

Enquiries: enquiries@stroudbusinesswomer
Newsletter: news@stroudbusinesswomen.org.uk

November 2017

SBN DIARY DATES

- Our next full **Stroud** networking is on **Thursday November 30th** starting promptly at 9:30am
- **Gloucester:** Our next informal meeting at Portivo Lounge, Gloucester **November 9th** from 9am-11am
- **BOOK FOR OUR SCRUMMY CHRISTMAS LUNCH ON DECEMBER 7TH NOW!**

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

NEWSLETTER CONTENT

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

Next Newsletter deadline

Deadline for December newsletter: November 30th
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 volunteer committee member, Beth Whittaker from www.viva-communications.co.uk, so your assistance in keeping her happy is very welcome!

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

There was a strong business focus at our October meeting when we welcomed Geraldine McCullagh from GFirst's Growth Hub.

Geraldine talked about the Core Growth Hub, a drop-in service for businesses offering a 'one-stop shop' of support for SMEs looking to grow. It's also a very comfortable and friendly open plan space for working on your laptop, holding meetings and networking, with free tea and coffee and wi-fi. It's part of the University of Gloucestershire's Oxstalls Campus in Gloucester.

Further medium-sized Growth Hubs are being opened across the county, in Cirencester, Tewkesbury, Cheltenham, the Forest of Dean and Stroud! In the meantime, smaller 'hubs' will be opening in libraries with Stroud's due in January 2018.

Geraldine also told us about the support and grants available through GAINS (Gloucestershire's Accelerated Impact Network Support) - details of a [forthcoming free event here](#).

Our November meeting will welcome two stalwarts of the local community - 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, and social entrepreneur Max Comfort who will tell us how a new federation of schools, children's centres and other groups could create a focused market for businesses interested in children, parents, grandparents and more.

AND DON'T FORGET TO [BOOK YOUR PLACE](#) AT OUR CHRISTMAS LUNCH!

Beth

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

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

Our Meeting Schedule and How to Join!

See the website for the latest information 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
- > Beth Whittaker (newsletter, Twitter and LinkedIn) beth@viva-communications.co.uk
- > Tammy Kwan (event organiser) tammy@tammylynn.co.uk

Front row, left to right:

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

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Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

- **NEXT FULL SBN MEETING: November 30th 9.30am** at The Old Lodge, Minchinhampton
 - **Gloucester meeting: Portivo Lounge, Gloucester Quays 9-11am** The SBN informal networking in Gloucester is held on the **second Thursday** of each month at the- SBN members and guests are welcome to pop in. All you need to do is buy your drinks!
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Stroud Businesswomen's Network
2017

Our main monthly meetings with networking, speakers and member 'shout outs' are at the Old Lodge, Minchinhampton, Stroud GL6 9AQ – Thursdays 9.30am start (doors open 8.45am) - 11.00am

January 26	April 27	July 20	October 19
February 23	May 25	August 31	November 30
March 30	June 29	September 28	December <small>Christmas Party date tbc</small>

We also host informal networking at the Portivo Lounge, Gloucester Quays GL1 5SH – Thursdays 9.00am-11.00am

January 12	April 13	July 13	October 12
February 9	May 11	August 10	November 9
March 9	June 8	September 14	December 14

Check 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 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
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.

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

Help your children learn about their futures

Stroud Ambitions 8th November 4.30pm-7.30pm. Stratford Park Leisure Centre GL5 4AF.

The district's largest annual careers event, Stroud Ambitions is organised by Stroud District Council and SGS College. After the daytime sessions for schools, it continues into the evening 4.30-7.30pm, for parents and carers to bring their children and offers a wealth of interaction with employers, colleges, universities, training providers and voluntary organisations.

More than 70 different local and national organisations are involved with experts sharing their knowledge and experience crucial to students that need to make effective decisions about future course choices, understand the skills employers require and consider career directions.

Parents are encouraged to attend with their children to learn how the employment and education world is changing and therefore help them prepare for the future. Adults can find out what adult learning is available as well as identify opportunities for career changes. Several businesses will be promoting job vacancies.

"I shall certainly be attending this event and I encourage you to come along too," David Drew, MP for the Stroud Constituency.

- More information www.stroudambitions.co.uk/ including a full list of participants. Or call Jackie Godwin, Business and Education Liaison Officer, SDC, on 01453 754296 or jackie.godwin@stroud.gov.uk

Your chance to sell during the 'golden quarter' leading to Christmas...

