



Hi Readers

Here we are in the run up to the midwinter festival and we have another bumper month with all your fantastic news, events, opportunities, some very useful information and articles, plus much more. As the December issue will be the last, remember to get your info to me by Friday 23rd November at the very latest, sooner if possible please. This can include your items for 2013. So grab yourself a cuppa and read on. Enjoy!

Page 1	Your News
Page 2	Your News
Page 3	Opportunities and Your Arts & Crafts
Page 4	Your Arts & Crafts and Events
Page 5	Events and A Secret
Page 6	Men v Women and The Morning After
Page 7	Tax Charge, Feng Shui and Your Books
Page 8	Your Books and Networking
Page 9	Networking and Useful Information
Page 10	Useful Info and Your Websites.

Your News

Fabulous New Studio Launch Offer

Cocoon Photography have a fantastic offer of £99 for a photo shoot at their new studio, includes hair and make up and a complimentary 8x6 print. £50 non refundable deposit due by end November 2012, to guarantee your shoot at this price. Shoots have to be taken by end May 2013. Visit www.cocoonphotography.co.uk to book, or for more details, call 01582 793862 or 07801 985768.

MK Snap Quiz Night

Friday 30th November at MK Snap, 29 Bourton Low, Walnut Tree, MK7 7DE. For further details contact Debra King at debra.king@mksnap.org

Affordable Promotional Videos

A promotional video on your website has become an affordable and must-have marketing tool. A video supports your website's text and is to enhance the visitors' view of your product or service, guiding them along the client conversion pathway. Some of the benefits a promotional film can bring to your website are:



- Visitors will stay on your site longer as they listen to your message and see what you do
- People want fast, instant and easy access to information, and a short video is the ideal way to deliver this
- It is a memorable way to help promote your business at any presentation, workshop or exhibition you hold or attend
- Adding your film to networking sites will make you and your business stand out from the others
- Your business has a presence on YouTube
- It improves the attraction of your website to the search engines, Google in particular, who own YouTube.

Audrie of Beautiful Memories is now offering her filming services in her new studio in Cottenham, Cambs. She uses the green screen method to produce videos, which means the green background is replaced with photos or images. An example film made for Ruth of QHere can be viewed at www.beautifulmemories.tv Audrie says "Making a promotional film is neither a scary nor an expensive experience. Filming sessions are always relaxed and fun. I guide people with their script and if needed, use prompt cards. The whole experience becomes enjoyable before the camera starts rolling".

■ Especially for readers of **WomansWork**, the price to produce a promotional video, is £249. Don't miss out on this great offer, contact Audrie today to book your filming session. Call 01223 850167, email films@beautifulmemories.tv Take a look at that promotional video, it's very good, visit www.beautifulmemories.tv

Shelley Chocolates

A company based in the village of Kirtlington, bespoke handmade chocolates will turn your chocolate dreams into the most exquisite reality. Look out for monthly selections! Visit www.shelleychocolates.co.uk



www.singledup.co.uk

The web and community based network for single parents who are looking to get (back) into work, apply to university/college and/or looking to start their own business.



You will find area specific pages of contacts, information and support to allow you to achieve whatever you want, as well as being an essential support network to meet other single parents and create a much needed emotional and practical network around you.

WIBN Express Networking & Christmas Shopping Morning

Monday 3rd December, 10.00 - 12.00 at Grovefield House Hotel, Taplow Common Road, Burnham, Slough. In aid of The Hospice Lottery www.hospicelottery.org.uk and The Linda Jackson Macmillan Centre www.ljmc.org Entrance fee is a £5 donation to the charities, which includes refreshments.

Come along for informal networking and the chance to do some last minute Christmas Shopping. Funds raised will be donated to charity. Everyone is welcome. Contact Amanda McDermott, WIBN Associate at amanda.mcdermott@wibn.co.uk or telephone 07970 513989.

