



WomansWork

The Notebook For Nottinghamshire

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

Coco Angels

A premier Chocolate Fountain Hire Company based in Leicestershire, providing high quality Chocolate Fountain hires to weddings, parties and corporate events. We service any social event that is looking for that extra bit of "WOW" factor to their occasion. Call Anna on 07788 722201 or visit www.cocoangels.co.uk



Precious Memories

As the Nottinghamshire franchisee for Precious Memories, Nicola creates 2D impressions and 3D casts – usually of baby's hands and feet, but also of adults and pets. She also creates pregnancy bump casts and helps clients design bespoke silver jewellery featuring the hand, foot or fingerprint of their child before sending the order and print to the Precious Memories jewellery team to be made. Contact Nicola Kelsall on 07595 628379 or email nicolak@precious-memories.co.uk for further details.

A Valentine's Day Special

If you're going for the 'stay at home' alternative for Valentine's Day, Francique Caribbean Cuisine has the perfect idea to top off your soiree, whether you're planning for that special someone or a party of friends. Book our delicious 3 course home-cooked dinner priced at £40 per couple.



- Starters
Coconut curry prawns desire in Unkai spoons
- Mains
Passion roasted chicken breast fillets
Roasted salmon with a scotch bonnet sauce,
Sweet potatoes, butternut squash, carrots, peppers,
onions slowly cooked in coconut sauce
All served with pumpkin rice and steamed plantains
- Desserts
Banana fritters with mango rum sauce
Coconut tart with fresh cream.
- The next time you are craving for something home-cooked, fresh, tasty and wholesome, give us a call on 0798 008 0775, we will be happy to help. Visit www.franciquecaribbean.co.uk

Unique You – Your Personal Image Consultant

Okay ladies I hope you took time out to think about what's important this year because 2012 is all about YOU! Yes that's right, for once you can sit back and say it's all about 'me me me' and not feel guilty. Confidence in the image we project can make a big difference to the way we approach life in general. My clients contact me for all sorts of different reasons, but the one thing they have in common, is that they want to look and feel amazing every day.



If you need a boost then let me help you create that unique more confident you, make one of the most important investments this year about you, what have you got to lose. Call Amanda Mills on 07807 550485 for a chat or email amanda@uniqueyou-imageconsultant.co.uk and visit www.uniqueyou-imageconsultant.co.uk for further information.

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.

Glum To Glam

Saturday 3rd March, 9.30am - 4.30pm at The Cadogan Hotel, Sloane Street, London SW1. Cost £110 with lunch, tea, coffee and pastries included. A new series of seminars, enabling effective change for busy women empowering you with a list of new skills. Each event includes talks and advice.

- Clearing mind clutter
- Image and Colour
- Body Fitness
- Career and personality profiling
- Personal branding
- Make up and hair.

For more information visit www.glumtoglam.com or call Paula Riane on 07803 072101 email info@glumtoglam.com

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



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.

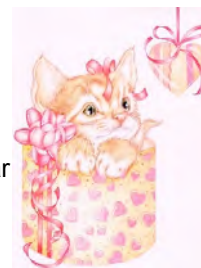
● Host an evening and be entitled to a Hostess Gift for February – Wide Awake Set for only £10 when guests spend £100. This set consists of Round the Clock Eye Care (RRP £13.50), Necker Gel (RRP £15.50) and Eye Brightener (RRP £8) PLUS commission to treat yourself out of the brochure! Offers available 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.

Good News For Illustrator

Coloured pencil illustrator Karen Middleton 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!"



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.



Opportunities

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. Please call 01293 610244 for more information.



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

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

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



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

Creative Workshops

All courses run from 10.00am - 4.00pm at The Crocus Studio, Crocus Street, Off London Road, Nottingham.

- Groupon Creative Sewing Workshop
11th Feb, 12th Feb, 7th March, 14th March, 17th March, 18th March.

Come & make your own cushion/tote bag embellished with your own design in free machine embroidery and /or applique. Will show you basic sewing skills if needed. All fabric and materials are provided but feel free to bring your own. If you are an experienced sewer, we will stretch your skills and teach you something slightly different!

- Groupon Basic Felt Making Workshop
8th Feb, 22nd Feb, 25th Feb, 26th Feb, 3rd March, 4th March, 21st March, 25th March.

