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Newsletter: [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk)

April 2018

## SBN DIARY DATES

- Our next full **Stroud** networking meeting at the Lodge is on **Thursday April 26th 2018** starting promptly at 9:30am. Arrive at 8.45am onwards.
- Informal networking - at The Curio Lounge, King's Street, Stroud from 9am-11am. The next meeting is **Thursday April 12<sup>th</sup> 2018** and then every second Thursday of the month

Why not organise a **lift share** on our

[LinkedIn page!](#)  
[Events listings on our website](#)

## NEWSLETTER CONTENT MENU

- [Stroud Businesswomen's Network News](#)
- [SBN events](#)
- [Get your business noticed!](#)
- [Business courses, events, members news & special offers for SBN members](#)
- [Information, resources, funding & support](#)

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

### Next Newsletter deadline:

**The deadline for the April edition will be Friday April 27<sup>th</sup> 2018.**

We welcome your news and offers or do let us know what other local resources or information might be useful for our members to know.

Articles submitted for inclusion should be in plain text - preferably in the body of the email or as a Word document attachment (ie not a pdf, jpeg etc) and be **no longer than 200 words please!**

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

**Send to [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk)**

#### 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](mailto:enquiries@stroudbusinesswomen.org.uk).

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**Disclaimer:** Stroud Businesswomen's Network ("SBN") accepts no responsibility or liability with regard to the information provided in this newsletter. The views and opinions expressed in articles are those of the individual contributing members and do not necessarily reflect the opinions of SBN or its committee members. Information is intended to be of a general nature only and is not necessarily comprehensive. Where there are links to external websites, SBN assumes no responsibility for the information contained in those entries or on those websites.

## Stroud Businesswomen's Network NEWS!

### Thoughts from ... SBN chair Catherine Green

March's meeting was packed full of great business tips and fantastic business stories.

Thanks to Debbie Bird who spoke about communication and Kim van Dongen, Hazel Rank-Broadley and Zara Kirk who spoke about their businesses. With lots of new guests and questions from the floor with occasional laughs thrown in for good measure it was a fantastic meeting and reminded me of why I joined SBN in the first place.

As announced earlier in the year I will be retiring at our April AGM and Debbie Bird has kindly agreed to take over the role of chair. Please do come along to the AGM and to the fantastic Easter lunch on 19 April (where the Easter bunny will have left gifts!) to join in the fun. It has been a fantastic 7 years which has flown by due to the simply amazing women who make up SBN!

*Catherine*

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Join in the SBN chat - and organise lift shares - on our [LinkedIn](#) page  
[www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343](http://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)  
SBN's LinkedIn account is now run by committee member Tammy Kwan  
[www.linkedin.com/in/bethwhittaker1](http://www.linkedin.com/in/bethwhittaker1)

Follow us on [Twitter](#) @stroudbn [www.twitter.com/stroudbn](http://www.twitter.com/stroudbn)  
SBN's Twitter account is run by committee member Tammy Kwan  
[www.twitter.com/bw58](http://www.twitter.com/bw58)

### Our Meeting Schedule and How to Join!

See the website for the latest information [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk)  
If you haven't already joined, you can join online using Paypal. **First meeting free, then just £50 for the year!**

## Your committee of volunteers



*Photo by Tammy Lynn Photography*

### The SBN committee of volunteers is:

#### Back row, left to right:

- > Debbie Bird (training) [debbie@ablegrowth.co.uk](mailto:debbie@ablegrowth.co.uk)
- > Beth Whittaker [beth@viva-communications.co.uk](mailto:beth@viva-communications.co.uk)
- > Tammy Kwan (event organiser) [tammy@tammylynn.co.uk](mailto:tammy@tammylynn.co.uk)

#### Front row, left to right:

- > Stella Jensen (finance) [stella@jensenaccountancy.co.uk](mailto:stella@jensenaccountancy.co.uk)
- > Catherine Green (chair) [CatherineGreen@wspolicitors.com](mailto:CatherineGreen@wspolicitors.com)
- > Karen Blaylock (website) [karen@spearsouthwest.co.uk](mailto:karen@spearsouthwest.co.uk)

# Stroud Businesswomen's Network Events

## MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: April 26<sup>th</sup> 2018 9.30am** at The Old Lodge, Minchinhampton
- **Informal networking April 12<sup>th</sup> 2018** The Curio Lounge, Kings Street, Stroud 9-11am SBN members and guests are welcome to pop in. All you need to do is buy your coffee!

