



WomansWork

The Notebook For Lincolnshire

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!

Page 1	Your News
Page 2	Your News
Page 3	Opportunities
Page 4	Your Arts & Crafts
Page 5	Holistics, Events & Unleash Your Dragon
Page 6	SavvyWoman and Arbonne
Page 7	Your Books and Networking
Page 8	Networking and Training
Page 9	Useful Info, Your Websites and Deadline.

Your News

Good News For Illustrator

Coloured pencil illustrator Karen Middleton from Lincoln, has been asked to have one of her artworks featured as the cover image used for the February issue of Color Pencil Magazine in the US.

Initially turning down an interview for fear of global exposure (yes, the opposite of what she should be doing!), Karen was both flattered and pleased to have been asked if they could still feature one of her drawings. "I sent the piece I had literally just finished as it featured a heart and seemed ideal for Valentine's month, but sent my website address www.karenmiddletonillustration.co.uk in case they didn't like what I'd sent. The kitten was so well liked they asked if they could use it for the cover!"



Village Outreach Society

Launch of Eco Femme Reusable Sanitary Pads.

Hello, I am Audrie Reed, the trustee of Village Outreach Society based in Cambridge

www.villageoutreach.co.uk I have been funding a women's empowerment project in South India to make cloth, washable menstrual pads for women and girls in remote rural villages. We have developed a range of products for export, to be launched during International Women's Day at Anglia Ruskin University on 10th March. All UK sales will go to help sustain the women in this amazing social enterprise. Visit www.ecofemme.org You can buy from my stand or you can contact me to place an order. They are available in 3 sizes, pantyliners, day and night thickness, they all have a waterproof lining and cost just £7 each. It is recommended you start with a set of 3 - one of each size/thickness, the cost for a set is £20 plus postage. I understand that these can be used and washed for up to 5 years before they need replacing. ● If you can help me promote, market or distribute these products then I would love to hear from you, email audrie@villageoutreach.co.uk or call Audrie on 01223 575197.



Therapyworks4U

Valentine's Day is only happy when your relationships are good. If you experience difficulties with: Anger, anxiety, depression, phobias, addictions, childhood traumas, confidence, weight, relationships, pain, loss/bereavement... Start to make changes now and have really rewarding relationships.

If you live in Gainsborough contact Jan Baker RGN, Adv. Dip. Couns., NLP Pract. MBCAP to arrange a confidential assessment appointment on 07831 834110, email jan@therapyworks4u.co.uk Visit www.therapyworks4u.co.uk

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 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.

Lincolnshire Key Workers

I am looking for businesses in Lincoln, North Kesteven and West Lindsey for a new project I am working on. Its aim is to help businesses to assess their employees' training needs and fund the training for them. I will come out to the business premises and complete an organisational needs analysis with the employer. If this identifies one or more employees that require training then our training department will research relevant courses and inform the client. The client can then decide whether or not to proceed. There is no obligation for the employees to undertake the training. If an employee undertakes training, the employer can claim back the cost of the training once the employee has passed the course. The training will need to be the employee's first basic skills or level 2 course. The training can be on any subject provided it will give some benefit to the company. More than one employee within a company can undertake training.

Examples are;

- A sole trader that employs somebody part time to do the books can apply for funding for the bookkeeper to receive some formal bookkeeping training.
- A sole trader can apply for funding for a Health and Safety course if it will benefit his business.
- A business employing 20 care workers can apply for a number of them to attend a food hygiene course as the care workers are preparing food for clients.
- If you are a business, community group or charity in Lincoln, West Lindsey or North Kesteven and would like to know more call Mandy Morris on 07952 215257 or email mandy.morris19@btconnect.com

Vie At Home

Donna Sleight is a VIE at home Consultant for Worksop and surrounding areas. VIE at Home is a direct selling company and specialise in 5 areas. If you look great on the outside, you'll feel fabulous on the inside.