The poster for the 'Gateway 2 Wellbeing Exhibition' is set against a green background with faint floral patterns. At the top, the text 'GATEWAY 2 WELLBEING EXHIBITION' is written in a bold, white, sans-serif font. Below this, 'Sunday, 18 November 2012' is written in a smaller, white, sans-serif font. The central part of the poster features three vertical panels: the left panel shows a person receiving a massage, the middle panel shows a woman in a blue shirt and white pants performing a physical therapy exercise on a woman in a pink shirt, and the right panel shows a close-up of a hand holding a pink flower. At the bottom left, there is a green circular badge with the text '2 for 1 ticket offer' and 'To claim your discount bring this voucher to the show.' At the bottom right, the text 'Holiday Inn Elstree' is written in a bold, white, sans-serif font, followed by 'Barnet Bypass, Borehamwood, WD6 5PU' and '11am - 6pm' in a smaller, white, sans-serif font.

Pick-a-Puppet... Update

Why use Puppets & Books?

In last month's **WomansWork** you were introduced to Pick-a-Puppet, handy puppets with themed, illustrated books for children, parents and



professionals. Supported by educationalists, Pick-a-Puppet's main aim is to help develop communication and language, as well as focus on early literacy skills.

- Mealtime Max (dog) to help with fussy eaters and encouraging healthy food, available shortly.

- Morning time Molly Mouse, promoting 'school readiness', available by Christmas!

Parents are finding them literally a very 'handy' handbag resource/toy. So... Pick up a Puppet and book and have some fun! £9.95 plus postage/packing. For more information visit www.pickapuppet.com or contact Cheryl on 01279 833180. They make great stocking fillers for Christmas.

Shewee

The world renowned, award winning portable urinating device for women.

Shewee allows women to wee standing up without removing any clothes, well known for its usefulness and 'life saving' qualities in the world of camping, climbing, ski-ing, walking, festivals and for when ladies toilets are absent or far from desirable!

Shewee is small enough to fit in your handbag, rucksack or back pocket and will give every woman the peace of mind that she will be able to 'Stand Up And Take Control' anytime, anyplace, anywhere. Whatever the occasion, ladies, don't leave home without your Shewee. Visit

www.shewee.com

Mums The Boss Groups

We are always on the look out for really special ladies who have the time and enthusiasm to create a real buzz about the mumpreneurs where they live.

If you think you would have the time to run at least one networking event per month for business mums in your local area then email us at info@mumstheboss.co.uk



Has Your Business Got A Social Media Policy?

- If not copy and paste this into your browser and read this [http://www.jobhop.co.uk/profile/jobhop/blog/What-should-be-in-your-Social-Media-Policy-\\$11](http://www.jobhop.co.uk/profile/jobhop/blog/What-should-be-in-your-Social-Media-Policy-$11)

- Do the Job Hop survey: Social Media in the work place. Just 5 questions, visit

<http://www.surveymonkey.com/s/S3JVMT9>

Your Opportunities

Start - Up Loans For 18 - 24s

StartUp Loans is for young people aged 18-24 who would like to start their own business. It offers the opportunity to obtain a loan of around £2,500 at an interest rate of 6% for a maximum of 5 years. Equally important and a requirement of the scheme is that each applicant must work with a business mentor who, at no cost, will help them with their business plan, loan application and the development of their business. A dedicated team has been established and new 18-24 web pages provide information on the scheme, an on-line application process, how to find a mentor and assistance in opening a bank account. Young people in eastern England seeking the challenge of starting their own enterprise can find details on StartUp Loans at www.18-24.co.uk or call 01284 757772.



7 Steps In 7 Days To Help You Find Your Dream Job

A free e-programme to literally give you a real start to get going with your job search. It is a practical step by step process that each day for 7 days will give you some tips and hints. This guide is especially useful if you:-

- Have recently been made redundant, or think your job is at risk of redundancy.
- Are returning to work after some time off.
- Have been contemplating looking for another job for a while but are not really sure where to start.
- Or, finally, you just need a kick up the rear to get you into gear and start to do something!

