



# WomansWork

The Notebook For Bedfordshire

February 2012

## Hi Readers

**OK where did January go? But it's great to think that the evenings are drawing out now and spring is on the horizon. So let WomansWork put a spring in your step and move us on to a great February with lots of training, events and your information in this issue – and don't forget this is the month of romance! Read on and Enjoy!**

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## Your News

### Food & Drink Expo

A trade only event open to professionals involved in the food and drink market. It is free to attend, visitors may register via the website [www.foodanddrinkexpo.co.uk](http://www.foodanddrinkexpo.co.uk) or can request an invitation and bring this along on the day they wish to visit. Your badge is valid across all 3 days of the show and will allow entry into the co-located shows. No under 16s will be admitted, this includes babes in arms. Students may visit but by prior arrangement only. Please call 01293 610244 for more information.



## International Women's Day

8th March is the perfect excuse to get your friends together, have fun and raise money for a great cause. Get the girls together on International Women's Day and raise money with friends to support women around the world. We'll give you everything you need to make your event happen and raise as much money as possible – so you can focus on catching up with the girls. Do whatever you love doing – a dinner party, coffee morning, cocktails. But with one big difference: you'll be raising money to support women worldwide. Visit [www.oxfam.org.uk/womensday](http://www.oxfam.org.uk/womensday)



## Cooking Oil Recycling Programme

The launch of a new social enterprise called Cooking Oil Recycling Programme. The social enterprise will be engaging with local residents, community groups and schools in encouraging all to recycle their used cooking oil into renewable energy and biofuel. Adriana Lokman would be very interested to hear from you. If you would like to run a campaign to act as a local drop off point for your local community we will be able to help too. We will supply free oil collection drums and marketing templates to help you kick start and maintain your campaign. For further information please feel free to contact Adriana on 01727 537780.

## Boot Camp For Women

18th February at Hinchingsbrooke Country Park PE29 6DB. The day takes place in a lovely setting with outdoor and indoor activities, also learn about nutrition, health and wellbeing. Spend the day doing activities like Pad Boxing, abs workout, Zumba, FUNctional Training and more... Energise, lose body fat, boost metabolism and kick start your fitness regime. Email [Getfit2@yahoo.co.uk](mailto:Getfit2@yahoo.co.uk) or call 0774 808 9764 today for further details. Early booking recommended.



## New Online Accounting Service

Rebecca Taylor is offering a new online service that bundles a number of functions for a regular fixed price. This service includes access to Xero, which is an easy to use but powerful online accounting system that's designed specifically for small businesses. Xero gives you a view of your financial information in real-time. You can access this anytime – at home or out of the office, overseas – anywhere there is an Internet connection. Keeping your accounts up-to-date will make it easier to use financial management tools that help your business run more effectively and efficiently. Being up-to-date also makes the year-end process less painful. For more information, please visit [www.parfitttaylor.co.uk/online](http://www.parfitttaylor.co.uk/online) or call Rebecca at Parfitt Taylor – Chartered Management Accountant on 01604 330220.

## Stuff You Don't Need? Freegle It!

Don't throw it away – give it away on Freegle! You might not need that old sofa or wheelbarrow any more – but there might be someone just around the corner who does. Or if there's something you'd like, someone nearby might have one.



Visit [www.ilovefreegle.org](http://www.ilovefreegle.org) and find a group near you. All groups operate with a basic principle – all offers and requests must be Freegle: Free and legal. The aim is to keep anything reusable out of landfill sites.



[www.houseofelliotcollection.com](http://www.houseofelliotcollection.com)

## Opportunities

### Gingham Kids Nanny Agency

- An experienced nanny seeks a full-time position in Newmarket and surrounding villages. Ref: D/10931
- Baby sleep consultant available. Ref: D/10932
- Maternity nurses available. Ref: D/10933
- Babysitters available. Ref: D/20901
- Family in north Cambridge seeks an experienced nanny. Ref: D/30934
- Family in Linton seeks a part-time nanny 3 days a week. Ref: D/30935
- Family in Duxford requires a flexible experienced nanny 2 days a week. Ref: D/30936.

