

# Stroud Businesswomen's Network

2019 meeting dates

## NEWSLETTER

March 2020

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### KEY DATES

#### Thursday 12<sup>th</sup> March 2020:

Informal Networking upstairs in [The Curio Lounge](#), Kings Street, Stroud GL5 3BX from 9am-11am.

#### Thursday 26<sup>th</sup> March 2020:

Don't miss our main meeting at [The Old Lodge](#), Minchinhampton Common near Stroud GL6 9AQ. Arrive at 8.45am onwards, meeting starts promptly at 9:30am.

Please continue to submit anytime throughout the month to this email address [news@stroudbusinesswomen.org.uk](mailto:news@stroudbusinesswomen.org.uk)

21<sup>st</sup> April 2020 : Easter Lunch at Sorrento's in Stroud

[Please note that our May meeting will not be at The Old Lodge - venue yet to be arranged]

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

### CONTACT US

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

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

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

There was snow on the ground when we arrived and as predicted it was all gone by the time we left. Looking back 12 months we might wish we only had Brexit to think about. As the cases of Coronavirus increase and come much closer to home I suspect we may all be adapting how we do things over the next weeks and months. I am going to start an SBN chat group on What's App. It is just that an informal place for chat, not for the promotional stuff but feel free to join in.

It was very interesting to hear about the Growth Hub coming to Stroud. I am a concerned for some of the other business hot desking options in Stroud - Let's hope there is capacity for all. The LEP do a lot of work for businesses in Gloucestershire and it was good to hear about the range of support available. I have since had confirmation that 'Start and Grow Enterprise' has got a renewal for the next 3 years as well. Which is great.

I am looking forward to seeing a good group for DiSC training next week and we are working to sort out First Aid training too. If you would like to be the social media/marketing trainer for October please think about putting in your tender. We will be posting more details soon.

It seemed to work well finishing the talks at 10.45 this time and we will really try to go back to that. There was certainly a lot of energy in the room when we finished.

We are really keen to get our membership to over 100 so please do keep asking guests! Have a great month and I look forward to seeing you for our March meeting

*Debbie*

## 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

<b>January 30</b>	<b>February 27</b>	<b>March 26</b>	<b>April 30</b>
<b>May 21</b>	<b>June 25</b>	<b>July 30</b>	<b>September 24</b>
<b>October 22</b>	<b>November 26</b>	<b>December 15</b> (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

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

Check [www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk) for meeting details, and to confirm dates and times

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## The SBN Committee of Volunteers



Photo by [Tammy Lynn Photography](#)

### Back row, left to right:

- Debbie Bird (Chair & training) [debbie@ablegrowth.co.uk](mailto:debbie@ablegrowth.co.uk)
- Beth Whittaker (Ambassador) [bethwhittaker58@gmail.com](mailto:bethwhittaker58@gmail.com)
- Tammy Kwan (event organiser) [tammy@tammylynn.co.uk](mailto:tammy@tammylynn.co.uk)
- Lynda McGill (Previous Chair)

### Front row, left to right:

- Stella Jensen (finance) [stella@jensenaccountancy.co.uk](mailto:stella@jensenaccountancy.co.uk)
- Catherine Green (previous Chair to April 2018)
- Karen Blaylock (website) [karen@spearsouthwest.co.uk](mailto:karen@spearsouthwest.co.uk)

## 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](mailto: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, and then it is currently **just £50 for the year!** Do you have any questions? Please email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk).

### How to Join!

Join us! Go to [www.stroudbusinesswomen.org.uk](http://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.

## Stroud Businesswomen's Network Announcements

### SBN March 2020 Meeting: Member Shout Outs

We will let you know if you have been a successful applicant by noon Wednesday 18<sup>th</sup> March.

### SBN April 2020 Meeting

SPEAKER - WILL MANSELL FROM THE LONG TABLE and our AGM - we will spend a few minutes on the AGM. See details of our meeting [here](#).

### Easter Lunch Event

21<sup>st</sup> April 2020 - we will be holding this event at Sorrento's Italian Restaurant in Stroud please see more details and book online [here](#).

### **BANNERS: Members bring your banners to our meeting!**

On the day we can display up to six of these for you at the rear of our meeting room.

## Members' News and Offers

Please submit your news or offers for next month!

How is your business going?

Have you made any changes to how you work?

Have you discovered anything new or have any of your own business tips to share?

