



WomansWork

The Notebook For Buckinghamshire

July 2013

Hello Lovely Ladies of Bucks

Welcome to the July edition of the Buckinghamshire Notebook. Wimbledon is underway as I prepare this edition and I'm sure we're all supporting Andy Murray as he tries again to win the elusive Wimbledon title.

Remember, this is your publication so what's included is down to you! I'm looking for articles, news about your business, any special offers you have. In fact anything that might be of interest to business women like you! Please send your contributions for future issues to me, my email is: womanswork@pennydablin.com

Lots to read in this issue so make yourself comfortable and enjoy!

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Your News

The House of Elliot

This collection of lace wedding boots, lace wedding shoes and lace garters is completely unique. In black or ivory with satin ribbon. Visit

www.houseofelliotcollection.com



The Last Hurdle – On Your Marks!

Business development specialists, The Last Hurdle founded in June 2011 with little capital and an abundance of drive & passion, Jules White (owner) has built her team of 5 business development specialists, who focus on the growth and development of small to medium sized businesses. Jules is a firm believer in 'being able to walk the walk!' she explains, "when we ask a client to entrust the growth of their business to us it is imperative for us they can see our own successes." Numbered in that success is her first pilot franchisee, who signed to the business in January 2013. Now Jules is eager to share the company's latest news; 'It is our distinct pleasure to announce the franchisor company The Last Hurdle LLP has been formed and is a partnership between Spencer Tear and Jules White.'

A long-time advocate of The Last Hurdle, Spencer with over 20 years of business acumen gained from running his own highly successful security company, Nova Security International Limited, is a valuable and welcome addition to The Last Hurdle team and will be using his experience to guide, mentor and advise The Last Hurdle Franchisees.

Jules has over 15 years sales and marketing experience and started The Last Hurdle in 2011. With the help of her team The Last Hurdle has grown into a locally recognised brand and gone from strength to strength despite a worldwide recession.

"This partnership will be focusing solely on the growth of The Last Hurdle Franchisees and will be providing all the tools needed to drive each business forward."

There are currently two branches, The Last Hurdle Milton Keynes & The Last Hurdle Northampton with a third & final pilot franchisee being sought, prior to offering full franchises throughout the UK. From the head office in Northampton the LLP team are relishing the challenges ahead.

* Visit www.thelasthurdle.co.uk or contact Jules on 07709 124847.

Write Your Own Sales Copy!

If you've ever tried to write the copy for a sales page and had problems then this FREE gift could be what you need. Download "The 12 Step Sales Structure: How to Write All The Sales Copy You'll Ever Need!" from www.sizzlingsalescopy.com/12steps/

Opportunities



Childminding Grants

People who want to set up a new nursery or a childminding business can get grants of up to £500 to help cover things like legal and insurance costs, training, equipment, and adaptations to premises. They will also be encouraged to join up with a free business mentor and access specially-tailored business start-up advice. The scheme will help launch up to 6,000 new childcare businesses. Visit <https://www.gov.uk/search?q=childminding+grant>

New Opportunity

Would you like to run one of our What's On 4... businesses in your area? Our children's sites are now available to buy as a Franchise!
www.whatson4littleones.co.uk
www.whatson4kidsparties.co.uk
www.whatson4schoolkids.co.uk
Including running our BabyExpo BabyShow events in your region! www.babyexpobabyshow.co.uk
Besides working from home, the business brings fun and flexibility to your life! For more information and to download a Prospectus see:
www.whatson4littleones.co.uk/franchise.asp or email marilyn@whatson.co.uk to arrange an informal chat.

What's On 4 Me 2013 Awards

The What's On 4 Me Awards www.whatson4me.co.uk/awards are open for nominations and celebrate the very best adult's activity providers in the UK. The 3rd National Annual Awards reward, celebrate and recognise those companies, organisations and individuals who provide the very best lifestyle and "Me Time"

activities, classes, events and support for adults across the UK.

