



WomansWork

The Notebook For Buckinghamshire

August 2013

Hi Readers

Hello Ladies of Bucks

Welcome to the August edition of the Buckinghamshire Notebook.

The sunshine has been glorious for the last few weeks and now we're at the height of the holiday season. Enjoy your break wherever you're off to.

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!

Page 1	Your News
Page 2	Opportunities
Page 3	Events
Page 3	Articles
Page 4	Your Books
Page 5	Networking
Page 5	Your Websites
Page 5	Deadline

Your News

What Does Safeguarding Look Like In YOUR Organisation?

My name is Deborah Somerset-Malia, I am an experienced and professionally qualified safeguarding Trainer. I am sure those of you working with children



and vulnerable adults will be aware you should have some safeguarding knowledge and be able to recognise and respond to abuse and neglect. Exactly how an agency, organisation, project or group can do this might seem daunting and unclear. This is where I can offer a solution, answer your queries and provide clarity to your staff / team and help improve their knowledge, skills, confidence and practice. This can be achieved by a safeguarding audit, consultancy work, training, mentoring or a combination of these approaches.

I would be happy to chat with you about your safeguarding requirements or visit you at your place of work if that suits you better. Contact 01909 509879, 07708 289 417 or email training.dsmalia@btinternet.com

Opportunities

What's On 4 Me 2013 Awards Nominations Now Open!

The What's On 4 Me Awards

(www.whatson4me.co.uk/awards) celebrate the very best adult's activity providers in the UK.

Our 3rd National Annual Awards in association with Ideal Weight (www.idealweight.co.uk) 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.

This years Awards Ceremony is being held at the Ideal Home Show at Christmas at Earls Court in London (www.idealhomeshow.co.uk). Celebrity guests will host the Awards on the main stage on 14th November 2013 and will recognise the amazing efforts of activity providers from around the UK.

Who makes a difference to your Lifestyle?

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! What better way to say a HUGE THANK YOU!

NOMINATE NOW -

(www.whatson4me.co.uk/award-noms-2013.asp) and in nominating and/or voting you could win 2 VIP tickets to attend the glittering Awards Ceremony at Earl's Court ~ joining the winners and finalists at the champagne reception and enjoying free entry to the Ideal Home Show at Xmas!

The UK Social Enterprise Awards 2013



This year there are new categories, as well as a new award that recognises five individual champions of the sector.

All 10 main award categories are open to social enterprises, but some can be entered by investors, corporates, public sector bodies and charities from England, Northern Ireland, Scotland and Wales.

- Category 1 - UK Social Enterprise
- Category 2 - One to Watch
- Category 3 - Innovation - product or service
- Category 4 - Social Impact
- Category 5 - 'Buy Social' - Market Builder
- Category 6 - Social Investment Deal
- Category 7 - Health & Social Care Social Enterprise
- Category 8 - Consumer Facing Social Enterprise
- Category 9 - Education, Training & Jobs Social Enterprise

10 - Environmental Social Enterprise

Enter the awards by downloading and filling in the application forms from

<http://www.socialenterprise.org.uk/social-enterprise-awards-2013>

* The deadline for nominations is 6th August 2013.

Smarta 100 Awards

Entrepreneurs who are involved with a face-to-face business, social enterprises or e-commerce ventures are invited to enter the awards, which carry a grand prize of £10,000 to boost operations. Smarta differs from other business awards by championing not just the most profitable businesses, but also by unearthing a true cross-section of the UK's most enterprising small businesses. Individual entries are invited in up to three of the following categories:

- * Mobile Business of the Year
- * Start up of the Year
- * Female Entrepreneur of the Year
- * Made in Britain
- * Most Innovative Business
- * Best Use of Technology
- * Best Use of Marketing
- * Best People Business
- * Biggest Social Impact
- * Micro Business of the Year

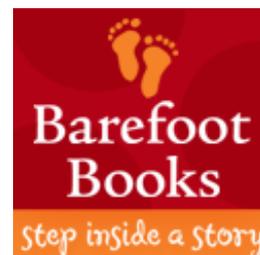
Winners will benefit from publicity and PR as a result of being successful candidates. In addition to the kudos and notoriety, winners receive a number of benefits, including a financial reward and business support from industry experts. The winner of each category will receive a £1,000 cheque. The overall Business of the Year will be awarded a £10,000 grand prize. All Smarta 100 winners will be guests at an awards ceremony to be held in November, where overall and category award winners will be announced.

