



NEWSLETTER

April 2021

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KEY DATES

Thursday 8th April 2021:

Coffee Catch-Up on Zoom - 9.45 am set up for 10.00 am start. **Open to both SBN Members and Friends**, for a virtual chat over a coffee.

Tuesday 19th April 2021:

Training Event online with Miranda Jenkins "Skills To Go" 10 am - 12.30pm

Thursday 29th April 2021:

Members' Meeting online - **Speaker Lotte Lyster Connolly of the Prince Albert Pub** - 9.15 am set up for a 9.30 am start. Zoom Main meeting for Members and also Guests who would like one free meeting to try us out.

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

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.** Members articles may be shared to our Facebook group. 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 Group](#) - Our closed group for Members
[Facebook Page](#) - SBN Business info, events and information

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

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Stroud Businesswomen's Network Chair Beth Whittaker

Thoughts from SBN Chair Beth Whittaker

I don't know about you, but I was left open-mouthed at the sheer amount of hard work which is going into renovating our much-loved local venue, the Stroud Subscription Rooms.

Sub Rooms Trustees Abi Wood and Delia Parnham Cope (joined later by Hugh Phillimore) presented a fascinating overview of not just what has happened at the Subs since the Trust took it on two years ago, but also some insights into what promises to be a very exciting future.

At the heart of this transformation, I believe, is the quality and experience of the small but determined Board of Trustees who come from a broad background but with some very solid pedigrees, some with very high-end experience in the arts, entertainment and hospitality sectors. This level of knowledge - and a powerful contacts book! - is what will be essential to planning the venue's future. Further details [here](#).

In some ways, while the lockdown has had a massive impact on the sector nationally, the space and time it perforce created in order to carry out some very substantial changes to the physical layout of the historic building has proved invaluable.

We're all trying to imagine the Subs with a spacious new bar (where we will be able to use contactless payment for Goodness' sake!) as well as newly brilliant acoustics in the ballroom, some very special food in the newly spruced up café (still looking for a catering partner, by the way!) as well as new meeting spaces, perfect for client meetings.

As soon as the Subs is open and ready for visitors, SBN has been promised a warm welcome to hold a meeting there in early summer so we can all see what's been going on (mainly behind closed doors) over the past year.

What did you think of the meeting? Let us know on [our Facebook Group and Page!](#)

Don't forget, if you have friends in business locally who would like to attend our meetings, please invite them to join SBN!

Looking ahead...

We've got some exciting meetings in April and May - including another great training session (just £10 for Members!), a chance to meet one of the UK's best known pub licensees Lotte Lyster Connolly, AND we will be welcoming Emily Gravestock, Head of Applications Strategy at the UK Space Agency!

Enjoy a little more freedom and see you soon.

Beth
Chair

Stroud Businesswomen's Meetings

Coffee Catch Up meeting dates 2021 – Online Zoom start 10.00am

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

Members Networking meetings dates 2021 – Online Zoom start 9.30am

28th January	25th February	25th March	29th April
27th May	24th June	15th July *	26th August **
30th September	21st October *	25th November	Christmas Lunch

Download your copy PDF with 2021 dates [here](#).

* Earlier in the month due to School Holidays

** Trade Fair / Informal meeting with cake

The SBN Committee of Volunteers

Our Committee clockwise below:

Website: Karen Blaylock karen@spearsouthwest.co.uk
Event organiser: Tammy Kwan tammy@tammylynn.co.uk
Finance: Stella Jensen stella@jensenaccountancy.co.uk
Chair: Beth Whittaker bethwhittaker58@gmail.com



What happens at the SBN meetings?

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

We have a rolling programme of different styles of [meetings](#).

Meeting style 1: Local interest speaker: recent speakers include Martin Bundy of John Lewis, Doina Cornell the Leader of Stroud District Council, and extreme ocean rower Roz Savage MBE.

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.

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.

SBN meetings on Zoom - Please Join Us!

The Stroud Businesswomen's Network meets twice a month for two very different types of meetings.

Our get-togethers have been very successful and well attended, with up to 30 people joining on Zoom.

Members report feeling very welcome and supported during the meetings, and the sense that they are not alone coping in the current crisis which is hitting many businesses very hard.

