



# WomansWork

## The Notebook For Buckinghamshire

October 2013

### Hello Lovely Ladies of Bucks

Welcome to the October edition of the Buckinghamshire Notebook.

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](mailto:womanswork@pennydablin.com)

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

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### Your News

#### WOBS 2013

Ladies! There's NOWHERE else you'd get this level of business development information for such a low price. One day conference October 10th in Emsworth near Havant. Excellent speakers and workshops. Check out all the information here: <http://www.speakinyourvoice.com/wobs2013conference/> to build YOUR business. Or contact [claire@clairegodwin.co.uk](mailto:claire@clairegodwin.co.uk) for more information.

### GetFit2

Do you want to feel good on the inside... as well as looking good on the outside?

Do you want to look fantastic in your Christmas outfit?

Put your name down for the next online Escape the Gym and Lose Weight in 21 Days

You can have weight loss AND health benefits.

- More energy
- Fewer sugar cravings
- Less tummy bloating
- Better digestion
- Improve menopausal symptoms
- And more!

The format is an online mind and body programme where you get 21 days of daily exercise videos, 21 daily emails, activities to change your mindset, motivation and nutrition guidance.

The next one starts in November to get you ready for the party season! There are limited spaces so put your name down now!

Email Penny Carman for more information [Getfit2@yahoo.co.uk](mailto:Getfit2@yahoo.co.uk)

### Breast Cancer Awareness Month

October is Breast Cancer Awareness Month when women are encouraged to think about their breast health.

In the UK, one woman in eight is likely to be diagnosed with breast cancer during her lifetime, yet in many cases, it can be prevented if only women knew what to do.

Sue Bedford, a Registered Nurse from Pulse Health Screening, writes: "so few women realise that some of the things they do everyday actually **increase their risk of breast cancer.** I wrote

**“How to Keep Your Breasts Healthy”** to help women make informed choices rather than be left in the dark.”

This short EBook, packed with helpful information on breast health, is available for immediate download for just £3.00 from

[http://www.pulsescreening.co.uk/EBook/breast\\_health.html](http://www.pulsescreening.co.uk/EBook/breast_health.html)

## Your Arts and Crafts

### Town Farm Art Show Cheddington

Eight artists showing paintings, textiles, ceramics, sculpture, woodcarving, woodcraft, contemporary basketry and jewellery. Plus mulled wine, mince pies and Christmas cake!

**One weekend only: Friday 22nd to Sunday 24th November 10am - 5pm. 6 Town Farm Cheddington Nr Tring LU7 0TT.**

Please park on High Street not in Town Farm. Free entry. Donations for refreshments in aid of Rennie Grove Hospice Care.

## Events

### Creative Ceramics - Unique Creations

Thursday, 17 October 2013

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

You are invited to join us at the colourful and inspiring studio of Unique Creations in Summertown for an evening of creative ceramics. There is no need to be particularly artistic - very often less is more – and there are a wide range of methods for creating designs beyond a paintbrush. Choose what you would like to decorate from a huge selection (extra cost on the night depending on what you choose, starting at £10 for a standard mug, small plate or cereal bowl).

Contact [Gemma.Nicholls@Henmansfreeth.co.uk](mailto:Gemma.Nicholls@Henmansfreeth.co.uk) for more information and to book your place before 10th October.

### Business Building Course

Wednesdays only from 16th October - 20th November (no session October 30th) 9.30am to 1pm + a one hour coaching session at a time to suit you. Venue: Chipping Campden School. Cost £200

For women who have a business the course will:

- Sharpen both your personal and professional focus
- Help you understand what using social media can (and can't) do for you
- Connect you to other like-minded women in business
- Promote the growth of your existing business
- Ensure you have a clear definition of success on your own terms
- Ensure your work remains in balance with your other priorities

The course provides jargon-free motivation and direction. As the driving force in your business, you'll benefit enormously from identifying new priorities, having a stimulating peer group and the insightful overview of the course leader. You'll have time to develop a coherent strategy, grow your business, and reach more customers based on what's important to you. Hands-on and practical, this course is highly interactive. While it will require you to work hard, it will also be enlightening, fun and enable you to accept new challenges.

Your course leader: **Sarah-Jane Menato** runs her own coaching and training consultancy alongside Cotswold Women in Business. She offers personal and professional coaching to individuals and groups, specialising in working with women to define success on their own terms and build lives of balance and fulfilment.

Specialist marketing support: **Susan Lewis** runs her own marketing and social media consultancy and is a Business Growth Advisor and Growth Accelerator Coach equipping people with the tools they need to get the results they want.

\*Susan offers an optional follow up social media and marketing surgery for your specific social media or marketing needs for just £20.

For more information or to register, contact Sarah-Jane on 01386 701868 or [sjm@sjmcoachingandtraining.co.uk](mailto:sjm@sjmcoachingandtraining.co.uk) [www.sjmcoachingandtraining.co.uk](http://www.sjmcoachingandtraining.co.uk)

### “How to Wear a Hat”

Chippy Lippys October meeting, 2nd October 7.30pm - 9pm with Louise Pocock.

