



NEWSLETTER

May 2022

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KEY DATES

Thursday 12th May 2022:

Coffee Catch-Up - 9.30 am - 11.00am. Open to both SBN Members and Friends for a chat over a coffee.

Venue - The [Curio Lounge](#) in King Street Stroud

Thursday 26th May 2022 9.30 am - 11.00am

[Members' Networking Meeting](#) with Speaker Angela Lamond from The Stroud Women's Refuge

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

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 Tanya De Leersnyder

It is a huge privilege to take over as SBN chair following in some great footsteps - Beth Whittaker, Debbie Bird, Catherine Green, and Lynda McGill. That takes me back to when I first joined SBN in 2009 and found a fabulous group of women who support and encourage each other. I have grown so much as a person and in my business thanks to the input from SBN members over the years. I have used many services provided by members and many have come to me for massage, bought my products and come to my yoga classes. In SBN, you can honestly share how things are going in the good times and the hard times, ask advice and make new friends, hear about other inspiring people and amazing charities in our area. Not forgetting the Christmas lunch each year and occasional workshops put on and subsidised for members.

*If you know anyone who would benefit from belonging to SBN, **feel free to invite them to a meeting.** You don't have to be a member of SBN to come to the monthly more informal meeting held at the Curio Lounge in Stroud. You also can attend one free monthly meeting at the Minchinhampton golf club to try out the slightly more formal format. It is the absolute best value for money at £60 for a year.*

Welcome to our latest new member, Vivien Rolfe of Curiosity - Business Consultancy Complementary Health.

Speakers

*At our last meeting on the 28th of April, we had two "5 minute shout-outs" from members of SBN. These are an excellent opportunity for members to promote their businesses. **Both speakers offered discounted rates for their services to SBN Members** so do get in touch if you would like to work with them.*

Julia Adams of Cotswold Meridian Therapies spoke about her passion for EFT (Emotional Freedom Technique) which she first experienced when she was struggling with a young family. Between EFT and Meditation, she found her way back and decided to qualify in EFT - a tapping technique that works with the acupuncture meridians to help to calm an overactive nervous system reversing the "fight or flight" survival response that so many of us live with more than we realise.

Then Debbie Bird of Able Growth business consultancy, business training, counselling and coaching services spoke to us about juggling a full-time job as well as keeping her own business going. Lockdown meant she had to go out and get a paying job with Ecclesiastical Insurance.

Continued...

I particularly loved her message that we need to get in touch with what makes our hearts SING. That is when our passion and authenticity shines through and we are far more likely to make a success of our business.

Networking

After the shout-outs, Sam Collins put together an excellent networking exercise in the form of a list of questions that go beyond just your actual business goals, successes etc. They ask about your personal values and what you would look for in someone to work with or refer to. Where are the commonalities between you even when your business is possibly completely different to the person with whom you were paired?. Some feedback after the exercise was the overwhelming sense was that this really got people talking and finding out so much more about each other. Sam, Tammy, and I did ours together and even having known Tammy for years, I found out so much more and found it an excellent tool which I am sure we will revisit in a future meeting.

Your Committee

Apart from myself as chair, we also welcome Carolyn Williams as our new treasurer taking over from Stella Jensen who has been our brilliant treasurer for many years. Kirstie has stood down from the committee due to many other commitments, but we hope to see her at our meetings whenever she can join us. To ongoing committee members - Sam, Karen and Tammy, thank you for your wonderful dedication to SBN and I look forward to working with the committee to keep bringing interesting, exciting and helpful meetings to you all. Thank you to Diane for her excellent admin work.

Next Meeting May 26th

Our May meeting on the 26th will welcome Angela Lamond from the Stroud Women's Refuge, a wonderful charity doing amazing work with families who have experienced domestic abuse.

Tanya
Chair

Stroud Businesswomen's Meetings

SBN meetings 2022

Coffee Catch Up meetings 2022 - 9.30am to 11am - The Curio Lounge 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 dates.

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

May Meeting:

Members Networking Meeting with Speaker Angela Lamond from The Stroud Women's Refuge

Angela will tell us how Stroud Women's Refuge first began, what services it offers to the families which have experienced domestic abuse, what is meant by coercive control in abusive relationships and how the charity survives through its fundraising efforts.

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. 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



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

Claim your FREE business coaching session!!

There are many reasons why business coaching is growing in popularity, but the biggest reason is simply that it works.

Business coaching is growing in popularity for the simple reason that it works. The numbers don't lie: business coaching has proven to be an effective way to improve your business and achieve results. One study even shows that executive coaching can bring businesses a return on investment of up to seven times the initial cost!

It's easy to see why so many businesses are now investing in this kind of training and development for their executives and staff members. And with so much money at stake, it makes sense to invest in personal growth and professional development. Plus, the benefits extend beyond just financial gain; other studies have shown that those who have received business coaching are better able to respond positively under stress than those who haven't gotten any training at all.

ActionCOACH Stroud are taking the coaching world by storm, returning with their most popular offer: a free business coaching session and a 12 month money-back guarantee! Members of Stroud Businesswomen's Network can now put themselves forward for a free session with all intent to launch their business to the next level. **Claim your FREE business coaching session, to the value of £500.00**, by emailing Johanna Brand at johannabrand@actioncoach.co.uk

The Best Foods to Improve Gut Health - Article submitted by Trish Tucker-May

Probiotics may be one of the most important groups of nutrients that improve the function of your intestine and other organs. Here are a few foods and drinks that provide your body with the probiotics it needs to function properly.