**Stroud Businesswomen's Network  
2018**

Our main monthly meetings with networking, business skills workshops and inspirational speakers are at the Old Lodge, Minchinhampton, Stroud GL6 9AQ – Thursdays 9.30am start (doors open 8.45am) – 11.00am

<b>January 25</b>	<b>April 26</b>	<b>July 26</b>	<b>October 18</b>
<b>February 22</b>	<b>May 24</b>	<b>August 30</b>	<b>November 29</b>
<b>March 29</b>	<b>June 28</b>	<b>September 27</b>	<b>December</b> <small>Christmas Party date tbc</small>

We also host informal drop-in networking at the Curio Lounge, 9am-11am Kings Street, Stroud, GL5 3BX (from January 2018)

January 11	April 12	July 12	October 11
February 8	May 10	August 9	November 8
March 8	June 14	September 13	December <small>Christmas lunch date tbc</small>

Check [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk) for meeting details, and to confirm dates and times

## OUR MEETINGS

We have a rolling programme of meetings based on the following three styles, to suit all tastes!

- ✓ **Meeting style 1: Local interest speaker** - for example, recent speakers included David Hagg, Chief Executive of Stroud District Council, Dr Claire Mould from Open House, Nick Weir from StroudCo Food Hub, Ann Taylor from the Museum in the Park and the team from Stroud Fringe - who talk for about 10 minutes. Plus three member 'shout outs' when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information
- ✓ **Meeting style 2: Dedicated to 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 - and one member 'shout out'

Don't forget, you can organise lift shares to our meetings via our [LinkedIn Page](https://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)  
[www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343](https://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)

[← Back to contents](#)

## Get your business noticed!

### Members' banners display

Members who may not have any items they can place on our display table, may instead have **banners promoting the services they provide**. Four members per meeting can place their banners in the entrance to the meeting room - please sign the rota at the preceding meeting if you would like to put up a banner at the next SBN gathering, or contact [CatherineGreen@wpsolicitors.com](mailto:CatherineGreen@wpsolicitors.com).

### Shout about your business!

The Network's 'Shout About Your Business' slot where **members have five minutes to tell the whole group about their business**, is very successful. Members are on a list, and when they reach the top of that list, they are invited to 'shout about' their business at the next meeting. They will be notified in good time, giving them plenty of time to plan their presentation!

### And don't forget the SBN Showcase



*Photo courtesy of  
Ruth Davey  
<http://look-again.org/>*

In addition to the 'Shout about your business' option, we also offer SBN members the chance to **display your products** or services at our SBN meetings.

**This will now be offered on a First Come - First Served basis for SBN members.**

Whoever turns up first (from 8:30am) ready to prepare their display, gets one of the spaces available.

## Courses and Events & Member's News.....

Jane Gray-Wallis: Courses and Offerings

### Rustic Chair Making

Do you fancy a day out in the woods at Westonbirt Arboretum and a chair to bring home with you? I have the perfect solution. Come and make a rustic chair. All materials and tools are supplied along with tea, coffee and cake. You bring a packed lunch.

Places are going fast so do contact me promptly. April 14th, (April 15th one place left). May 18th, 19th and 20th. £70 for the day, have a look at my website [www.rustic-chair.co.uk](http://www.rustic-chair.co.uk) or send me a text Jane 07855 535717.

### Neals Yard Remedies Organic

Are the shops at Bristol, Bath, and Cheltenham a bit of a trek for you? Wish you could see more than the small amount at Waitrose? Then why not get together with your friends for a squeeze (of the bottles!) and a sniff. Plenty of time to try our delicious products in your own home, have a bit of fun and unhurried shopping. Still not sure? Give me a call and I'll explain. I also do one to ones. Jane (07855 535717)

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### Berith Sandgren Clarke - 2b-inspired - Dress for Success

Is your main focus about growing your business?

Then you need to think about how to attract your ideal client. Learn how to **DRESS FOR SUCCESS** - Retail Therapy with a difference. Teaching you what to wear to suit you, your business and your ideal client therefore ensuring you don't damage your personal brand.

#### Savvy Shopping

Saturday 14<sup>th</sup> April  
Cabot Circus, Bristol  
9am to 1pm

To ensure you learn as much as possible in four hours, numbers are very limited to six. Price per person £100 or £75 if you have attended a session previously.  
Email: [Berith@2b-inspired.com](mailto:Berith@2b-inspired.com)

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### The 50 Greatest Gloucestershire Women of all time!

