



NEWSLETTER

February 2022

CONTENT LINKS

- [SBN Thoughts from the Chair](#)
- [SBN meeting dates](#)
- [Members' news & offers](#)
- [Announcements](#)
- [Courses & Events](#)
- [About Us](#)
- [Join Us!](#)

KEY DATES

Thursday 10th February 2022:
Coffee Catch-Up at the [Curio Lounge](#) in King Street Stroud - 9.00 am - 11.00am. **Open to both SBN Members and Friends** for a chat over a coffee.

Thursday 17th February 2022
Networking Meeting with [speaker Andy Jarrett](#) from the Nelson Trust Charity supporting women in the community, plus Member shout-outs. **Venue - [Minchinhampton Golf Clubhouse](#) New Courses GL6 9BE**

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

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....

New year, new business goals...

We were delighted to see so many Members and Guests at our first meeting of 2022 and particularly happy to welcome **new Members Jorja May-Hoyle, Hayley Ward and Kelly Jones.**

With the start of a new year, and after two long years of Covid confusion, it was a perfect time to **set some business goals** to keep us focussed. **SBN Committee member Kirstie Preece** led us all through a relatively painless process of identifying a **SMART goal** - Specific, Measurable, Achievable, Realistic and Timely. Many thanks Kirstie!

Working in pairs and sharing some of our aspirations afterwards was a wonderful example of how SBN brings supportive and innovative businesswomen together to share ideas and creativity. We then welcomed two Members for their 'five-minute shout out'. This is an opportunity offered to ALL members to help us learn more about what they do for a living.

So, we heard from **Trish Tucker-May** about how years of personal poor health and extreme allergies led to her training as a nutritionist and gut specialist. Now she is fit and well and sharing her knowledge about eating the right things for your gut health. She has won awards for her work and it is easy to see why!

Then **Jane Diamond** from **Stroud's Family Tree Funerals** told us about her work helping people talk about and be better prepared for the end of life at bi-monthly death cafes, and her role as a death doula. I think we all agreed that the 'd-word' is rarely talked about enough and that we'd all love someone like Jane around to help our loved ones. It was a very thought-provoking session.

Looking for a new Chair...

I took on the role of Chair after being on the committee for some years when Debbie Bird stepped down mid-pandemic, but as I am now retired and not running my own business anymore, the time is right for someone else to step up. It isn't particularly onerous - there's a strong and supportive committee ready to help, and I've enjoyed it hugely! **The Chair's roles are listed below on the next page** so, if you think you would like to help, or you can recommend a fellow Member, please let us know! enquiries@stroudbusinesswomen.org.uk.

Next meeting

Our February meeting on the 17th (a little earlier than usual to avoid half term) will give us all a chance to find out more about Stroud-based charity **The Nelson Trust** and the tremendous work it does to support women in our communities who face multiple disadvantages and complex needs and empower them to make a change in their lives.

Beth
Chair

SBN Chair's role:

To:

- Chair SBN Monthly meetings
- Liaise with Admin re: agreed speakers, contacting them in advance and interviewing them at meetings if required. Interviewing 'Shout Out' participants might also be required. This role could be undertaken by another Committee member
- Organise and chair regular Committee meetings and review past meeting actions and check progress. Chair has casting vote/final say if needed
- Represent SBN on any relevant outside bodies i.e. Stroud District Council's Local Strategic Partnership. This role could be undertaken by another Committee member
- Write the monthly Chair's column in the newsletter and review and sign off the final newsletter before distribution. This role could be undertaken by another Committee member
- Respond to queries received by/from Admin
- Authorise expenditure over £50

Committee meetings focus on building membership numbers, agreeing speakers, training and events and to ensure all committee members equally take on agreed roles and are happy in those roles - finances, website/social media/marketing, meetings technology, growing membership, training, Curio meeting welcome.

Speakers - encourage Members to recommend Stroud/Gloucestershire speakers from business, community or charity organisations.