Exciting new venture - introducing the Treasure Chest of Stroud. Stroud High Street shop stall spaces available until 8th January £15-£25 per day in 14 day minimum blocks. Arts and Crafts and Antiques and Collectibles.

- Please contact Caroline Ractliffe, Intrigue of Stroud, intrigueofstroud@gmail.com 07770 450321

"Good to Great for Growth" Free Business Performance Coaching and GAINS (Gloucestershire's Accelerated Impact Network Support) event

The Growth Hub, Oxstalls Campus, Gloucester, GL2 9HW 8.45am - 12.30 pm, Tuesday November 14th.

Geraldine McCullagh, Project Manager GAINS, writes: "If you're ready to grow your company, business performance coaching can transform it. Having your strategy, operations, marketing, finances and leadership challenged by someone with your success and growth as a priority is a catalyst for enormous change. But that takes courage and the capacity to innovate. Have you got what it takes to commit to this journey?"

Book now: <https://www.eventbrite.com/e/good-to-great-for-growth-business-performance-coaching-tickets-39109342095>

The event will also introduce the new GAINS coaching programme, supported by the European Regional Development Fund. With this, the University of Gloucestershire is building on the very successful national service previously offered by Growth Accelerator. This means SMEs who are serious about their growth plans, can access subsidized high quality business coaching as well as other business support.

- **Geraldine McCullagh, Project Manager, GAINS (Gloucestershire's Accelerated Impact Network Support) 01242 715464 (direct) 07879 488155 (mobile)**

Could your professional skills help Stroud's Credit Union?

Credit unions are like a community bank: run by local people for local people, keeping money within the local economy.

One of its key aims is to help people in vulnerable financial situations avoid spiralling cycles of debt, and the credit union's low-cost loans have interest rates cheaper than offered by most financial institutions, and far less than pay day and doorstep lenders. Stroud Valleys Credit Union also offers savings accounts, including a special children's account.

The organisation is run by volunteers and overseen by a board of volunteer directors which meets once a month - new Board members are needed - particularly women!

Have you got financial, managerial, IT, marketing, administrative or legal skills? If you're looking for a local good cause to donate some of your precious time to, how about becoming a volunteer director for the credit union? A few hours a month (probably around a day in total) would be required but the rewards of helping people in difficult, often dire, financial need make it worthwhile.

- **Call David Winch 01453-821737 or John Appleton 01453-350563 to find out more. <http://svcu.org.uk/>**

Have your say about the future of the Stroud District

The Stroud District Local Plan Review will start to identify the housing, employment, retail and community development required to meet local needs up until 2036.

It sets out the strategy for distributing development within the District and policies for protecting and conserving the natural and built environment. The consultation highlights some of the main issues we should address. The broad purpose is to understand:-

- > **Which issues relating to the places you live, work or visit in Stroud District are of particular concern to you?**
- > **Are these matters likely to grow in importance over the next 20 years?**
- > **What are the planning options for starting to address them?**

There will be nine public exhibitions around the District during October and early November 2017 where you will be able to chat to officers working on the Local Plan review and find out more about the issues affecting Stroud District.

Officers will be emailing agents, developers, key stakeholders, local interest groups and members of the public who have expressed an interest in the Local Plan to involve them. The Council wants people who live, work or visit the District to engage with us. Indeed, the earlier in the plan production process the better. You can help shape our future Local Plan vision, its strategy, its priorities and its planning policies. Get involved.

The consultation and background documents will be online from October 11- December 15 www.stroud.gov.uk/localplanreview but details of the public exhibitions are already available on the site.

- More info: local.plan@stroud.gov.uk or 01453 754143
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Writing Workshops - get that publicity written!

Wednesday 15th November, 9.30am - 1pm, £30/person (inc cake) at The Exchange, Brick Row, Stroud. GL5 1DF.

So what's your excuse for not writing that piece of publicity, webpage, LinkedIn profile or even social media strategy which has been on the 'to do' list for ages?

Getting that quote off to a possible client? Dispatching an order? Feeding the cat? Staring out of the window? The answer is probably anything, basically, as it can seem too big a task given the pressure of everything else.

Green Spark's Writing Workshop on Wednesday 15th November (9.30am - 1pm) will create the time you need to finally get round to it, to write some powerful text without interruptions, deviation or hesitation. You'll be shown how to make the process easier, plus you'll receive objective feedback and ideas from fellow workshop participants.

