

Stroud Businesswomen's Network

2019 meeting dates

NEWSLETTER

February 2021

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KEY DATES

Thursday 11th February 2021: Coffee Catch-Up on Zoom - 9.45am set up for 10.00 am start. open to both SBN Members and Friends, for a virtual chat over a coffee.

Thursday 25th February 2021: Members' Meeting with Speaker Siobhan Baillie Stroud MP - 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

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

Thoughts from SBN Chair Beth Whittaker

OK, so how many of you have been snipping images from magazines to create your own **vision board for 2021**?

For those of you who didn't attend our first Members' Meeting of the new year (and where were you?!) SBN stalwart Ahrabella Lewis got us all off to a fine start by showing us how to set some positive intentions in a very creative way.

Collecting images and text and sticking them on a large board can really help you focus and reflect on what you want both for your business and at a personal level. And who doesn't like wielding a Pritt Stick (other makes are available)? Find Ahrabella on Facebook <https://www.facebook.com/AhrabellaLewis/>

Start and Grow

Natalie Ferrari from Gloucestershire's Start and Grow Enterprise

Enterprise <https://www.startandgrowenterprise.uk/> then took over our Zoom meeting screen to explain the free help and support that the initiative offers to freelancers, entrepreneurs and new businesses. Whether you've started your journey already, or you're still mulling it over, Start and Grow's range of free support is designed to "help you make intelligent, informed decisions".

Useful to know that, although the support is not intended for long-established businesses, if you are planning to expand into a new area or new products, there is help available! Have a word with Natalie first. Start and Grow has EU and Government funding, so, give it a go!

Keep in touch!

On the social media front, SBN's [new Facebook Page](#) is up and running, alongside our [FB Members Group](#) so please join in! We also have a friendly and chatty What's App group which is open to Members - just email enquiries@stroudbusinesswomen.org.uk with your mobile number and you will be added to the What's App group. We've also worked hard to upgrade our website www.stroudbusinesswomen.org.uk so it actually works properly on mobiles! Ta-dah!

Next month our Members' Meeting on February 25th will be your chance to hear from - and question - Siobhan Baillie, MP for Stroud.

She'll update us on what she has been working on over the past year (apart from becoming Stroud's first female MP and having her first baby) and will take questions from SBN Members. So, get your thinking caps on! [Full details about this event here.](#)

Don't forget, if you are not already a Member, and you would like to be, you can attend one Members' Meeting FREE before signing up. And this could be just the Meeting to try us out! Just email enquiries@stroudbusinesswomen.org.uk.

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

- 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 enquiries@stroudbusinesswomen.org.uk

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](#).

Stroud Businesswomen's Network News Announcements

Facebook - Our SBN Business Page is up and running!

Please use our page to help us to help you! **Like our [SBN Business Page](#) and we will like yours!**; please share our posts too. We intend to feature members' business posts on the Page too helping to spread the word about what you do.

Our [FB Business page](#) will create a wider showcase for SBN - hopefully raising the profile of our Members with a new audience and encouraging more local businesswomen to join our Network.

Our private [Facebook group](#) will also continue as a place for paid Members to create their own posts and share information. Other Members of this group will not have access to preapproved posting.

What's on? We have speaker Siobhan Baillie joining us at our February Networking Meeting.

It's your chance to hear from - and question - Siobhan Baillie, MP for Stroud.

She'll update us on what she has been working on over the past year and will then take questions from SBN Members. So, get your thinking caps on and prepare some questions for Stroud's first female MP!

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

LONG COVID BOWEN STUDY - AN UPDATE article submitted by Dianne Bradshaw

As some of you are aware I have been using my work as a Bowen Therapist to try to help the many people who have been diagnosed with **symptoms of “Long Covid”** which are still apparent after many months of having CV19 and are affecting their lives.

In September I set up a local Study in Stroud to find out the effect Bowen Therapy has on these Long Covid symptoms and was thrilled to find I was able to restore people's quality of life so they could do their work again, look after their families and had the energy to do family activities.

This has now been launched into a Nationwide Study using Bowen Therapists all around the UK, Wales and Scotland and we have almost 70 Therapists who have been brought in to help more Long Covid people and to provide the data which we can statistically analyse and create a Study which can be published alongside Research Papers!

