats in the UK and around the world.

We hope to see you at our August, informal coffee morning at the OLD LODGE on the 31st, starting a little later at 10am.

Always remember you are welcome to bring a friend to a meeting at Minchinhampton Golf Club for free for their first visit and that anyone is welcome at the Curio Lounge coffee mornings every second Thursday of the month. We would love to grow our membership and more members mean more contacts and referrals for everyone.

Tanya
Chair

SBN meetings 2023

Coffee Catch Up meetings 9.30am to 11am **			
12th January	9th February	9th March	13th April
11th May	8th June	13th July	10th August
14th September	12th October	9th November	14th December

Members' Networking meetings - opens 8.45 for 9.30am start**			
26th January	16th February*	30th March	27th April
25th May	29th June	20th July *	31st August**
28th September	26th October *	30th November	Festive Lunch

*Earlier in the month due to school holidays

**Please check our Meetings page for Members' Meetings venues above the main meeting dates.

Download your copy PDF with 2023 dates [here](#).

The SBN Committee of Volunteers

Our Committee left to right below:

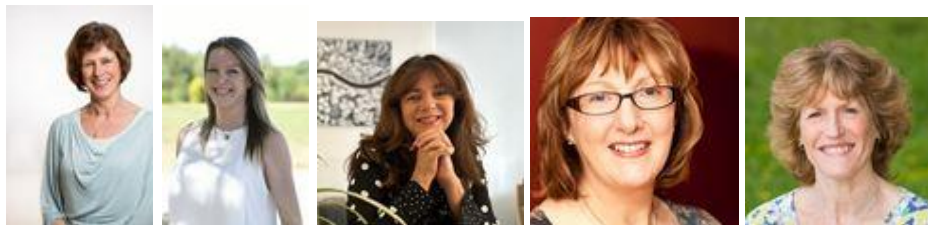
Chair: Tanya De Leersnyder (info@kalyaproducts.co.uk)

Networking: Sam Collins (sam.collins@sjpp.co.uk)

Events, Social Media & Technical: Debi O'Brien (debi.obrien@outlook.com)

Website/Social Media: Karen Blaylock (karen@spearsouthwest.co.uk)

Finance: Carolyn Williams (carolynw1220@outlook.com)



What happens at the SBN meetings?

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

We have a rolling programme of different styles of meetings.

Meeting style 1: Local interest speaker: recent speakers include Stroud MP Siobhan Baillie, Lotte Lyster Connolly of the Prince Albert Pub & Stroud Book Festival's Louise Brice and Caroline Sanderson.

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. Recent examples are Emily Gravestock from the UK Space Agency and extreme ocean rower Roz Savage MBE.

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

SBN meetings - Please Join Us!

Our membership is just £60 for the year! We are holding this price until September when a modest increase will be made to £75. Read on to see what good value this is and to find out what is included.

Our main meeting at **Minchinhampton Golf Club**:

Our membership includes 12 months Members' Networking Meetings (usually on the last Thursday of the month) usually welcomes an inspirational guest speaker or networking and encourages networking and the sharing of information and business knowledge and skills. Everyone has a chance to introduce themselves and their businesses plus the opportunity for a Member shout-out at most meetings.

Member benefits include attending main meetings with a variety of speakers, individual shout-outs, newsletter articles posted online, promotion of your business on our [Facebook group](#) and [SBN Page](#) along with subsidised training events. Find out more details [here](#).

If you are interested in joining the Network, you are welcome to try us out for one meeting, as a Guest. Just email admin here enquiries@stroudbusinesswomen.org.uk. Members do not need to book for our meetings, you can just turn up on the day. We also do not restrict membership to where we include only one member to a type of business, everyone is welcome.

Our informal Coffee Catch-Up at the Curio Lounge (usually the second Thursday of the month) is open to anyone for support, social and business chat!

If you'd like to become an SBN Member please Join online here -
<https://www.stroudbusinesswomen.org.uk/Join-now>

SBN Admin - Contact Us

If you have a query or question for us please contact our Administrator.
Admin : Diane Young enquires@stroudbusinesswomen.org.uk



Photo courtesy of Tammy Kwan

SBN Announcements

NEW MEMBERS since our last edition.
A warm welcome to our new members!

Nicola Peters of Square Peg Compliance
Nicola Banning of Simply Crafted Ceremonies
Liane Wheeler of Murrays Estate Agent
Caroline White of Abbey Meadow Flowers
Kristina Neville of Resplendent Ceremonies/Birth
Shannon Heard of Ymr Chiropractic

OUR NEXT MEETING - DIFFERENT TIME, DIFFERENT PLACE!!! Just for August.

Our Summer Meeting in August is being held at the Old Lodge from 10am, it is not just for Members so bring along a guest or two, there will be some delicious cake included!

For details our next meeting click [here](#).