Call Dee Modric-Webb on 07971 907532, email [dee.modric-webb@ginghamkids.co.uk](mailto:dee.modric-webb@ginghamkids.co.uk)  
Visit [www.inghamkids.co.uk](http://www.inghamkids.co.uk)

## Foundation East

We are a not for profit organisation that, since 2004, has been providing loans to new and existing businesses in the East of England when they have been refused by a bank. The maximum loan is £50,000. We have funds readily available and although we need to see a business plan and cash flow, our approval procedure is far different from banks'. For alternative business finance in the East of England telephone 07557 653631 or 0845 293 7751. Visit [www.foundationeast.org](http://www.foundationeast.org) They are friendly and approachable, so give them a no obligation call to find out how they can help you.



## National Apprenticeship Week 6th - 10th February

Aims to raise the profile amongst Bedford employers and individuals about the positives of taking on apprentices. A host of events will be taking place in Bedford, to find out how your business can get involved or for more information on taking on an apprentice contact 01234 276918 or email [lindsay.mitton@bedford.gov.uk](mailto:lindsay.mitton@bedford.gov.uk)

## Employment Coaching

Are you unemployed? Are you looking for a new career direction? We are able to offer Employment and self-employment coaching on a one-to-one basis. Contact Sue on 01438 310074 or email [info@hcma.me.uk](mailto:info@hcma.me.uk) to discuss this opportunity further. This is funded by TCHC and is free to anyone who is unemployed or working less than 16 hours.

## Services Of Social Expertise

A new organisation offering training and courses in 'Protective Behaviours' (PBs, a process to enable adults and children to 'FEEL SAFE'. In a world where we focus on 'BEING SAFE' feeling unsafe can go unrecognised, eg. if bullied at school or work, when you're in a safe place those experiences are still traumatic wherever you. Protective Behaviour is a way to understand those feelings, because we believe we all have the Right to feel safe all of the time and that 'There is nothing too small or so awful that we cannot talk about it with the Right person'. These courses also explore positive risk by understanding our own 'unwritten rules'; because however scared we may become, acknowledging and overcoming those fears enables a healthier balanced life.

Mrs Hilla Joshi-Thompson, who worked for several years as a practitioner with Hertfordshire County Council through Extended Schools, now delivers courses in 'Overcoming being bullied', 'Managing others' anger', 'Feeling Safer' and Foundation Level training in PBs to work as a practitioner. Courses currently being developed for February and March 2012. If you are interested please contact Hilla on 07854 041946 or email [hillajoshi@yahoo.co.uk](mailto:hillajoshi@yahoo.co.uk) for further information.

## Your Arts & Crafts

### Mixed Media Workshop with Mitzie Green

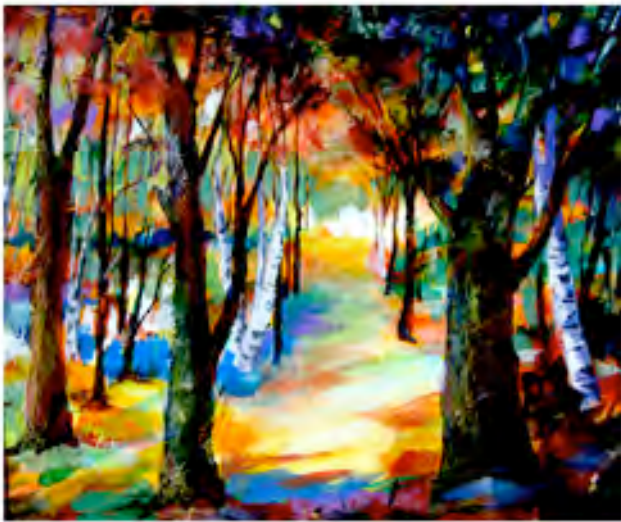
3 March 2012

at Gadebridge Community Centre

Galley Hill, HP1 3LG

[artist.mitziegreen@gmail.com](mailto:artist.mitziegreen@gmail.com)

or 01442 862978



### Family History Scrapbooking Weekend Retreat

28th - 29th April, 9.00am onwards at the 4 star Belfry Hotel, Cambourne, Cambridge. A fun and full weekend designed around researching, capturing and scrapbooking your family history. Don't miss out on an exciting range of workshops, demonstrations, challenges and prizes. With free use of the hotel leisure facilities including an indoor pool, sauna and gym. 2 packages available, please contact Nina for a booking form or more details on 01763 262417 or email [nina@itscraftingtime.com](mailto:nina@itscraftingtime.com)

