

Stroud Businesswomen's Network



NEWSLETTER

February 2024 (Quarterly)

CONTENT LINKS

- [SBN Thoughts from the Chair](#)
- [SBN meeting dates](#)
- [Members' news, events & offers](#)
- [Announcements](#)
- [Information, Courses etc](#)
- [About Us](#)
- [Join Us!](#)

KEY DATES

Forthcoming Member Meetings - Networking, speakers and shout-outs and events.
Thursday 29th February - Speaker at MGC 9.30am - 11am
Tuesday 21st March- Speaker
Thursday 25th April- TBA

Coffee Catch-Up at The Curio - Open to ALL
Thursday 8th February- 9.30am - 11.00am
Thursday 14th March
Thursday 11th April

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 Committee - Sam Collins

A quick look back to our SBN festive lunch which was a great success at a new venue for us at Egypt Mill Hotel in Nailsworth, where the room was buzzing (we can be a noisy lot!) with 23 of our members enjoying a delicious three course meal.

A belated Happy New Year to everyone and welcome to 2024 ! With a strong and supportive network and our home in Minchinhampton Golf Club working so well, we are looking forward to another fantastic year helping each other, growing our businesses and expanding the SBN membership.

We have been recognised by new member Marina Roos of Triple Eight Containers with a feature in the Wiltshire Glos Standard - please check it out and see her thoughts on us as “an inspirational and supportive place for women in business to learn from each other, building confidence and customers whist networking”. The article can be seen [here](#).

Our January meeting got everyone chatting in the format of our in-room membership networking; getting to know each other and our businesses better in a thought provoking way. We looked at why we do what we do, and what made us choose our current roles and career paths. We also looked at the best advice that we had been given and shared thoughts and ideas that will support all within the membership. To close our meeting we had several Members already booked for Tammy Kwan of [TammyLynn Photography](#) to take high quality professional headshots for use in promoting business on line and on social media platforms.

We welcomed a number of new guests who came to see what we were like and try us out - we hope to see them and others join us to become full members in 2024.

For our February networking meeting we are looking forward to speaker Penny Newton-Hurley founder of Compassion Ltd who brings a strategy of compassion to her work focusing on boosting performance whilst enhancing wellbeing. She will tell us more about her inspiration and her business journey.

We look forward to seeing you there!

Sam

Meeting Chair for January

SBN meetings 2024

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

Members' Networking meetings - opens 8.45 for 9.30am start ***			
25th January	29th February	21st March*	25th April
23th May*	27th June	18th July*	29th August**
26th September	24th October*	21st November*	Festive Lunch

*Earlier in the month due to school holidays/ MGC availability

**Please check venue for Summer casual meeting.

***Usual venue Minchinhampton Golf Club.

Download your copy PDF with 2024 dates [here](#).

The SBN Committee of Volunteers

Our Committee left to right below:

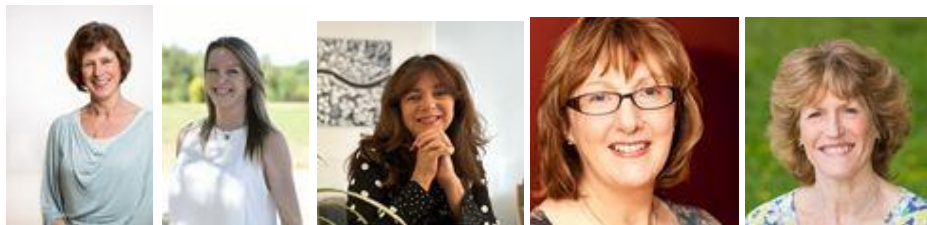
Chair: Tanya De Leersnyder (info@kalyaproducts.co.uk)

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 £75 for the year! 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!

November- Marina Roos of [Triple Eight Containers](#) your local container supplier!

January - Alison Randle of Smart Prospects who handles travel arrangements, business consultancy, coaching and more! Find out more about her here <https://www.smartprospects.co.uk>

January - Karina Methven with [Magic Bean Media](#) for all your businesses social media requirements.

What happened at the SBN Festive Lunch?