- * Core Range Products – make-up, skin care, bath & body
- * Pierre Lange Jewellery – exclusive to VIE at home in the UK
- * Acai Berry Range – bath & body skin care and Vital drinks
- * Spirulina Life Weight Management Programme – bars, shakes, meals and soups
- * Bluebox Perfume/Aftershave – the chance to create your very own fragrance unique to you! Mix from a selection of base and additional scents, and choose your bottle.
- Host an evening and be entitled to a Hostess Gift for February – Wide Awake Set for only £10 when guests spend £100. This set consists of Round the Clock Eye Care (RRP £13.50), Necker Gel (RRP £15.50) and Eye Brightener (RRP £8) PLUS commission to treat yourself out of the brochure! Offers available for guests too.
- Sale is now on with up to 50% off selected items. Please contact me via my official VIE at home web page - www.my.vieathome.com/donnasleight to arrange a Girlie Evening or if social get-togethers aren't your cup of tea, then 1-1 sittings are available.

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 or call Rebecca at Parfitt Taylor – Chartered Management Accountant on 01604 330220.

WOW

Nottinghamshire business owner Beryl Pettitt of Ridgeway Marketing has won a WOW award from Jacqueline Gold, the Chief Executive of Knickerbox and Ann Summers. Every Wednesday, Jacqueline Gold invites female business owners to post their business on Twitter and she chooses her favourite three to become #WOW (Women on Wednesday) winners. Details of the top three are then re-Tweeted to Jacqueline's thousands of followers, giving the chosen businesses priceless exposure in the business world.



Beryl said "It is a great feeling to be recognised for what you do by somebody as influential as Jacqueline Gold, so we are displaying our badge with pride!"

Beryl and her team mentor and train small businesses to help them improve their marketing and get more customers. The business is based in Farnsfield near Southwell, and has many local clients. Contact Beryl Pettitt on 01623 883144 or 07536 045588 or visit

www.ridgewaymarketing.co.uk

Banks, Long & Co – New Appointment

Name: Sally Peach
From: Lincolnshire
Employer: Banks Long & Co, Lincoln
Position: Senior Management Surveyor
Sally, who formerly worked as an Estate Manager in the licensed industry for Whitbread Plc and Enterprise Inns, has made the switch into private practice and is now concentrating on the management of a variety of retail units, offices and light industrial premises on behalf of external clients.



Lunch Serves Up More Than £500 For Charity

A Business lunch served-up a donation of more than £500 for a cancer charity.

A bumper raffle at Business Women's Link's (Lincolnshire) festive lunch raised £266 for Relay for Life, which supports Cancer Research UK, but this was then generously doubled by HSBC Bank to make a final donation of £532. More than 40 ladies attended the get-together at Branston Hall Hotel, Branston, where they heard about the charity's work from Caroline Swindin and Katie Parker.

Guest speaker Sue Ritchie of You Time Coaching shared her inspiring story – a journey which has taken her from being a single mum and primary school teacher in Staffordshire, to the jungles of South East Asia and back. Sue now works with professional midlife women, to help them to develop confidence and achieve a new direction and increased success. She encouraged women to believe in themselves and in their ability to manage change effectively.

www.treesandhedging.co.uk

The Directors are sharing their own passion for getting the younger generation interested in gardening and environmental issues, by offering 2,000 schools the chance to apply for a special pack of five trees to plant in honour of this Royal milestone. Quick-off-the-mark schools which are registered with the RHS's Campaign for School Gardening are being encouraged to visit the website for access to their free tree pack or look out for the link in their January Email Newsletter – where they can order their free trees between now and 29th February. In order to take advantage of this deal, each school must enter its Campaign Website Username. Schools not yet registered with the Campaign can do so for free, by visiting www.rhs.org.uk/schoolgardening



Opportunities

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



Apprentices Available

Can you offer a young person a job? Apprentices are fully funded and they need your help. Call Shirley Bates on 07912 579881 for further details or email Shirley.Bates@lincs-chamber.co.uk

Achieving Your Goals For 2012

You have started the New Year with good intentions and made a vow to achieve certain goals in the workplace and at home, just as you probably set out to do every year. But how often do actually manage to achieve what you set out to achieve? Have you already fallen foul of the goals and resolutions you made? That being the case, it's not too late to rectify the situation. Here are some tips on how to stick to your good intentions during the months ahead.

- Could you do with some support in achieving your goals for 2012? To all Notebook readers during February: - An hours' 1:1 telephone coaching for £50 (worth £70). Contact Pavlenka at: info@smallstepscoaching.co.uk or visit www.smallstepscoaching.co.uk

Neurodiversity Alert Card/Wristbands



The card or wristband will alert the Police and Emergency Services that the person carrying the card or wearing a wristband has a condition that may require special attention.