Visit <http://www.peoplepotential.uk.com/e-programme.asp>

Prowess 2.0

For women who are starting or growing a business or social enterprise and those who support them. This website provides top-quality information, resources and directories of local, women-friendly support and networks. Visit www.prowess.org.uk



Adult Learners' Week Awards

Recognise the achievements of your inspirational friends, family, colleagues or students by nominating them for the individual learner awards. You can also highlight the outstanding work of your organisation by nominating your learning projects. Visit www.alw.org.uk

- Nominations are open until 5.00pm on Thursday 13th December 2012.

Your Arts & Crafts

Indigo Moose

Sara Fordy is a textile artist and teacher and is passionate about indigo! Her website demonstrates some of the possibilities and challenges indigo presents to the designer. Starting from scratch with a blank fabric, opportunities are only limited by the imagination. Visit www.indigomoose.co.uk



Cocoon Yourself In Handcrafted Luxury

Lovingly handcrafted by a small team, AV Luxury Accessories offer super soft, tactile designs that are the antithesis to machine-made mass production. Using the very best quality yarns Anastasia



Vasileiou and her team create an extensive range of exclusive scarves that add a playful and stylish touch to any outfit.

Perfect for Autumn/Winter is the cocoon and fur range. Made from luxurious, silky soft yarn these scarves ward off the cold and feel gorgeous against the skin. Available in several colourways, additional lines in the collection also include transitional pieces to take you into spring as well as a limited-edition shawl range perfect for special occasions. To view the complete collection visit:

www.luxuryaccessories.co.uk

A Unique & Personal Gift

The sky's the limit when it comes to ideas, size and content and you get to choose all of them. If you like my style of work and would like to commission me to create your very own original artwork, and have yourself, a friend or loved one created into a fantasy artwork, then please get in touch. If the picture is to portray a friend/yourself/family member etc, then good quality photograph(s) are needed.



You can send as many as you like. Prices are as follows:

- A4 £60 + p+p
- A3 £100 + p+p
- Other sizes on request.

You will receive the original sketch, the full colour original artwork and a signed Certificate of Authenticity. For further details contact Karen Middleton at portraitmail@aol.com

To view Karen's work visit

<http://www.portraitillustrator.com/angel--fairie-portraits.html>



WEEDON CRAFT MARKET
SUNDAY 11TH NOVEMBER
10AM - 4:30 PM
WEEDON VILLAGE HALL
JEWELLERY . CERAMICS
TEXTILES . HOMEWARE . CARDS
AND LOTS MORE
PLUS TEA & CAKES

facebook.com/weedoncraftmarket
 Tel. 07764 793135
 mail@ladyluckjewellery.co.uk



Experience the Country

OFF ROAD TRIPS AVAILABLE ON THE DAY!

Hounslow Hall
Christmas Fayre

Sunday 18th November 11am-4pm

50p Entrance Fee

Mince Pies, Cupcakes, Mulled Wine, Jams, Hot Drinks, Jewellery, Glassware, Gifts, Soaps & Bathbombs, Vintage Clothing, Homeware, Accessories, Facepainting, Greetings Cards
AND LOTS LOTS MORE...

COME SEE FATHER CHRISTMAS!

Town Farm Art Show In Cheddington

Friday 23rd November, 2.00pm - 8.00pm & Saturday 24th & Sunday 25th November, 10.00am - 5.00pm at 6 Town Farm, Cheddington, Near Tring, LU7 0TT. Free entry and refreshments with donations in aid of Iain Rennie Hospice at Home.

You are warmly invited to a festive art show in Cheddington. Enjoy mulled wine, Christmas cake and mince pies, plus lots of exciting ideas for unique, high quality Christmas gifts.

