



## NEWSLETTER

June 2022

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## KEY DATES

**Thursday 30<sup>th</sup> June 2022 9.30 am - 11.00am**

**Networking event** with speaker Katharine Walker Director of the [Corinium Museum Cirencester](#)

**Plus** a Member Shout Out

**Venue -** [Minchinhampton Golf Clubhouse](#)  
New Courses GL6 9BE

More info on speaker Katharine Walker [here](#).

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

## 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

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## Thoughts from SBN Chair Tanya De Leersnyder

So here we are in the summer of 2022 - although I do hope we have a lot more sunshine to come in the next few months! Whether you are a royalist or not, I do hope you all enjoyed the **Platinum Jubilee** weekend and found time to meet with friends and family.

### Speakers

At our last meeting on the 26<sup>th</sup> of May, we had an incredible line-up once again.

**Angela Lamond from Stroud Women's Refuge came to speak to us alongside Carl Benton from Personal Best.** Angela talked about the beginnings of a women's refuge back in the 70s. Stroud Women's Refuge is currently the only refuge left in Gloucestershire and there are fewer than 300 in the country due to funding issues. They have two refuges which offer safe accommodation for nine families in total. They have a specialist team that welcomes anyone who comes to stay and who help women to make empowering decisions about their life and to build a future free from abuse. They have therapeutic play for children and arrange outings among many other things they do.

The Stroud refuge has about a 60/40 mix of women (and children) from Stroud vs women from other areas that need to be moved away from their local area due to life threatening situations. In 1 year, there are 2.5 million calls to the police and **1 in 4 women will experience domestic violence**. The results of domestic violence and abuse include homelessness, mental health issues, self-harm, suicide as well as a huge impact on any children in the home. Two thirds of children on the risk register come from homes with domestic abuse.

**Angela spoke about coercive control** which prevents women from being able to leave and the resultant loss of self-esteem and confidence to do anything about their situation. They often eventually manage to leave often with only a bag of belongings. Coercive control means that women frequently cannot safely contact anyone for help as their every move is monitored, their phones are checked, they are not allowed any of their own money and freedom. Stroud Women's refuge have developed a really clever business card that has an insert with relevant information as well as a tear-off "voucher" at the back of the card that can be kept with the phone number expressed as a voucher bar code.

**Carl Benton came in to talk to us about the fabulous cookbook** he put together called **Inspired**. All profits from the sale of this cookbook go to **Stroud Women's refuge**. Carl started the project during lockdown after finding out about the amazing work Stroud Women's Refuge does and as he could not carry on with his business during lockdowns, he decided to embark on this huge project. He believes "Everybody knows somebody who knows somebody that can help". He had no outside funding at all and has thankfully already covered costs. He talked about "**Making the impossible possible**" and how if you believe something is impossible, it stays impossible. He encouraged us all to not give ourselves negative self-talk and knockbacks should not stop us from achieving what we want in our lives. He encouraged us to have a sense of community, to shout out about the good things we do as our community becomes our ambassador.

Continued...

Carl gave all meeting attendees a free copy of the book before we left. I had already bought one so I am giving mine to a friend who will donate to Stroud Women's Refuge in return.

After this, **Katerina Pippi from Scarlet House** spoke about **Dementia Friends** ([dementiafriends.org.uk](http://dementiafriends.org.uk)) and encouraged us all to become a Dementia Friend. Her passion for encouraging understanding of people suffering with dementia was very evident. She spoke about the five key messages regarding dementia:

- Dementia is NOT a natural part of ageing
- Dementia is caused by diseases of the brain
- Dementia is not just about losing your memory - it can affect thinking, communicating and doing everyday tasks
- It is possible to live well with dementia
- There is more to a person than dementia

**Next Meeting June 30<sup>th</sup>**

Our June meeting will welcome **Katharine Walker, the new director at the Corinium Museum** in Cirencester. After Katharine's talk, there will be a shout-out from one of our members - a great opportunity available to all members to talk about their business for 5 minutes. We look forward to welcoming you to the meeting.