So 12 months ago I wrote about my **“Fear of Facebook”** and now I have used facebook as a platform to find Long Covid Participants for the Studies, helped create and manage a Group and provide a much needed Service!

Find me [here on Facebook](#).

Art to Inspire - Vision Board Exercise - article submitted by Ahrabella Lewis

Vision Boards are a great way to set positive intentions for what you want to bring into your life

- To create a vision board gather a large piece of card, magazines, scissors, glue and inspiring words.
- Arrange the imagery and text on the card making the board bold and colourful. Include photos of yourself or your business logo to make the board more personal.
- Stick the board somewhere you can see it daily and take a photo on your phone to refer to.

Then let the positive energy infuse your life!

Ahrabella Lewis <https://art2inspireleadership.co.uk>

Scarlet House news - article submitted by Katerina Pippi

February **FREE** events:

11th February 4pm -5pm : Dementia Friends Information Session

23rd February 4pm - 5pm: Hearing in later life- an online event

Please contact myself for your free space or feel free to share with whomever will find them useful?

Visiting suites: We have opened new Covid-safe visiting suite to reunite residents and their loved ones. Despite the Lock down restrictions, we still allow visiting.

Rapid testing: Testing will be used to support additional visits in homes once the Lock down has been lifted.

Vaccinations: In Scarlet House all our residents have had their first vaccination and the vast majority of our staff.

Cleaning and infection control: We have the very latest technology to keep our care homes clean and safe, including fogging machines to disinfect indoor spaces and thermal imaging cameras to check temperatures. As a large provider, we have dedicated infection control champions for every home, and excellent supplies of PPE.

Keeping in touch: We have technology such as electronic tablets in every home to help keep residents and loved ones in touch via specialist apps and video calls between in person visits.

Experts in award winning care. Trusted by over 6,500 families.

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>

GFIRST LEP - Can you help our Education and Skills Team?

GFIRST LEP's Education and Skills Team are looking to develop 'Discovery Boxes' for students with particularly high needs in the county's special schools to support with the school's careers education programme. These learners have communication and sensory needs which mean that they are unlikely to enter paid work in the future, but learning about jobs and work in their community is still a very important part to their development.

Could your company assist with putting together some practical 'Discovery Boxes' for the 7 community special schools in Gloucestershire? Items for inclusion could be something that the students could wear, smell or touch to help their engagement and learning. I.e. a coffee shop could support with a box including an apron, bag of coffee beans, a cup, menu and a takeaway bag etc.

If you would like to get involved, or would like to find out more, please do get in touch with Lauren Greening, SEND Enterprise Coordinator, on lauren.greening@gfirstlep.com.

Also full information on our [website here](#).

Call for Businesses to Donate Laptops

Cotswold District Council and Forest of Dean District Council are encouraging local schools and businesses to sign up to the **national business2schools scheme** to help get more equipment out to families who may need it during lockdown.

Registered businesses will be able to directly contact local schools to allow them to **donate the spare equipment**. Local businesses and schools can sign up to the scheme.

Read more about this and how to donate [here](#).

Start and Grow Enterprise - The Ingenuity Programme - article submitted by Natalie Ferrari

The University of Gloucestershire and Start and Grow Enterprise's involvement with **the Ingenuity Programme means you can apply for the chance to get grants, investments and partnerships** to help turn your idea into reality!

If you're a budding entrepreneur with an interest in sparking change in your community and making Gloucestershire a better place, **you've got until 28 February** to sign up to this year's Ingenuity programme! You can apply whether you are pre-start or run an existing business.

The programme is a fantastic opportunity for you to develop your idea with a variety of national professionals and experts, and to enhance your business skills. The programme offers a range of national and regional talks and workshops to give you the best expert knowledge we have in the country, all to help to rebuild a better society, economy and environment post-Covid.

Applications are open until 28 February 2021 [click here now](#).

