



WomansWork

The Notebook For Buckinghamshire

June 2013

Hello Lovely Ladies of Bucks

Welcome to the June edition of the Buckinghamshire Notebook. The weathermen are promising us sunshine soon but I'm back in my winter woolies!

Remember, this is your publication so what's included is down to you! Please send any news, articles or information 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

www.hartbeeps.com

We do... BIG fun, stimulating and contemporary music play based classes for babies and young children suitable from birth to 5 years.



Classes are delivered by our specially trained teachers. Participants are transported into the world of the imagination, interacting through play (the best way for young children to learn) within sparkly, colourful and sensory environments. To find a class near you visit

<http://www.hartbeeps.com/Find-a-Class.html>

Easy Sales Forecasting

If forecasting your sales for the year ahead fills you with dread and you keep putting it off because it's not your most enjoyable task then here's the solution.

A very easy to use spreadsheet with embedded formulas that will do all the work for you. You just plug in your numbers and the spreadsheet does the rest.

For more information check out

www.liberatedbusinesslife.com/easy-sales-forecasting/

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 my 12-step Sales Structure MindMap from www.sizzlingsalescopy.com/12steps/

Opportunities

Childcare Business Grants Scheme

The new Childcare Business Grants Scheme has been introduced to boost the provision of childcare in England and to incentivise entrepreneurship. It will encourage and support the starting up of new childcare businesses by providing a flat rate start-up grant of:

- £250 for new childminding businesses setting up in England (those who are looking after one or more children under the age of 8 years, to whom they are not related, on domestic premises, for reward and for a total of more than 2 hours in any day)
- £500 for new childminding businesses, as above, that will provide care for disabled children

(applicants will need to demonstrate that they have incurred additional expenditure in setting up their business as a result of this)

- £500 for new nursery, out of school club, or childcare on domestic premises setting up in England. For more details and to apply, visit <http://www.childcarebusinessgrants.dcms.gov.uk/>

Events

The Girls Mean Business Roadshow - Milton Keynes

The goal of the Roadshow – to help women business owners get MORE! More confidence, more success in your marketing, more productivity, more time in the day, more customers, more sales and more profit (while helping more people).

World class speakers, expert panellists, exhibitors and masses of networking opportunities.

Get your tickets and find out more information from <http://www.thegirlsmeanbiztour.com/>

CYM

Free hike - Sunday 2nd June - Brickhill & Woburn Woods - start 10am for approx 2.5hrs. Meet at bottom of Church Road in Bow Brickhill).

We have a few places left for the following UK trips:

Brecon Beacons weekend - 29th/30th June (£100)

Snowdon weekend - 10th/11th August (£100)

Peak District special - 24th/25th/26th August (£150)

Please email info@climbyourmountain.org to book your place.

Articles

Fancy Some Green Exercise?

The media have made it clear that regular exercise has great benefits for people's health regardless of their age.

Furthermore, that it should become part of everyone's life.

The lists of benefits are endless; however at the forefront is the prevention or minimization of developing cardiovascular disease (heart attacks, high blood pressure), osteoarthritis, cancer and obesity.



Nevertheless when you mention the word exercise to someone they immediately think of endless hours spent in the gym. As a fellow gym goer and exercise enthusiast, I get it; I occasionally get bored of the gym. The main problem I contend with, particularly with cardio is I end up staring at the same bit of wall and begin to count down the minutes till I can stop. But you don't need to spend every single workout in the gym. It has been proven that exercising outside or green exercise as it is being called nowadays has surplus benefits compared to the gym.

If you exercise such as walk or run through town, along a river or in a park you will experience greater mental benefits. Fact! A stint outdoors will give you an additional reduction with your levels of tension, anxiety, stress, anger and boost your self-esteem compared to exercising indoors. Winner all round. Granted, maybe not so much when you go for a run and it is chucking it down with rain so you end up heading home looking like a drowned rat.

Got a lake, pond or river near you? Try and incorporate a walk or something near it as it has a calming effect upon you which you might not even be aware of. If you plan to do some exercise, maybe pop outside and reap the bonus benefits. What would you rather do, watch the same music videos on the gym TV or enjoy some green exercise? Worried about people staring at you whilst you stretch in the park? Ignore them; you are the one undertaking a healthy and active lifestyle, which is nothing to be embarrassed about.

This article was written by Georgia, volunteer with the CSV project Stripping it Bare. For more details about the project or to become a volunteer, please get in touch with Laura Wigby on laura.wigby@bbc.co.uk / 01603 284764, or see our blog – www.strippingitbare.tumblr.com

How to be Kind to Yourself When Times Are Difficult

By Pavlenka Small

Is life so busy that you just don't have time to spend a few minutes to take in your surroundings?

Perhaps you feel like that hamster on a wheel-spinning round and round and would like to get off, if only for just a few minutes!

If you lead an extremely busy life and hectic lifestyle, here are a few ways in which you can make more time for yourself.



* Focus on your priorities. In order to have the right balance in your life, it is essential you consider what is and what isn't important, so decide what you want to achieve without setting yourself unrealistic and unmanageable deadlines.

* Differentiate between what 'must' be done and 'needs' to be done. WHO is telling you what needs to be achieved? Put your tasks into an honest perspective and ask yourself what is the worst thing that can happen if it doesn't get done.

* Say it as it is. Do you know what messages you give out to people around you? Do you accept offers of help when everything is getting too much to cope with or do you decline and say you are fine? (By the way FINE stands for-Feeling Insecure, Neurotic and Exhausted!)

* Be your own best friend. Good friends support you through thick and thin rather than criticise you. They don't shame you but encourage you to learn from them and move on. So when you start to criticise yourself, ask yourself what you would want your best friend to say or do, then do it.

* You deserve more than you think you do. Do you recognise your own self worth? How often do you put your dreams, wishes and desires at the bottom of the pile behind your partner, children, parents and work colleagues? Tell yourself you deserve some regular time to yourself and then make it happen.

* Is the grass really greener on the other side? Sometimes we are never content with what we have. We often set ourselves ridiculously high expectations and we don't reach them because we become disappointed and frustrated.

So adjust your expectations of personal happiness, focus on being more content with what you have and who you are and don't forget to spend a little time to enjoy watching the changing of the seasons around you!

Visit www.smallstepscoaching.co.uk

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

Oaktree Networking

* 12th June, 11.45am - 2.00pm at Harben De Vere, Tickford Street, Newport Pagnell, MK16 9EY. Cost to members £20, guests £24 including lunch.



* 21st June, 11.45am - 2.00pm at Campanile, Loake Close, Grange Park, Northampton, NN4 5EZ. Cost to members £20, guests £24 including lunch.

* 25th June, 11.45am - 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 28th June. For details contact nicola@halcyonva.com

Useful Information

Simpler Income Tax for Small Businesses

HMRC has introduced two simpler income tax schemes for small businesses – 'Cash Basis' and 'Simplified Expenses' – which are designed to make it easier for small businesses to do their income tax, and provide them with greater certainty that they have got their tax right. For the

2013-14 tax year onwards, this means that:

* Small, unincorporated businesses with income that does not exceed the VAT registration threshold (currently £79,000 per annum) can choose to be taxed on the money that actually flows into and out of their business (the Cash Basis), rather than using normal accounting rules. This means that these businesses will avoid the need to make year-end adjustments, required under current rules that were designed for more complex businesses.

* All unincorporated businesses can choose to use fixed rates (Simplified Expenses) to work out what they 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

Deadline

July 2013 Edition

Please send your information no later than 12 noon on Tuesday 25th June. To make life easier please send your information to me as soon as possible at womanswork@pennydublin.com

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