

May
2016

Enquiries: enquiries@stroudbusinesswomen.org.uk

Newsletter: news@stroudbusinesswomen.org.uk

NEXT MEETING

Our next full networking meeting is on **Thursday May 26** at 9am for 9.30 start at The Old Lodge, Minchinhampton. Our informal meeting at Portivo Lounge, Gloucester Quays is 9am-11am on **May 12**.

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

[Events listings on our website](#)

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

Next Newsletter deadline

Copy deadline for the JUNE issue will be Friday May 27

All copy to: 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 the chair:

April's meeting was full of a fantastic mix of members and guests. As always I was struck by the sheer range of businesses represented and the links and support that are clearly evident.

We had four members shouting out about their businesses. All were unique and interesting presentations although I did think that the chainsaw was going on so moved a few seats back! Thank you Berith Sandgren-Clarke, Lesley Young, Michele Gibson and Jane Gray-Wallis.

We also had our 5-minute AGM reflecting on the fun of the last year and voting back on the SBN committee. Thank you to Karen Blaylock (website), Stella Jensen (treasurer) Beth Whittaker (newsletter and social media) Tammy Kwan (events) for a great year last year and for agreeing to join me for another year. Also thanks to our new SBN administrator Diane Young who keeps everything running smoothly.

Thank you to all the SBN members and guests and I look forward to seeing you again on May 26 (or May 12 at Portivo Lounge in Gloucester Quays).

Catherine Green

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



The SBN committee of volunteers is (from left to right, above):

- > Stella Jensen (finance) stella@jensenaccountancy.co.uk
- > Beth Whittaker (newsletter, Twitter and LinkedIn) beth@viva-communications.co.uk
- > Karen Blaylock (website) karen@spearsouthwest.co.uk
- > Tammy Kwan (event organiser) tammy@tammylynn.co.uk
- > Catherine Green (chair) CatherineGreen@wpsolicitors.com

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Stroud Businesswomen's Network Events

MEETINGS & EVENTS

[Events page on our website](#)

NEXT FULL SBN MEETING: May 26 at The Old Lodge, Minchinhampton.

Gloucester SBN Networking

The SBN informal networking in Gloucester is held on the **second Thursday** of each month at the Portivo Lounge, Gloucester Quays between 9 and 11am - SBN members and guests are welcome to pop in. All you need to do is buy your drinks! [Events page on our website](#)

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 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 2015 - 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@wspolicitors.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.

- Contact Berith ('B') 01453 753546
berith@limelightimageconsultancy.co.uk

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

Stroud Laptop Friday

Why not join us for co-working, collaboration, chat, discounted coffee and free IT help courtesy of Stroud Techies - 9:30 to 11:30 first and third Friday each month.
6 & 20 May.

- Contact Jenni Gardner 07825 698 257
-

Welcome to...The Development People

Is your business limited by the behaviours & skills of your managers?

Do your staff need to be delivering more?

Are your appraisals effective?

Do you want to see return on your training investment?

We deliver:

- > Sustainable behavioural changes
- > Unlock people's potential
- > Increased Performance & Results

At the heart of The Development People is a simple idea... to make Development pragmatic, engaging and available for all. We do this by creating an environment that empowers people to learn in a way that is both exciting and challenging.

Bringing vast understanding of what drives & motivates others to succeed, we create learning and tools that turn drive into winning capability. Enabling people to expand cognitive, social & emotional skills and abilities through supporting, equipping and inspiring people to be their best.

What to find out more?

- Lucy 07800 842322 lucy@thedevelopmentpeople.co.uk or Carla 07967 465761
www.thedevelopmentpeople.co.uk
-

Support The Door and network!

An invite from Barrie Voyce CEO of The Door charity: "Would you like to spend a Friday afternoon meeting like-minded business leaders, enjoying some great food and supporting an amazing local charity? As a part of The Door's 25th Anniversary I'd like to invite you to join the celebrations on Friday 13th May at 2pm.

"There will be an opportunity to find out more about the support The Door gives to local young people and their families, as well as a chance to find out how you can get involved as a 25 & Counting partner. We'll also be giving those businesses who Stand Up and be Counted with The Door a chance to share about themselves and why partnering with The Door is important to them.

"The afternoon will be hosted by some of our youthwork team, alongside young people whose lives have been transformed by The Door - so be prepared to hear amazing stories of hope and unlocked potential! I look forward to welcoming you on the 13th!"

- RSVP: 25@thedoor.org.uk by Monday 9th May
-

Grab an opportunity to learn, and help a local company while you do:

Looking to develop your skills in communication and influence? Come and participate in an online m@sterclass **Getting More of What You Want**.

ClearWorth is a Stroud-based learning and development company. We're looking for testers for our new online mentoring programme. Join us online for - 60 minutes - on any

device. No obligation, no long term commitment, just come along and join in and give us some feedback afterwards.

Getting More Of What You Want

- > m@sterclass 01 - Conversation Control - Wednesday 18th May 0930 - online
 - > m@sterclass 02 - Behavioural Precision - Wednesday 1st June 0930 - online
 - To register or to find out more: <https://fv312.infusionsoft.com/app/page/masterclass> or call Chloe 07768 742616
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Networking for professionals working in the mind-body-spirit field

Join like-minded practitioners for networking at The Isbourne Holistic Centre in Cheltenham. Each meeting includes a 25-minute presentation from a local entrepreneur, businessperson or practitioner that aims to share practical techniques you can use in your practice. Time for informal networking, and an opportunity to introduce yourself to the group and flag up any events you are involved with or wish to promote.