If you're interested in changing the place you live and creating a brighter future for us all, we want to hear from you. Find out more and apply here: <https://ingenuityimpact.org/westofengland>

We are also looking for business development specialists to mentor applicants through their all-important business journey. This will require only 4 hours of your time. If you'd like to sign up as a mentor, apply by 8th March here: <https://ingenuityimpact.org/westofengland>

If you have any questions at all about the programme, please contact **Jessica MacDonald** by emailing Ingenuity@glos.ac.uk.

Business West - Preparing your lockdown recovery strategy; finance options worth considering

This year, South West businesses will need to consider how they bounce back from trading water to restoring their pre-COVID operations, bringing back furloughed staff and hopefully meeting increased demand. As businesses plan to forge ahead, some financial challenges will need to be considered and overcome.

[Read more here ...](#)

Minchinhampton Golf Club - article submitted by Prue Howarth

We safely 'Zoomed' the AGM in September. In my third year '2019' as a Director, another woman Director-Jan- started with a background in 'Risk' before the Covid time. At the Zoom AGM in 2020 several of the Board, including me, stepped down, and another young woman-Fe-was appointed. New male young Directors joined too. Efforts to very gently 'retire' some oldies paid off.

When things get better the golf club will still be there so don't forget there will be **Free Golf Tuition for Beginners as soon as we can make it available**. We have something for all ages.

<http://www.minchinhamptongolfclub.co.uk>

Tel: 01453 833866

Amberley Shop - article submitted by Prue Howarth

Sadly our shop/Post Office closed years ago.

Plans for a new shop and Post Office in Amberley Parish Church are coming to fruition. This beautiful design will enhance the church including new loos and 'specialist' villagers have put time and effort into this project. Access will be easier and will support those who can no longer drive. No buses of course! Post-Covid we shall be open for refreshments at the refectory table at the back of the church.

Business West - Post Brexit rules for companies: What has changed for businesses trading with the EU?

The UK left the EU on December 31st, meaning trade with Europe has changed in several ways. Businesses are having to adapt to the new rules and regulations during an already difficult economic period triggered by the COVID-19 pandemic. So, what do firms need to do differently now? Find out more [here](#).

The Growth Hub - Free Peer Networks Programme - supporting your business

The **Peer Network** programme in Gloucestershire is delivered locally by The Growth Hub, it creates diverse cohort groups of individuals to collaboratively work through common business issues. Through interactive action learning, the programme enables business leaders to discuss their own challenges, gain and reflect on valuable feedback and implement practical solutions to overcome them.

Each cohort has a maximum of 8 businesses in it, led by experts in their field. A discussion, on a problem chosen by one of the companies, is guided by our trained facilitator to an action plan agreed by the group. These action(s) can be enacted and reported on at a later meeting.

Sarah Danson, Director of Strategic Growth for GFirst LEP said, “Peer Networks represents a fantastic opportunity for business leaders within Gloucestershire to join small cohorts of peers, sharing their challenges and experiences, and working together to overcome their real-life problems with the help of trained facilitators.”

One cohort member was happy to share their experience, “I was nervous about doing my presentation and how it would roll out, but everyone was really friendly, open minded and keen to share experiences and suggestions, which led to an open constructive platform. I’m looking forward to listening to other people’s challenges and goals, the ability to hopefully be able to add value back to them and to pick up additional tips and suggestions from discussions. It’s also given me a new focus in my ability to deal with my role and the issues I come up against and apparently a new fire and enthusiasm - according to my MD!”

New cohorts in Cyber, Agri-tech and the Voluntary sector will be launching soon, if you would like to learn more about this **FREE** programme please visit

<https://www.thegrowthhub.biz/peernetworks> or email us at peernetworks@thegrowthhub.biz

Business West - The impact of Brexit and trading with the EU.

What is an ATA Carnet and do I need one to take goods into the EU?

An ATA Carnet acts as a 'passport for goods', simplifying the customs process and replacing all the usual customs documents for temporarily exporting goods. By using an ATA Carnet you will get duty-free and tax-free transportation of professional equipment, commercial samples and other goods that need to be transported to a country temporarily and then imported again. **Read more details [here](#).**

Data vs Convenience with Cyber Cheltenham

This is a virtual session with cyber defence analyst Helen Major and cyber security engineer Dr Nathalie Cole on why people should care about data breaches.

Save the date 4th March 2021

Cynam.org