Any questions? Drop an email to enquiries@stroudbusinesswomen.org.uk

Stroud Businesswomen's Meetings

SBN meetings 2022

| Coffee Catch Up meeting dates 2022 - 9am to 11am at The Curio 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

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

February Meeting: This month's meeting is a week earlier on the 17th due to the school holidays with Andy Jarrett of the Nelson Trust as speaker and two Member shout-outs.

[←Back to contents](#)

The SBN Committee of Volunteers

Our Committee left to right below:

Chair: Beth Whittaker bethwhittaker58@gmail.com

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

Training: Kirsty Preece (kirstiepreece@gmail.com)

Events & Technical: Tammy Kwan tammy@tammylynn.co.uk

Website: Karen Blaylock karen@spearsouthwest.co.uk

Finance: Stella Jensen 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 at 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!

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.

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 enquires@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

Post Covid - What next for Woodchester Valley Village? Article submitted by Susi Cernoch

There's no denying how challenging the past two years have been for everyone. No matter the health and circumstances of our residents, restrictions on how we could interact with friends and family were very painful, and even damaging for some. It's easy to underestimate how much older people rely on a hand to hold, not to mention a good warm hug!

During the depths of lockdown, our sunny courtyards were perfect for enjoying a chat with a neighbour, and nobody was left feeling isolated, afraid or without access to nourishing food. Once restrictions began to ease, even our carefully managed exercise classes and social activities provided much-needed interaction during the colder darker months, as well as keeping residents active.

Now new activities are starting up - art and music groups, Scrabble, dance and Tai Chi - to remind us how enriching community life can be. Our Facebook page bears out how much people are enjoying the revival of their favourite pastimes.

While we feel the dangers of Covid are not behind us yet, we are thrilled that to date nobody has contracted the virus in the Village, thanks to our stringent hygiene policies and the dedication of our wonderful staff team.

Susi Cernoch

Village Manager

01453 837703 manager@woodchestervalleyvillage.co.uk

www.woodchestervalleyretirementvillage.co.uk

www.facebook.com/woodchestervalleyvillage

Emotional Freedom Techniques Video - Article submitted by Julia Adams

Introducing a simple yet effective way of relaxing in under 10 mins.

I am Julia Adams and I am an Emotional Freedom Technique practitioner, supporting professionals to become their own best friend and do whatever they want in their life. EFT (sometimes called Tapping) uses finger pressure when tapping on certain acupuncture points on the face and upper body and is an effective, gentle and well evidenced drug-free treatment for moderate to severe anxiety, stress and depression. EFT can be seen as emotional acupuncture (without the needles!) and works by helping to process out of the body and mind the feelings or 'stuck' thoughts and emotions from the past still affecting life today.

EFT has also been described as one of the most exciting discoveries in recent psychology, with widespread applications in the hands of qualified practitioners. EFT has also recently been recognised by the charity PTSD (UK) as it heads towards NICE recognition. In this video Julia Adams explains how to use a simplified version of EFT tapping at home for relaxation. This method can also help start a meditation for those who find it tough (which is most people at first!)

Why not try it after a tough day and see for yourself? Click on the link below - https://youtu.be/_jxkuctZfZU www.cotswoldmeridiantherapies.co.uk

Julia Adams
07794534465
Cotswold Meridian Therapies
<https://www.cotswoldmeridiantherapies.co.uk>

Scarlet House News Bulletin - Article submitted by Katerina Pippi

The Care Quality Commission (CQC), the regulator for health and social care, gave Scarlet House, on Westward Road, an **overall 'Good' rating in its report**, following an unannounced inspection.

Promoting a holistic approach to care, the report highlighted that Scarlet House had a wide range of activities on offer to suit the residents' needs. The programme, created by the home's lifestyle lead and Dementia Champion, includes up to four activities a day, as well as one-on-one time for residents who preferred to stay in their room, all designed to promote independence. Life story books are also used to identify residents' interests and careers and further tailor the activities on offer.

Inspectors were impressed with the home's 'resident of the day' initiative, which gave every resident and their families an opportunity to share feedback and discuss potential changes to their loved ones' care plan.