Learn how to make felt and corsages using basic flat felt making with merino wool fibres and simple embellishment. No experience necessary. All equipment for felt making is provided, but feel free to bring your own fabric, buttons or beads for embellishing your work. You will need to bring your own bath towel & carrier bag. Refreshment provided, £5 for lunch if required or bring your own!

- The Groupon Offer gives you a choice of workshops – Feltmaking or Sewing. However as subscribers to **WomansWork** Notebooks if you book direct with us then we'll give you a £5 discount! Offer is £24 (v £29 with Groupon - £5 saving). Email Emma at emmalearoyddesign@hotmail.co.uk or Janet at info@sunflowerdesign.co.uk to confirm a booking with the date and the course you want to do, visit www.sunflowerdesign.co.uk

Mosaic Workshops

Make your own individual mosaic in these fun one day mosaic courses at Edwalton Church Hall.

- Feb 11th, Indoor mosaic wall plaque
- Mar 24th, Mosaic mirror

Visit www.julievernonmosaics.com for further details and to book your place.



Valentines Love Your Heart Fayre

Saturday 11th February from 10.00am - 1.00pm at Collingham Memorial Hall, High Street, Collingham, Notts, NG23 7NH. A variety of stalls, raffle, tombola, balloon release, beautician and refreshments. Raising money for British Heart Foundation.

Are You Struggling To Find The Right Words?

Everyone needs to communicate with people who use their services. It's how you publicise what you do, how potential clients get to know about you and how you keep in touch with your existing clients. People say you need a good website, some glossy brochures or flyers about your business. It may be an advert letting people know about the work you do or that special offer you're planning. Whatever it is, you need to make an impression - and it needs to be a good one.

"So my question is – can you afford not to have a copywriter?" To find out how I can help you give me a call on 07854 771924 or 01992 577472. You can email me at june@kisscopywriting.co.uk or visit my website www.kisscopywriting.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.



Events

Business Focus

The launch of a new business venture named Bassetlaw Business Focus, aims to aid and support existing businesses within Bassetlaw. The launch is on Friday 3rd February, 6.00pm at Clumber Park Hotel, Nottinghamshire. It will provide members with open evenings so they can come and receive the aid or advice they require, and they will provide future workshops and training courses. Cost: £30 per business per year, regardless of the number of employees. Contact Claire Weingaertner for further details on 07525 867684 or email advice@bassetlawbusinessfocus.co.uk Visit www.bassetlawbusinessfocus.co.uk

Business Helping Business

23rd February, 7.30am - 10.00 at The Riverside Court, Derby. Cost £12.50, all welcome.

To determine what you would like from future business support activity, along with the chance to ask questions from experts on issues such as finance, legal matters, HR and employment law, sales and marketing, eBusiness specialists and management and leadership during an "Ask The Expert" table shuffle session.

For more information please contact 01332 851280 or email events@dncc.co.uk pre-booking essential.

North Notts Business Show 2012

Thursday, 14th June at North Notts Arena, Eastgate, Worksop S80 1QS. Entrance free, please pre-register at <http://northnottsbusinessshow.eventbrite.com>

The North Notts Business and Innovation Show 2012 aims to bring together businesses, the public sector and business support organisations from across the North Notts, South Yorkshire and North East Derbyshire regions. We are inviting visitors and exhibitors from existing businesses, start-ups and those contemplating self-employment.

- The North Notts Business & Innovation Show is now open and inviting sponsors, contributors, exhibitors and volunteers to get in touch at the earliest opportunity. Contact admin@nmbconline.co.uk or tel 07527 865060 ASAP. Visit www.northnottsbusinessshow.co.uk

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.

Happy January – The Best Or Worst Of Times? By Sarah Dale

There is no evidence for the popular myth of one particular day in January being more depressing than others.

Nevertheless, sitting here on a cold, grey day, we might be tempted to blame January for our downbeat feelings if we have them. When I was at school, I hated January. I would have been readily prepared to believe it was the most depressing time of year.