Who keeps you fit? A fantastic Personal Trainer, Zumba Teacher or Bootcamp Instructor? Who helps you be more creative? Do you attend amazing Art, Craft or Music Groups? Who teaches you crucial skills? Do you have a dedicated Driving Instructor, College Course Tutor or Guitar Teacher? Where do you make new friends and contacts? Do you use online Social Networking Groups, Business Networking Meetings or local Special Interest Groups? Where do you socialise? You may have a favourite Restaurant, Bar or Nightclub? How do you relax? Do you have a favourite Spa, Beautician, Health Retreat or favourite Getaway? Reward them with a nomination in our What's On 4 Me 2013 Awards! The Awards Ceremony is being held at the Ideal Home Show at Christmas at Earls Court in London. Celebrity guests will host the Awards on the main stage on 14th November 2013. Visit <http://www.whatson4me.co.uk/award-noms-2013.asp> for further details.

Events

CYM

We have a few places remaining for the **free CYM course** on **Saturday 6th July** (10am to 2.30pm) open to anyone! To book a place please email info@climbyourmountain.org
The course covers many topics including stress, depression, anxiety, barriers to wellbeing, nutrition and exercise plus you get a free copy of the 'How to deal with life's challenges' book. It is held upstairs at David Lloyd in Milton Keynes.

Free walks & UK trips

Free walk on Saturday 13th July - Newport Pagnell country walk for approx 2hrs. Start at 10am and meet in car park on Station Road opposite police station and Blockbusters in Newport Pagnell.
Free walk on Saturday 27th July - Dunstable Downs hike approx 2hrs. Start at 10am meeting outside the Visitors Centre at Dunstable Downs.
Some places left for the following UK trips:
Snowdon weekend - August 10th/11th
Peak District special - August 24th/25th/26th
Snowdon weekend - September 21st/22nd

Please email info@climbyourmountain.org to book your place or ask any questions.

Child Bereavement UK - training courses for volunteers and professionals

Courses for those Facilitating Groups

Facilitating Groups - 9th/10th July

This highly-evaluated, two-day course is developed for all those wishing to lead groups, or currently leading groups of any size around bereavement whether professional, educational, for parent support or as part of in-house training. If you would like to develop an in-depth understanding of the facilitation process, the skills needed and how to provide constructive feedback then you could find this course extremely valuable.

Advanced Facilitation Skills - 29/30 July

A natural progression from 'Facilitating Groups' if you wish to develop your skills as an experienced facilitator; including handling more challenging situations, increasing self-awareness around loss and grief, and recognising the impact of group dynamics. The course also aims to enhance your empathy and intuition when facilitating groups. You will have the chance to facilitate and co-facilitate within the supportive environment of the course. This is a highly experiential two days, where you will receive constructive feedback.

For more information call Sarah Petersen 01494 568926 www.childbereavementuk.org

Free Masterclasses for small businesses and self-employed in The East of England



NIAB Innovation Farm has received ERDF (European Regional Development Fund) funding to provide a series of free practical masterclasses for small and medium size enterprises (SMEs) based in the East of England.

Eligible businesses must:

- be based in one of the 6 counties in the East of England (Norfolk, Suffolk, Cam-

- bridgeshire, Essex, Hertfordshire and Bedfordshire)
- be a registered sole trader, partnership or registered company
- have fewer than 250 employees
- have less than 25% of the business owned by an enterprise that in itself is not an SME
- have a turnover under €50 million
- have received under €200,000 grants or state aids in the last three tax years
- not be in the farming (animal or primary production) industry.

Business Planning for Success 23 July
Marketing and Communications 18 Sept
And... What Do You Do? (How to Talk About Your Business) 30 July

Getting the Most Out of Social Media 8 July

Managing Business Growth 3 July
Social Media – What Next? 11 September

A nominal fee of £53.65 is charged by the organisers per event to ensure that people who take up the places do attend the training; however this is refunded once the attendees have been to the masterclass.