Louise Pocock works from her studio in The Cotswolds, hand crafting exquisite and edgily designed hats fusing vintage with a contemporary twist. She believes a well-placed hat perfectly perched on a woman's head is a wildly underestimated experience. Louise will bring some

of her knock-out creations and spend the evening with us showing us how to wear a hat, make an impact, and talk a little about what goes into the creation of her divine millinery. We'll meet on Wednesday 2nd October from 7.30pm - 9pm at The Chequers, Goddards Lane, Chipping Norton Oxfordshire. OX7 5NP (next door to the Theatre).

There are no membership fees but £10 is due at the door.

For more information, contact Sarah-Jane on 01386 701868 or

[sjm@sjmcoachingandtraining.co.uk](mailto:sjm@sjmcoachingandtraining.co.uk)

## Articles

### Separation Agreements

By Camilla Choudhury –  
Khawaja LL.B Hons LL.M  
[www.thewomenslawyer.co.uk](http://www.thewomenslawyer.co.uk)



This article is intended as an overview of the contents of a Separation Agreement. If you are separating from your partner and are trying to decide whether a separation agreement is appropriate, this article will give you an idea of the practicalities of the agreement and the types of assets and responsibilities it aims to formally divide between you and your partner.

If you do decide that a separation agreement is for you, you are advised to seek independent legal advice in the drafting of the agreement.

The agreement first seeks to outline the relationship background: the names of the separating couple making the agreement, how long they've been living together and any children of the relationship or outside of it. Fundamentally it also states the date of the separation when the agreement will come into effect.

In order for the agreement to be taken as binding by both yourselves and the Courts it is essential that it clearly states the principles under which you are making the agreement. This is where you acknowledge that the agreement is a true reflection of your intentions. There are three basic principles that make a separation agreement likely to be upheld in court:

1. You are entering into the agreement voluntarily, neither party should feel under pressure or duress to agree to the terms, as this would imply it was not an agreement.
2. That both parties have made full disclosure of all their assets and responsibilities – this is essential to end up with a fair agreement. For example the terms of the agreement can be deemed as unfair if it is later discovered that one party has a financial income or burden even which they have not revealed to the other party.
3. That it is a full and final agreement where both parties accept that it encompasses all things relevant to the separation and agree on the settlements detailed within it.

In order to formalise full disclosure, the agreement should include several lists or schedules detailing all assets and responsibilities, their values and other relevant details. These lists are then referred to by the various sections of the terms of the agreement that deal with different types of assets and responsibilities.

These are briefly:

The Family Home:  
Personal effects  
Financial and business assets  
Maintenance payments  
Parental Rights  
Lump Sum Payment  
Provision for Divorce

A separation agreement is not binding in the same way as a commercial contract, the Court still has complete discretion to make an order in different terms to any previous agreement. However, when or if you do have to go to Court, it is likely that the judge will make an order (which will be binding of course) in the terms of your agreement provided:

- the agreement is fair;
- you both worked on the agreement without pressure and entered into it freely;
- it covers all your assets after full disclosure.

The extent to which a judge will stay with the agreement reflects the level of his acceptance of the above three points.

## 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](mailto:sylvia.baldock@theathenanetwork.com)  
07909 914815.

Amersham 1st Tuesday each month; Beaconsfield 1st Thursday. Contact

Jacqueline Rogers 07834 686706  
[jacqueline.rogers@theathenanetwork.com](mailto:jacqueline.rogers@theathenanetwork.com)

Banbury 4th Thursday each month; Bicester 1st Thursday. Contact Claire Newell  
[claire.newell@theathenanetwork.com](mailto:claire.newell@theathenanetwork.com) 07771 881600

Membership of Athena is open to professional business women who own their own businesses. It is also open to women employed by companies in roles where they are responsible for generating business and gaining new clients. To book for the next meeting or to discuss membership, please contact the individuals listed above.

### Women In Business Network – WIBN

8th October 12 noon - 2.00pm meeting at Grouse & Ale, High Street, Lane End, High Wycombe HP14 3JG.

October 1st 12 noon - 2.00pm meeting at Abbey Hill Hotel, Monks Way, Two Mile Ash, Milton Keynes MK8 8LY.

To book a place contact Janine Beattie email [janine@wibn.co.uk](mailto:janine@wibn.co.uk)

### WiRE Network Aylesbury

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



Next meeting 25th October. For details and venue contact [nicola@halcyonva.com](mailto:nicola@halcyonva.com)

## Your Websites

### Sizzling Sales Copy

If you've ever tried to write sales copy for your business and found it IMPOSSIBLE then this FREE report is just what you need...

***The 12 Step Sales Structure: How to Write All The Sales Copy You'll Ever Need...***

Absolutely Free! Get your copy here:

<http://sizzlingsalescopy.com/12steps>

## Deadline

### November 2013 Edition

Please send your information no later than 12 noon on Monday 28th October. To make life easier please send your information to me as soon as possible at

[womanswork@pennydablin.com](mailto:womanswork@pennydablin.com)

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