Our Members' Networking Meeting (usually on the last Thursday of the month) usually welcomes an inspirational guest speaker and encourages networking and the sharing of information and business knowledge and skills. Everyone has a chance to introduce themselves and their businesses. **Member benefits** include attending main meetings online with a variety of speakers, individual shout outs, newsletter articles posted online, promotion of your business on our [Facebook group](#) and new [SBN Page](#) along with subsidised training events. Find out more details [here](#).

The Networking meeting is for SBN Members only, but if you are interested in joining the Network, you are welcome to try us out for one meeting, as a Guest. Just email enquiries@stroudbusinesswomen.org.uk.

Our informal Coffee Catch-Up (usually the second Thursday of the month) is open to anyone for support, social and business chat!

If you'd like to become an SBN Member, we are offering first-time members 15 months membership for the price of 12 months! Join online here <https://www.stroudbusinesswomen.org.uk/Join-now>

How to Zoom

Joining links for both types of meeting are emailed out in advance.

If you're new to Zoom try this helpful [Zoom Tutorial](#) plus PDF tips for Zoom [here](#).

SBN Admin - Contact Us

If you have a query or question for us please contact our Administrator.
Admin : Diane Young enquires@stroudbusinesswomen.org.uk



Photo courtesy of Tammy Kwan

SBN Facebook Group Changes

As part of our membership benefits our [Facebook group](#) now comprises of SBN Members only. This is now your private space to interact, recommend or ask for recommendations, share, ask questions of the other Members and get to know each other better!

What's on?

April 19th TRAINING

During lockdown, many of our Members have relied on Zoom and other virtual meeting spaces to engage with clients - so, how can we make even better use virtual meetings even after lockdown? In our next training event (just £10 for SBN Members!) top business skills trainer Miranda Jenkins will delve deeper into how online meeting platforms, such as Zoom, can be used to great effect. Members and Non Members welcome to [book here](#).

[Book your place now!](#)

April 29th MEET ONE OF THE UK'S BEST-KNOWN LANDLORDS!

Lotte Lyster Connolly from The Prince Albert pub in Rodborough rose to national fame during lockdown when she and husband Miles were featured on the hit TV series Saving Britain's Pubs with top chef Tom Kerridge late last year. She'll be our guest speaker at our April meeting.

Full details of this event [here](#).

May 27th SPACE - THE FINAL FRONTIER?

Emily Gravestock, Head of Applications Strategy at the UK Space Agency (and mum of twins) has spent more than five years leading on the development and delivery of an Applications strategy for the UK Space Agency working with industry, other government organisations and colleagues within UKSA. An engaging and enthusiastic speaker, Emily will share insights into how satellites do so much more than help us find a car park...

Members' News and Offers

Round of ap-paws - Stroud care home hosts dog show !! - Article submitted by Katerina Pippi

Care UK's Scarlet House, on Westward Road, hosted its first-ever virtual **'Purrfect Pets' competition** - all for a good cause.

As part of the contest, locals were invited to showcase their pets' skills and good looks in one or more of the eight possible categories: 'Cutest pet', 'Best trick' (in video), 'Best pet under one year old', 'Golden oldies', 'Best dog', 'Best cat', 'Best other pet' and 'Pet and Owner lookalike'.

The **'Best in show' crown went to Meg, a Kerry Blue Terrier**, who impressed the judges with an exciting running picture.

The best three entries in each category received a special rosette and a certificate, while the 'Best in show' winner was awarded a 'Pets at Home' voucher. £104 was also raised for the Pied Piper Appeal, a charity which supports ill and disabled children in Gloucestershire.

To find out more about Scarlet House, email Customer Relations Manager, Katerina Pippi, at katerina.pippi@careuk.com or call 0333 321 0932.

For more general information, visit [careuk.com/scarlet-house](https://www.careuk.com/scarlet-house)

Warmest regards,

Katerina Pippi | Customer Relations Manager | Residential Care Services | Care UK |
Telephone: 01453 769810 | Mobile: 07976 585740 | Email: Katerina.Pippi@careuk.com
<https://www.careuk.com/care-homes/scarlet-house-stroud>

Lyengar Yoga with Tanya De Leersnyder

Special offer for all SBN members (and their partners/husbands!) - an opportunity to try a **FREE** online yoga class with me over the next couple of months. I teach 9 lyengar yoga classes a week, most 1hr30 long, and two which are just 1 hour long.

