



## NEWSLETTER

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April 2022

### KEY DATES

**Thursday 7<sup>th</sup> April 2022:**

Coffee Catch-Up at the [Curio Lounge](#) in King Street Stroud  
- 9.30 am - 11.00am. Open to both SBN Members and Friends for a chat over a coffee.

**Thursday 28<sup>th</sup> April 2022**

Networking Meeting focussing on networking and sharing business skills & Member Shout Outs.

**Venue - Minchinghamton Golf Clubhouse**  
New Courses GL6 9BE

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

**Guests** who would like one free networking meeting are welcome to try us out. Contact us on the email below.

### 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 Group](#) - Our closed group for Members

[Facebook Page](#) - SBN Business info, events and information

[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 or friend of SBN. 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)

## Stroud Businesswomen's Network Chair Beth Whittaker

### Thoughts from SBN Chair Beth Whittaker....

My last meeting as Chair of SBN was certainly memorable!

I was delighted to report that long-term Member **Tanya de Leersnyder** has accepted the committee's invitation to take over the **Chair's role**. Tanya will tell you all about herself at the April meeting, which will be our AGM (don't panic - that part will only take five minutes!)

We have also welcomed the following new members: Maria Da Siva of MDS Therapeutic Coaching and Sarah May of Indigo Mill.

### Speakers

Our **inspirational guest speaker** was **Corinna Rae**, who, with husband James, bought the somewhat faded Grade 11 Listed Burleigh Court Hotel three years ago after a successful career in international human rights.

The challenges they faced taking on a business stuck in a bit of a rut - even before Covid hit - and the 'out of the box' solutions they devised to meet those challenges, were fascinating to hear.

It was a story of great resilience and creativity coupled with good business sense and determination, resulting in a gloriously refurbished country house hotel in a stunning setting, which is also hoping to up its two-AA Rosette restaurant to three Rosettes in the near future, joining just a handful of other top eateries in Gloucestershire!

After Corinna, **Charlie Mitchell of Starseed Parenting** told us her own deeply personal story of resilience as a mother of three children, all of whom experience life differently.

Charlie's eldest has autism and anorexia, and her youngest has Down Syndrome and Leukaemia. While staying in hospital with her child during months of cancer treatment, Charlie decided to research and write a creative self-healing book to help other parents facing similar problems. **Gifts from the Heart of the Storm** has now been published full of practical and heartfelt advice, a healing journal and an 'emotional first aid' kit!

### Your committee

As I step down as Chair and off your committee, Stella Jensen - who has been looking after SBN's finances for around 14 years - is also stepping down from the committee, and Kirstie Preece has had to relinquish her place on the committee due to family and work pressures. Huge thanks to them both for their help.

We are confident that we will soon have a replacement for Stella - the role is not onerous, and Stella will still be around to hand hold during the changeover. **If you are interested in joining the committee and taking on Stella's role, you get free membership!** See details of what the role entails below.

And finally, thank you all so much for the absolute privilege of being Chair of SBN. I'm particularly grateful for the help and support of the wonderful committee and our administrator Diane Young. I will continue as a Member, of course, and I know Tanya will do a brilliant job.

*Beth  
Chair*

## Treasurer SBN information -

**Free Membership included**

### The SBN treasurer's role:

Tasks take about two hours a month:

- Run bank and PayPal accounts - all online
- Record income/outgoings
- Pay expenses from SBN bank account/PayPal
- Report income & expenses and bank/PayPal balances to Committee monthly
- Expenses over £30 to be agreed by committee
- Update bank mandate for new treasurer & Committee
- Attend Committee meetings

Any questions at all? Email [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)

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## Stroud Businesswomen's Meetings

### SBN meetings 2022

**Coffee Catch Up meetings 2022 - 9.30am to 11am - The Curio Lounge Stroud GL5 3BX**

13th January	10th February	10th March	7th April*
12th May	9th June	14th July	11th August
8th September	13th October	10th November	8th December

**Members' Networking meeting dates 2022 - opens 8.45 for 9.30am start\*\***

27th January	17th February*	31st March	28th April
26th May	30th June	21st July *	August TBC
29th September	20th October *	24th November	Christmas Lunch

\*Earlier in the month due to school holidays

\*\*Please check our Meetings page for Members' Meetings venues above the main meeting dates.

**Download your copy PDF with 2022 dates [here](#).**

**March Meeting:** Our networking meeting will focus on networking and sharing business skills plus Member Shout Outs. For more information click [here](#).

