



NEWSLETTER

March 2022

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Thursday 10th March 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 31st March 2022
Networking Meeting with speaker Corinna Rae owner of Burleigh Court.
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

CONTACT US

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

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....

A sober start to March

We're facing huge challenges around the world, and I know that our thoughts are with the people of Ukraine. There are many organisations supporting the people both fighting for and fleeing their homes. A useful list of some is here: <https://www.theguardian.com/uk-news/2022/feb/28/how-can-britons-help-the-people-of-ukraine> .

But our lives in and around Stroud - and we are so very, very lucky - continue relatively normally.

Welcome new members

First of all, a very warm welcome to the following businesswomen who joined SBN in February: Gunilla Thor-Finch, Catherine Harder, Corinna Rae, Debi O'Brien and Charlie Mitchell. Many new members are joining as a result of initially coming along to the 'coffee catch up' gatherings at the Curio Lounge in Stroud.

...and we can stay!

Your committee is also delighted to confirm that [Minchinhampton Golf Club](#) has agreed to host us for at least the remainder of 2022! That is SUCH good news. I've heard so much positive feedback about our new venue. Thanks to the Club's Millie Hale and Club member Sam Collins (who is also on the SBN Committee) for welcoming us in style.

More good news is that our search for a new Chair to take over when I step down after the March meeting is over! All will be revealed on the 31st...

The Nelson Trust

Andy Jarrett from The Nelson Trust was our guest speaker at our February meeting. He gave us a wonderful insight into the amazing work of the Stroud-based charity which supports women in our communities who face multiple disadvantages and complex needs and empowers them to make a change in their lives. Their work is now spreading far beyond Stroud across Gloucestershire and beyond, such is the demand and such is their success.

Next meeting March 31st

Our March meeting on the 31st will welcome local businesswoman Corinna Rae who, with husband James, bought the local [Burleigh Court Hotel](#) in March 2019. Neither had previous experience running a hotel. Come and hear her amazing journey and the challenges of taking on the refurb of a listed building (don't mention the carpets)!

Beth

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](#).

March Meeting: This month's meeting features speaker Corinna Rae owner of Burleigh Court plus a shout out from Charlie Mitchell of [Starseed Parenting](#).

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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

How Spicy will you make your Buns? Article submitted by Danielle Ellis

Join me for a hot cross bun class (and more Easter Treats) and learn to make fabulous buns. These are not just for Easter but are fantastic year round as toasted tea cakes.

Over 2.5 hours, learn how to mix, shape and add those all important crosses. Customise the flavour to your taste, more or less spice that's up to you!

SBN members OFFER - £8 discount using the code "candy".

Book now for 27 March 22 or 11 April 22 <https://www.severnbytes.com/breadmaking-courses/>

Danielle can be found on Twitter <https://twitter.com/BreadBakerDani> and

Instagram <https://www.instagram.com/breadbakerdani/>

Facebook <https://www.facebook.com/severnbytes/>

email breadbakerdanielle@gmail.com

<https://www.severnbytes.com/>

Members' News and Offers

Business Beyond Stress - Article submitted by Debi O'Brien

That's my mantra for 2022 and I'm lucky to have the tools of **Access Consciousness** to use to change stress.

I am pretty sure we have all been at the effect of stress (no kidding), feeling overwhelmed and I just can't do this. There is a way to change it, and to get back to the place of calm and productivity.

Here are some tools that work in changing stress to ease.

1. Identify the feeling of contraction as stress (when you are not YOU)
2. Take time, step back and see exactly where it is coming from (what's the root cause)
3. Now ask 'Is what I see as causing this stress - really true'
 - a. If Yes, can I change my perspective and see it another way? Often if we can just see it from a different place - it gives you different choices.
 - b. If No, then it doesn't have to be your reality. Go do something that truly makes you happy. Something that will bring you back to an unstressed place where you feel like yourself, calm and are able to connect to you again.
 - c. On both options there is always a different choice you can make - it is to find the way to see a different solution that is possible for you to create.

Last thing I generally do is have the Access Bars body process run. This really works as a restart and release of stress. Do you have a nurturing process you can use that shifts stress from your body as it is important to balance mind and body together?

Debi O'Brien Tel 073759 40415

Email debi.obrien@outlook.com

Easy steps to beat the belly bloat - Article submitted by Trish Tucker-May

Did you know that 80% of women will suffer worse bloating as they approach the menopause along with a host of other unwanted symptoms? Many women aren't aware that there are some easy and quick ways to sail through this time and come out feeling better than ever.

Here are 5 simple steps to beating the belly bloat.

