

Stroud Businesswomen's Network

2019 meeting dates
Stroud Businesswomen's Network

NEWSLETTER

August 2020

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KEY DATES

Thursday 27th August 2020: The Old Lodge garden - meeting subject to weather 10 - 11am.

Thursday 10th September 2020: ZOOM meeting - 9.45am set up for 10.00 am start. Curio Style Zoom meeting now open to both SBN Members and Friends, for a virtual chat over a coffee. Link issued by email.

Links issued by email prior to meetings. Instructions on how to join Zoom [here](#).

Submit articles to our newsletter which goes out to 200 members and friends. Please continue to submit anytime throughout the month to [news@](mailto:news@stroudbusinesswomen.org.uk) email address below 200 words max, text only (no images).

SEND US YOUR NEWS

We welcome your news, offers and any other local resources or information you wish to share with other members via our newsletter which is issued 10 times a year. Feel free to submit your articles during the month so that we have your news in good time for our next issue.

Please send less than 200 words in plain text without any images.

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

Send submissions to news@stroudbusinesswomen.org.uk

CONTACT US

enquiries@stroudbusinesswomen.org.uk

news submissions : news@stroudbusinesswomen.org.uk

CONNECT WITH US

[Facebook](#) - Our closed group with over 200 members

[LinkedIn](#) - with the SBN; connect with other businesses

[Twitter](#) - Keep in touch with SBN conversation and events

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.

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

Join SBN Now with our Special Offer!!!

MEMBERSHIP SPECIAL OFFER LIMITED PERIOD ONLY

Sign up for membership of SBN and get 3 months extra FREE!

You will get 15 months of our 'formal' monthly meetings
PLUS
our informal monthly meetings and member discounts on events
and training.

All for only £60.

Click the link here for more information or to join us!

JOIN SBN

Lots more info on our website

<https://www.stroudbusinesswomen.org.uk>

Thoughts from ... our recent SBN chair Debbie Bird:

It has been a great honour to be the chair of SBN since April 2018 and I am sorry it has ended so soon. For those who don't know I am starting in a great role as a trainer at Ecclesiastical Insurance in mid-August and something had to give.

At our lovely open air July meeting it really struck me that SBN isn't just 'work' for me it is a place for like-minded friends. The mantra of support, ideas and referrals are key elements of Stroud Businesswomen's Network, its' longevity and success. I suppose the friendship is covered by 'support' but it is more than that the group is really good fun!

My thanks and good wishes go to all the members and friends. My hopes are for each one of you to have ongoing success and prosperity. If things are hard remember there are plenty of people to reach out to - it might not be possible to fix the problem but it DOES make a difference to talk. When things are good - share your news - it is encouraging or everyone!

I have special thanks for Diane Young who in her admin role has had to cope with me for two years - she knows what I mean - much appreciated.

And lastly to the very supportive, committed and capable committee Beth, Stella, Tammy and Karen. You all do a great job and have really looked after me.

Last thing - I am remaining as a member and will get to meetings when I can even if it is only rarely. I am sure I will see you about!

Debbie

Thoughts from ... our SBN interim chair Beth Whittaker

I'm Beth Whittaker and I've been an active member of SBN since Lynda McGill was Chair. Then came the heady days with Catherine Green from WSP Solicitors at the helm, and for the past two years, we've been privileged to have benefited from the skills and knowledge of business coach and trainer Debbie Bird in the role.

Covid-19 has hit all of us in different ways, and particularly those of us who are self-employed, so it was with heavy heart that Debbie decided she needed to find a salaried role to help pay the bills. But, as you will have read in her email to us all, she has certainly landed on her feet. We wish her all the luck in the world and hope to continue to see her at future meetings.

For those of you who only know that I paint pictures of flowers, and usually have purple hair, it wasn't always so! I trained as a newspaper journalist and then went into PR as an Account Director in one of the largest PR agencies outside London, before getting married and having children. I then went freelance in the early 1990s and went on to launch my own PR Agency with my husband, working mainly with the public sector and charities, running our successful business from home while bringing up two boys. Viva Communications Ltd traded for more than 20 years before we decided to retire.

