

February 2018

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

## SBN DIARY DATES

- Our next full **Stroud** networking is on **Thursday February 22<sup>nd</sup> 2018** starting promptly at 9:30am
- Informal networking -a NEW venue for 2018 at The Curio Lounge, King's Street, Stroud from 9am-11am. The next meeting is **Thursday February 8<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

- [Stroud Businesswomen's Network News](#)
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- [Try something new!](#)

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

## Next Newsletter deadline

**The deadline for the March edition will be Friday February 23rd.**

[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!**

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

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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

Happy New Year! January's meeting was packed full of useful networking tips in a session run by Debbie Bird of Ablegrowth. She took everyone through being prepared, being at home, bringing visitors, being a sub and booking 121's. Useful contacts were made and 121 meetings arranged.

At our meeting on 22 February we have invited 2 speakers to cover the topic "What Every Small Business should know"

Shelley Bonney of WSP Solicitors and Caroline Aistrop of Green Spark Marketing will be talking about the do's and don'ts for micro and small businesses and the General Data Protection Regulations. These affect every business but offer great opportunity to develop more constructive relationships with your customers and clients. There will be plenty of opportunity to ask questions so do please come along and invite guests.

We have now moved our informal coffee mornings from the Portivo Lounge in Gloucester to the Curio Lounge in Stroud. Please do come along if you are free on the second Thursday of the month from 9 till 11am. There is no need to book just pop along! I hope to see you on 8 February at the next one.

After 7 years of being the chair of SBN I have decided to retire at our AGM on 26 April. I have had an amazing time (the years have flown by!) and I am delighted that Debbie Bird has agreed to put herself forward for chair. All our other committee members wish to remain on the committee but please do let me know before the end of March if anyone would like to nominate a member for a position.

I hope to see you on 22 February if not at the Curio Lounge on the 8<sup>th</sup>!

*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!**

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## 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)

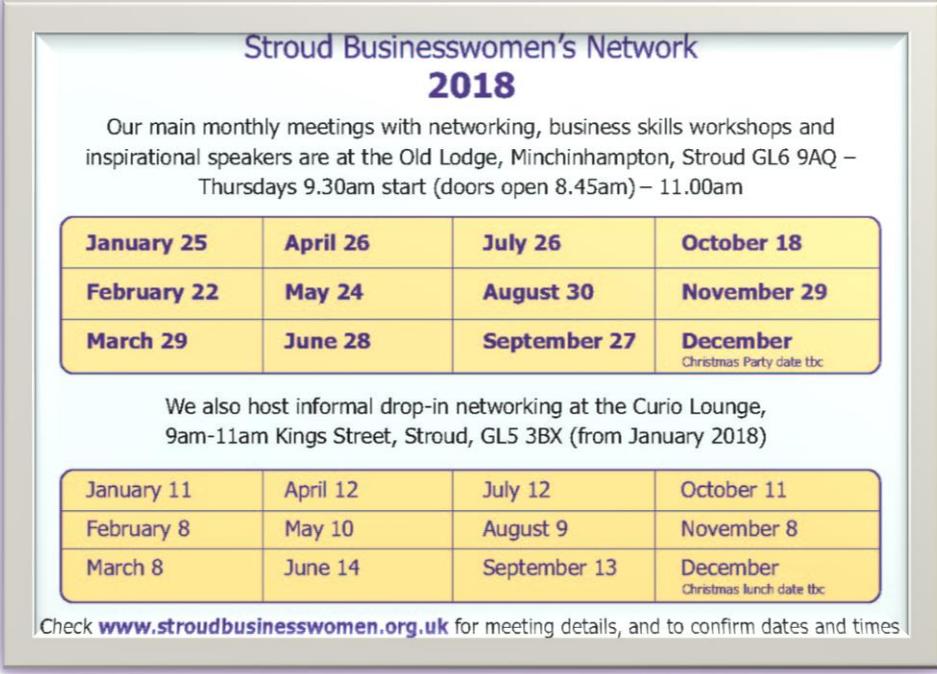
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# Stroud Businesswomen's Network Events

## MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: February 22nd 2018 9.30am** at The Old Lodge, Minchinhampton
- **Informal networking Note: NEW VENUE** : 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

January 25	April 26	July 26	October 18
February 22	May 24	August 30	November 29
March 29	June 28	September 27	December <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)

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

### Tricia Hamilton announces Launch for Win My House coming very soon!

Tricia is delighted to announce that the Public Launch for Win My House will begin at **16:30, Thursday 15th February**. Winners of the Christmas Draw will join her on that day, to see the house, view the garden and explore the architectural character. It will be an opportunity to share the exciting features of the cottage. She will answer questions and keep a record of these to share with you. One member of the Xmas Draw lives in the village, so they will be able to stroll over. Others have longer trips.

#### **Public Launch, 'Win My House' Competition: 15th February 2018 at 16:30**

"My Team of professionals have worked tirelessly to reach the goals needed for my launch. No stone has been left unturned. For example, PR work continues to attract wide press coverage and our Sales and Marketing continues to generate increasingly more interest on social media.

As you are aware, I hope to sell 150 000 Tickets. I would be grateful if you could spread the word too. For more info: [www.winmyhouse.online](http://www.winmyhouse.online) "

The Competition will finish and the winner will be drawn as soon as all of the tickets are sold. The Competition will use skills of observation and judgement. My 'Hat Theme' features in this too.

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### Cotswold Life Food and Drink Awards Tickets Available

Tickets for The Cotswold Life Food and Drink Awards are available with sponsorship opportunities available too. This black tie Awards evening is at the Cheltenham Racecourse on July 3<sup>rd</sup>, tickets are £78 plus VAT. More info [here](#).

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### Stroud Businesses Social Drop-In from 5.30 pm Friday 2nd Feb at the Ale House

Get together, meet other traders for a chat. If you have a business, or any interest in The Town, and would like to meet up with other businesses then you are most welcome to come along to The Ale House, John Street, Stroud, 5.30pm onwards.

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### New business networking group

As mentioned last month Gloucester Rugby, the Association of Gloucestershire Business Groups (AGBG) and Gloucestershire County Cricket Club have launched Gloucestershire Forwards. Next event is on February 6<sup>th</sup> 2018; a business breakfast with a twist. **More info 01452 876561 -**

<http://www.gloucesterrugby.co.uk/hospitality/14133.php>

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### ChipsAway Stroud & Cirencester - Members Discount!

As well as offering members a £20 discount on any car repairs or paint protection, Caroline from ChipsAway is happy to provide quick no-obligation estimates and car paintwork advice, before or after the next meeting. Drop Caroline a line on 07535521198 or on [jim.clennell@chipsaway.co.uk](mailto:jim.clennell@chipsaway.co.uk) to arrange.

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

### Start and Grow Enterprise - SaGE - Free Courses and More

SaGE supports the growth of prestart and start-up enterprises in Gloucestershire through workshops, events, reviews, networks and resources. There are many free workshops available over the coming months see more details and dates on their facebook page [www.facebook.com/UoGSaGE/](http://www.facebook.com/UoGSaGE/)

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### University of Gloucestershire

“Collaborate and grow in the University of Gloucestershire’s business spaces....”  
From events and seminars at [The Growth Hub](#), access to students and academics, expert support services from [SaGE](#) (Start and Grow Enterprise), subsidised business coaching from [GAINS](#) (Gloucestershire’s Accelerated Impact Network Support) and a package of services from [GRIP](#) (Gloucestershire Research and Innovation Project) find more information about these resources [here](#).

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### GDPR (General Data Protection Regulation)

The ICO (Information Commissioners Office) website has extensive information about the new requirements and quick [self assessment page](#) so that you can check as to whether you should be registering your business. If you find it all a bit much to take in then be sure to attend our next main meeting at the Old Lodge on the 22<sup>nd</sup> February where we have speakers [Shelley Bonney](#) of WSP Solicitors and [Caroline Aistrop](#) of Green Spark Marketing who will be considering the issue of GDPR and its’ requirements in relation to our businesses. Guests are welcome too!

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