Egypt Mill Hotel was a great venue for seating all 23 SBN Members for their delicious Festive Lunch. We have posted some photos to see on our [Facebook page](#) and [group here](#).

SBN IN THE NEWS!

Thank you to Marina Roos of [Triple Eight Containers](#) and her feature in the Wiltshire and Gloucestershire Standard news the SBN were subject to more than a good mention. Click the link [here to see the article](#). Thanks Marina!

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

Group (our Group - for SBN members only) [facebook.com/groups/stroudbusinesswomen](https://www.facebook.com/groups/stroudbusinesswomen)



Instagram [instagram.com/stroudbn/](https://www.instagram.com/stroudbn/)



Twitter twitter.com/stroudbn



LinkedIn <https://www.linkedin.com/groups/3004343/>

OUR SUGGESTION BOX is up and running! This will be available at our meetings, your thoughts, suggestions and feedback are very welcome.

MEMBER SHOWCASE /SPOTLIGHT - YOU KNOW YOU WANT TO!

Let us feature your business on social media. We have some easy questions for you to answer which tells us a bit about 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.

RECENT MEMBER SPOTLIGHT POST

Nafiseh Lashmore-Davies of ECM Accountancy joined us in November - see her spotlight post on our SBN [FB page here!](#)

Support offered and help needed at Scarlet House Care Home Article by Katerina Pippi

Piano Tuner required!

Scarlet House care home needs someone to help with piano tuning.

Are you an organiser?

Do we know anyone that can help with turning a 100th birthday in March into a Welsh fete?

Carers Café support group

Join the big dementia conversation at our next event: Wednesday 21st February 2024, 2.30pm-4pm

Join like-minded members of the community, share experiences, and find out how our team could support you in caring for a loved one living with dementia. We will also be joined by Dr Jennifer Bute, who has worked in medical education and was diagnosed with dementia fourteen years ago. She will talk about her experiences, how we can improve the lives of those living with dementia and talk about her book 'Dementia from the Inside A Doctors Personal Journey of hope'.

Katerina Pippi

Customer Relations Manager | Residential Care Services | Care UK |

Telephone: 01453 769810 |

Mobile: 07976 585740 |

Email: Katerina.Pippi@careuk.com

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

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

SBN OFFER - Co-working Retreat & Coaching Unique Bundle - Article submitted by New Member Alison Randle

As a thank you for the awesome friendly welcome from members of SBN, I warmly extend this invitation to secure a place at one of my co-working retreats in 2024.

This is for you if you need to make fast progress on a work project in 2024.

As a highly experienced facilitator and development management specialist, my retreats are designed to give you space to think, create and take purposeful action.

Distraction-free work time is balanced with afternoons and evenings free to rest and replenish, in whatever way that works for you. You will be well looked after at our 4* spa hotel on Lake Windermere.

Each retreat place comes with a year's membership of the "DO to BE" community, and optional pre- and post-retreat coaching sessions - but your **unique SBN bundle has an extra 3 sessions**.

Ways to avoid paying the full price (£2200):

1. Select an early bird offer (£1900); or
2. Use SBN20BUNDLE at the full price checkout to **get 20% off AND an extra 3 coaching sessions** for £1760

Come and enjoy working in great company, in a gorgeous setting.

Full details <https://www.smartprospects.co.uk/retreat>

Happy to chat if you have questions.

Alison Randle MSc

Facilitator & Coach *Smart Prospects* 01453 882 720/07910 300 246

BCB Business Energetics Agency is Open! Article submitted by Debi O'Brien

I'm happy to say in January I launched my Agency - BCB Marketing where I support small businesses and coaching professionals with Integrated Strategic Marketing and Done4You solutions - always incorporating the energetics of business.

Here are 4 simple ways to actively engage your business energetics every morning.

1. GATHERING GRATITUDE.

Note 3 things (large/small) you are grateful for in your business/your life.

2. CURIOSITY CREATES.

Ask a question - What positive action can I take today to actualize ...?

3. CONNECTIONS

Allocate 1 hour to CRM (Customer Relationship Management) to connect with prospects, new clients or existing customers. Where can people find you - focus some energy there.