Yogurt

Yogurt is enriched with healthy bacteria that help improve the performance of your gut. Yogurt is an inexpensive, plentiful source of probiotics, but be sure to choose the most beneficial varieties. Organic and Greek yogurts contain a higher level of probiotics as compared to their non-organic counterparts. Avoid excessive sugar, artificial sweetener, and dyed yogurt.

Kefir

Kefir is a yogurt substitute that provides high levels of probiotics to help treat inflamed or leaky gut.

Kombucha

Kombucha is a type of drink enriched with high levels of probiotics is anti-inflammatory and can help improve the condition of your digestive system, increase your metabolism and aid the function of the liver.

Miso

Miso is packed with probiotics that play a crucial role in improving the performance of your gut. Miso is prepared by combining fermented rye, barley, and beans with koji.

Natto

Natto is prepared through the fermentation of soybeans. It has a strong flavor and a high presence of probiotics.

If you would like to learn more about my 8-week gut healing, hormone balancing package book a **free call here** <https://p.bttr.to/2MZVUKN>

Trish Tucker May

Registered Nutrition Gut Specialist
BEc, MBA, DipNT, FNTF, PSA

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Trauma reprocessing and recovery - Article submitted by Maria da Silva

Neuroscience discoveries have given us new insight and hope for healing trauma.

Before we thought trauma was an anxiety disorder (DSM-II) but we know now it is more accurate to say that PTSD is a disorder of memory integration.

We have learned how trauma impacts the brain's ability to regulate itself and how childhood adverse experiences affect our relationships with others and with ourselves. We learned interventions that can help the brain heal and repair attachment wounds. These interventions use an innate process for assuaging painful memories - memory reconsolidation.

Hundreds of new trauma therapy methods have emerged, leaving people encouraged but confused. **Which trauma therapy methods should I select? Are they effective?**

The answer is yes. As long as they integrate cognition + behaviour + physiology + imagination in a coordinated way. Any method that allows the person recall the memory in a safe and relaxed state, from an observer point of view, is effective. The most well-known and researched are the Rewind Technique, EFT and EMDR.

Our protocol focusses on:

- Create safety, hope and build a therapeutic alliance
- Transform traumatic memories through a reprocessing memory method - I use the Rewind Technique and Guided Imagery
- Facilitate Post-traumatic growth to help clients thrive beyond trauma If you would like to have a chat about this, please go to <http://www.mariadasilva.org> and book a free consultation.

Members' News and Offers

Even Coaches need Coaches sometime - Article submitted by Debi O'Brien

WHAT? Yes I had to drop all my judgements on this after a year setting up my 'business' which actually became a glorified hobby.

I wasn't creating the income I wanted. I spend money on courses of how to achieve your 6-figure business (LOL), went on every free webinar, group challenge there was and still my business was not creating the future I knew was possible.

Then I really took the time to invest in MY business. I looked what was missing and chose to work with a coach. I felt embarrassed to be going to someone to do what I did, and to my surprise on our first meeting I found out she had done the same thing.

Seeing the wood for the tree! Voila. We found the gaps. I have a process. I know my future plans. I have a go to market outline. I have 4 new clients onboard. I know what to do.

My Tip for any business owner. The seeds you sow is what you will reap.

Where you place your energy is where you will grow. Identify honestly what isn't working and change it. Make YOUR business a priority. If you know you require something else - look carefully at the options and choose well.

Debi O'Brien
The Business web
Business Growth Facilitator

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

FB : <https://www.facebook.com/TheBusinessWeb>

Instagram: https://www.instagram.com/debi_consulting/

LinkedIn: <https://www.linkedin.com/in/debi-obrien/>

30 Minutes Free Connection Call <https://bit.ly/TBWconnect>

Mobile : 073759 40415 email : debi.obrien@outlook.com

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Courses and Events

YOUTH CHARITY THE DOOR CALLS ON SUPPORTERS TO #KeepTheDoorOpen BY TAKING ON ITS 100km CHALLENGE

STROUD CHARITY'S ANNUAL 100KM CHALLENGE RETURNS FOR THIRD YEAR

Walk 3km a day, cycle 30km each weekend or set your own even bigger goals - it's up to you how you make it to 100km and beyond. All ages and abilities, individuals and teams welcome!

Gloucestershire charity that supports vulnerable young people and their families is urging you to put your best foot forward to help raise vital funds this Spring.

Stroud-based charity **The Door** wants supporters to run, walk or cycle 100km during May as part of its 100Kin May initiative. Money raised will ensure the charity is able to continue to provide vital mental health support.

Registrations are open now, with people from across the county being urged to take part and help #KeepTheDoorOpen

[Entries are now OPEN! Click here to Register for 100KinMay 2022](#)

Growth Day at the Growth Hub

Our very own Member Debbie Bird is delivering a **FREE** day course at Start and Grow Enterprise. Hone in on your specialisms, your markets, and solve those challenges which have been building up in the background.

They say that life is what happens whilst you're making other plans, and that's the same in business. Often, you'll have spent so long working in the business that you won't have worked on the business for a while. That's what our **Growth Day** is all about. Take time away from the day-to-day, and raise your head above the parapet. Trust us on this one.

June 6th 10 am to 4.30pm

Oxtalls Campus Glos

GL2 9HW

Book [here](#) it is FREE

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

enquiries@stroudbusinesswomen.org.uk

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www.stroudbusinesswomen.org.uk

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