I now spend most of my time volunteering in our local community (using my PR and communications skills), travelling and, yes, painting pretty flowers! But as I started work full-time at 17, I feel I deserve a bit of time off from earning a living! Over the years, I've supported many organisations getting their messages out to clients and customers, and focusing on internal communications too, so I'm always happy to give advice here and there to any SBN members who might ask.

I used to attend many business networks across Gloucestershire, but a few years ago I decided the one I most enjoyed being involved with (both as a member and on the committee) was SBN. And when you have to work extremely hard to pay the bills, enjoying a networking experience is, in my view, the key to success and engagement! I also represent SBN on Stroud District Council's Local Strategic Partnership, where I have just handed over the Chair's role to the Chief Executive of Gloucestershire Rural Community Council, after two years in the post.

I look forward to a bright future for all our Members through the murk of Covid-19. We can all help each other survive by supporting each other's businesses.

All the best

Beth

Interim Chair

Stroud Businesswomen's Meetings

Stroud Businesswomen's Network 2020

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

January 30	February 27	March 26	April 30
May 21	June 25	July 30	September 24
October 22	November 26	December 15 (Christmas lunch)	

Special dates: **April 21** Easter lunch | **August 27** Summer Sizzler Trade Fair

We also host informal drop-in networking upstairs at the Curio Lounge, Kings Street, Stroud GL5 3BX – Thursdays 9.00am-11.00am. Non-members welcome

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

Check www.stroudbusinesswomen.org.uk for meeting details, and to confirm dates and times

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The SBN Committee of Volunteers

- Interim Chair: Beth Whittaker bethwhittaker58@gmail.com
- Event organiser: Tammy Kwan tammy@tammylynn.co.uk
- Finance: Stella Jensen stella@jensenaccountancy.co.uk
- Website: Karen Blaylock karen@spearsouthwest.co.uk
- Admin: Diane Young dianecyoung@hotmail.com

What happens at the SBN meetings?

We run three different types of main MEETINGS at suit all tastes!

- ✓ **Meeting style 1: Local interest speaker** - examples of recent speakers Martin Bundy of John Lewis Cheltenham, Doina Cornell the Leader of Stroud District Council, and David Drew MP for Stroud.
- ✓ **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 businesswoman from in and around the Stroud district, sharing ideas and aspirations.
- ✓ **Shout Outs** - Within these meetings according to time we offer **member 'shout outs'** when members get the chance to tell everyone about their business and, hopefully, share some tips and useful information.

At our Meetings - 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. Contact us if you wish to set up a banner by emailing us at enquiries@stroudbusinesswomen.org.uk.

Shout about your business!

We email our members when slots are planned at our meetings for **five minute shout-outs to speak to the whole group about their business**. They will be notified in good time, giving them plenty of time to plan their presentation!

And don't forget the SBN Showcase:

We also offer SBN members the chance to **display their products or services** at our SBN meetings. This is offered on a **first come first served** basis to members. You may **arrive after 8.30am** to pop your display on the table available.



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

Join us at our Meetings - First Meeting is Free!

Try us for free!

Would you like to try us for free first? Check out our meeting dates [here](#) and then come along to our main meeting at [The Old Lodge](#), where we will be ready to greet you **from 8.45am**; there is no need to book. Bring a friend or two with you too! We offer the first meeting for free, currently we have a special offer £60 for 15 months. Do you have any questions? Please email enquiries@stroudbusinesswomen.org.uk.

How to Join!

Join us! Go to www.stroudbusinesswomen.org.uk. Join now and follow the simple steps to join on-line. All meetings for the year are included in your membership plus concessions on our lunches and training. Even if you choose not to join as a Member you can register as a Friend and still receive our newsletters.

What Else?