Paintings, porcelain, ceramics, sculpture, woodcarving, woodcraft, basketry, textiles and jewellery in the relaxed setting of Christine Bass' home, studio and garden. Visit www.townfarmartshow.blogspot.com

- Please park on high street – not in Town Farm.



simplesolutions4business
Highly Experienced
Virtual Administrative
Support
 Specialising in blog writing and administration
www.simplesolutions4business.com

Events

Workshop – Start Your Online Business (For Mums) In 30 Days

Friday 16th November, 10.00am - 2.00pm at MKCC, Strudwick Drive, Oldbrook, Milton Keynes MK6 2TG. Cost only £25 if you register by Nov 2nd! (Regular Price £35). If you are a business mum in spirit meaning you want to start a business but you are:

Not sure what business to start and want help to decide which of your interests and talents to go with.
 Don't know how to start because there's so much information out there you feel confused and overwhelmed.
 In two minds whether you have the time to start and run a business with all your family commitments.

This workshop is designed to help answer your questions, help you focus on the task at hand, motivate you into action and get you up and running in 30 days. At the end of the workshop you will go away with the knowledge of :

1. How to choose the right online business for you so you actually enjoy what you are doing
2. What you need to start your business fast and easily with only the bits that are crucial for your start up success
3. The best ways to work from home around your family to save yourself time, energy and money.

- Only £25 if you register by Nov 2nd! (Regular Price £35). If you have any questions or concerns, please email Bisola at bisola@motivatingmum.co.uk

The Apple For Business Sessions

8th November at the Hilton Hotel, Timbold Drive, Kents Hill, Milton Keynes MK7 6HL. Cost £14 + VAT per session.

- Session 1 8.30am - 9.30am
- Session 2 10.00am - 11.00am

Demonstrating how best to use Apple products in any business environment, with an aim to show just what Apple technologies can achieve straight out of the box. An interactive session showing you the strengths of Apple hardware and Apple mobile devices working seamlessly together in the business environment. See how easy it is for a busy business professional to incorporate Apple technologies into your daily routine. To book call 01908 259000 or email theevents@mk-chamber.co.uk

The Business Show

November 22nd and 23rd at Olympia, including the new West Hall. There are nearly 500 exhibitors, 300+ seminars, dozens of workshops and several networking areas and features. What's more it's completely free to register for your ticket. The speaker line-up ranges from leading entrepreneurs like James Caan, to industry experts such as Frank Hattann (LinkedIn), and award winning businesses; Naked Wines, Hailo... There are exhibitors offering everything from marketing services and international market-entry to expense reduction and financial advice, over a dozen hands-on workshops from the likes of Microsoft and Google, and of course your chance to pitch to a panel of Angel Investors in Angels Den. For free tickets, the pre show guides and for more information, please call 0800 328 0467. To register your free place visit www.greatbritishbusinessshow.co.uk



Leading Through Coaching & Influence

21st & 22nd November, a two day open programme, cost: £395 per day (+ VAT). Early bird offers available. We invite you to 'Leading through coaching and influence', a two day workshop created by Elevate Associates and specifically designed to help develop your leadership approach. Our style is to run leadership workshops in small groups where you are provided with the time and the space to think, learn and practice skills. It will explore a range of ways effective dialogue can facilitate artful leadership. You will unlock new ways to relate to others including:

- Coaching abilities that empower others
- Courageous and compassionate approaches to crucial (and often difficult) conversations
- Influencing skills, which enrich your ability to inspire others

All our programmes are open to all and aimed at those who wish to re-ignite their leadership ability or have their first chance to really explore how they can lead others. Contact 01628 878340 or email

mashman@elevateassociates.co.uk

Get The Most From Cloud IT

20th November, 6.15pm - 8.00pm at Regus, Midsummer Court, 314 Midsummer Boulevard, Milton Keynes, MK9 2UB. Cost £15 + VAT per person.