The list of 50 names honouring the brilliant women in Gloucestershire who have really made a difference has been engraved on a plaque that was unveiled on Ladies Day at the Cheltenham Festival in March.

Take a look at them [here](#), also featuring our retiring Chair Catherine Green!

[←Back to contents](#)

## Courses, Events & Member's News.....contd

Regular Meet Ups:

### Stroud Laptop Friday Event

Come and join us at Mr Twitchetts in the Sub For coffee, chat, co-working and focus IT help from Stroud Techies. 1st and 3rd Friday each month, 10:00 to 11:30. We do hope you will be able to come along.

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### Event - Friends in Stitch.....

.. a group of ladies who share a love of all things related to textiles who meet on a monthly basis. You will be made very welcome if you would like to join us. Attendance costs £5.

For more information please visit [www.friendsinstitch.wordpress.com](http://www.friendsinstitch.wordpress.com) or email: FIS.stroud@gmail.com

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A reminder, in case you missed this!

### The Gloucestershire Business Show 2018 Event

Wednesday, 16 May 2018 and Thursday 17 May from 9.30am to 4pm  
Cheltenham Racecourse, United Kingdom

The Gloucestershire Business Show celebrates, discusses and showcases business in Gloucestershire; of all size and industry. It provides a platform through which businesses can form new collaborations, gain information, meet other businesses, speak to professional advisors and engage in action for business.

#### Highlights:

- Seminar and workshop programme
- 140 Exhibitors
- Special Events
- *LIVE*talk Theatre
- The Creative Suite
- Food & Farming Zone
- Information Security Zone
- The Business Kitchen

**FREE ENTRY and plenty of opportunity.**

Book here: <http://www.gloucestershire-business-show.co.uk>

[←Back to contents](#)

## Information, Resources, Funding and Support.....

### Work Spaces and Rooms to Hire around Stroud

Useful link for more information - <https://www.stroudcluster.com/stroud-room-hire-directory/>

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### Advertising with Glos Info:

#### Spread the word about your business

List your business in our directory, for £40+vat per annum, which includes your embedded Facebook and Twitter feed. We can mention you to over 17,700 twitter followers, so more people will find out about you and your business. [www.glos.info/directory](http://www.glos.info/directory)

How can you increase your profile locally and get more people to visit your website, event and business?

Book your Publicity Power Up on [www.glos.info](http://www.glos.info) and your events or business listings will be:

1. Featured as a homepage listing for 2 days
2. Publicised on Twitter to 18,200+ followers and Facebook to 1,300+ likers in a shout out
3. Highlighted on [www.glos.info](http://www.glos.info) and [www.GlosJobs.co.uk](http://www.GlosJobs.co.uk) as a “Listing of the day”
4. Mentioned in our weekly newsletter that goes to 17,100+ subscribers

More information [here](#).

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### The Cotswold Food and Drinks Awards - Nominate or Enter!

Lots more information online; Click [here](#) to enter or nominate a business for this award before Friday 13<sup>th</sup> April 2018.

This event takes place at the Cheltenham Racecourse on Monday 2nd July 2018.

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## Information, Resources, Funding and Support.....

### Cotswold Life Family Business Awards - Nominations or Entry

The Cotswold Life Family Business Awards deadline for entry or nomination is the 16th July 2018 see [here](#) for more categories and full details.

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### BIG BISCOTTI "Going for Growth" Learn - Implement - Succeed

Immerse yourself in a morning of Networking, Mini Workshops, Speed Networking & 121's. . . to help YOU build your business toolkit - over 18 workshops to choose from.

When: 25th May from 8.30am - 12.45pm (doors open 8.30am)

Where: Crowne Plaza Hotel NEC -- Pendigo Way, National Exhibition Centre, Birmingham, B40 1PS (lots of Free Car Parking)

Who is it for: this is an open event for Sme's, people working in organisations, charities and the public sector who want to GROW their business, learn new sales and marketing tools and techniques or simply want to meet MORE PEOPLE!

Note: you do not need to be a Business Biscotti member to attend this event

Members: £16 (login required)

Non members: £20

Refreshments included: tea, coffee & pasties

**[CLICK HERE FOR MORE INFORMATION & TO BOOK NOW](#)**

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[←Back to Top](#)