*Tanya*  
Chair

## Stroud Businesswomen's Meetings

### SBN meetings 2022

<b>Coffee Catch Up meetings 2022 - 9.30am to 11am - The Curio Lounge Stroud GL5 3BX</b>			
13th January	10th February	10th March	7th April*
12th May	9th June	14th July	11th August
8th September	13th October	10th November	8th December

<b>Members' Networking meeting dates 2022 - opens 8.45 for 9.30am start**</b>			
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](#).**

#### May Meeting:

Katharine Walker joined [Corinium Museum](#) as its new Director in February. She came to the Cotswolds from Lyndhurst, having previously managed the New Forest Heritage Centre where she was based for six years. She has also worked in collections roles in different museums including the major Iron Age site of Hengistbury Head near Bournemouth. Katharine is an archaeologist by training and completed a PhD on Neolithic stone axes at Southampton University in 2015. She is a Fellow of the Society of Antiquaries of London, a Visiting Research Fellow in Archaeology at Bournemouth University, and a consultant in intellectual property with Naomi Korn Associates. For full meeting information [click here](#).

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## The SBN Committee of Volunteers

Our Committee left to right below:

Chair: Tanya De Leersnyder (info@kalyaproducts.co.uk)

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

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

Website: Karen Blaylock karen@spearsouthwest.co.uk

Finance: Carolyn Williams (carolynw1220@outlook.com)



## 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 [enquires@stroudbusinesswomen.org.uk](mailto:enquires@stroudbusinesswomen.org.uk)



Photo courtesy of Tammy Kwan

## SBN Announcements

### DISPLAY TABLES AT OUR MEETING

We are reintroducing our **DISPLAY TABLE** at our Networking Meeting at the MGC! Please bring along products/leaflets/flyers etc. First come first served!

### 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

### First Garden Show, Jubilee Celebrations and more at Scarlet House Care Home

- Article submitted by Katerina Pippi

Here at **Scarlet House care home**, we had a fabulous time with our **first Garden Show** with a lot of winners and some tough judging. Our Jubilee celebrations were also uplifting and we are part of the official Queen's Green canopy now.

Thank you all for participating and reminding us how good is to be around people again. For our next event and part of our commitment to open our doors to the senior community again, we are pleased to offer our **Lifestyle showcase on Thursday 16th June 2022, 3pm - 5pm**.

If you have a senior loved one in your life, come and bring them along to experience first-hand the pampering that residents get at [Scarlet House](#). Have a nibble and a drink at our pub, sample a Namaste session in our dedicated room, have your nails or hair done in our inhouse salon. Sit at the coffee shop and have a cuppa and natter. **Prebooking is essential** so please book your space by contacting Katerina Pippi at 01453 769810 or [katerina.pippi@careuk.com](mailto:katerina.pippi@careuk.com)

Warmest regards,

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

### Update from Envisionment Workshops - Article submitted by Julia Adams

The science is clear - if you envision your future, you can create it. Away from life's distractions, I create a safe *and private* space for you to daydream and inhabit your ideal future. Leave with your own Vision Board, and clear next steps to make your vision a reality.

#### The impacts of the workshop;-

- **Setting intention (& avoiding drift)**
- **Clarity of Goal and trajectory towards it**
- **Organisation of Personal Priorities and Themes**
- **Personal Empowerment and Identity**

#### The results of last January's workshop:-

One lady's vision board has already come true (after 3 months) she is now booked on her third workshop! The others had made about 60% progress towards their vision and now have crystal clarity on how to close the gap.

"Do it and don't be surprised as how quickly results can come in, when you have that clarity of vision"  
**Registered Nutritionist**

"Give it a go, you never know. I'm quite evangelical about it, I think everyone should do it. The time has to be right of course, but Julia makes you feel safe"

"It's the gift that keeps on giving"

**Level 7 leadership coach and retired NHS senior manager**

#### **Julia Adams**

B.A. (Hons) Dip HRM, Cert EFT/AET

Mobile 07794 534465

[cotswoldmeridiantherapies@gmail.com](mailto:cotswoldmeridiantherapies@gmail.com)

<https://www.cotswoldmeridiantherapies.co.uk>

## Members' News and Offers

Take a Breadmaking Class and support Stroud Women's Refuge - Article submitted by Danielle Ellis

If you're free to attend a breadmaking course at short notice, this is for you!

For any scheduled course where a place remains 4 days before the date of the course, you can support the Refuge and learn a new skill. Simply give me a call to book and donate a minimum of £40 to the Refuge.

In the first instance, head over to the Severn Bites website and check availability, then get in touch. There are basic breadmaking courses, French baking, sourdough baking and sweet buns.

The first £40 has just been donated.