Join us at the Curio in Stroud!

Come and join us on the second Thursday in the month 9-11am at the [Curio Lounge](#). We have an informal gathering upstairs and **you do not have to be a member**. Just buy a cuppa and join in the chat. This is a good introduction on a more intimate level to chat with members and friends of the SBN. Dates for this are on our [events calendar](#) too.

These meetings are yet to be resumed since Covid 19 outbreak.

Stroud Businesswomen's Network Announcements

SBN 27th August 2020

Main Meeting in The Old Lodge Garden (weather permitting).

Since our July face to face meeting was such a success we will hold our August meeting in the Old Lodge Garden yet again! **BOOK YOUR SPACE EARLY...** NUMBERS ARE LIMITED!

For SBN Members and guests who wish to see what we do before joining - this is a bookable event - please book online - first come first served. As **we are limited to 24 people**, if you book and then CANNOT make it, please let us know asap, as we expect a waiting list.

We would like to invite you to join us at the Old Lodge outside in the garden weather permitting for a social gathering. This will be a 10am start for around an hour and a half.

Working closely with the management at the Old Lodge, you will be welcomed to a reserved area in the garden with six tables (maximum of four people per table to ensure social distancing). This means we can welcome 24 SBN members.

Please register online [here](#) for your place.

The Old Lodge have issued guidelines for this event:

- please use the hand sanitiser's available on entry and at the coffee table
- not to move tables/benches
- we are allowing a maximum of 4 people per table
- no mingling between tables
- everyone will have to provide name, contact number & email address for the NHS test & trace
- tea, coffee and biscuits will be served (but not self service)
- there is toilet access, we just ask that only 2 people enter each toilet space, and to use their common sense with this.

What if the event is cancelled due to poor weather forecast?

We will let registrants know if the event is cancelled and send out a zoom link instead.

Please email any questions to enquiries@Stroudbusinesswomen.org.uk.

Foot Operated Sanitisers & Adapting for Covid article submitted by Tricia Prince

Overnight prop hire for the wedding industry was postponed to next year due to Covid 19 and the new Government guidelines seriously impacted my business Cotswold Vintage Party Hire.

My first thought was to sow seeds and grow veg but whilst I started with a frenzy of activity to keep me sane I have since moved to helping with my husband's business Ligneus.co.uk, based at Aston Down formally producing wooden products to the hospitality business. He has had to adapt to our new normal and is now producing a foot operated, hand sanitiser stands, complete with a personalised front panel in conjunction with locally produced NON ALCOHOL based hand sanitiser and surface spray initially produced for the festival market. This sanitiser is the Covid 19 tested "Nilaqua" sanitiser used in the NHS and with the production of this stand is keeping the business motivated.

Sharing ideas, then being able to adapt and change is the best way forward - I am afraid there will only be a new normal for all of us!

Tricia

CotswoldVintagePartyHire (now with Ligneus.co.uk)

Vacancy with Mosaic and Intrigue of Stroud article submitted by Caroline Ractliffe

JOB SHARE ... Split ... three days a week is possible ...

Please share this VACANCY to develop Online Sales department so applicants need to be computer whizzkids please .. anyone with SEO experience out there ???!

The job will also involve Sales Assistant work ... 35 hours week to include almost every Saturday .. (one day off in the week and Sundays). An interest (or experience) in increasing our online sales via wordpress woocommerce will be a big advantage. Job includes some heavy lifting, some cleaning, lots of steep stairs to stock room, lots of smiles, huge can-do attitude, totally wilco manner, lots of THANK YOUs to our customers.

Please email Caroline at intrigueofstroud@gmail.com.

Update from Jane Diamond at Family Tree Funeral Company, Stroud

Newsletter article reflecting on Coronavirus impact

When I wrote a piece for SBN three months ago it was about the impact of funerals at the height of the coronavirus outbreak. What we notice is happening now - both nationally and at for us at Family Tree - is an increased interest in and desire to arrange end-of-life planning.