With places limited to just six people per workshop, everyone will get plenty of help. Places are being offered at a **special introductory price of £30/person (including cake!)**

- See <http://www.greensparkmarketing.co.uk/training.html> or ring Caroline Aistrop on 07894 663436
-

Stroud Laptop Friday is back

1st & 3rd Fridays 9:30 till 11:30 at Mr Twitchetts in the Sub Rooms. Join us for co-working, Coffee, chat and focused IT help from Stroud techies. Hope you can join us.

- Contact Jenni Gardner for more info jennigardner01@gmail.com
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Try something new
- including special offers for SBN members

More news from Rachel and Diane...

After a successful exhibition at The Amberley Inn, SBN Members Diane Young and Rachel Markwick have been invited to show their work at another venue, The Vault, George Street, Nailsworth (Opposite Hobbs) from 1st November until the end of the year.

A new selection of acrylic paintings by Diane and stamp collages by Rachel can be seen in the upstairs cafe area. The Vault, formerly HSBC Bank, hence the name, is open every day from 12 noon until 11 pm with a tasty menu on offer.

“We will be having a preview to celebrate the opening of our new exhibition on Tuesday 7th November 6-8pm, with no obligation to buy - just come along and enjoy the evening,” says Rachel. Drinks and nibbles will be available. Cards, including Christmas cards, and prints will also be available to purchase at the opening event should you be thinking ahead to the festive season!

- If you would like to attend contact Diane dianecyoung@hotmail.com or Rachel Markwickrachel@gmail.com for catering purposes

Chemical-free cleaning, Neals Yard and rustic chairs. News from Jane Grey-Wallis

- > Are you interested in **chemical free cleaning**? Sarah, one of our newest SBN members, is coming to my house on Friday 3rd November at 10:30am to give a demo and show us her range of special cloths. I've had a go with the window cleaning cloth and it is simplicity itself and excellent results. A little drive to Wotton, lovely coffee and a slice of cake. Do get in touch if you would like to come. Jane 07855 535717
- > If, like me, you like to spread the cost of Christmas then you will have been looking for presents already. At **Neals Yard Remedies** we have a range of our gorgeous products in delicious packaging. There is something for every budget from £15. If you and your friends need help with your Christmas list then do contact me. Jane 07855 535717, janegraywallis@hotmail.com. You can see the catalogue here www.uk.nyrorganic.com/shop/janegw It is at the bottom of the page.
- > **Fancy a go at making a rustic chair?** 'A day in the woods and a chair to bring home' makes an excellent gift, whether for yourself or someone else. Have a look at my new website (all Karen Blaylock's handy work) www.rustic-chair.co.uk

Just One Drop - a film about homeopathy - coming to Stroud!

Local Homeopath, Hazel Rank-Broadley RSHom is bringing the film Just One Drop to Stroud on Wednesday November 15 at the VUE Cinema at 7.15pm. There will also be a Q&A session with Hazel and the principal from The School of Homeopathy, Mani Norland.

Says Hazel: “Just One Drop tells the story of homeopathy: the most controversial system of medicine. To many, homeopathy seems implausible. They fear it is purely a placebo effect or worse, a form of deception or quackery. Yet, homeopathy has been around for over 200 years and is used by millions of people around the world. The film explores the controversy, reveals the rich history, dispels myths and misconceptions.

“I’ve been practicing homeopathy for nearly thirty years since I was first a mum. Maybe you’re not quite sure what homeopathy is, but you want to be better informed about your health options. I believe everyone should be responsible for their own health, and have the opportunity to use safe medicines, and have access to knowledge about them.”

Tickets are £14.50 - the money goes to Laurel Chiten, the independent film-maker who spent seven years making the film.

- Buy tickets: <https://fan-force.com/screenings/just-one-drop-vue-cinema-stroud-uk/> Watch the trailer www.justonedropfilm.com/trailer/
- Contact Hazel 01453 791424 / 07837 876901 hazelrankbroadley@gmail.com

Win Tricia Hamilton’s House!

“The countdown has begun - only a short time before my House Competition goes live,” says Tricia. “This is an opportunity to win my beautiful 4 bedroom detached house near Bristol. A house with character and charm. Renovated with an eye on clean lines and comfortable living.” Easy links to the whole of the South West.

See pictures and videos that capture the house as a fantastic home. For just £10, you can enter my competition at www.winmyhouse.online and register your interest. The live link will be sent to you before the public launch.

- Tricia Hamilton triciahamilton1@gmail.com www.winmyhouse.online

Basketry for Beginners

Wynstones School Church Lane Whaddon Gloucester GL4 0UF
Sunday 5 November 2017, 10am - 5:30pm
£45 including materials, pre booking essential

- Anne Bass 07813098441 or annebass66@googlemail.com

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