## Holistics

### Zumba Classes

- Commemoration Hall, High St, Huntingdon - Tuesdays 6.00pm - 7.00pm.
- Huntingdon Library, Princes Street - Fridays 1030am - 11.30am.

Pay for 4 sessions and get £1 off each session. GET FIT whilst you HAVE FUN with Latin-Inspired music and moves. Tell Penny Carman, Licensed Zumba Instructor, where and what exercises classes you would like at [getfit2@yahoo.co.uk](mailto:getfit2@yahoo.co.uk) or 07748 089764.

## The Holistic Directory

Imagine an online directory exclusively for the promotion of holistic businesses and therapies – welcome to



[www.HolisticDirectory.co.uk](http://www.HolisticDirectory.co.uk) You

can be listed under as many of our 400 categories of therapies as you wish, allowing customers to find you in the places you want to be found – and our easy-to-use admin page gives you complete control of your listing. Once you have joined, you can add events and articles free of charge, and reach out to potential new customers with improved search rankings and active social network participation. Want to spread the word about your business? Join our online holistic community today.

- Special offer of £50 incl vat per listing until March 31st for new businesses that sign up to the website. Usual price is £99 incl vat per listing.

## Events

### Steps To Success Programme

- February 9th What do you believe about your chances of success? Self belief is a huge factor in success. Any self doubt prevents us from taking action.
  - March 8th Who do you need in your (virtual) team to help you to succeed? Almost all successful people surround themselves with people who can do things they can't do and who know things they don't know.
  - April 12th How do you use your creativity and imagination?
  - May 10th How often do you make a plan, work it and revise it? Turning desires into achievements requires planning and continuous action
  - June 14th What tactics do you use to avoid procrastination and make decisions? Time management is one of the biggest issues for most people.
  - July 12th What do you do when things go wrong? Persistence is a quality shared by many successful people.
  - Aug 9th Where do you have complete control and power? How do you use power?
  - Sept 13th Sex is the most powerful drive in most people. How do you harness and direct it?
  - Oct 11th What strategies do you employ to control and influence your subconscious mind?
  - Nov 8th Do you trust and act on 'gut' feelings or use logic to argue against them? Most successful people admit that intuition plays a big part in their achievements and they trust their feelings.
  - Dec 12th What are your major fears? How effective are you at controlling them?
- A year long programme that includes discussions on our LinkedIn Group, support from other members of our multi-talented Inspired Group, MasterMind Groups or individual mentoring if you want it. Month by month you can build your blueprint for success but you only pay for the bits you actively opt into and will still get incredible value from the free bits! Email [ann@theinspireddgroup.com](mailto:ann@theinspireddgroup.com) or call 07711 705038. Visit [www.theinspireddgroup.com](http://www.theinspireddgroup.com)

## The Last Hurdle – Building A Successful Referral Network

Thursday 2nd February from 9.30am onwards at Odell House, 11 High Street, Newport Pagnell, MK16 8AR. £35 per person, refreshments are provided.

Sarah Hodgkins has an enviable local reputation and has been a professional networker for more than 5 years, helping dozens of ladies successfully develop their business through networking and networking training. The Last Hurdle are delighted to invite you to Sarah's acclaimed 3 hour training course. Formulating a networking strategy, who should you network with? The networking map. Preparation for a networking meeting. People buy from people, the first impression. The intro's round and elevator pitch. Standing out from the crowd and visual aids. Following up and staying in touch. Give and take and monitor effectiveness.

● To book your place please contact Jules Thomas on 07709 124847 or 01327 359908.