Booking details for all the master classes: <http://innovationfarm.eventbrite.co.uk/>

Courses fill up very quickly so if one of the courses you want is fully booked, please do add your name to the waiting list which is on the booking page of each course and we will contact you if tickets become available or if we organise another one due to high demand.

For more information please call David Broach, Finance co-ordinator, on 01223 342227.

Articles

To conceive or not to conceive... That is the question. Are YOU Fertility Aware?

by Kate Davies



Being Fertility Aware is the new 'black', it's a must for all women of childbearing age, whether you want to avoid pregnancy or whether the time is right to conceive. Being Fertility Aware is about

empowering women to embrace their feminine genius and control their fertility and there is no doubt that we are good at it! Many women are now choosing to see a Fertility Practitioner to assess their reproductive potential, to help them conceive now or to learn the tools on how to avoid pregnancy naturally.

Mother Nature has given us these amazing natural fertility indicators and throughout the menstrual cycle these fertility indicators change to inform us when we are fertile and when we are not. I suspect that most women are aware that changes in body temperature are one of the natural fertility indicators; the other indicators are changes in cervical secretions and changes to the position and feel of the cervix. With a little teaching, a bit of practice and a fair dollop of commitment it is possible to learn how to identify and record our natural fertility indicators and then use this information to either avoid or achieve pregnancy.

If taught and used correctly, fertility awareness is up to 99% effective at preventing pregnancy (FPA 2010). That is more effective than using the contraceptive pill and a great deal more effective than using condoms. Not only that, Fertility Awareness is safe, side effect free and under a woman's control.

But the good news doesn't end there.....this method can also be used to achieve pregnancy and research has shown that Fertility Awareness knowledge significantly reduces the time to conception (Hull et al 1985). A Fertility Practitioner is able to assess a woman's fertility indicators to diagnose particular irregularities of the menstrual cycle that may cause problems in conceiving, such as problems with ovulation and the luteal phase (the phase of the menstrual cycle immediately after ovulation until the next period).

Fertility Awareness to achieve pregnancy also includes assessing lifestyle to determine changes that may need to occur to optimise the chances of conception. For example nutrition plays a big part in helping us to conceive and a Fertility Practitioner can advise on the right foods to eat and super foods to add to our diet to maximise fertility. Recent

research has shown a direct correlation between stress and its impact on fertility. A Fertility Practitioner is able to coach you on how to deal with stress in your general life but also help you to turn any negative emotions about your ability to conceive into more helpful positive emotions.

Kate Davies is a Fertility Practitioner based in Marlow and consults women from Buckinghamshire and Berkshire. If you would like to find out more about Kate or to book an appointment for your Fertility assessment or to learn how to use Fertility Awareness to avoid pregnancy, you can contact Kate via www.fertilityawareness.co.uk or by calling 07739 329785. Kate can also be found on Facebook - www.facebook.com/fertaware.

Networking

Athena Network

Lunchtime networking for women in business.

Lunches from 12.00 to 14.00. Different venues.

Aylesbury 2nd Tuesday and 4th Wednesday of each month; High Wycombe 2nd Thursday and Marlow 3rd Thursday. Contact Sylvia Baldock for

details:

sylvia.baldock@theathenanetwork.com
07909 914815.

Amersham 1st Tuesday each month; Beaconsfield 1st Thursday. Contact Jacqueline Rogers 07834 686706

jacqueline.rogers@theathenanetwork.com



Oaktree Networking

Oaktree Networking

* 10th July, 11.45am - 2.00pm at Harben De Vere, Tickford Street, Newport Pagnell, MK16 9EY. Cost to members £20, guests £24 including lunch.



* 19th July 11.45am - 2.00pm at Campanile, Loake Close, Grange Park, Northampton, NN4 5EZ. Cost to members £20, guests £24 including lunch.

* TBA, 11.45 - 2.00pm at The Barns Hotel, Cardington Road, Bedford MK42 0DA. Cost £24.00 and includes lunch.