Paul Tomlinson has recently launched Vivositi – a dedicated cloud IT provider aimed at small and growing business. He believes the benefits of cloud technology to be best suited to small and growing business from his own experiences. On the night he'll be covering:

- Jargon busting– explaining what the various flavours of cloud actually mean in the real world.
- When to Jump - highlighting the points when cloud technology is right for small and growing business.
- Office 365 - The Cloud Daddy - what you should know and identifying if it's right for you.

For further detail and to book your place call 01908 259000 or email theevents@mk-chamber.co.uk

Free Confidence Workshops

Starting Monday 12th November, 6.00 - 8.00pm in Milton Keynes for three consecutive weeks. Understand and improve confidence - open to all. Email info@climbyourmountain.org Visit www.climbyourmountain.org

LinkedIn For Business Networking

13th November, 9.00am - 11.30pm at Ramada Encore Milton Keynes, 312 Midsummer Boulevard, Central Milton Keynes, Buckinghamshire MK9 2EA. Cost £45. During this taster session you'll learn how to use LinkedIn to your benefit and join other professionals in using it to develop and grow your business. For further details contact 01908 259009.

We'll Let You Into A Secret...

You can get a better response from your advertising by avoiding these simple mistakes!

- DON'T place your company name or logo at the top of the ad.

Research shows that customers pay more attention to the top than the bottom of an ad so it's important to place a key visual or offer at the top! Your company name or logo is NOT the most important thing so should not appear at the top!

- DON'T forget that a picture paints a thousand words Great ads always include a feature that catches the eye: An Interesting picture (e.g. the product) A catchy headline, also known as a 'tagline' (e.g. 'The Most Trusted Mechanics in the Area!') An attractive price suggestion (e.g. 'Only £19.99? or 'Reduced to Clear!')
- An interesting new product (e.g. 'New' or 'Coming Soon') to get people's attention.

- DON'T run an advert once It is common knowledge that it takes around three to five viewings for consumers to remember the details of an average advert. Run smaller ads for a longer period rather than a bigger ad as a one off. Visit www.village-people.info

Men Versus Women

Here are some interesting facts as to how the male and female body differs. There are wider differences between the trained and untrained bodies of the same sex than between the sexes.



- There is less difference between the trained man and woman than the sedentary man and woman.
 - On average women tend to be shorter (am I not a prime example!) and lighter with smaller hearts and lungs than men.
 - On a proportionate basis men and women have the same leg strength relative to their size.
 - Women being smaller tend to have less body surface, which is an advantage in sports that require low resistance (e.g. swimming).
 - Men's bones are denser and the long bones are longer than women's e.g. longer legs in proportion to their bodies.
 - Women tend to have a wider range of movement through their joints, making them more flexible. Men have larger joints. The exception is the knee joint which gives women better stability.
 - A woman's lower centre of gravity and wide hips gives her better balance. However, this makes women more prone to hip, knee and foot problems (especially in runners).
 - Women have a greater pelvic tilt, which can cause low back pain.
 - Men's muscles are larger and take up more body mass. The quality of muscles is the same in both sexes.
 - Women can increase their strength by up to 50% without increasing bulk. Men's muscles get bigger as they get stronger (due to testosterone).
 - Women usually have a higher level of body fat. This helps make them more buoyant when swimming.
 - The metabolic rate is higher in male athletes. This means men burn up calories quicker.
 - Men have a better capacity to carry oxygen in the blood and breathe fewer times per minute.
 - Men sweat more easily.
 - Women adapt better to altitude.
- Suzina Blackman, Hertfordshire based Personal Fitness Trainer visit www.homefitnessherts.co.uk email suzina@homefitnessherts.co.uk or call 07930 302102.

The Morning After The Night Before...

The emergency contraceptive pill (ECP), formally known as the morning-after pill, can be used to reduce the risk of pregnancy after having unprotected sex. There are two main brands, Levonelle - taken up to three days after unprotected sex, and ellaOne - a type of ECP taken up to five days after having unprotected sex (available on prescription). Emergency contraception isn't anything new, nor is it new that you can buy it over-the-counter, but what may be new to some is that obtaining ECP is now almost as convenient as buying your groceries.