## Let's Talk Starting In Business

- Bedford 2nd Feb
- Potters Bar 10th Feb
- Watford 16th Feb
- Stevenage 21st Feb
- Luton 28th Feb

9.30 -14.30, Free workshops. This workshop teaches you how to start a business based around your business ideas, it guides you through the process of how to start your own company and it advises you on key issues you should consider when starting up in business. If you are yet to decide on a legal structure for your business or if you are a start up considering business support or just looking to improve your business skills, this course is appropriate for you. The course will cover: How to write a business plan. Small business legal requirements. How to source finance. Taxation and VAT. Managing cash flow. Marketing the business.

■ Call Wenta on 0845 371 0891 to book your place or for further details.

## Selling Internationally

Wednesday 1st February, 4.30 - 8.00pm at Wyboston Lakes, Great North Road, Wyboston, Bedfordshire MK44 3BA. Cost: £20.00 (plus VAT) Chamber members, £27.00 (plus VAT) non-Chamber members, including a buffet.

Is Your Marketing Right For The Market? A seminar addressing the need for exporters to change their marketing approach to suit the culture and expectations of the nation and regions they are selling to. Covering everything from the essentials of market research to the rules of dealing with Arab culture and how to sell to the USA. Tanya Wheway speaks on setting up spas around the world. Tanya and her husband Allan are celebrated for setting up the Champneys chain of health spas and more recently the iconic Sanctuary Women's only spa in Central London.

● To book your place contact Kelly Hewitt on 01733 370809 including your company name, delegate names, job title and a contact phone number.

## SavvyWoman By Sarah Pennells

### When is a storm not a storm?

This winter has been pretty mild compared to the last couple of years, but we've had our fair share of storms. But, as some homeowners are finding out, there's no guarantee that because your home has been damaged after a bout of bad weather, the insurer will pay out. So what happens if you and your insurer don't agree?



#### ● When is a storm a storm?

When it comes to storm damage claims, insurers don't have any official definition of what makes up a 'storm'. While household insurance will pay for damage caused by a storm, it won't cover the costs during normal rough weather. If you're claiming for storm damage an insurer will look at several factors, such as:

- The weather report from the nearest Met Office weather station. The problem is that some storms can be very localised and the nearest weather station may be some distance from where you live.
- Whether other properties nearby have suffered from (similar) damage. Just because your property suffers from damage and your neighbours' homes don't doesn't mean yours wasn't in a good state of repair.
- Wind speeds. Some insurers will only pay out if wind reaches a certain speed on what's called the 'Beaufort scale', which categorises wind speeds on a scale of 1-12.

**SAVVYWOMAN TIP:** The Financial Ombudsman Service says that a storm can occur without high winds and disagrees with those insurers that insist on a wind speed of force 10 or above before they'll pay out.

#### ● What to do if you're making a claim

If you're making a claim for storm damage and your insurer turns you down you should:

- Get evidence of damage to nearby properties. Your insurer doesn't have to pay up just because other properties have been damaged but it should strengthen your case and it's something that the free complaints service, [www.financial-ombudsman.org.uk](http://www.financial-ombudsman.org.uk) would take into account.
- Get evidence of maintenance you've carried out. It can be hard to show that your property was in a good state of repair but if you've had any maintenance it's worth providing details.

#### ● Be prepared to take things further

Don't give up if your claim has been rejected. Malcolm Tarling from the Association of British Insurers says you should get evidence of damage to other properties or that other insurers have paid for damage to neighbouring properties. If that doesn't work you should:

- Make a formal complaint. Do this in writing. Mark your letter or email 'formal complaint' and state what you would like the insurer to do.
- Give the insurer time to respond. The insurer must

respond within eight weeks and tell you whether they agree with you and will pay out, disagree or want more time to look into your complaints.

- After eight weeks you can complain to the Financial Ombudsman Service. Even if the insurer hasn't decided whether or not it agrees with you, you can complain to the Financial Ombudsman Service.

- When your claim may not be covered  
Your household or contents policy may not pay out if, for example, heavy snow fell over a period of several days, damaging your roof, or if a storm wasn't the main reason for the damage. Items stored in a shed or outbuilding (or a satellite dish, for example) also may not be covered.