[www.severnbit.es.com/classes](http://www.severnbit.es.com/classes)  
[breadbakerdanielle@gmail.com](mailto:breadbakerdanielle@gmail.com)  
07901 854981

[instagram.com/breadbakerdani](https://www.instagram.com/breadbakerdani)  
[twitter.com/breadbakerdani](https://twitter.com/breadbakerdani)  
[facebook.com/severnbit.es](https://facebook.com/severnbit.es)

Danielle Ellis  
07901 854981 / 01453 899230  
@breadbakerdani on Twitter and Instagram  
[Severnbit.es.com](http://Severnbit.es.com)

Set up a one-to-one [online breadclass](#) or [Rofco oven](#) chat from wherever you live

## Courses and Events

### Start and Grow Enterprise - Article submitted by Natalie Ferrari

When you're in the early stages of running a business, a little help can go a long way. It's our job to make sure that you, as a freelancer, entrepreneur, or small business owner, have the best chance of success. **All of the support we offer is free of charge. This programme of support runs until 31 March 2023, so make the most of us while we're still around!**

To get access to all of this fantastic support, sign up here: [www.startandgrowenterprise.uk/join](http://www.startandgrowenterprise.uk/join)  
**We offer...**

#### **Start-up Course**

Our start-up day is the first step on the way to building a successful business.

#### **Growth Course**

This is where your business goes from good to great.

#### **Business Registration**

Choose the right business structure for your circumstances.

#### **Business Planning**

Get well on the way to writing a full-length business plan.

#### **Growth Workshops**

Focus on a challenge specific to the growth of you and your business.

#### **Growth Coaching**

Get one-to-one sessions to take your business even higher.

#### **£1,000 Enterprise Voucher**

Apply for a reimbursed grant of £1,000 to help your business fly.

See our full course schedule here: <https://www.startandgrowenterprise.uk/events>

Please contact the team with any questions on 01252 715419 or [startandgrow@glos.ac.uk](mailto:startandgrow@glos.ac.uk).

### Gloucester Digital Skills Centre opens at Cirencester College

**The Gloucestershire Digital Skills Centre will provide:**

- Significantly more young talent skilled in programming, software development, IT Support and digital business services
- Learners with industry standard technology, particularly security and networking
- Expanded digital apprenticeships
- New provision including data science, content creation and digital marketing (all the new T-levels will have significant digital elements)
- Adult technical upskilling and career changing hub
- A 'Smart Cirencester' hub focusing upon 'smart homes' & 'Internet of Things' contributing to Gloucestershire's Zero Carbon target
- Innovative digital careers education model including employer engagement and school events following STEM template

Read more [here](#).

## Information

### Waterfront Scheme offers opportunities for independent food and drink businesses!

#### News from the Growth Hub

**Gloucester Food Dock will be a community of 15 independent food and drink hospitality businesses** trading from spaces which open onto south facing terraces overlooking the water in the heart of the city. Formed from the conversion and extension of two listed warehouses, premises are available in a wide variety of styles and sizes, most with external seating areas.

Gloucester Food Dock Co-Founder, Ken Elliott said

“Our project is aimed at providing the right trading environment for existing and aspiring hospitality entrepreneurs to grow their brands. It also aims to reset the traditional landlord/tenant relationship, occupational terms are flexible with early exit routes and rent is paid purely as a percentage of sales, with no base.

**Five businesses have already been selected for the scheme, Gloucester-based, Wholly Gelato, will open a gelato and dessert bar, Strip, from Stroud, will open a second outlet for their fast-service steak restaurant, Cheltenham distillery, Sibling, are developing a gin cocktail bar concept and Bella Mia will be opening the first bricks and mortar version of their wood-fired pizza concept. Other names will be revealed over the next few months.**

The management team at the Food Dock want representation from as many food and drink sectors as possible and are keen to talk to any business or individual who thinks they may have a creative or original idea that would work in the location.

The historic city of Gloucester is undergoing one of the most extensive regeneration programmes in the UK. This is creating opportunities across a wide spectrum of business and property sectors from boutique hotels, high tech offices to residential, and will include a new University of Gloucestershire urban campus for 4,500 students.

For general enquiries e-mail [info@gloucesterfooddock.co.uk](mailto:info@gloucesterfooddock.co.uk)

If you are interested in taking space and becoming a member of the Food Dock then contact Ken at [kelliott@lrgroup.co.uk](mailto:kelliott@lrgroup.co.uk)

[Find out more about the Food Dock here.](#)

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

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# 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

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