4. PICK ONE THING.

What is 1 THING that if you actioned today, would move the business needle? NOTE IT. DO IT

Visit my website and see what's new. You are invited to join me in the **Monthly Marketing Café** - the next one is February 22nd where we do some online connecting, marketing and tech creation support.
<https://www.beconsciousbusiness.com/>

The Academy has two repeat programmes, and on the Agency page you will find out more about Marketing Integration Support.

Connect with me: Debi O'Brien Tel: 073759 40415

Email debi.obrien@outlook.com

LinkedIn: <https://www.linkedin.com/in/debi-obrien/>

Facebook Group: <https://www.facebook.com/groups/beconsciousbusiness>

How to Garden All Year Round - Four sessions for £60 - Article submitted by Diana White

My business is called Diana White Garden Design. I design gardens of all shapes and sizes, offer consultations, advice, inspiration and more! I have been in horticulture for over twenty years. Plants, gardens, and the people who enjoy them are my passion. As Aubrey Hepburn once said 'To plant a garden is to believe in tomorrow'.

I'm delighted to be offering a four week **gardening evening class starting on the 6th of March**. It's aimed at anyone who would like to learn more about how to look after their garden - you may have some gardening knowledge already, or be a complete beginner. By the end you will have a good knowledge of which jobs to do when, all year round. And hopefully will have had some fun along the way!

When? - Wednesdays at The Pavilion, Cainscross from 7 - 9pm starting the 6th March 2024.

The price is £60 for four sessions. To book contact me, Diana White, on 07950 905669

Email - diwhiteuk@yahoo.co.uk

Renovation and Celebration with SBN Offers from Severn Bites Bread-making

Article submitted by Danielle Ellis

Exciting times at Severn Bites Bread-making Classes! During February the kitchen is being renovated. To celebrate, **SBN members are offered a 10% reduction** on either a scheduled class or a private class if you book before 31.5.24. Use code SBN10 at checkout. Scheduled classes are £90.

There's plenty to choose from! For scheduled classes visit <https://www.severnbit.es.com/breadmaking-courses/>

For private classes visit <https://www.severnbit.es.com/product/tailored-breadmaking-class-gloucestershire/>

With more than 30 5* reviews on Google, Severn Bites is located just a short distance from Junction 13 on the M5.

Danielle Ellis

1 Ryalls Court, Ryalls Lane, Cambridge, Gloucestershire, GL2 7AH

07901 854981 / 01453 899230

@breadbakerdani on Twitter and Instagram

Severnbit.es.com

Set up a one-to-one [online breadclass](#) or [Rofco oven](#) chat from wherever you live.

Triple Eight Containers - your local container supplier - Article submitted by Marina Roos

UK container specialists Triple Eight Containers have recently moved their offices from London to Stroud and they are excited to welcome a new member to support their growing business. The founder, John Emms has had a colourful career initially in banking and accountancy and then in transport management and container hire. He founded Triple Eight in 1999 and specialised in offering lease purchase and rental of new [one way into UK only] shipping containers to the UK self-storage industry. His daughter, Marina started her career at Triple Eight some 5 years ago and is thrilled to be putting down new roots of the business in Stroud. Marina enjoys a good working relationship with customers, suppliers, depots and hauliers alike.

So, if you are after a shipping container for storage or the like, get in touch.

Website : <https://www.tripleeight.net/>

Linked In : <https://www.linkedin.com/in/marina-roos-emms-47282b97/>

Triple Eight Containers Limited

Willow Court, The Old Police Station, Beeches Green

Stroud, Gloucestershire, GL5 4BJ

Mob: 07814 386903 / 0207924 7888

RESET Retreat offer for SBN members and friends - Article submitted by Kate Tyler

THE OFFER:

ALL SBN Members are being offered 10% off the RESET RETREAT in Spain, 12-16 Sept 2024.

Payment plans are available.

Flights are not included, flight details recommended ask for details.

Deposit £149

Price: £775pp *(based on a twin share)

10% discount on this price

(Single rooms available at a supp of £249/Limited rooms available)

OR

4th Person goes half price!

Travel as a group of 4 and receive ½ price on the 4th person, which you can share the cost between you.