In the past we made an appointment with our GP, got asked lots of questions, squirmed with embarrassment, watched our prescription being written and walked out with our little white paper bag. It may have been time consuming, but surely that was some retribution for our 'mistake'?

It is still free to obtain ECP from your GP. Sexual health clinics, young people's clinics plus some NHS walk-in centres and accident & emergency departments can provide free of charge too. You can also buy ECP from most pharmacies if you're over 16, it costs around £25. However all of that requires effort, physically leaving your home and speaking to someone, so what if you're too embarrassed? Well we are in the digital age and emergency contraception is available at the touch of a button, you fill in the online questionnaires providing the appropriate information, doctors assess the information and if suitable will prescribe the ECP for next day delivery. If that's still not convenient enough and you live in London, the DrEd website even provides a 2 hour courier service!

Accidents will always happen and getting hold of ECP so easily without all the hassle of going to the GP maybe a welcome one, plus minimising the embarrassment factor for some girls/women may stop many an unwanted pregnancy. However why the need to provide a service which allows us to keep a stock of ECP in our cupboards like baked beans? Many reasons have been given, including for over Christmas when GPs and pharmacies close, if you live in a remote area or planning to go on holiday/travelling. Those are all valid reasons but there seems little regulation in purchasing it this way, or the long term health effects. Trading embarrassment for convenience seems to feel even more uncomfortable than the GP's chair...

- This article was written by Claire, 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 call 01603 284764, or see our blog – www.strippingitbare.tumblr.com

How Will The Forthcoming Child Benefit Tax Charge Affect You?

Elaine Clark takes a closer look.

www.CheapAccounting.co.uk

The rules for this new child benefit tax charge are the most complicated I have seen and a challenge to explain in simple terms. Also, the most bizarre and random date for implementation has been chosen (7th January 2013 – part way through the month and almost at the end of the current tax year). So much for the Government promising tax simplification and even launching an office devoted to that purpose!



- A tax charge will apply where one or other partner in a relationship has an annual income of more than £50,000 and where they or their partner receives child benefit. The tax charge applied will be 1% of the full child benefit for every £100 of income over £50,000. It will be charged to the person with the income that exceeds £50,000 – regardless of whether they are the one who receives the child benefit. It seems unusual for a tax payer to suffer a tax charge as a result of someone else receiving income! The tax charge on a taxpayer with income of more than £60,000 will be equal to the amount of the child benefit and at this level the advice is for the taxpayer or their partner to opt out of receiving child benefit. However, the advice is that you should still register for child benefit to ensure that National Insurance credits are received, where applicable, even though you would opt out of receiving payment of the benefit.

- The full amount of income for the tax year 2012-2013 will be taken into account and the amount of child benefit will be that paid from 7th January 2013 to the end of the tax year being 5th April 2013. In subsequent years, the full amount of child benefit and full income in a tax year will be taken into account. The tax due for 2012-2013 will be paid in the tax year 2013-2014, so the taxpayer will always be in a catch-up situation.

- There are many practical issues associated with this tax charge system. How does HMRC know who will be caught by the scope of this brand new tax charge? It promises to write to taxpayers, but it will be YOUR responsibility to inform HMRC that you or your partner earn above £50,000, are in receipt of child benefit and complete a self-assessment tax return. Circumstances change over time, of course. As and when this happens you will have to keep HMRC updated on your personal relationship changes if the changes affect the tax charge you incur. Not only that, but there is also clearly an expectation that everyone knows their partner's income. I am not sure that this is always the case.

- All in all, this seems like an administrative nightmare waiting to happen, although I do hope I'm proved wrong!