Looking back, this was due to a combination of factors. As a teenager, I struggled with getting up and leaving home in the dark and cold. In those days we had no central heating (I'm that old) so it was a truly physical wrench to get out of bed. Our school invariably set us a whole set of mock exams in January. Much of our social contact with friends and family happened over Christmas and that had now dried up. I spent much of my time longing for future events – counting down and willing time to pass.

Now I realise it wasn't January's fault.

We love to find an explanation for things. It's an important quality that enables us to make sense of a complex world. However, we often leap to the wrong explanation. It makes sense on the face of things so we hang on to it as a shorthand for why we feel as we do.

Those shorthand assumptions can be very useful, but sometimes it is worth shaking some of them up. The January blues is one, it isn't the most depressing month, nor is it the happiest. It's just a month. Some people will be having a hard time, others will be having the time of their lives. And for most of the others it is probably business as usual.

If we are feeling down, it is probably due to factors other than the time of year (excepting true SAD sufferers). It may be because of particular memories, or challenges. It may be because we have an empty social diary in January. It may be because of harsh New Year regimes, or feeling unfit or overspent. It may be because we're focusing on the past or future instead of noticing any good things about the present.

We can't change the weather. But, with help and practice, we can change our mindset. I like January now. The teenage me would have been amazed.

● If Sarah can help you create focus give her a call on 07748 494 688 or visit www.creatingfocus.org



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: You can sign up at the www.savvywoman.co.uk website and you'll receive a £20 Virgin Wines voucher as a 'thank you'.

A Woman, Once A Girl-Breaking Silence

Betty Makoni, a girl child rights activist and multi global award winner and CNN hero for protecting the powerless, has published a short poetic prose, forerunner of her official story, Never Again. Many women and girls asked her to share her inspirational story and this is what she will keep doing.



Betty Makoni (BA General and BA Special Honours) is a native Zimbabwean and worldwide acclaimed defender of girls' rights and founder of Girl Child Network with multiple global awards for excellence, innovation and commitment to girls rights.

Through sheer hard work, her organisation grew from a classroom to a global level. Her experience of being raped at age six and losing her mother to domestic violence transformed her from a victim into an activist. She helped over 70 000 rape victims through her Girls Empowerment Villages and empowered over 300 000 girls from disadvantaged backgrounds. Her campaigns against high profile rapists made her a target and she had to flee Zimbabwe for her life.

In her book, Betty Makoni compiled poems that speak about struggles of African women. Betty Makoni launches her poetry book in London where she has invited people concerned about womanhood and motherhood to come and heal through her story. A film of her work, Tapestries of Hope will be screened for the first time.

For anyone interested in the event to launch the book there is an open invitation on International Women's Day. GCNW is a charity and depends on your generous donations so do your best to purchase your entry ticket here <http://www.eventbrite.com/event/2777330069/efblike>

You can purchase the book here <http://bookstore.trafford.com/Products/SKU-000526911/A-Woman-Once-a-Girl.aspx>

GCNW is a charity and depends on your generous donation

<http://www.eventbrite.com/event/2777330069/efblike>

● **Launch:** 8th March, at The Lodge Lecture Theatre, 100 London Road, SE1 6LN, London. £15 for a signed copy of A Woman Once a Girl – Breaking Silence donated to Girls Empowerment and Education Fund. 4.30pm for book signing. Film screening: 5pm sharp. For more information email gcnworldwide@gmail.com Telephone 07951 522790.

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

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 or email Helen@bookedPR.com

Networking

The Arnot Hill Group

- Lunchtime Networking
Thursday 2nd February and Thursday 16th February
12.00pm at The Mallard, Southmead Way, Uttoxeter New Road, Derby, DE22 3HN. Members: FREE (pre-booked) or £2.00 on the day; Guests: £7.00 (pre-booked) or £9.00 on the day.
- After hours 'Chill & Chat' Real Ale Evening
Wednesday 8 February 7.00pm at Ye Olde Dolphin Inne, Queen Street, Derby, DE1 3DL. Members: Free, guests: £3.
Email enquiries@expandbusinesscentres.co.uk or call 0115 964 9200 to book, for further detail visit expandbusinesscentres.co.uk

The Womens Business Clubs

Monday 6th February, 10.00 - 12.00 at Lace Market Hotel, 29-31 High Pavement, Nottingham NG1 1HE. £15.00+VAT for members, £25.00+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 or call 01903 201100.