This is based on twin share rooms.

Numbers are being limited to keep it a small and intimate group for a more personalised experience.

This offer is for SBN members (and friends that want to join them) before I do a general release in January as a social media campaign.

ALSO - If any SBN members want to arrange their own retreat group I will also extend the 10% discount offer to their booking for retreat venues or pre-made packages that I sell.

Further information can be found on my Instagram

@restfulretreatsworldwide

Linktree: linktr.ee/restful

Dive into Digestive Health: Choose Your Transformation Journey Article submitted by

Trish Tucker-May

Are you ready to say goodbye to belly bloat and hello to a happier, healthier gut?

I'm thrilled to announce the launch of two offers, each designed to guide you on your path to digestive wellness. Take the first step, there's an option to suit your needs and budget.

Beat the Belly Bloat: 3-Week Introductory Programme - Just £95!

Perfect for those dipping their toes into the world of gut health, this 3-week programme is your starting block to beating the bloat. Discover the root causes and learn how to manage them with simple, effective strategies. You'll receive meal plans, and lifestyle tips to kickstart your journey to a bloat-free life.

8-Week Gut Transformation Program for £295!

For those ready to dive deeper, the 8-week transformation programme offers an extensive approach to gut health. This immersive experience provides you with all the tools you need to reshape your digestive health.

With a focus on long-term solutions, you'll explore advanced nutritional guidance, and techniques to revolutionise the way you feel.

Both programmes are crafted with care, drawing on my years of expertise in nutrition and gut health.

With options for every budget, there's never been a better time to invest in your health.

Trish Tucker May Registered Nutrition Gut Specialist BEd, MBA, DipNT, FNTD, PSA

Beat the belly bloat - <https://www.trishtuckermay.com>

Founder Passion 4 Juice Ltd - E: trish@trishtuckermay.com / UK PH: +44 (0)7984 326 956
trishtuckermay.com & passion4juice.com

Book an appointment [here](#) / Read testimonials [here](#)

Connect with me here Linktr.ee

Weekend Retreats - Article submitted by Kate White

Nurture yourself with our gut friendly food, nature connection practices, TRE (tension release exercises), along with acupuncture and gong bath sessions and plenty of simple down time.

“The Come Back to Our Senses woodland retreat nourished me to the depths. The pace was perfect, the food utterly delicious and the offerings gentle and yet profound. I highly recommend it to anyone who is working to protect nature. This retreat was just what I was needed and I'm sure will be very supportive for many others.” Dr Gail Bradbrook, Co Founder Extinction Rebellion.

Affordable price and early bird rate available with deposit, and option to pay remaining in installments.

Sign up for occasional emails about our offerings <https://www.comebacktooursenses.co.uk>

Kate White Certified TRE® Provider - website: www.katewhitetre.co.uk

Heather Lloyd Payne of EMEA Digital Marketing has a favourite quote to share with us:

“Your value doesn't decrease based on someone's inability to see your worth“

Heather Lloyd Payne
EMEA Digital Marketing Consultant
07542 358063

Are you or have you been a social worker?

Stroud College are in need of someone who has experience as a Social Worker to talk to students who are interested in this as a career. If you or anyone you might know might be able to help, please can you contact Fiona Hammond below?

Fiona Hammond/Careers Advisor//Tel:01453 761173
A: Stroud Campus, South Gloucestershire and Stroud College, Stratford Road, Stroud,
GL5 4AH
W:<http://www.sgscol.ac.uk>

Would you be a Mock Interviewer for Archway students?

Archway School are running Mock Interviews for Y10 & Y12 students in July 2024. They are looking for people who would like to act as interviewers and give our students experience of an interview helping them to understand the process.

*Lesley Ryall
Careers & Communications Lead
Archway School
Paganhill
Stroud
GL5 4AX*

*01453763242 ext512
01453769542 direct
Email - lesleyryall@archwayschool.net*

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.

Please scroll down to see our SBN Poster, please print or/and share and help spread the word of SBN.

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 £75 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

Join us on Facebook

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

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www.stroudbusinesswomen.org.uk

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[←Back to Top](#)