The report also highlighted the home's strong relationships with local healthcare professionals, including regular meetings, helping to promote high standards of care.

Thank you all for your support with our events and for spreading the word!

Scarlet House care home 123 Westward Road, Ebley, Stroud GL5 4SP
careuk.com/scarlet-house

Courses and Events

Navigating Uncharted Waters - Article Submitted by Roz Savage

I shall be speaking in **The Beacon's speaker series on 21st February at 7pm**, in the Blue Room upstairs at the Centre for Science and Art. This is a **FREE event**, although they pass the bucket around at the end.

Talk Description: The world has never seemed so unpredictable, and it may be that the craziest is yet to come as we face the necessary breakdown of old-paradigm systems that have outlived their usefulness. How do we navigate these times with courage, resilience and grace? How do we use chaos as a catalyst for growth and evolution? What bold vision of the future can we stay true to as a guiding star?

Bio: Dr Roz Savage MBE (<https://www.rozsavage.com>) holds four Guinness World Records for ocean rowing, including first woman to row solo across three oceans: the Atlantic, Pacific and Indian. She used her voyages as a campaigning platform to raise awareness of environmental issues, and remains obsessed with how we can create a better future for people and planet. In her forthcoming book, *The Ocean in a Drop* (Flint Books, October 2022), she approaches this question from various perspectives including psychology, neuroscience, systems thinking, chaos theory, metaphysics and spirituality.

Dr Rosalind Savage MBE

Author | Speaker | Ocean Rower

<https://www.rozsavage.com>

<https://www.linkedin.com/in/rozsavage>

Boost your Digital Skills - Free Online Training

Gfirst LEP have put together an array of free resources to choose from including learning the basics of social media for business, find out more about cyber security and discovering the basics of coding.

These digital training courses are **FREE**, and online, available from organisations such as BT, Google, Lloyds Bank, Linked In and more. Find all the [details here](#).

Crypto Currency Workshop - The Growth Hub at Stroud College

Stroud Growth Hub network is running its first workshop on the topic of 'Crypto Currency' on **Tuesday 15th February, 10am-12pm**. This workshop will be delivered by Joe David, Founder and Managing Director of Nephos Limited: (Accountants in Cheltenham | Nephos | Business Advisers - nephosaccountants.co) a forward thinking business advisory and accountancy firm based in Cheltenham. Joe is extremely passionate about cloud technology and the benefits it can deliver to clients.

The workshop will cover the topics:

- Why you should consider Crypto Currency.
- Tax implications.
- Basic understanding of Crypto.

The workshop will be both delivered online and in person and is **FREE**.

To sign up, please **click this link [Crypto Workshop](#)**. If you are for any reason not eligible to attend, please contact chris.hill@thegrowthhub.biz directly who will be able to send you a link.

Laura Gaiger | Projects and Business Development Manager
SGS College Stroud Campus | Stratford Road | Stroud | Gloucestershire | GL5 4AH

Tel: 01453 761184

Email: laura.gaiger@sgscol.ac.uk

<https://www.sgscol.ac.uk>

In person Workshop - How To Be Your Own Boss at The Growth Hub

Venue - The Growth Hub in Gloucester based at Oxstalls Campus at the University of Gloucestershire GL2 9HW.

This workshop is being held on Tuesday 17th February, 10am-1pm and is **FREE** .

What will I learn?

The importance of figuring things out for yourself first and not relying on expensive professionals at the very start.

Being confident and able to give a clear brief when you work with professionals.

Being open to recommendations and taking your time to make an informed decision. Have a mentor!

Why you must lay core foundations to set up for success.

Understanding the importance of stability and flexibility in business - everything changes.

Realising that there is no magic bullet, it takes time, and mistakes are learning curves! Book your place now here.

Full details and [book online here](#).

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

Join us on Facebook

[@StroudBusinesswomensNetwork](https://www.facebook.com/StroudBusinesswomensNetwork)

Visit our website

www.stroudbusinesswomen.org.uk

Scan for our Website



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

[←Back to Top](#)