[How to apply for your FREE alert card or wristband:](#)

T: 01522 716899 E: debbie.canadda@yahoo.co.uk W: www.canadda.org.uk

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 for further information.

Your Arts & Crafts

Strawberry Glass

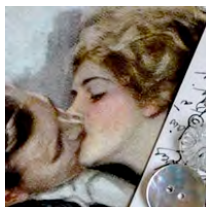
Would you like to make a special heart to give your Valentine? Spend a carefree morning or afternoon working on your unique creation at the Strawberry Glass stained glass studio, in Spalding. Perfect for complete beginners with all the tools and glass that you need provided. Visit www.strawberryglass.co.uk and contact Gillian on 07714 458813 for more information and booking. A selection of dates available.

Art & Craft Event

Sunday 11th March, 10.30am - 4.30pm at The Petwood Hotel, Stixwoud Road, Woodhall Spa, Lincolnshire, LN10 6QG. Fine art, contemporary handmade crafts with a glorious hint of vintage. A truly family-friendly event and the ideal opportunity for those extra-special gifts! £1 entry (children free) Call us now on 0786 686 4062 for more information.

Valentine's Themed Card-Making

Wednesday 8th February, 10.00am - 4.00pm at the Manor House Stables, The Manor House, Martin, Lincolnshire. Enjoy a St. Valentine's themed card-making workshop and transport yourself back to a time of elegance and gentility, when the exchange of love-tokens and keepsakes were delightfully romantic gestures. All materials will be provided. Using a selection of thoughtfully sourced nostalgic findings, including linen and lace, and hearts and flowers, you will create a selection of pretty stationery suitable for all occasions. Call 0786 686 4062 to book and for info.



South Holland Open Arts Exhibition

29th February - 6th March at South Holland Centre, Spalding, Lincolnshire PE11 1SS. Opening times:

- Thursday 1st March 10am - 7.30pm
- Friday 2nd March 10am - 7.30pm
- Saturday 3rd March 10am - 7.30pm
- Monday 5th March 10am - 5pm
- Tuesday 6th March 10am - 5pm.

For further details contact 01775 761161.

Unique Cottage Studios

An Arts and Crafts studios at Fulney Lane South, Spalding, Lincolnshire PE12 6FA. A base for artists as well as a year round programme of creative workshops, classes and groups and providing a firing service.

- Tuesday Pottery – 1.00pm - 3.00pm or 7.00pm - 9.00pm. 6 week block terms: 21 February to 27 March and 17 April to 22 May. Suitable for all abilities.
 - Evening Drawing and Painting 7.00pm - 9.00pm. Six week block 22 February to 28 March.
 - Unique Knitters - 1st Thursday of the month 10.00am - 1.00pm. Thursdays: 2 February and 1 March.
 - Introduction to Drawing and Painting 2.00pm - 4.00pm, 6 week blocks 23 Feb to 29 March, £54. A brilliant introduction for beginners and those who want a refresher!
 - Practice Your Printing - Second Friday of the month, 10.00am - 1.00pm. Fridays: 10 February and 9 March.
 - Daytime Drawing and Painting 10.00am - 1.00pm. Further 4 weeks blocks 5 to 26 March (Landscapes) and 16 April to 7 May (Flowers) Exploring Abstract Work.
 - Textiles Group - 16 February and 15 March, 10.00am - 1.00pm. Embroiderers, quilters and spinners amongst others in a relaxed environment. £5 per session.
 - Beginners Knitting and Crochet 10.00am - 12 noon, Saturday 11 February. Come and learn these trendy crafts.
 - Love Mosaics! Saturday 4 February 10.00am - 4.00pm. £45. Whether it's a heart or a plaque, you will use a selection of glass tiles, Venetian smalti, millefiore.
 - Family Pottery. Tuesday 14 February 10.00am - 12 noon. Suitable for ages 6 years & over, parents to stay with children under 8 years.
 - Printing Fun - Wed 15 February 10.00am - 12noon. Suitable for all ages over 6 years, parents to stay with children under 8 years. £8 per person or £25 for a family (up to 4 participants).
 - Design and Plan Your Cut Flower Garden, Wednesday 22 February 10.00am - 2.00pm. £55 Once you have grown your own you will never want shop bought flowers again! Cathy will show you how to plan, sow and grow the flowers and foliage you choose and demonstrate how to have arrangements for an event such as a wedding, birthday or christening. The course is suitable for beginners and for gardeners wishing to extend their knowledge in this rewarding way.
 - Stitching for Texture, Saturday 25 February 10.00am - 4.00pm - £45. Extend your stitching & quilting repertoire by exploring both traditional and contemporary quilting stitches to create texture and line in your work. Hand and machine stitching workshop.
 - Life Drawing Wednesday 29 February and 25 April 10.00am - 1.00pm £20. Draw from Life in these relaxed morning sessions. Model provided – no formal tuition, but experienced artists will be part of the group. Easels and boards supplied.
- Contact 01775 766698 info@uniquecottagestudios.co.uk

