

Stroud Businesswomen's Network



NEWSLETTER

November 2023 (Quarterly)

CONTENT LINKS

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

KEY DATES

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

Thursday 23rd November - **Speaker at MGC - 9.30am - 11am**
Tuesday 28th November - **Festive Wreath Making 6pm**
Thursday 14th December - **Festive Lunch Egypt Mill at Midday**

Coffee Catch-Up at The Curio - Open to ALL

Thursday 9th November- 9.30am - 11.00am
Thursday 14 December
Thursday 11th January 2024

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

Are we allowed to begin to think about the festive season? Is it too early? Well, from an SBN point of view, there are two festive events to look forward to! We have a 2 hour, [Festive Wreath Making workshop](#) that will run on the 28th of November at 6.30pm provided we have at least 8 people booked. £40 per person, run by [Caroline White of Abbey Meadow Flowers](#). Caroline sources British foliage and offers a range of dried flowers, fruit, feather, and ribbons to create your unique wreath. I am really looking forward to this!

And of course, we have the [Festive Lunch](#) which, this year, will be held at Egypt Mill on the 14th of December. You are welcome to bring a friend to this special, annual event. The [menu](#) looks amazing and has vegetarian, vegan, and gluten-free options. Both these events are currently up on the [SBN website](#) so go ahead and book.

Since the last newsletter, we held the Summer Coffee and Cake morning at the Old Lodge on the 31st of August. It was a great success with around 20 members as well as a few people who have come to the Curio Lounge event joining us.

Shout-outs from our Members

Our shout-out for September was [Trish Tucker-May](#) a nutrition gut specialist who despite a very long and difficult process has launched a brand new book called “[Nourish Your Gut, For a Positive Menopause](#)”. She spoke passionately about how nutrition resolved long standing health issues of her own and how she has moved forward with this focussing on the importance of the balance your hormones and good gut health. She went from many emergency visits to A and E, relying on medication for pain, hay fever, allergies, asthma, and regular bouts of bronchitis to using nutrition to become a healthy, medication free woman.

Our shout-out for October was [Kate White](#) introducing her business TRE (Tension Release Exercises). We all have a holistic way to balance our systems which we have forgotten as adults. You will often see children and animals in distress shaking. Kate discovered the TRE method (Tension and Trauma Releasing Exercises) about 4 years ago on a meditation course and she has since specialised in teaching this simple way of getting rid of mental and emotional stress. It teaches us how to tap into our involuntary shaking mechanism and can be done anywhere, anytime once you have learned the technique. It can be fun and enjoyable and completely self-regulated as required - you can stop anytime. Kate teaches you how to access it and be empowered in about 4 to 6 sessions.

Speakers / Training

Our trainer for September was Committee Member [Debi O'Brien of Be Conscious Business](#). She gave us a short training session on LinkedIn Training. Her passion for it was clear to see! She talked about the three key areas one needs to work on - your profile, content that you post and your network. Your LinkedIn profile is your digital reception desk and needs to draw people in. Always include a link to your website and any events and offers you have. A really important point is to only connect with your ideal client and only accept invitations from people you REALLY want to connect with as this feeds the algorithm. You may need to decline and block sales attempts and other requests that don't fit with your business.

Interestingly, Debi said you should have a maximum of 3 to 5 hashtags in a post, not as many as you can think of. Be specific. Debi really touched on the basics and there is so much more that she could share. We may well ask her to follow up on this workshop next year.

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Thoughts from SBN Chair Tanya De Leersnyder

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At our October meeting Anna Bonallack, the CEO of Creative Sustainability spoke to us about her journey in setting up her company. Anna came from a background of being a single parent to 3 children. She was a painter/decorator and then trained to teach. She hated the teaching system but loved the kids and decided she wanted to do something to get young people into nature back in 2009/2010. Now Anna has a community interest company (not for profit) with 15 employed staff and many volunteers supporting around 1000 people across Gloucestershire. The 3 main aims of her company are around: inclusion, sustainability, and empowerment of our young people.

To name just a few of her projects, there is **the 3rd Space youth programme** - this includes LGBTQ+ and asylum seekers amongst others, **The Gloucestershire Youth Climate group**, and the **Access Bike** project - a community bike workshop and space where young people come together to build, repair and up-cycle old bikes.