- SavvyWoman email newsletters: If you found this information useful why not sign up for free fortnightly email newsletters with money saving tips and help? You can sign up at the top of any page at the [www.savvywoman.co.uk](http://www.savvywoman.co.uk) website and you'll receive a £20 Virgin Wines voucher as a 'thank you'.

## Why Terms And Conditions Can Save You Money!

I often advise small business owners who have been trading for quite a while and sell to consumers, and most of the time they don't have any terms and conditions; and if they do, they are often years out of date and don't cover the goods or services they are now providing to consumers. In order to help avoid a dispute or problem with your goods or services (or indeed the level of service you provide) I can draft terms and conditions for your business whether you trade online or face to face with other businesses or consumers. If you trade with consumers then there is a wealth of consumer protection legislation you should adhere to, but there are also important areas in which you can help to minimise risk to your business, which will save you time and money later on. Why use me rather than download a set of terms and conditions from the Internet? I have several years of commercial law experience coupled with detailed knowledge of where most small businesses encounter problems, and the terms I draft are bespoke to your business and will protect your business when you need to rely on them.

- For a free 30 minute initial consultation, please contact Sarah Liddiard at Machins Solicitors LLP on 01582 514303 or email [sarah.liddiard@machins.co.uk](mailto:sarah.liddiard@machins.co.uk)

## Your Books

### Business Writing Made Easy

Want a very easy and cost-effective way to place yourself head-and-shoulders above your competitors ... whether they're individuals or companies? Simple: make sure your writing for business is powerful, effective and persuasive. Available from Amazon or visit [www.howtowritebetter.net](http://www.howtowritebetter.net)



## The Niche Expert By Rachel Henke

Harness the power of the Internet to attract perfect clients, publicity and opportunities. In this step by step guide to building an effective social media and automated online marketing system, you'll discover exactly how to plan and create a strong foundation for your Internet empire. Identify your perfect niche. Create multiple streams of income by simply giving your clients what they must have to succeed. Create your magnetic expert brand. Use the new rules and tools that will establish you as an expert in your niche. Create compelling copy for the Internet. Set up your authority blog and website. Build your database and attract hot prospects.



## Sidestep & Twist

How to Create Hit Products and Services that People will Queue up to Buy, Published by Marshall Cavendish, £15. Why do some products succeed and others fail. How come some company's have a great hit rate and others continually struggle. The "sidestep" is taking an existing product or service and moving it into a parallel market. The "twist" involves adding a new market-specific dimension. There are plenty of research and real life examples to back up claims. For more information go to [www.business-bookshop.co.uk/browse.html](http://www.business-bookshop.co.uk/browse.html) or email [Helen@bookedPR.com](mailto:Helen@bookedPR.com)



## Networking

### Creative Bedfordshire

Thursday 2nd February, 7.00 - 9.00pm at the Rock City Art Gallery, Castle Lane, Bedford, MK40 3US. A very exciting new venue for Bedford so we hope to see you there. See [www.rockcityart.com](http://www.rockcityart.com) for further information on the Gallery. Please let me know if are attending on 01234 276918. Visit [www.creativebedfordshire.org](http://www.creativebedfordshire.org)

### Networking Dunstable

3rd February, 7.00am - 9.00am, at The Old Palace Lodge Hotel, £15.00 cash on the day, includes full English breakfast and unlimited tea, coffee and juice. We are lucky enough to have fellow member Gillian Ormston talking with us about stress and how to reduce it this month. Gillian is a trained NLP Business and Life Coach with years of experience helping people reduce stress and achieve business and personal goals alike. Book your place by emailing [sandie.copp@networkingatdunstable.co.uk](mailto:sandie.copp@networkingatdunstable.co.uk) or call on 01582 555937 for more detail.

## The Womens Business Clubs

Friday 3rd February, 12.00 - 14.15 at Park Inn Bedford, 2 St Mary's Street, Bedford MK42 0AR. £20+VAT for members, £30+VAT for non members.