Holistics

The Holistic Directory

Imagine an online directory exclusively for the promotion of holistic businesses and therapies – welcome to 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 including VAT per listing until March 31st for new businesses that sign up to the website. Usual price is £99 including VAT per listing.

FIRECHILD

www.firechild-shamanism.co.uk

2012: RAISING OUR ENERGIES FOR THE NEW ERA
A year-long training programme with Taz Thornton

BEGINS MAY 2012, CAMBRIDGESHIRE:
This one year training programme is suitable for beginners and those on a shamanic path who would like to deepen their connection. Bringing together core shamanic techniques, such as journey, song and spirit contact, this training opens a doorway to transformational self-healing and personal development work. Weekend workshops will provide teachings, meditations and exercises to help raise and attune our vibrations to work in harmony with the new era, guiding us towards wholeness and a deep awareness of All Our Relations.

Working as a circle, participants will be guided through four weekend workshops (Friday to Sunday), and will also be given monthly assignments to carry out at home. Optional circle gatherings, between meets, will be arranged during the year.

DATES: 2012 - May 18-20, August 17-19, November 16-18;
2013 - February 15-17, May 17-19.

COST: £725 (instalment plan available by arrangement).

More details online at www.firechild-shamanism.co.uk under 'workshops'. To book your place, or discuss options, call Taz on 07920 461040 or email info@firechild-shamanism.co.uk



Events

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 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.



Exporting For Growth

1st March, 9.00am - 2.00pm at The Henry Ford College, Loughborough University, Loughborough LE11 3TU. Lunch to be provided.

A major initiative to boost the number of SMEs that export for the first time or spread to new markets over the next four or five years.

To register for this event call 0115 947 5666 or visit

www.regionalexportforgrowth.com

Closing date for registration is 24th February.

Unleash Your Inner Dragon!

By Jenny Eaton

Wishing you all a belated Gung Hay Fat Choy! Or, a happy and prosperous Chinese new year. The Chinese have just welcomed in the year of the Dragon – this is considered to be the most auspicious and powerful of their zodiac signs, with this year being particularly well-favoured, as it is the year of the water dragon, which only happens every 60 years.



- What the experts say:

"The dragon is a symbol of power and superior control," says Stephen Chu, of the Mississauga Chinese Business Association. "It's not evil. The dragon is a good symbol."

"Dragons seem to be a change year, and usually from bad to good," says Paul Ng, a feng shui master. "In general, in the dragon years, the world economy does a little better."

So, all the signs are boding well for 2012 – and I'm guessing that many of you would welcome a boost in energy and prosperity over the coming months. Well now that you know it's going to happen, you can dump all the media doom and gloom that we're currently being bombarded with and fill your head with some positive Dragon energy! I'm not suggesting you all start reading your horoscopes to decide what kind of day you're going to have (although some people do); I'm suggesting that the kind of day / week / year you believe you're going to have will seriously affect the day / week / year you actually end up having.

Our brains are hard-wired to want to prove ourselves right; and they regularly do! There's no shortage of evidence in the daily media to prove that the world is full of good / evil people – but which is right? Well, I guess both are; but which focus gives you the most benefit in your life? If you believe that 2012 is going to be a desperate slog; that you'll have less work, less money, harder times, then your subconscious will find a way to prove you right. Let's harness our Dragon energy this year and bring in some positive change, strength, good luck, prosperity and growth!