I have been running a **men's class** for 8 years with huge success hence the offer to SBN members' partners/husbands.

Go to www.kalyayoga.co.uk to read up about me and my classes and get in touch.

Tanya De Leersnyder, Kalya
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6 Steps to a Better Business - Article submitted by Johanna Brand - Action Coach

Join our **business growth specialist Tom Allchurch** in this **FREE** zoom session for personal and professional development. See better results from your business, increase your profits and learn how to spend more time doing what you love outside of work.

ActionCOACH's **6 step strategy session** focuses on teaching you the vital steps to take in order to see growth and prosperity in your business.

This group strategy session will inspire you to

- Eliminate the Chaos in your business - by mastering direction, money, time, and delivery in your day to day operations.
- Find your Niche - focusing on your marketing, testing and measuring and finding the unique selling point of your business.
- Increase your profits - focus on the numbers and explore 5 different ways to improve that all important bottom line.
- Put systems in place - save yourself time, energy and money by providing structure for your team
- Structure your team for growth - create a commercial profitable enterprise that works without you.
- Enjoy the freedom - of being the owner of a business that works - so you don't have to!

Reserve your place today on stroud.actioncoach.co.uk/events/

Diary of a juggling single mum with Kirstie Preece of Utility Warehouse

Well what a year its been! Covid sure has tested us. I was lucky enough to be able to have the resources **to work from home** with my Utility business but most of our business was face to face, so it has been difficult to strike up the conversations in the same way.

Networking has been integral to my survival as a home schooling single mum. It kept me in touch with other grown ups, made sure I wasn't isolated and gave me other things to talk about as I listened to others experience during this unique chapter in our lives.

Just 7 weeks ago I was introduced into the **Crypto currency** world (most of you will have heard of Bitcoin). It has been an exciting learning curve and this currency seems set to stay with crypto being an option at the PayPal checkout! It's been great to start building a wealth portfolio and helping others on their journey too!

I have tried to stay positive during the last year, staying clear of negative press and people. This has helped me to **keep a good mental health balance**. Helping others in ways has helped as well as being grateful of the surrounding I live in!

Kirsty Preece
Utility Warehouse
Email: kirstieprece@gmail.com
Tel: 07042935050

Courses and Events

Dementia Friends FREE online session - article submitted by Katerina Pippi

Friday, 16 April 2021 - 4:00pm to 5:00pm

Dementia Friends Champion, Katerina Pippi from Care UK, will be covering a number of topics to help you understand what it might be like to live with dementia.

- Understand what dementia is and how it affects people
- Learn about changes/challenges it brings and how to overcome communication barriers
- Discover positive approaches to living with dementia
- Become a Dementia Friend

Experience a virtual tour of the home

For more information or to book your free place please call the home directly or email Katerina.pippi@careuk.com

Katerina Pippi | Customer Relations Manager | Residential Care Services | Care UK |

Telephone:01453 769810 | Mobile: 07976 585740 | Email: Katerina.Pippi@careuk.com

<https://www.careuk.com/care-homes/scarlet-house-stroud>

What's On in Stroud as we come out of lockdown?

The Sub Rooms events venue in Stroud have forthcoming listings for the Summer [here online](#) from Macy Gray to the Real Thing, check out their line up! Latest news issue from the Sub Rooms can be found [here](#).

Extensive Advice for Small Business all here online using zoom

Click this link to find all the latest [workshops from the Growth Hub](#) and all for FREE! They cover all aspects of business from funding options, business strategy and planning and entrepreneur's networking events too!

Funding resource for emerging social enterprise

Fredericks is a responsible finance provider that provides finance and mentoring to people who want to expand an existing Social Enterprise. Fredericks is open to anyone who has a viable social enterprise business proposition, but cannot obtain mainstream finance.

They provide services to support emerging Social Enterprises with a revenue share funding model. They support businesses that have a social or environmental impact and create jobs in the economic recovery post Covid.

More information can be found [here](#).

How to find Social Media post and content Ideas

“Regular posting on social media helps your business to stay at the forefront of the minds of your audience. But thinking of new post ideas can be difficult when you have so much else to be doing in your business.”

Find out more on how to think of new posting ideas in [this article here](#) by Karina Methven of [Magic Bean Media](#).