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## The SBN Committee of Volunteers

Our Committee left to right below:

Chair: Beth Whittaker [bethwhittaker58@gmail.com](mailto:bethwhittaker58@gmail.com)

Training: Sam Collins ([sam.collins@sjpp.co.uk](mailto:sam.collins@sjpp.co.uk))

Training: Kirsty Preece ([kirstiepreece@gmail.com](mailto:kirstiepreece@gmail.com))

Events & Technical: Tammy Kwan [tammylynn.co.uk](mailto:tammylynn.co.uk)

Website: Karen Blaylock [karen@spearssouthwest.co.uk](mailto:karen@spearssouthwest.co.uk)

Finance: Stella Jensen [stella@jensenaccountancy.co.uk](mailto:stella@jensenaccountancy.co.uk)



Photo courtesy of Tammy Kwan - [TammyLyn Photography](#)

## What happens at the SBN meetings?

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

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

**Meeting style 1: Local interest speaker:** recent speakers include Stroud MP Siobhan Baillie, Lotte Lyster Connolly of the Prince Albert Pub & Stroud Book Festival's Louise Brice and Caroline Sanderson.

**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. Recent examples are Emily Gravestock from the UK Space Agency and extreme ocean rower Roz Savage MBE.

**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 - Please Join Us!

Our membership is just £60 for the year! Please read on to find out what is included...

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

As we return to face-to-face meetings, it is worth noting that our online Zoom meetings over the past 18 months were very successful and well attended. Members reported feeling very welcome and supported during the meetings, helping them to cope and recover from the impact of Covid on their businesses.

**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 with a variety of speakers, individual shout outs, newsletter articles posted online, promotion of your business on our [Facebook group](#) and [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 admin here [enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk). Members do not need to book for our meetings, you can just turn up on the day. We also do not restrict membership to where we include only one member to a type of business, everyone is welcome.

**Our informal Coffee Catch-Up at the Curio Lounge** (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 please Join online here -

<https://www.stroudbusinesswomen.org.uk/Join-now>

## SBN Admin - Contact Us

If you have a query or question for us please contact our Administrator.

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



Photo courtesy of Tammy Kwan

## SBN Announcements

### PLEASE HELP US SPREAD THE WORD ABOUT THE SBN!

As you will know, we're **working hard to increase our Membership numbers** with your committee taking on various tasks to help spread the word among other business support groups, co-working organisations etc.

As part of this promotion drive, we would be grateful if you are able to **print off and display our poster on this link**, or click here to print this from the final page of this newsletter.

If you have the opportunity to forward to friends/colleagues who might be interested that would be really helpful too!

## Members' News and Offers

### Introduction to Access Bars - Stress-less Living - Article submitted by Debi O'Brien

**SBN Member's Offer - half price using code HALFPRICE** Register on link below.

#### Introduction to Access Bars - energetic healing modality

Access Bars is an energetic process that leaves you feeling less stressed, with a clearer mind and relaxed, calm body.

On the **10th April in Stroud** there will be an introduction workshop to share the philosophy behind the process, to teach you 3 of the Bars points and some of the key tools used by Access Consciousness to create so much space in your life.

3 Hour Workshop - Mini playbook included - Learn 3 Bars points to use after

**Date:** Sunday April 10

**Time:** 14.00 - 17.00

**Venue:** OwnZone Stroud

**Price:** £35 - half price members £17.50

Facebook event for more information [click here](#)

Registration link - [click here](#)

Email - Debi O'Brien - debi.obrien@outlook.com

## Members' News and Offers

### Standing on our heads for Ukraine! Article submitted by Tanya De Leersnyder

On Sunday the 20th of March, 13 of my Iyengar yoga students met me at Stroud Yoga Space for a sponsored headstand challenge. Friends and family sponsored either a lump sum or an amount per minute they stayed up in headstand.

Many of my students sponsored me and my friends were amazing too! A couple of friends sponsored me £10 per minute! **The 14 of us held a total of 167 minutes in headstand** (anything from 4 to 30 minutes!) and we raised an **amazing £4900** which with Gift Aid will come to **£6125**.

It was a special afternoon and although a drop in the ocean, good to have done SOMETHING to contribute to the wonderful charities doing their best to help so many.

[www.kalyayoga.co.uk](http://www.kalyayoga.co.uk)

Tanya De Leersnyder

07806227318

[info@kalyayoga.co.uk](mailto:info@kalyayoga.co.uk)

### Gifts from the Heart of the Storm: Free emotional support resources for parents - Article submitted by Charlie Mitchell

Following the successful launch of my book **Gifts from the Heart of the Storm**, I'm really excited to announce that there are now free resources available on my website to help parents with the emotions of supporting a child who experiences the world differently.

**Resources include:**

- An exclusive journal
- 5 Steps to Emotional First Aid with downloadable worksheets and videos to help you with your wellbeing right now
- An audio and visual version of the book **Gifts from the Heart of the Storm**
- Self-coaching worksheets to help you take your healing further
- Community group of other parents who are interested in this work

**Feel free to register yourself [here](#) and have a look around if it sounds of interest. Please forward to anyone you feel would benefit.**

**You can buy the book on my [website here](#) if you'd like a signed copy or alternatively from [Amazon](#).**

Charlie Mitchell - Starseed Parenting

Website - <https://www.starseedparenting.org>

Email - [charlie@starseedparenting.org](mailto:charlie@starseedparenting.org)

## Members' News and Offers

Family Tree is going to be hosting another day of events with Longfield on 4th May as part of Dying Matters Awareness Week - Article submitted by Jane Diamond

### **Are you in a good place to die?**

Following the success of last year's event, Longfield Community Hospice and Family Tree Funeral Company are back for another day of thought-provoking free events based on the question: "Are you in a good place to die?"