You might also like to know that a recent poll in Hong Kong identified that 70% of couples wanted a baby born in the year of the Dragon; so I imagine that there will be lots of romantic evenings planned over the next couple of months... a great way to keep warm and save money too! Visit <http://www.chinesezodiac.com/dragon.php> Jenny Eaton runs the new Eos Programme for women, email jenny@eosprogramme.com or visit www.eosprogramme.com

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 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 website and you'll receive a £20 Virgin Wines voucher as a 'thank you'.

Arbonne By Emma Hale

Would you like a natural, Vegan certified alternative to your skincare regime? Arbonne is a forward thinking company and was 'green' before it became trendy to be so; all our packaging has been recyclable since 1980. Our Swiss formulated products fall within the Ultra Premium Range and are considered the best, finest and purest products available, usually aimed at the wealthy. Network distribution of these products makes them affordable for everyone.

Our ultra premium products are based on innovative scientific discovery. Arbonne has an unwavering commitment to pure, safe and beneficial personal care and wellness products that preserve and enhance the skin, body and mind for an integrated approach to beauty.



Natural botanically derived ingredients

- Cutting Edge, Proprietary owned Swiss Formulations
- pH correct
- Hypoallergenic
- Dermatologist, Ophthalmologist & Paediatrician tested
- Formulated without mineral oil, chemical dyes or fragrances
- Never tested on animals or contain any animal by-products
- VEGAN certified

Arbonne has a wide range of products including:

- RE9 Advanced anti-aging for both men and women
- Cosmetics range, exclusive Optilight Technology
- FC5 for dry or oily combination skin
- ABC baby range
- Arbonne Essentials: formulated without gluten, artificial colours, flavours or sweeteners, cholesterol, saturated- or trans fats, or animal products.

● Arbonne Business Opportunity

The Arbonne Business opportunity allows you to build a residual income, working the hours you choose alongside your family or your current job commitments. I am looking to build my team of Independent Consultants; if you are interested in taking a look then please contact me. And, even if you are not interested in the business opportunity, you can still enjoy a substantial discount (20 to 50%) on our amazing products. Contact Emma at emmahales@myarbonne.co.uk and visit www.cambridgeandfenland.myarbonne.co.uk for further details.

Your Books

Business Writing Made Easy

By Suzan St Maur

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



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 or email Helen@bookedPR.com

Networking

Informal Networking

- Thursday 2nd February at Holiday Inn, Bridge Road, Impington, Cambridge CB24 9PH.
- Wednesday 8th February at St Neots Golf Club, Crosshall Road, St Neots PE19 7GE.
- Monday 13th February at The Cutter Inn, Annesdale, Ely CB7 4BN.
- Wednesday 15th February, 6.00 - 8.00pm at Ramada Hotel, Thorpe Meadows, off Longthorpe Parkway, Peterborough PE3 6GA.
- Thursday 16 February at the Holiday Inn, Bridge Road, Impington, Cambridge CB24 9PH.
- Friday 17 February, 12.30 - 2.30pm at Peterborough Rugby Club, Second Drove, Fengate, Peterborough PE1 5XA.
- Wednesday 22 February at Oliver Cromwell Hotel, High Street, March PE15 9LH.

A **free** event to raise your business profile and meet like-minded business people in an informal setting. There is no need to book, simply turn up any time between 5.00 and 7.00pm unless otherwise stated. If you would like to know more please call Peter Watts on 07545 697799 or email p.watts@cambscoci.co.uk

Talk Networking Lunch

February 2nd from 12.30pm onwards at Mama Liz's, Stamford. £25 and attend as often as you like. We are completely focused on gaining you new business through the power of networking. We are completely transparent and offer you no yearly sign up fee and no business lockout.

Call now to book your place on 01780 483 888 or email invitation@talkresults.co.uk

Ladies Who Lunch For Charity

7th February and 6th March, 12 noon - 3.00pm at the William Cecil Hotel, Stamford. £25 per head, offering you a two-course meal and a talk. £10 of the luncheon charge will be donated to Arthritis Research UK. An opportunity for ladies to get together to meet new people, make new friends, learn something new and help a worthwhile charity all at the same time.