* The deadline for entries for the 2013 awards is 31st August 2013. Visit

<http://www.smarta.com/smarta100/>

Barefoot Business Opportunity

Barefoot Books is an award-winning children's publisher combining global vision with local action. Our wide range of books represents countries and cultures from all over the world and the artwork in



every book is outstanding. Barefoot recently announced its decision to cease supplying Amazon and is now looking to expand its family of Ambassadors who sell these wonderful books online and in their community. Join us in August and as well as receiving your Starter Kit (worth £240), you'll also receive an additional pack of new releases worth over £60, with chances to earn hundreds of pounds of free stock in August and September. With a very generous earnings plan and fantastic support and training, Barefoot is a flexible, ethical business opportunity for those who adore high quality books for children. For more information, visit www.sharebarefootbooks.co.uk or contact Nicola on 07595 628379 or nicola@sharebarefootbooks.co.uk

Escape the Gym and Lose Weight

I got such fantastic results with my trial of Escape the Gym and Lose Weight in 21 Days that I gave it to the lovely ladies that participated for FREE!

The format is an online mind and body programme where you get 21 days of daily exercise videos, 21 daily emails, daily motivation and thought provoking coaching questions. So lots of support.

The results are Weight loss AND health benefits. More energy, less sugar cravings, less tummy bloating, better digestion... and more!

Would you like to be part of my Stage 2 trial? I know it works, I know it's successful.

It will start in September and I take limited numbers on the programme. Email me, Penny Carman and I will send you more information and the link to join. Getfit2@yahoo.co.uk



Events

Free CYM Course

The next free course is on **Saturday 17th August**, 10.00am - 2.30pm held upstairs at David Lloyd in Milton Keynes. Topics include

stress, depression, anxiety, confidence, barriers to wellbeing, nutrition and exercise. Open to everyone!

Please tell friends, family and colleagues and to book a place email info@climbyourmountain.org

Articles

Osteoporosis

by Suzina Blackman of Home Fitness Hertfordshire Personal Training

Osteoporosis is a loss of bone minerals such as calcium. It causes bones to become more porous and brittle and this makes them highly susceptible to breaks and fractures even due to everyday activities. It can be painful and also affect mobility. As the thoracic spine loses bone minerals it can cause Kyphosis (curvature/hunchback).



The decline of bone mass is associated with ageing. Bone mineral starts to decline from around 35 years of age.

Women are especially susceptible to osteoporosis after the menopause as they lose oestrogen or if they have never experienced pregnancy and men are more susceptible if they have low testosterone levels.

Lifestyle factors which affect osteoporosis are excessive alcohol or fizzy drink consumption, smoking, poor nutrition (especially if it lacks calcium and vitamin D), lack of weight bearing exercise, anorexia and some medications (steroids and anticonvulsants).



To

further prevent osteoporosis you should follow an exercise programme with weight bearing (using body-weight and dumbbells or barbells) and resistance exercises (Using therabands, dumbbells or barbells), postural exercises to prevent rounding of the shoulders and upper back, aerobic exercise which is load bearing (walking, stair climbing), core work to support the hips and spine plus a stretching routine and mobility exercises to allow full range of movement.

To contact Suzina visit www.homefitnessherts.co.uk email suzina@homefitnessherts.co.uk or call 07930 302 102.

How To Choose A Social Media Strategist

by Gemma Thompson

The world is suddenly full of Social media consultants, strategists, trainers and managers and this proliferation of specialist can end up causing more confusion for those wanting to dip their toes into the water than ever!



So how do you decide who is the right person to help you and your business?

Well first think about the size of your business and your desired market - do you want to reach local customers or are you looking at a national or even international market? How much of your business is or can be done online? Do you serve just the business community, sell directly to end-users, or do you help both? This way you can start looking for people that specialise in helping business like yours.

Have a look at what your competitors are doing with social media - and more importantly look at the social media people that they are following on twitter (or connected to on LinkedIn or facebook!). They may be using them professionally or they may just be getting useful information from their blogs etc, either way it won't hurt for you to follow them too!

Ask your fellow business people for recommendations, even those whose businesses are totally different from yours may be able to point you in the direction of a social media star you may not otherwise have found.