For some, this might mean starting with the basics and drawing up a will. For others, putting Lasting Powers of Attorney in place for a time when they cannot speak for themselves. There is an Advance Decision to Refuse Treatment to consider and a DNR if one is especially old, infirm or managing a life-limiting illness. Other, more general conversations with loved ones can be had about preferences around death and dying. And finally, the funeral. Whether this means taking out a formalised funeral plan, paying a monthly amount into an ISA, or simply documenting your funeral wishes.

Essentially, what has happened is that the coronavirus has made fit and healthy people aware of the finite nature of their lives. Of course, one knows life is finite but the true meaning of this generally lives out of sight of our everyday awareness. For those brave enough to engage, they soon realise that there can actually be a lot of satisfaction and relief derived from doing one's end-of-life planning sooner - when one is well - rather than leaving it until it becomes a forced necessity.

Covid Recovery Zoom Workshops

FREE Marketing Strategy workshop from Start & Grow Enterprise

Tuesday 18th August, 8am-9am on Zoom

This short 1-hour interactive session will equip you with what you need to know about developing a powerful and relevant marketing strategy.

Click [here](#) for more info and to book.

FREE Pivot & Adapt your Business Growth Strategy

Tue, 25 August 2020 8 - 9am on Zoom

This short 1-hour interactive session will share tools and techniques to help your business thrive in the current marketplace.

Click [here](#) for more info and to book.

FREE How can I connect with customers online?

Tue, 1 September 2020 8 – 9am on Zoom

This short 1-hour interactive session will show you a variety of online tools you can use to market and sell your business virtually.

Click [here](#) for more info and to book.

Sign up for PUNCHLINE e-newsletter

Punchline magazine is back - with a twist. The bumper latest issue has gone online as we look at how Gloucestershire has dealt with the coronavirus pandemic - and how they are gearing up as Gloucestershire opens for business.

Click [here](#) and enter your email address.

Get the word out that your business is back up and running using Punchline

"We have an audience and to access them we can supply an advertorial piece for your company for a special price of £125 (plus VAT) - strictly for small companies and strictly to tell readers what your business is, when it was founded, what it does, what it offers, what products and services you offer, how you have coped during the crisis and what measures you have taking to keep the wheels turning and return to something approaching normality,

"Plus, of course, your contact details - website link, telephone number, email address."

For an extra £50 (plus VAT) we will share your story not just with Punchline readers but our 35,000-plus combined social media connections.

More info [here](#).

Free events from the Growth Hub

Various online workshops are available for free, even one to one events, on subjects such as goal setting, website traffic, marketing on social media and more.

See the listing for free events [here](#).

Government Eat Out To Help Out in Stroud

Under the scheme, people eating out can now enjoy a special meal deal of 50 per cent discount on food and non-alcoholic drinks every Monday, Tuesday and Wednesday from August 3 to 31.

Five restaurants taking part in the Eat Out to Help Out scheme in Stroud are:

The Rajdoot; The Retreat; Woodruffs Cafe; Sorrentos, and the Prince Albert.

More information via the SNJ [here](#).

GFirst LEP Announcement - Funding for SMEs in Gloucestershire

There is NEW FUNDING to help Gloucestershire SMEs recover from the effects of the Coronavirus pandemic. SMEs in Gloucestershire are set to benefit from new government funding to help them recover from the effects of the coronavirus pandemic, the Minister for Regional Growth and Local Government has announced.

Small and medium sized businesses will have access to grants of between £1,000 - £5,000 to help them access new technology and other equipment as well as professional, legal, financial or other advice to help them get back on track. See more [here](#).

SBN Facebook has 231 Members!!

Our Facebook group is about supporting and promoting local businesswoman. Priority is given to those who are official members of Stroud Businesswomen's Network. One of the many perks of being a member. Non -members may share items of general interest, requests for information/assistance etc. General rule for our group is please give more than you take! Check out the latest on our [facebook page here](#).