

December 2017

Enquiries: [enquiries@stroudbusinesswomer](mailto:enquiries@stroudbusinesswomer)

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

### SBN DIARY DATES

- Our next full **Stroud** networking is on **Thursday January 25<sup>th</sup> 2018** starting promptly at 9:30am
- Informal networking - final Gloucester Portivo Lounge meeting, **December 14<sup>th</sup>**, then, from **January 11<sup>th</sup>** we'll be at the Curio Lounge, King's Street, Stroud from 9am-11am every second Thursday of the month

Why not organise a **lift share** on our [LinkedIn page!](#)  
[Events listings on our website](#)

### NEWSLETTER CONTENT

- [Stroud Businesswomen's Network News](#)
- [SBN events](#)
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Please read the [disclaimer](#) at the bottom of the page



### Next Newsletter deadline

There will not be a January newsletter, so **the deadline for the February edition will be Friday January 26<sup>th</sup>**

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

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!**

**Include your contact details (!) and please check all details carefully!**

*Our newsletter is produced - free! - by our volunteer committee.*

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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 committee member Beth Whittaker

I can't remember the last time we welcomed so many newcomers to a meeting all in one go! And at least two have not only signed up for membership as a result, but they have also contributed to this newsletter - so a very warm welcome to Sara and Caroline and others who have joined since yesterday.

We also welcomed Elin Tattersall from the Gloucestershire Rural Community Council who told us how the organisation supports communities and voluntary organisations across the county, helping them to help themselves (since 1923!) Max Comfort, who is managing a GRCC project to try to bring businesses together with a new federation of local children's centres, told us about this innovative idea. See <http://www.grcc.org.uk/individuals-and-families/supporting-childrens-centres> for more info. They are keen to hear your ideas.

Pamela Tawse, who is well-known for her staunch support for the rights of older people in Stroud and has a fascinating story to tell, was unfortunately unable to attend at the last minute, but she'll come back sometime next year!

News from the committee included the decision to move our informal 'grab a coffee and have a chat' meetings from Gloucester's Portivo Lounge to Stroud's Curio Lounge from January - meeting every second Thursday in the month, from 9am to 11am. All welcome...

There will be a stronger focus in 2018 on learning new skills to help you grow your businesses - details in the new year!

So, looking forward to a scrumptious SBN Christmas Lunch next Thursday and a fabulous festive season, may I on behalf of Catherine and the rest of the committee, wish you all a very peaceful and successful 2018.

*Beth*

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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 run by committee member Beth Whittaker  
[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 Beth Whittaker  
[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 (newsletter, Twitter and LinkedIn) [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)

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## Stroud Businesswomen's Network Events

### MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: January 25th 2018** 9.30am at The Old Lodge, Minchinhampton
  - **Informal networking: Last meeting at the Portivo Lounge, Gloucester Quays 9am-11-am Thursday December 14<sup>th</sup>.** (NOTE NEW VENUE from January: 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!
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**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'
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**Don't forget, you can organise lift shares to our meetings via our [LinkedIn Page](#)**  
[www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343](http://www.linkedin.com/groups/Stroud-Businesswomens-Network-3004343)

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[www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk)

## 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.

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## Business news, courses, events, support and special offers for SBN members

### Start-up Enterprise Workshop - FREE! December 4th

A free workshop for anyone thinking about starting their own business and wants to learn how to make it happen. It covers a variety of practical topics, such as how to work freelance, understanding tax and finances, registering your company, an introduction to business planning and more.

It's taking place on Monday 4<sup>th</sup> December, 1-4pm at The Growth Hub, Oxstalls Lane, Gloucester, GL2 9HW.

- More info: [sage@glos.ac.uk](mailto:sage@glos.ac.uk) or [www.startupenterpriseworkshop.eventbrite.co.uk](http://www.startupenterpriseworkshop.eventbrite.co.uk)
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### New business networking group

Gloucester Rugby, the Association of Gloucestershire Business Groups (AGBG) and Gloucestershire County Cricket Club have launched Gloucestershire Forwards.

It aims to use the power of sport to bring businesses and the community together to help support businesses of all sizes across Gloucestershire through offering business networking with a twist, with events across the calendar at various county locations.

One of the goals is to create a forum for all Gloucestershire businesses to work together, finding solutions for issues while supporting community and charitable work across the county. There will be fundraising for charities, and at each event a charity or community representative will have the opportunity to promote their work and projects. A charitable donation to will be made from the proceeds of ticket sales and beyond the first event, from membership costs.

Next event provisionally February 6<sup>th</sup> 2018.

- More info: <http://www.gloucesterrugby.co.uk/hospitality/14133.php>  
01452 876561

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Try something new  
- including special offers for SBN members

Two NEW members share their news... and discounts for SBN!

### Come into the Garden Room...

We offer a variety of beauty and holistic based massage therapies, including Swedish, pre-blended aromatherapy, hot stone and Indian head massage, along with luxurious treatments such as scrubs, wraps and collagen facial treatments. Reiki is also provided.

The Garden Room, in Slad Road, Stroud was created to provide a comfy and relaxing environment, where you will receive a warm welcome, individual attention and not be rushed when your treatment has ended. We have both a conservatory and private garden, where you may extend your stay and continue to enjoy some well-earned time to yourself.

We are delighted to offer treatments to clients living with cancer, after receiving training by the charity Amethyst Trust.

**Special Christmas Offer on Gift Vouchers** A Garden Room voucher provides a wonderfully thoughtful gift and between now and Christmas, they are available with a **15% discount**. For example, a treatment normally costing £45, will be charged at £38.25 when you purchase a voucher.

- Contact Sara Phelps 0333 123 3195  
[www.stroudmassagetherapy.co.uk](http://www.stroudmassagetherapy.co.uk)
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### Chips Away!

A year ago Caroline Clennell and husband, Jim bought the local franchise for the UK's leading minor car paintwork repair brand, ChipsAway. Since then, they have repaired close to 300 cars, added a workshop to their mobile business and taken on an employee.

As well as individual clients they have a host of business customers who understand that scratches and scuffs on your car or van, can damage your brand, and give the impression that you are careless - whether it is your fault or not.

Caroline says the focus of their local business is on convenience: "We can work on a driveway, but now we have premises we can pick a car up from a customer's work or home and deliver it back fixed - often the same day."

Caroline says the technology developed by ChipsAway uses more eco-friendly products (no isocyanates) and because of their focus on minor scrapes, they don't have the overheads of a traditional car body shop, making them up to 50% cheaper.

**SBN member discount of £20 on any repairs or paint protection.**

- Contact Caroline on 0753 552 1198 or  
[jim.clennell@chipsaway.co.uk](mailto:jim.clennell@chipsaway.co.uk) for a free estimate.
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How you can help Stroud attract more customers for your business with the restoration of our canal

A message from Jackie Peet, longstanding SBN member and recently retired from her own construction business:

“I am now working with Cotswold Canals Trust [www.cotswoldcanals.com](http://www.cotswoldcanals.com) to help raise substantial funds to connect Stroud to the rest of the waterways network.

“Please have a look at the recent Heritage Lottery Fund Cruise report on the CCT webpages, where you can see the first boat for 80 years cruising through a lock in the middle of Stroud! What I would really like is your help to make this happen. If anybody has skills in the areas of social media, communications, marketing, advertising or corporate fundraising please contact me.”

- Contact Jackie: [bookings@bearsatrosecottage.co.uk](mailto:bookings@bearsatrosecottage.co.uk) 07768 093 114 or 01452 812046

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