For further details or to book contact Jane or Trish on 01780 482836 or email info@meridiannetworksolutions.co.uk

90 Minute Networking

Tuesday, 7th February, 9.30 - 11.00 at Newark, Notts NG24 2TN. Its a great opportunity to network with other like-minded businesses and listen to one of our great speakers enabling you to take some valuable information away from each meeting. Contact Jenni on 01522 306143 or Anne on 07884 006111 for further information and to book your free place.

The Marketing Club

Wednesday 8th February, 5.30pm at The Lincoln Golf Centre, Thorpe On The Hill, Lincolnshire LN6 9BW. It costs £24 to join and £12 per meeting, which includes the forums, a hot dinner and the main presentation.

The Club has been created as a 'one stop shop'. By educating businesses in the many and varied tools that make up a marketing campaign, you are empowered to make the most appropriate choices for your business. We have specialists in everything from Brand Creation to PR, Email Marketing to Data Cleansing, Advertising to Strategy and beyond. Call 01673 859100 or visit www.makemarketingmatter.com to book.

The Great Big Networking Event

Thursday 9th February, 5.00pm - 9.00pm at The Showroom, Tritton Road, Lincoln, LN6 7QY. Price: £5.00. Three local networking groups in Lincoln have come together to organise the networking event of all Lincoln networking events!

Exhibition spaces available at the event for just £75. Goody bags will also be handed to all delegates, to find out more about getting your company literature/pens/goodies in this bag for just £50 please contact us. To book your place visit

<http://www.lincolnbusinessclub.co.uk/ticket-page/>



Business Women's Network – LOGIC

First Tuesday of the month starting 6.00pm at Chattertons, Avenue Road, Grantham, NG 31 6TH. £4 exc. VAT. LOGIC offers its members the opportunity to meet 'like minded' people and to benefit from making new business contacts, developing personal and professional skills, seeking advice from other members, having a support structure when needed and, of course, socialising! Contact Paula Hurst on 01476 591550 to book.

Women In Business Network

Tuesday 21st February, 12 noon – 2.00pm The William Cecil, St Martins, Stamford PE9 2LJ. £24 includes lunch. A one profession networking group that is structured, friendly and relaxed. Aimed at women business owners and women in employed positions looking to grow their client base through networking. Contact Barbara Hodgson on 0844 324 4034 for more detail.

Mum's The Boss Networking

Would you like to join our award winning team and bring child friendly networking to your area? We now have 7 groups across the country and are looking to start more in your area. 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! If you would like more information drop us a line at info@mumstheboss.co.uk

Training

2-day Web Development Workshop

- Day 1: 22nd February
 - Day 2: 29th February
- 8.30am - 4.00pm at Commerce House, Lincoln LN2 4HY. Free to attend with lunch Included. Many UK businesses have a website but how effective are they? Do they generate business, address customer needs or help the business in some other way? Many firms are missing a trick in how their website could really help their business aims. Even those firms that are clear about what they want their website to do may have a site that just isn't delivering what they need. This 2-day action planning workshop programme has been designed to help you see what your business can achieve via your website.
- To book your place, call 01522 523333 or please email charlotte.robson@lincs-chamber.co.uk

Funded Training

- Professional Cookery
- Kitchen Services
- Food & Beverage
- Housekeeping
- Team Leading and Management Level 3
- Childcare
- Fully Funded NVQs for Volunteers. If you're working as a Volunteer, aged 19 or over, and would like to gain a qualification while you're working, now is the time! It is all done in the workplace.
- For further information and criteria on any of the above, please contact Shirley Bates on 07912 579881.

Free HMRC Workshops

Newly Self Employed – The Basics

- Wednesday 8 February Grimsby
- Tuesday 14 February Scunthorpe

Business Expenses and Capital Allowances

- Tuesday 6 March 2012 Grimsby
- Wednesday 14 March Scunthorpe

Becoming an Employer

- Tuesday 14 February Scunthorpe

How VAT works

- Wednesday 14 March Scunthorpe.

The venue addresses are:

- Grimsby Central Library, Town Hall Square, Grimsby, DN31 1HG.
- Educational Development Centre, Enderby Road, Scunthorpe, DN17 2JL.
- For bookings and further details contact HM Revenue & Customs Advice Team on 0845 603 2691 or visit www.hmrc.gov.uk/bst

Useful Information

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

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

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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