For a list of our future meetings click [here](#).

DISPLAY TABLES AT OUR MEETING

We have a **DISPLAY TABLE** at our Networking Meeting at the MGC! Please bring along products/leaflets/flyers etc. First come first served!

PLEASE HELP US SPREAD THE WORD ABOUT THE SBN!

As you will know, we're **working hard to increase our Membership numbers** with your committee taking on various tasks to help spread the word among other business support groups, co-working organisations etc.

As part of this promotion drive, we would be grateful if you are able to **print off and display our poster on [this link](#)**, or click [here](#) to print this from the final page of this newsletter.

If you have the opportunity to forward to friends/colleagues who might be interested that would be really helpful too!

MEMBER SPOTLIGHT ON SOCIAL MEDIA

Get your business featured on our Facebook Page and Group! Just drop an email to our admin at enquiries@stroudbusinesswomen.org.uk to request our Spotlight form. All you have to do is answer a few simple questions about you and your business, add a photo and return to us.



Page (our Public Page) facebook.com/StroudBusinesswomensNetwork

Group (our Group - for SBN members only) facebook.com/groups/stroudbusinesswomen



Instagram instagram.com/stroudbn/



Twitter twitter.com/stroudbn



LinkedIn linkedin.com/groups/3004343

SMALL CHANGES TO HOW WE WILL RUN SBN

SUGGESTION BOX

We will be making a suggestion box available at future meetings. This can be used anonymously if you wish. You can of course email enquiries at any time, just title your email "Suggestion"!

MEMBERSHIP FEE

Our **membership fee** will be set at £75 from September. Please let anyone who is considering joining know in case they wish to take advantage of the £60 price until then!

MEMBER SHOWCASE /SPOTLIGHT

Let us feature your business on social media. We have some easy questions for you to answer in order to summarise you and your business journey. Even if you think you are not ready for this take a look at it anyway. Answering these questions can bring things into sharp focus and you might be surprised at how much you have achieved! You will have received link to the document, if not email enquiries@stroudbusinesswomen.org.uk.

SHOUT-OUTS

These are now 10 minutes, and are offered at most of our meetings and now start at 10am before the speaker. We have slightly changed the order of the meeting to make it as productive as possible. Click this [Meetings Link](#) to take a look at the new meeting timings.

Introducing New Member Shannon Heard of Ymr Chiropractic with an offer for SBN Members! Article submitted by Shannon Heard

Hello everyone, I am new to the group and look forward to meeting you all soon!

I am a director and chiropractor at YMR chiropractic. We have been open since the start of the year and are doing very well in the current economy. 80% of our new clients have come from internal referrals, which we are very proud of!

Setting good standards from the start is key for more referrals. We are passionate about getting people feeling and functioning at 100% quickly and keeping them healthy once they are fixed up.

We have worked with a professional branding and SEO consultant to make sure we have a solid initial online presence. We are beginning to investigate potential marketing/advertising avenues to reach more people and are very open to any ideas.

We are planning to do free spinal screens and health talks to businesses to be able to reach more people. Also, we have started the process of sponsoring events both in and out of Stroud to help others and give back.

We are proud to offer our full consultation which is up to an hour appointment worth £65 for **only £45 for SBN members**.

www.ymrchiropractic.com

Facebook: <https://www.facebook.com/ymrchiro/>

Instagram: <https://www.instagram.com/ymrchiro/>

Scarlet House Care Home, Stroud - Funding care in later life.

Article submitted by Katerina Pippi

Event: Thursday 14th September - 4pm - 5.30pm

Join us with guest speaker **Samantha Collins, Associate Partner of St. James's Place**, for an informative session about things you need to know with regards to care, your options and the best way to plan funding for care in later life. Refreshments will be available and a chance to view our beautiful home.

To attend this **FREE event** please call 01453 808106 or email Katerina.pippi@careuk.com

Telephone: 01453 769810 | Mobile: 07976 585740

<https://www.careuk.com/care-homes/scarlet-house-stroud>

Scarlet House, 123 Westward Road, Ebley, Stroud, GL5 4SP

Are You Ready to Beat The Bloat? Article submitted by Trish Tucker-May

Do any of these sound familiar? You're more tired than ever, your mood can't make up its mind what it's doing, and your body REALLY doesn't want to wear your favourite clothes anymore!

Want to know one of the biggest culprits? **Your gut.**

The problem is - we're so busy sorting everyone else out that we keep putting that vital step off until tomorrow. **Let me help you - it's tomorrow now.**

Get your **FREE eBook now** where I share the top five tips on demystifying the brain fog and feeling fabulous in your own body again!