Don't choose right away! Take your time and follow a selection, read their blogs, like their FaceBook page and really get to know them. You don't have to interact with them much at this stage, just observe what they are doing and saying. Do they walk the walk or just talk about it? Is the information they give away useful or is it just a sales pitch? Do they have a reasonable amount of followers on twitter etc ... after all if they can't use social media effectively for their own business they are not likely to be able to do much for yours!

Lastly, when you are ready, start a dialogue with them; see if you feel you can trust them just as you would any other business supplier. A good strategist will ask you how else you promote your business and want you to use social media as part of a marketing mix that is complementary, for example if you use a PR firm to get you into glossy magazines the social media part of your campaign should be ready to pick that up and promote it too.

I hope this helps you find your way through the maze, it'd be great if it led you to working with me but whoever you choose or even if you stick to going it alone I wish you every success!

Gemma Thompson is a communicator and endlessly curious. Use of Facebook & Twitter led to excellent brand awareness for her start-up business a few years ago. In less than a year she had a substantial ROI – £4,083 of business for £950 hours spend, and was being asked to teach others how she was doing it! She is now a full time social media consultant. For help growing your business through twitter, facebook, blogging or LinkedIn get in touch – www.socialmediailuminaton.co.uk

Your Books

How to Start Your Own Bookkeeping Business

by Lisa Newton

How to set up, create and start your own bookkeeping business from scratch and be successful. This book is written by UK author Lisa Newton who started her own bookkeeping business for £150 in



2004. She used £100 from her overdraft and got £50 'investment' from her mum and made it work. This is for anyone thinking of a change in career or starting out as a bookkeeper - the good, the bad and the ugly! Visit howtostartyourownbookkeepingbusiness.com/
** We have one copy of Lisa's book to give away. To enter, simply send your details to nicola@womansworknotts.co.uk by 31 August 2013. The winner will be picked at random and notified as soon as possible after the closing date.

50 Stress Management Tips

by Liz Makin

If you are feeling stressed at work or in your business you may be interested in this eBook - 50 Stress Management Tips for business owners, directors, managers and professionals.

Visit

<http://makinithappen.co.uk/ebooks/Free-eBook-Stress-Management-Tips>



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@theathenetwork.com 07909 914815.

Amersham 1st Tuesday each month; Beaconsfield 1st Thursday. Contact Jacqueline Rogers 07834 686706 jacqueline.rogers@theathenetwork.com

Women In Business Network – WIBN

September 18th 12 noon - 2.00pm meeting at Best Western Buckingham Hotel, A421 Ring Road, South Buckingham, MK18 1RY.

21st August 12 noon - 2.00pm meeting at The White Hart, 3 Three Households, Chalfont St Giles, Buckinghamshire HP8 4LP.

13th August 12 noon - 2.00pm meeting at Grouse & Ale, High Street, Lane End, High Wycombe, Bucks HP14 3JG.

September 3rd, October 1st, November 5th 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

Your Websites

www.pomolumi.com



Kids activity packs for boys and girls age 3-11, for whenever you are at a loose end or away from home. High quality products *selected by children* and approved of by adults!

www.luxuryaccessories.co.uk

Handmade Little Treasures by AV Luxury Accessories

Crystals have been used for healing since ancient times by many different cultures and in the last years, there has been a great revival of this art.



Crystals are highly powerful and effective tools for healing as they contain a number of special properties and interact with us in many different ways.

One of these properties is the unique vibration of each crystal. This is a result of its colour frequency, chemical composition, inner atomic structure and outer form. We use the right crystal combination and adopt numerology to all our jewellery for positive energy.

Deadline

September 2013 Edition

Please send your information no later than 12 noon on Wednesday 28th August. To make life easier please send your information to me as soon as possible at womanswork@pennydablin.com

© Woman's Work

Design, edit and layout by Lesley Kershaw © 2012.

Disclaimer: Your items are always welcome regarding forthcoming news, events, opportunities, training etc. to be included in [The Notebook](#). However, any services, products, events etc. included in this section are not necessarily endorsed by [The Notebook](#) or [Woman's Work](#). It is the responsibility of all [The Notebook](#) readers to use their own judgement at all times.

Every effort has been made to ensure the accuracy of the information in this publication before distribution.

However, all readers must satisfy themselves to its accuracy.

All subscribers to [The Notebook](#) must ensure they own the copyright of the information and logos entered for submission.