Join likeminded professional women for a business focussed meeting and a fantastic chance to promote your business, share contacts, participate in open forum discussions and be inspired with brainstorming and problem solving sessions. To book your place contact [info@thewomensbusinessclubs.com](mailto:info@thewomensbusinessclubs.com) or call 01903 201100.

## Nova Networking

6th & 20th February, 12:30pm - 2:30pm at Odell House, 11 High Street, Newport Pagnell, MK16 8AR. £10 per person and includes a buffet lunch. A friendly and welcoming new network. To register interest or to secure your place please email [jules@thelasthurdle.co.uk](mailto:jules@thelasthurdle.co.uk) We offer sector exclusivity so we regret not all applications to attend or join can be granted.

## Mum's The Boss Networking

Tuesday 14th February, 10.00 - 12.00 at Bedford i-lab, Bedford. Cost: £6. Guest speaker: Leigh Frost from Truesilver. Topic: Are you getting the right responses? Mum's The Boss is networking with a difference – affordable and child-friendly, no one per profession rule or pressure to become a member, and we always provide a warm welcome and homemade cake! Whether you have just started thinking about starting a business or have been in business for a while, our inspirational and informative speakers will be of interest and you will be able to network with other mums in business. For more information about the Bedfordshire meetings please contact [Leigh@MumsTheBoss.co.uk](mailto:Leigh@MumsTheBoss.co.uk)

## Oaktree Networking – Bedford

21st February, 11.45am - 2.00pm at The Barns Hotel, Cardington Road, Bedford MK42 0DA. Cost £24.00 and includes lunch and the opportunity to meet like minded business professionals.

Oaktree believe in welcoming you, personally introducing you to visitors and existing members and giving you the opportunity to increase your sales revenue, expand your business and network with SMEs from Bedfordshire, Buckinghamshire and Northamptonshire. To book call 0845 618 2902. Please remember to bring plenty of business cards.

## WiRE – Bedfordshire

Wednesday 29th February, 6.45pm - 9pm at The White Horse Pub, Southill, near Biggleswade, SG18 9LD. The Bedfordshire branch of Women in Rural Enterprise (WiRE) offers a friendly, informal and supportive, monthly networking event for businesswomen in the North Beds/Herts area. Meetings are held on the last Wednesday of the month and are FREE to attend for members and non-members. For more details see <http://www.wireuk.org/Bedfordshire-network>

## Training

### Women & Work

A charity that provides free training, career guidance and support for unemployed women in Milton Keynes. Visit [www.womenandwork.co.uk](http://www.womenandwork.co.uk) contact us on either 01908 200186 or email [j.jones@womenandwork.co.uk](mailto:j.jones@womenandwork.co.uk)

### Free Advice & Support To Social Enterprises

Many Social Enterprises struggle with getting practical, affordable support in the key phases of start-up and growth. In response to this a new 'one-stop' social enterprise support service, Inspire2Enterprise, provides support to:

- Individuals and organisations thinking about setting-up a Social Enterprise
- Those in the early stages of starting up a Social Enterprise
- Established enterprises looking to grow their organisation.

It is delivered by a team of highly experienced, qualified, telephone-based enterprise and specialist advisers, many having worked with the social enterprise sector for a number of years. Uniquely, the service can also be delivered using the latest webcam technology, enabling 'face-to-face' meetings.

Information, consultation and advice are provided free-of-charge. Further chargeable services are also available, including legal and financial advice delivered by qualified specialists, together with research services from professional researchers experienced in providing high quality market intelligence, as well as research to support tenders. In addition, a full programme of open courses and workshops will be available soon.

Simply call the Inspire2Enterprise team on 0844 9800 760 (Monday to Friday 8.30am -5.30pm) or email [info@inspire2enterprise.org](mailto:info@inspire2enterprise.org)



### Wenta Workshops

#### ● Business Planning

24th February, 9.30 - 14.30 at The Enterprise Centre, Cranborne Road, Potters Bar, EN6 3DQ. Cost: £45 inc VAT, payable in advance. Starting a business can be exciting and daunting, but this workshop helps you evaluate your business idea in more detail and manage your business plan. It will cover: Writing a business plan; Developing future targets for your business; Understanding your finances; Understanding cash flow and profit and loss. By the end of this workshop you will be able to write your own business plan and have a clear direction in what else you need to focus on to ensure you have a viable business. Aimed at those looking to start a business and those seeking help with preparing a business plan to present to a bank for funding purposes.