- RSVP graham@isbourne.org if you plan to attend, and more details: <http://glos-holistic-networking-group.weebly.com/>
-

FREE Marketing MOT to all SBN members

- > Is your current marketing activity generating sales?
- > Does your branding make you stand apart from your competitors?
- > Do potential customers understand who you are and why they should choose you?
- > Digital, advertising, direct marketing, sales literature - not sure which communications channels will deliver the greatest return against investment?

Jeanette Salter, Business Development Director at Beechwood Marketing is offering SBN members a FREE marketing consultation plus recommendations proposal to help grow your business.

Beechwood Marketing is a collaboration of highly experienced freelance marketing, design and digital professionals with a proven track record of delivering tangible results for local businesses.

So what you get is big agency expertise and nous... without the overheads, which means we can be highly competitive.

- Jeanette@beechwoodmarketing.com 01285 700770, www.beechwoodmarketing.com
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Stroud Life Business Awards - deadline May 13th!

Everything you need to know to enter:

- > <http://www.digital-thisis.co.uk/stroudlife/businessawards/>
 - > <http://www.stroudlife.co.uk/Stroud-Life-Business-Awards-2016-Want-company/story-29102952-detail/story.html>
-

Gloucestershire's biggest business show May 18-19

- For GBS16 information and FREE delegate registration, visit www.gloucestershire-business-show.co.uk
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Innovation rocks! June 10

A brand new event highlighting and celebrating the Cotswolds' finest innovators, inventors and entrepreneurs. Innovation Rocks will give a selected group the chance to pitch their business plans and innovations to active venture capital companies and angel investors.

Innovation Rocks will also be an exclusive networking event for directors and senior management to discover new businesses and innovative products and services still in their infancy, but which could have the potential to become commercially successful.

Innovation Rocks is an all-day event on **Friday June 10 2016** at The Renishaw Innovation Centre at Wotton Under Edge. Renishaw is one of the UK's most exciting British engineering companies.

- <http://rockthecotswolds.com/innovation.html>
-

The Cotswold Life Engineering, Manufacturing, Innovation Awards Nominations close 18 May

Open to any business large or small, in the areas where Cotswold Life is sold. The awards welcome entries from manufacturing, engineering, design, prototype and assembly companies from any industry sector.

The black tie awards gala dinner will be on **September 22** at Cheltenham Racecourse and will showcase and celebrate the Cotswold companies and people who invent, research, design, engineer, manufacture and export in a whole range of sectors, from aerospace, pharmaceuticals, automotive, measurement, renewables, textiles, food production and many more.

- Further details <http://emiawards.cotswoldlife.co.uk/>
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Learn or try something new - and some special offers for SBN members!

What is art? Take a second look... Invite from Millie 6th - 12th May 2016 10am - 5pm

Do come and see my Spring exhibition of ceramic art in my garden at Field Cottage, at the far end of Lurks Lane in Pitchcombe. Everyone is very welcome.

Millie Woods Swanepoel MA(RCA) BA Hons 1st

- 07754 182 082 m.wood.swanepoel@gmail.com
-

Fancy a day in the woods making a rustic chair from coppiced hazel rods? SBN discount!

One day course at Westonbirt. £60 for the day no experience needed, all tools and materials provided. Have fun and take a chair home with you at the end of the day. 10% discount for SBN members and family.

Westonbirt: May 20th or 21st or 22nd. June 17th or 18th or 19th.

- Text or email Jane Gray Wallis janegraywallis@hotmail.com 07855 535717
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Out of the Art Room

On the weekends of 7-8 May and 14-15 May Wycliffe College Atrium will be open to the general public to view an art exhibition featuring ex-pupils and members of Wycliffe College Art, some of whom have worked with Damien Hirst. The exhibition will be open from 11am to 4pm and features not only paintings and drawings, but film and home ware items. So please feel free to pop in if you're passing, all welcome.

- For more information and directions: www.wycliffe.co.uk or contact catherine.roberts@wycliffe.co.uk
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Stroud Sacred Music Festival in July

St Laurence Church, in Stroud's town centre, hosts the Sacred Music Festival 2016. The Festival was the dream of Stroud priest Rev Simon Howell, who shares with co-director Girish Patel the belief that music can succeed in bringing unity & peace where dialogue often fails.

“An act of peace it Brings artists from Christian, Hindu, Muslim, Jewish, Sikh, anthroposophical & indigenous traditions - in this expression of unity,” says Simon. “We are bringing a Congolese Gospel artist Jean-Paul Waboti to form a choir. He will fly in from his home in France to run two weekend workshops prior to the festival. See www.sacredmusicfestival.org.uk/workshop.html.”

Starting Friday 1st July with top international group the Ganda Boys from Uganda, a Sikh Bhangra workshop at the Subscription Rooms at 11am Saturday morning, followed by a procession through the town arriving at St Laurence Church at 1pm and a variety of workshops throughout the afternoon. World-renowned duo Susheela Raman & Sam Mills Headline Saturday with Sufi/Bhakti musical sounds.

The festival organisers are keen to hear from anyone interested in sponsoring for £250 or volunteering in the preparation for the event or on the days.

- Please email girishpatel108@yahoo.com
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