Anna encouraged us to ask ourselves what OUR personality drivers are in life. She feels that her curiosity about everything and everyone is key, as well as her sense of fairness and her own neurodiversity which has always made her a risk taker and someone who wants to push things forwards. A great tip she gave us was not to think of lists of things to do, rather see them as exciting problems to solve. And always seek joy in what you do.

We have one more Minchinhampton meeting at the end of November and then the Wreath making workshop and the festive lunch to look forward to in December. I hope to see many of you there and may your year end well and 2024 start even better. Thank you for being part of this special group of women.

Next Meeting dates

09 Nov 23 at 9.30am at the Curio Lounge - coffee and catch-up

23 Nov 23 at 9.30am at Minchinhampton - NOTE! Changed from the 30th

28 Nov 23 at 6.15pm either in Slad or at Minchinhampton Golf Club - Wreath making workshop

14 Dec 23 at 9.30am at the Curio Lounge - coffee and catch-up (the same day as our lunch for those who cannot make the lunch but would still like to meet up)

14 Dec 23 at 12pm for a 12.30pm start. Festive lunch at Egypt Mill

Tanya
Chair

SBN meetings 2023

Coffee Catch Up meetings 9.30am to 11am - at Curio Lounge Stroud			
14th September	12th October	9th November	14th December

Members' Networking meetings - opens 8.45 for 9.30am start ***			
28th September	26th October	23rd November (changed from 30th)	14th December Festive Lunch at Egypt Mill

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*	28th November	Festive Lunch

*Earlier in the month due to school holidays

**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:

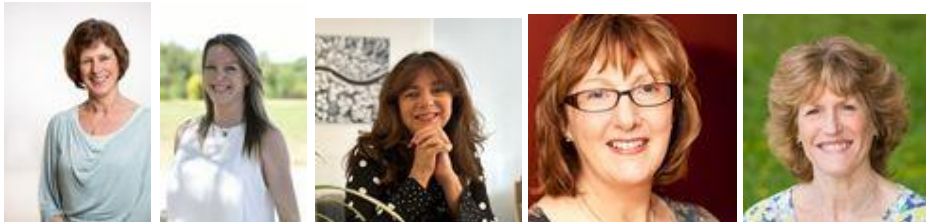
Chair: Tanya De Leersnyder (info@kalyaproducts.co.uk)

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

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

Catherine Embleton - Cognitive Hypnotherapy

Germain Newman - Acupuncture

Kate White - TRE (Tension Release Exercises)

Nafiseh Lashmore-Davies - Every Client Matters Accountancy

OUR FESTIVE LUNCH!

We have booked Egypt Mill for our Festive Lunch so please check out this [delicious menu](#) and book online here. Both Members and Friends (Non-Members) are welcome.

[BOOK ONLINE HERE](#)

JOIN US FOR A WREATH MAKING WORKSHOP!

Join us for a 2 hour workshop with **Caroline White of [Abbey Meadow Flowers](#)** to create your own unique festive wreath. Arrive at 6.15pm for a 6.30pm start. It promises to be a creative, fun and social event and you get to take away your own creation!

CLICK TO [BOOK ONLINE FOR WREATH MAKING BY 10TH NOVEMBER!](#)

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

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

New member Kate White TRE Practitioner - see her spotlight post on our SBN FB page [here!](#)

SBN Offer from Member Kate Tyler of RESTFUL TRETREATS

RESTFUL TRETREATS

Finding & recommending worldwide hand selected retreats & restful experiences, so that even the stress of starting to plan your trip is taken away 🗺️🏠❤️

Restful Retreats has pre-packaged retreats all over the world, from Morocco to Africa! As well as venues for hire for those that want to take a group of their own on a retreat.

I talk through your requirements, budget, locations and ideas to make your retreat run smoothly and with peace of mind that everything is taken care of for you and your clients.

THE OFFER:

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

Payment plans available.

Flights 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 supplement 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

Kate Tyler

Kalaya Massage Festive Offer Article submitted by Tanya Leernsyder

Festive special offer! Why not buy a massage voucher for a friend or family member this Christmas?

I have been massaging for 28 years and offer 30 mins for £25, 1 hour for £55 and for total luxury, 1hr30 for £75. Anything from aromatherapy to deep tissue, to hot stones (supplement of £10) to the recent Lauterstein massage technique I studied.

I also have wonderful aromatherapy products that I make myself which make unique gifts. In particular, my Joint Soothe for aching, stiff joints and muscles, Sleep Easy blend, Skin Soothe for any dry, itchy skin, Relax Cream or Oil which does what it says on the tin and smells incredible, and Revive roller ball to keep in your bag and use anytime, anywhere.