1. Hydrate with 2 litres of water everyday but not while eating.
2. Avoid trigger foods especially processed wheat and sugar.
3. Chew your food well - slow down, sit down and just eat while eating - no watching or working.
4. Digest enzymes that contain HCL can help immensely - talk to me about the best supplements. I stock them here <https://www.trishtuckermay.com/shop>
5. Add in fermented and cultured foods to build bacteria - kombucha, sauerkraut, kimchi can help. They are easy to make. I have a video here <https://youtu.be/PJNAsKct-pU>

If you are struggling, I offer a free 30-minute call to establish how best I can help. Click on the book a call button on my [website](#). My next workshop combines my passion for sound healing and fermentation. You can book it here <https://www.eventbrite.com/e/274647737777>

Need help right now - call me 07 984 326 956

www.trishtuckermay.com/shop

Courses and Events

FREE Cyber Security Learning Event hosted by HUB8 and InfoSec

The free event is being held on **March 17 (6pm-8pm)** at Hub8 in The Brewery Quarter, Cheltenham. There will be a beginner's corner for anyone completely new to cyber security or still learning. The beginner's corner is a no pressure environment to learn with likeminded people and get help from experts. Advanced users also welcome. Just take along your laptop; food and drink will be provided.

Venue Location Hub8

High Street, Unit H2, Cheltenham, GL50 3FF

Book your FREE place [here](#).

Apply to Trade at the Stroud Festival of Food and Drink

Event dates - 20th to 22nd May 2022

[Apply here](#) ASAP

A fabulous new food festival is coming to town this May, with a fantastic line-up of some of the most respected names in the business, showcasing the awesome food and drink venues based in and around Stroud.

There will be talks and cooking masterclasses taking place in venues throughout the town, featuring the likes of Jay Rayner, Oz Clarke, Ken Hom, Loyd Grossman, Matt Pritchard, Jack Stein, Rustie Lee, Romy Gill, Geetie and Guy Singh-Watson

And that's just for starters... Over 120 of Stroud's finest home-grown artisan producers, chefs and restaurant owners will also be showcasing their products, serving up tastings and running workshops to suit every palette. With foodie feasts, family entertainment and culinary games, live music brunches, breakfast yoga and street markets - it's an action packed weekend.

<https://www.stroudfoodanddrink.com/apply-to-trade>

Facebook - <https://www.facebook.com/stroudfestivaloffoodanddrink>

Insta - https://www.instagram.com/stroud_food_festival/

Email - info@stroudfoodanddrink.com

Dan Burner (Festival Director) phone number **07590349787**

Digital Resilience Training for Independent Cotswold Businesses available online

Cotswold District council is providing a library of online courses in digital resilience for local businesses on [YouTube](#). The focus of the programme is teaching ways to enhance businesses' online presence and develop the necessary skills to adapt to the changing wants and needs of the consumer.

The council-commissioned initiative is available with immediate effect to independent businesses across the district.

They are also being offered access to up to four hours of bespoke, one-to-one business support, delivered by a team of industry specialists who have decades of experience in digital marketing, social media and selling online.

Any Cotswold business owners who are interested in accessing the one-to-one support session should email champion@retailchampion.co.uk to register their interest.

The free online information videos on digital resilience is available on the Cotswold District Council's YouTube [channel here](#).

The Secret Weapon For Start-ups in Gloucestershire - Article submitted by Natalie Ferrari

Wow! After 4 and a half successful years, Start and Grow Enterprise are in our final 12 months of operating. How the time has flown.

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.

Here's the impact we've made on the business landscape in Gloucestershire since the summer of 2017...

Some impressive figures - a snapshot

A whopping **1,274 people** have accessed at least 3 hours of our [business training](#), and many of these have taken part in over 12 hours of training.

We've held 320 events to support business owners since 2017.

We have provided **11,494 hours** of support to local business owners.

The value of the support we've given to these entrepreneurs totals to **£353,780**.

We know that it can be an isolating, stressful, and competitive experience to start your own business. But with the right advice and community, it needn't be. [Sign up](#) for our support today.

If you want to find out more about what it's like to take part in our programme, take a look at our [Secret Weapon For Start-ups](#).

Start and Grow Enterprise is a project funded by the University of Gloucestershire and the European Regional Development Fund. We offer expert training, interactive workshops, networking events, the chance to apply for a £1,000 reimbursed grant, and the opportunity to get 1-to-1 business coaching. Visit our [website](#), [Facebook](#), [Twitter](#) and [LinkedIn](#).

UKRAINE - Information update from GFirst LEP

No-one can have failed to have been moved by the horrifying scenes in Ukraine over the last few days and the impact on ordinary people's lives across the country. Many business people in Gloucestershire have contacted GFirst LEP over the weekend to ask what the Gloucestershire business community can do to help and to support those families in Ukraine.

There are a number of Ukrainian charities working on the ground:

[Sunflower of Peace](#) helps doctors, and has been fundraising for supplies, including first aid medical tactical backpacks.

[United Help Ukraine](#) provides medical supplies and humanitarian aid, and raises awareness of the conflict.

[Voices of Children](#) is helping children affected by the war in Ukraine and provides support through art therapy, psychologists, video storytelling and a number of other methods.

In the UK:

[The British Red Cross](#) has launched an emergency appeal to help Ukraine. The charity will be updating its webpage with news on the work its team is doing, and how support will be used to help people.

Save the Children have also launched an emergency fund that will go towards distributing essential humanitarian aid to children and their families, delivering winter and hygiene kits, providing cash grants to families and access to education, and giving psychological support to children. You can donate to the fund [here](#).

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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

enquiries@stroudbusinesswomen.org.uk

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Visit our website

www.stroudbusinesswomen.org.uk

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