

Stroud Businesswomen's Network

2019 meeting dates

NEWSLETTER

August 2019

CONTENT LINKS

- [SBN Thoughts from the Chair](#)
- [SBN meeting dates](#)
- [Get your business noticed!](#)
- [SBN Announcements](#)
- [Members' news & offers](#)
- [Courses & Events](#)
- [Information, resources, funding & support](#)
- [About Us](#)
- [Join Us!](#)

KEY DATES

Thursday 8th August 2019:

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

Thursday 29th August 2019:

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.

Due to the Summer break the next Newsletter will be issued in first week of October. Please continue to submit anytime throughout the month to this email address news@stroudbusinesswomen.org.uk

Thursday 15th August 2019: Members' deadline to book your trade table for the August Meeting!

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 100 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

Stroud Businesswomen's Network Debbie Bird

Thoughts from ... our SBN chair Debbie Bird:

Communicating with each other can result in the magic of three fundamentals - support, ideas and referrals. This month we had a great opportunity to communicate with one another with table discussions about what we think prospective customers should ask us before deciding to buy from us.

A number of people mentioned the 'how much?' question. It is interesting when we aren't asked the price... does that give us carte blanche to charge what we like? Or does it mean that the customer isn't completely serious about buying. Certainly, in my experience being asked the price is one of the best buying signs going.

I think it is helpful to know how experienced someone is when we intend to do business with them... what training or accreditation they have or if they have any customer testimonials. I have recently booked with someone who uploads new dated testimonials EVERY month. They were really powerful to read and made the buying decision easy.

I am looking forward to our trade fair style meeting on 29th August - I've even invited my parents-in-law! Let's get lots of new faces in - potential customers for those selling their wares and possible new members too. It should be a lot of fun.

On the theme of communication please remember our training in October there's more information in this newsletter below - it will be an opportunity to make communicating with your customers really effective.

In the meantime - I hope you enjoy the weather and still get business done! Have a great summer!

Debbie

Stroud Businesswomen's Network 2019

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

Jan 31	Feb 28	March 28	April 25
May 23	June 27	July 18	August 29
September 26	October 24	November 28	December <small>(Christmas party date tbc)</small>

We also host informal drop-in networking upstairs at the Curio Lounge,
Kings Street, Stroud GL5 3BX – Thursdays 9am-11am

Jan 10	Feb 14	March 14	April 11
May 9	June 13	July 11	August 8
September 12	October 10	November 14	

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

The SBN Committee of Volunteers



Photo by Tammy Lynn Photography

Back row, left to right:

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

Front row, left to right:

- Stella Jensen (finance) stella@jensenaccountancy.co.uk
- Catherine Green (previous Chair to April 2018)
- Karen Blaylock (website) 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.

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.

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.

Stroud Businesswomen's Network Announcements

SBN August Extended Main Meeting - Members' Tradeshow with Cake! All Welcome! Even Men!

Our SBN Summer Sizzler on August 29 is YOUR chance to show off your fabulous products and services - perhaps offering a taster or even a 1-2-1 advice/information session - to both members and friends alike. WITH ADDED CAKE!!

This is an informal event, open to all (including friends, colleagues, and even... MEN!), but will start with our usual 'introduce yourself' session at 9:30 prompt and ending a bit later than usual at Midday.

Members can book a FREE table/display space by contacting enquiries@stroudbusinesswomen.org.uk by **15th August** at the latest. More info [here](#).

BANNERS: Members bring your banners to our meeting!
On the day we can display these for you at the rear of our meeting room.

Advance notice of Training Event

DiSC ® Training with professional coach Debbie Bird followed by a delicious buffet lunch.

8th October 9.30am at Birch Catering in Stroud

Join us on October 8th for a morning's training when top business coach (and chair of SBN) Debbie Bird will give us a very special and condensed version of the renowned DiSC ® personality profiling course to help YOU communicate more effectively with ALL your customers.

The special shortened version of the DiSC programme for SBN members will also offer free options for an online DiSC profile.

Training event including lunch and tea/coffee -
Members : £25.00, Non-Members £29.50; invite your friends to join us!

More details about the DiSC training [here](#).

[Please note details are available but registration is not open yet and will be in the next few days as we need to confirm the lunch details with Birch Catering]

Members' News and Offers

Wendy Goes Green in the Guardian! Article submitted by Wendy Thomson

Wendy Thomson (Wendygoesgreen), is expecting to feature in Guardian in next few weeks as part of 'How I spend my money' feature. This is about how people have changed from having a high income to less funds and shares with readers how they manage and what they focus on now but also gives their business a bit of coverage.

This is a result of working with Kathryn Minchew (another SBN member) on her pilot marketing training course giving me the confidence to put myself forward to journalists to get coverage to promote my business. Thank you Kathryn!

Don't forget.....

John Lewis Cheltenham - Discovery Room - article submitted by Danielle Ellis

**Breadmaking demos 11 am and 2 pm
Saturday 10 August 2019**

I am delighted to announce that I am giving two breadmaking demos at the above times in the Discovery Room (near the underwear department!).

The demos are free and places limited. You need to book in advance either by ringing the John Lewis Experience Desk on 01242 544042 or in store at the desk.

These demos are not hands on, should wish to join a class please visit severnbit.es.com/classes.

See you there! Danielle Ellis breadabakerdanielle@gmail.com 07901854981

Courses and Events

FREE Business Course - Grow Your Business

Expert advice delivered over a 2 day Course for start ups and sole traders on August 15 and 16th 10am until 4.30pm

At Make It Studios Unit 7 Block 2, Fromehall Mill Stroud , GL5 3EH

More information to be found [here](#)

[←Back to contents](#)

Support for local businesses from the SDC

Volumes of information about business support and regulation, Brexit for businesses, the business directory and more all [here](#) at the Stroud District Council website .

FREE!

Start and Grow Your Own Business:

150 page BOOKLET now free of charge including the following:

Overview - easy to follow step by step guide

Advice - where to find help and support

Business planning - are you ready?

Market research - is there a gap in the market?

Business set-up - choosing the right structure

Premises - work from home or premises?

Finance & funding - your funding options

Accountancy & tax - tax and VAT explained

Business networking - tips and local groups

Getting online - online marketing, social media

Click [Here](#) for more information

Stroud Inc Business Group

An organised but informal group interested in the businesses and community of Stroud.

If you run a small business in or around Stroud and want to get involved with Stroud Inc. then sign up for the newsletter - find the link and more information [here](#).