Have a look at my websites, www.kalyaproducts.co.uk and www.kalyamassage.co.uk and www.kalyayoga.co.uk

Or message me on 07806227318. Tanya Leernsyder

The Power of Setting Boundaries & Letting Go of People Pleasing

Article submitted by Catherine Embleton

As a woman who is running two businesses solo, it is so easy for me to get on with my to do list and forget about myself in the process. After a recently period of overwhelm which was an outcome of a lack of boundaries and the people pleaser in me making an appearance again, I realised that my self care, my mind, my body, my heart, actually WAS the most important thing I needed to nurture.

I worked with my hypnotherapist around my limiting beliefs that was contributing to my people pleasing behaviour and something really shifted.

I raised my fees, lowered my number of clients, limited when I was actually going to see my clients, started implementing consistent selfcare actions such as meditation, exercise, gratitude journaling, meal prep and booking in my monthly massage in advance, it has made the WORLD of difference. Not only am I more present and connected with my clients & myself, but I feel more joyful, calm, inspired and excited by life.

Boundaries are our way of saying to ourselves...

'You are important'

'Your time is precious'

'You are so worthy of care'

Catherine Embleton Cognitive Hypnotherapy

www.catherineembleton.com

Tel:07896281723

F: <https://www.facebook.com/catherineembletonhypnotherapy>

I: https://www.instagram.com/catherineembleton_therapy/

Hiding in Plain Sight Article submitted by Andrea Rigby of Cirencester Soroptimists

Cirencester Soroptimist is the local branch of an international women's organisation with representation at the UN for the advancement of women and girls. They are holding a conference next month on modern slavery and human trafficking, understanding the context, learning how to identify it among us, and knowing what to do if you fear it is taking place.

Come along and learn how to recognise the signs and know what to do.

There will be speakers from Anti-Slavery International, the Gloucestershire Police and the Salvation Army.

Friday 24th November 9.30am - 3pm

Venue: Bingham Hall, Cirencester



RSVP by 6 November by scanning QRode

Driving in Later Life; What's Next? Article submitted by Katerina Pippi

Join us to hear Alexandra and Nigel Lloyd-Jones from Gloucestershire Older Drivers Forum, cover a number of topics on driving in later life, from the age to re-evaluate to your options and planning for the future.

Venue: Scarlet House Care Home. 123 Westward Rd, Stroud GL5 4TS

To attend please call 01453 808106 or email katerina.pippi@careuk.com

5 Common Causes of Bloating for Women Article submitted by Trish Tucker-May

Here are five common reasons why women experience bloating:

1. Overeating:

Eating too quickly or consuming large portions can lead to overstretching of the stomach, causing discomfort and bloating. Try to eat mindfully, chew your food thoroughly, and opt for smaller meals.

2. Gas and Digestive Issues:

Certain foods like beans, lentils, broccoli, and cabbage are notorious for producing gas. Lactose, lectins or gluten can lead to bloating. Pay attention to which foods trigger your symptoms and consider reducing their intake. Adding in some digestive enzymes will help break down your food in the small intestine. I recommend Superfood Plus buy here <https://www.trishtuckermay.com/shop>

3. Constipation:

A diet high in fibre, along with regular exercise and hydration, can help prevent constipation.

4. Menstrual Cycle:

Many women experience bloating in the days leading up to their period. This is often due to hormonal fluctuations that can lead to water retention and digestive changes. Gentle exercise, hydration, and a balanced diet can help alleviate this type of bloating.

5. Gastrointestinal Disorders:

Conditions like irritable bowel syndrome (IBS) can cause chronic bloating.

Please reach out to me and book a free half hour call - <https://p.bttr.to/2MZVUKN>

Email Trish@trishtuckermay.com or call 07984 326956

THERAPY ROOM AVAILABLE TO RENT

A beautiful and relaxing room set up especially for therapeutic use. Perfect for self employed therapists needing a place to work from. Central to town and close to parking.

Rates are based on £10 an hour with a minimum half day (4 hour) rental.

Long term rental also available.

If you are interested or have any questions please email Harriet and Claudia here at thetherapyroomsstroud@gmail.com

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.

[←Back to contents](#)

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

Join us on Facebook

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

Visit our website

www.stroudbusinesswomen.org.uk

Scan for our Website



Please print our poster above for display or distribution. Thank you.

[←Back to Top](#)