This event is part of Dying Matter Awareness Week.

**When:** 4<sup>th</sup> May 2022

The day will comprise:

Session one: Ask the medics.

Session two: Funeral planning and 'what is a death doula?'

Session three: In conversation with Dr Kathryn Mannix on 'the power of listening'.

Session four: Pop-up Death Cafe.

Further details, including how to book, will be announced shortly. Check for recent details [here](#).

**How to best support your adrenals?** - Article submitted by Trish Tucker May

Our adrenal glands are responsible for many things that assist in regulating our body and hormones, including thyroid and reproductive hormones. They are also responsible for managing stress and energy.

### **Signs your adrenals are depleted -**

1. Your blood sugar level drop or spike suddenly.
2. Your hormones will be all over the place. One moment you are happy and the other moment you will find yourself crying over the little things.
3. You get sick often
4. You find it hard to manage your stress levels.
5. Your sex drive will decrease.
6. Daily tasks require more effort than usual.
7. You will find it hard to keep yourself awake even for vital tasks.
8. You will constantly crave food, mostly salty and savory foods, and it will be hard you satisfy your cravings.
9. Your body will take longer to heal properly.
10. You will fail to find happiness or excitement in hobbies.
11. You may find yourself skipping meals.

### **How to improve your adrenal health -**

1. Get your sleep schedule in sync with 8+ hrs
2. Daily exercise, least 30 minutes a day
3. Add these to your diet: Proteins, zinc, calcium, and vitamins (especially C and D) to your diet. Also increase foods like coconuts, avocados, olives, chia seeds, bone broth, nuts, vegetables and fish.  
If you would like to learn more about my tests to measure adrenal health please get in touch.

Trish Tucker May / Website [www.trishtuckermay.com](http://www.trishtuckermay.com) / 07984 326 956 E: [trish@trishtuckermay.com](mailto:trish@trishtuckermay.com)

## Members' News and Offers

### We have made the papers! Scarlet House Care Home - Article submitted by Katerina Pippi

**Have you seen us in Stroud News & Journal?** Residents at Scarlet House have been reviving **Long Lost Hobbies**, including a favourite at Scarlet House; our gardening club. To read more, visit [Stroud News and Journal article here](#).

We are keeping busy with our next events. **Join us on the 27th April** to hear local representatives from the **Police and Fire Service** share helpful tips on keeping safe in the community and at home.

After that on **27th May** we attempt to **recreate the Chelsea Flower show**, in a smaller scale for sure! The residents, their families and the team will be out in our beautiful landscaped grounds, celebrating the best of classic English gardening. Why not join other green-fingered members of the community and showcase your favourite plants and flowers?

**Categories for the flower show are:**

Model Garden - U12s

Model Garden - Adult

Flower Arrangement - Subcategories:

- Novelty bouquet

- Bud vase

- Single flower type

Best House Plant

Best home grown single rose

Best in show

To find out more about the events or to enter into one of the above categories, email [katerina.pippi@careuk.com](mailto:katerina.pippi@careuk.com)

Warmest regards,

Katerina Pippi | Customer Relations Manager

Telephone: 01453 769810

Mobile: 07976 585740

Email: [Katerina.Pippi@careuk.com](mailto:Katerina.Pippi@careuk.com)

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

Scarlet House, 123 Westward Road, Ebley, Stroud, GL5 4SP

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## Courses and Events

### The Growth Hub - Free workshops

The Growth Hub continues to be a fantastic source of free information whether online or face to face with workshops held in Cirencester, Gloucester or Tewkesbury.

**12<sup>th</sup> April 2022**

ONE-TO-ONE: How to grow your business with photo and video.

**19<sup>th</sup> April 2022**

ONE-TO-ONE: How to set up and run Facebook and Instagram Ads.

Full details of these and even more workshops can be found [here](#).

Or why not sign up to their newsletter bulletins by email? Subscribe at the bottom of the page [here](#).

Please scroll down to see our SBN Poster, please print or/and share and help spread the word of SBN.

# Stroud Businesswomen's Network ➤➤➤

## Proving that business and pleasure do mix!

Meet potential clients, make contacts, make friends and be inspired at our welcoming and supportive meetings twice a month.

**All for just £60 a year!**

Stroud Businesswomen's Network was launched in 2004. We're a not-for-profit organisation run by volunteers.

**Your first Members' Meeting is FREE!**

Contact us  
[enquiries@stroudbusinesswomen.org.uk](mailto:enquiries@stroudbusinesswomen.org.uk)  
Join us on Facebook  
[@StroudBusinesswomensNetwork](https://www.facebook.com/StroudBusinesswomensNetwork)  
Visit our website  
[www.stroudbusinesswomen.org.uk](http://www.stroudbusinesswomen.org.uk)

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Please print our poster above for display or distribution. Thank you.

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