Speed Networking

7th February, 9.30am - 11.45am at Village Hotel, Nottingham. Cost £20 members, £45 non-members, all welcome.

This event gives delegates the chance to speak to the majority of those attending, if not all due to timing, network with like-minded business owners, showcase product and services, identify new suppliers, find new contacts and create long-lasting business partnerships.

For more information please contact 01332 851280 or email events@dncc.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 which enable 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.

Ladies At Lunch

Thursday 9th February, 12.00 - 2.30pm at Best Western The Charnwood Hotel. £20 per delegate including a 2 course lunch.

By popular demand from our Ladies, we're back at The Charnwood Hotel in Blyth with their now infamous Chocolate Cake so be sure to save up your weightwatchers points! The ultimate ladies networking meeting in the North Notts for likeminded business women who are keen to start or grow their businesses. Includes inspirational presentations and lots of networking. To book please email admin@nnbconline.co.uk and for more information visit www.nnbconline.co.uk

NNBC Breakfast Networking

Wednesday 29th February, 7.30am - 9.30am at Ye Olde Bell Hotel & Restaurant. £10 per delegate including breakfast refreshments.

A monthly breakfast networking meeting for existing businesses and start ups in and around the North Notts and South Yorkshire region including the Worksop, Retford and Dinnington areas. All businesses from all sectors are welcome to come and get involved in this friendly and communicative business community. We'll be bringing you informative presentations, business news and lots of structured networking. To book please email admin@nnbconline.co.uk and for more information visit www.nnbconline.co.uk

Training

Evolve Workshops

Workshops are a useful way of getting the information you need to start a business and to network you and your business at the same time. You will benefit from being in a group of people who are at a similar stage of their business development and you can discuss any issues you might have with the trainer and other delegates. We deliver a number of specially designed workshops that target 3 key areas:

- Things you need to know – 7th February
If you've never started a business before then there will undoubtedly be things you don't even know that you don't know! This workshop has been designed to make you aware of what it is you need to do and to know before you get too far down the track.

It will give you an idea of some of the basics that you need to have in place and will allow you to ask some of the questions you will no doubt have.

- How to manage the money – 22nd February
This workshop will help you to get greater understanding of financial matters related to your business and to develop greater confidence in understanding cashflow, making a profit and managing your money

- Sales and Marketing – 28th February

Understand your target market

Profile your customers

Find your USP

Plan your research

Decide on your pricing structure

Understand features, benefits and advantages

Decide on the best ways to reach your customers and how to keep them.

- Held at Mercury House, Shipstones Business Centre, Northgate, New Basford, Nottingham, NG7 7FN. Cost £15 per person, per event. More details on the workshops can be found at www.nbv.co.uk or call 0115 970 5550.

Free HMRC Workshops

Newly Self Employed

- Tuesday 7 February Ripley
- Wednesday 15 February Derby
- Monday 20 February Chesterfield
- Wednesday 7 March Derby
- Monday 12 March Ripley
- Tuesday 13 March Chesterfield
- Tuesday 27 March Edwinstowe

Self-Employed Expenses And Tax Allowances

- Thursday 2 February Derby
- Thursday 8 March Ripley
- Tuesday 13 March Edwinstowe
- Thursday 15 March Derby
- Monday 19 March Chesterfield

Becoming An Employer

- Monday 6 February Derby
- Tuesday 27 March Ripley

Becoming A Director

- Wednesday 1 February Chesterfield
- Tuesday 28 February Ripley

How Vat Works

- | | | |
|-------------|-------------|--------------|
| ● Wednesday | 8 February | Chesterfield |
| ● Thursday | 16 February | Ripley |
| ● Wednesday | 29 February | Derby |
| ● Tuesday | 20 March | Derby |

■ Venue Addresses:

- Markham Vale Environment Centre, Markham Lane, Chesterfield S44 5HS.
- Ripley Town Hall, Market Place, Ripley, Derbyshire, DE5 3BT.
- Edwinstowe House, Centre for Business Excellence, Edwinstowe, North Notts, NG21 9PR.
- Derwent Business Centre, Clarke Street, Derby DE1 2BU.
- For Bookings Contact HMRC Business Education & Support Team on 0845 6032691.

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](#)

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