Perhaps you have an offer for SBN members?

Let us know!

Don't forget you can submit articles to our Admin throughout the month ready for the next newsletter issue! Email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

## Courses and Events

### Stroud Laptop Friday - Submitted by Jenni Gardner

If you are working on your own and fancy a change of scenery why not come along to The Imperial Hotel, Station Road, Stroud (opposite the Railway Station) on March 6<sup>th</sup> any time from 09:30 to 11:30 for company, coffee, chat, co-working and free of charge IT help from Stroud Techies. There is no fee to attend, just buy yourself a drink.

It is our 5<sup>th</sup> birthday on 20<sup>th</sup> March, same times as above, so come along to celebrate with us and enjoy some cake. Do hope you will be able to join us.

Jenni Gardner 07825 698 257

Marketing Manager

Websites: [www.pathfindertours.co.uk](http://www.pathfindertours.co.uk) & <https://www.torbayexpress.co.uk>

### Gloucestershire Green Circle - How to use green energy in your business - Article submitted by Caroline Aistrop

Adopting a green approach to the energy you use is one of the most straightforward ways of making your business greener - and it offers practical benefits such as cheaper energy bills and improved PR that attracts more customers. But how do you go about incorporating it into your business?

The next meeting of the business networking group, Gloucestershire Green Circle, takes a dive into the whole subject of green energy:

- energy efficiency - ways to reduce the amount you use
- the energy market and how to buy green energy
- the benefits and practicalities of using solar power

Whether you're a sole trader or SME, you'll leave this event with plenty of ideas and solutions for moving towards carbon neutrality and implementing any climate emergency policy you have. There'll also be plenty of opportunity to network and make new contacts. The meeting is on Thursday 12th March, 9.15am - 12.45pm at the School of Business & Technology which is located in the University of Gloucestershire's Oxstall campus,

Gloucestershire Green Circle is the networking group helping businesses in the county become greener. For more information and to book tickets, visit <https://glos-green-circle-energy.eventbrite.co.uk>



## Courses and Events

### Yoga and mindfulness Cobalt charity event

An opportunity to try out an accessible version of yoga and learn about the benefits of mindfulness whilst raising money for Cobalt. Proceeds from this event will help raise funds for Cobalt's work supporting local people with cancer and dementia.

Tickets £15 per person and must be booked in advance. No experience necessary.

When: Wednesday 20 May at Brockworth Community Centre, GL3 4ET from 18:45 - 20:15  
See full details [here](#).

### Phenomenal Women - Talk by Jessica Siggers

Jessica Siggers (aka Porthjess) is a Digital Content Creator, social media community Manager and photographer. Jess helped launch an Instagram community for fellow Bristolian photographers - IGers Bristol. She created content for Pret A Manger, Farrow & Ball, Canon, 02 & Toyota and been featured by the BBC & The Guardian.

Jessica is a high profile businesswoman who has innovated in her field and achieved widespread recognition. She will talk about the obstacles and lessons she has experienced on her route to success.

Following a couple of years in the travel sector creating content for BMI, Hilton, National Express, Visit Britain and Mercure Hotels among others, Jess has returned to focussing on her true love-Bristol-and is an Ambassador for Destination Bristol and Bristol Social Media Week.

When: 25th March 2020

Where: Bath ,The Gainsborough Bath Spa, Beau Street, Bath, BA1 1QY

Starts at 6:00pm

Ends at 7:30pm

Non-member price £15

Book [here](#).

### The Door - You can help this charity with a Mother's Day gift

The Door's mission is to bring hope into the lives of young people and their families, through unlocking potential and opening opportunity so their past does not define their future.

This local Charity has launched a new online gift shop with Mothers' Day gifts that will have a true lasting local impact.

This Mother's Day we are offering you the opportunity alongside celebrating your mum, to help out someone else's too. The Door's Family Support Service provides one to one mentoring and group support to mums (and dads) of young people across the Stroud area.

From as little as £10 for the price of a bunch of flowers, or a nice box of chocolates you can bring empowerment and hope to a mum who needs it most. This gift will be used where it is most needed in The Door's **Family Support Service**.

Buy your Mum a gift card and receive your certificate today at [thedoor.org.uk/shop](https://www.thedoor.org.uk/shop).

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

For more information please contact Anne Townsend: [anne@thedoor.org.uk](mailto:anne@thedoor.org.uk) 01453756745