### ● **A Taste of Marketing**

1st February, 9.30 - 14.30 at The Wenta Business Centre, Colne Way, Watford WD24 7ND Cost: £45 inc VAT, payable in advance.

Without research and paying customers your business will not succeed. This workshop helps you understand your market, ensure you have the tools to find your market, and then suggests the best methods to target them. Will cover: Market research; Company image and branding; Pricing strategy; Your market and competitors; Marketing plan and promotional activities.

By the end of this workshop you will be able to carry out your own market research, identify your target market and the appropriate methods to promote your business successfully.

### ● **Finance Made Simple**

20th February, 9.30 - 14.30 at Bedford i-lab, Stannard Way, Priory Business Park, Bedford MK44 3RZ. Cost: £45 inc VAT, payable in advance.

For a business to succeed the finances must add up. This workshop gives you an understanding of the financial implications of running your own business. It also teaches you book-keeping to an acceptable standard for the Inland Revenue and will cover: Basic book-keeping; Profit & loss forecasting; Cash flow forecasting with worksheet activities; How to get your books to balance; Information on tax and allowable claims; National Insurance and VAT. Aimed at those looking to start a business or businesses in their first year of trading.

### ● **Your Website and Social Media**

7th February, 9.30 - 14.30 at Wenta, The Business Centre, Kimpton Road, Luton LU2 0SX. Cost: £45 inc VAT, payable in advance.

An online presence can be essential for many businesses in today's market. After grasping website jargon and how to create a website easily, this workshop provides you with essential advice to optimise your website for search engines. This workshop will also demonstrate how social media such as Twitter and LinkedIn can be useful online marketing tools.

### ● **Selling**

23rd February, 9.30 - 13.00. Cost £45 inc VAT in advance of the course.

This workshop will cover what makes a successful salesperson. The key strength of all businesses is selling and this workshop focuses on how to manage existing clients as well as attract new customers to expand your business and improve sales. This workshop also aims to teach you the skills and mindset to sell your service and product confidently. Aimed at those starting up in business, individuals and existing businesses.

### ● **Legal Issues and Intellectual Property**

9th February, 9.30 - 15.00 at The Business and Technology Centre, Bessemer Drive, Stevenage SG1 2DX. Cost: £45 inc VAT, payable in advance.

Is your business compliant with legal factors? Do you need help with terms and conditions? Are you up to speed with data protection? This workshop guides you through the legal issues relating to your business, ensuring you are compliant from day one.

■ Call Wenta on 0845 371 0891 to book your place or for further details.

## Useful Information

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

The helpline that provides free confidential and independent advice on how to deal with debt problems. You can be confident that the advice they offer is targeted to you. Lines open Monday - Friday 9.00am - 9.00pm, Saturdays 9.30am - 1.00pm. Call the National Debtline free on 0808 808 4000.

## Your Websites

[www.landlordlaw.co.uk](http://www.landlordlaw.co.uk)

Landlord-Law online is written and run by solicitor author Tessa Shepperson, who specialises in residential landlord and tenant work. If you are a landlord or a tenant this is the place to go to get your questions answered and find out where you stand legally.

[www.mylittlepickle.co.uk](http://www.mylittlepickle.co.uk)

A refreshing collection of luxury baby knitwear, t-shirts, baby blankets, hats and booties, which caters for newborn babies to two year old toddlers. And they are sooo cute.

## Next Issue

### Deadline For The March 2012 Edition

No later than 12 noon on Thursday 23rd February. Please send your information to me as soon as possible as deadline day can be a little bit busy!

Take care and best wishes to you all  
Lesley

Facebook: [WomansWork Group](#)

LinkedIn: [Lesley Kershaw](#)

Twitter: [@womansworkuk](#)

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