Don't panic - this isn't one of those 'overhaul everything' books! I'm not going to tell you that with just a few changes you're going to be leaping out of bed and cartwheeling to your bathroom either. But what I can promise you is that you could start to feel a lot better very quickly with the **5 simple changes** I share in this free book. I created this book because every single day I see women virtually on their knees trying to soldier on, and the problem that I can help you solve - is understanding more about the impact of nutrition on your hormones and your gut health.

Download yours here <https://trishtuckermay.com/beatthebloat/>

Book a free discovery call here <https://trishtuckermay.com/workwithme/>

Email: trish@trishtuckermay.com

UK PH: +44 (0)7984 326 956

website www.trishtuckermay.com

Mindmaths tutoring, how it began! Article submitted by Jane Langdon

In starting my 'Mindmaths' tutoring business last September, I created a list of targets that I put on a timeline and then regularly have tried to reflect upon them to see how I was doing! This was a business on my own, not as a member of a school team I had been used to for 30 years, but completely dependent on me, my ideas, my momentum and **my passion.**

It was initially scary!

I was now in a place where I was creating my own daily work schedule, deciding when to stop work each day and which days to not work, whilst also keeping my sanity when work was initially sparse, and when everyone around me was marketing via TikTok and Instagram. At the same time I was finding my own way of marketing that matched my objectives and in addition to that 'getting out there' to market my business, evaluating where my customers would be and finding a way to talk to them about their children and their learning. **These business aspects were all new to me.** I had to work on the costings of my services and how I would develop a no cost option for families that would not have the money to pay me. Exciting thoughts, lots of plans to apply for financial support for these families and completely satisfying and invigorating throughout!

I am so happy to be creating and running my own maths tutoring business!

Jane Langdon Tel 07774505473

Email : jane@mindmaths.co.uk

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

The Growth Hub continues to offer a huge variety of workshops for business. Are you interested in creating an online Marketing plan and strategy? Here is a **FREE WORKSHOP:**

How to Create an Online Marketing Plan and Strategy

12th September 2023 - 10am to 1pm

Venue: SGS College Stratford Road Stroud Gloucestershire GL5 4AH

“Are you spending all your time on social media trying to figure out how to get more sales? Or simply don't have the time to dedicate to it, to understand it at all? Well in that case this is this session for you.

In this workshop Pink Elephant Media are going to take a look at how you can create an online marketing plan and marketing strategy for nearly any type of business and how you can use this plan to hit your marketing goals

We'll examine how you can build a rock-solid marketing plan from the ground up and how you can adapt your digital marketing plan, if changes need to be made. From content marketing strategy to claiming space in the social networks and even inbound marketing - it's time to hit those business goals.

By the end of this session, you should feel less overwhelmed and more confident about how you can take your business and grow your sales on line. ”

Check out the full [details on The Growth Hub website here](#).

Go wildlife-friendly at home! Stroud Valleys Project

If you're trying to manage your lawn in a more nature-friendly way, why not consider going the full Poldark and **scything instead of mowing**? It's gentle and meditative, and kinder to wildlife.

Stroud Valleys Project is running a workshop to show you how to do it right - but if you're more focused on your house than your garden, perhaps you could install a Swift terrace? Swifts are struggling, with numbers declining as their homes under eaves reduce with improvements in building.

Stroud Swift Group has all the information you need - find them on Facebook.

Further info email kerri@stroudvalleysproject.org

<https://www.stroudvalleysproject.org>

Stroud Swift Group : <https://www.facebook.com/groups/1201307147369207>

MEMBER TIPS:

Our Members have shared their tips as part of their Business Spotlight Post on our Facebook Page and Group. Here is what they say:

- don't give up even when times are hard.
- always remember to look after yourself too! Make yourself a priority in your business.
- do not be afraid to ask. Have confidence in yourself.
- don't keep everything in your head! Get all those problems out on paper. Make a plan.
- surround yourself with people who lift you up and inspire you.
- plan and be organised but that also includes making time for yourself away from work.
- be confident about your proven skills and talent; not everyone can do what you do.
- if someone else can do it, you can too! Forget limits. One step at a time is enough.
- network, network, network! It can be daunting at first, but I have found the majority of my clients are either people I have met or people who have been referred to me via someone I've met.
- believe that you have the strength, empathy and positivity to make this business work and that as long as you are open to new ideas and able to reflect on progress and performance, then you will be able to make this business a success.

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Stroud Businesswomen's Network



Proving that business
and pleasure do mix!

Meet potential clients, make contacts, make friends and be inspired at our welcoming and supportive meetings twice a month.

All for just £60 a year!

Stroud Businesswomen's Network was launched in 2004. We're a not-for-profit organisation run by volunteers.

Your first Members' Meeting is FREE!

Contact us

enquiries@stroudbusinesswomen.org.uk

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[@StroudBusinesswomensNetwork](https://www.facebook.com/StroudBusinesswomensNetwork)

Visit our website

www.stroudbusinesswomen.org.uk

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