Oak Tree Networking run structured, highly effective and fun, local networking meetings for people just like you, who want to expand their business through the power of word-of-mouth marketing. The meetings are monthly and open to all business sectors. Contact Jacqui Frost on 0845 618 2902 or email info@oaktreenetworking.co.uk

WiRE Network Aylesbury

Women in Rural Enterprise, meets at Rumseys in Wendover on the 4th Friday of each month, 10am-noon.



Next meeting 26th July. For details contact nicola@halcyonva.com

Useful Information

HMRC

* Expenses & Benefits Online Forms

Would you like to submit your end of year expenses and benefits details online? If so a range of forms are available to enable you or your agent to do this. If you would like to apply for a dispensation from having to report expenses and benefits payments, have a look at

http://www.hmrc.gov.uk/payerti/exb/onlineforms.htm?WT.mc_id=exp_benefits_forms

* Toolkits To Help Avoid Common Errors

Updated toolkits are available to provide guidance on how to avoid some of the more common errors made in returns and set out the steps that you can take to reduce those errors. Visit

http://www.hmrc.gov.uk/agents/prereturn-support-agents.htm?WT.mc_id=toolkits

* Simpler Income Tax

HMRC have introduced two new schemes called 'cash basis' and 'simplified expenses' to

help small businesses. To help you decide if either scheme is right for you, you might like to watch the two new videos on cash basis and simplified expenses. We have a short one giving an overview of the schemes, http://www.youtube.com/watch?v=-HstdWu_3tY&list=UUX03s8aGilPqvp992meZd6w&index=1 and <http://www.youtube.com/watch?v=CmU2EbUNgiQ&list=UUX03s8aGilPqvp992meZd6w&index=5> for a more detailed look.

We also have a range of webinars, http://www.hmrc.gov.uk/webinars/self-employed.htm?WT.mc_id=webinars both live and recorded, to help people new to business; you can participate in our live webinar "How to complete your 2012-13 Online Tax Return" at http://www.hmrc.gov.uk/webinars/self-employed.htm?WT.mc_id=tax_return_webinar

Use fixed rates (Simplified Expenses) to work out what you can claim for some common types of business expenses where there is a mix of business and private use. Until now, businesses have had to work out the actual amounts that related to business use. Three types of expenses are covered:

- 1 Motoring expenses – businesses will be able to claim a standard mileage allowance based on the number of business miles travelled during the year.
- 2 Expenses relating to business use of home – businesses can claim a flat rate based on hours spent conducting business activities from home.
- 3 Adjustments for private use of business premises – a flat rate can be used for the private use portion of costs where someone lives at their business premises (e.g. a bed and breakfast establishment).
Cash Basis and the Simplified Expenses are entirely optional, and businesses will be encouraged to choose any or all of the schemes which best suit their needs.

Help and Guidance is now available on the Government's new single website, www.gov.uk

Your Websites

I started All About Quality on July 10th 2011. Back then, I was just dipping my toe into the water part-time while working on a contract helping charities in Warwickshire improve their Quality as part of Big Lottery funded project. Last July the project came to its natural close and I had to decide if I was going to go back into full time employment or take the deep plunge into being wholly self-employed. So, with a deep breath, I took a run and jump off the diving board and luckily came up swimming strongly. To celebrate, I decided it was about time to get my website properly created by the very talented Lee at GraphicVent and have re-launched the business. Over the past 2 years, I have carved out a niche dealing with family businesses with between 5 and 50 employees. Industries I deal with are incredibly varied; from clients who provide services to the construction industry to Funeral Directors – the most unusual client to date. All of my clients have customers with exacting standards who need proof they are working with quality, reliable, service providers and want to stay ahead of the completion by continuously improving what they do. Want to know more? Visit my newly revamped website at www.allaboutquality.net or call me, Ellen on 01604 210 488.



Deadline

August 2013 Edition

Please send your information no later than 12 noon on Friday 26th July. To make life easier please send your information to me as soon as possible at womanswork@pennydublin.com

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