Decorating Children's Rooms

Young energy is expansive and vibrant; it needs an abundance of free, open space in order to thrive, this is where Feng Shui can help promote harmonious growth, while avoiding cluttered, busy and chaotic energy that can easily take over children's rooms.

kenza
DESIGN LIFESTYLE INTERIORS

Feng Shui can also help create a space where your child feels genuinely happy, empowered and loved. Allow your child to own the room and express their creativity, at the same time establishing clear guidelines for structure and order, which can promote wonderful, happy times.

If your child's bedroom is also their playroom, use the furniture and furnishings in a clever way to create zones. Let them be part of this process. Ensure the sleeping side of the room is clutter free and cosy to encourage rest, while the play side can be more creative and fun! Avoid using energizing colours like red and other bold, bright colours in the bedroom as they can cause tempers to flare during playtime and too much hyperactive energy for the little one to fall asleep at night. Bright colours are good for playrooms, but bedrooms need to be more subdued, pastels are best. Children grow up fast, stay focused on what really matters! Design trends come and go, while every moment of genuine happiness and companionship the child experiences with you will grow into a powerful connection to last a lifetime.

- For those of you who have shown interest in Feng Shui I will be running clinics for an Introduction to Feng Shui in the New Year, email info@kenza.co.uk For further information call Eunice on 0203 231 1020 or 07793196714. Visit www.kenza.co.uk

Your Books

A Journey into Business: Walk on the Wild Side By Kate Wilde

Many people dream of starting a business but it is a special kind of person that takes that leap of faith to pursue the dream. Are you that person? A Journey into Business is a book full of practical tips gained from Kate Wilde's many years' experience of advising people new to business. What makes this book so special and different is that it includes quotes, advice and tips from those who have been there and experienced it first hand, people who have been inspired by Kate and gone on to start and grow successful businesses.

Available from www.amazon.co.uk



Making Money Online

By Antonia Chitty and Erica Douglas

Do you want to increase your income? Do you wonder which Internet marketing 'guru's' advice to trust? This book takes you step by step through the process of building an online profile, finding fans, creating products and making sales. From the basics of getting started, through deciding what to specialize in, to finding and keeping followers, you will find inspiring case studies and useful resources in every chapter. Antonia and Erica share their own experiences and those of other online business owners. The book is worth reading for the interviews with leading online entrepreneurs: Get tips you won't read anywhere else.

Available from www.acebusinessstraining.com Amazon and other good bookstores at around £12.99. ISBN 978-0709092674.

Housing Law – The Bigger Picture

A Free ebook by Tessa Shepperson

Tessa Shepperson has been setting out her thoughts on housing law and the private rented sector, and giving some suggestions for reform. These have been collated into an ebook, free to download. 'I have been working as a specialist in residential landlord and tenant law for nearly 20 years so hopefully there should be something of value within its pages.' Visit

<http://www.landlordlawblog.co.uk/2012/10/01/housing-law-the-bigger-picture-the-ebook/>

Networking

Like Minded Women

2nd November, 9.00 - 11.30am at Whittlebury Park Golf and Country Club, Nr. Towcester, Northamptonshire, NN12 8WP. Price: £20.00.

Network with other Like Minded Women, share resources, refer business, ask for support and then settle down for some insightful business training to help you earn more money in less time. This month's training will be centred around the power of social media. For further details and to book call Leanne on 07789 908592 or 01327 353637.

Mum's The Boss – MK Central

Tuesday 6th November, 10.00am - 12.00pm at Acorn House, 365 Midsummer Boulevard, Central Milton Keynes, MK9 3HP. Cost £6.

The MK Central Acorn House MTB group is a welcoming place to network, share ideas and support other mums who run their own business in the Milton Keynes Central area. This month, Gary Payne ~ founder of Young People are our Future. Gary is passionate about his organisation and what it does. He will talk about the journey that led him to start Young People are our Future, what the organisation will be delivering for the youngsters and his plans for the future: a new project designed to "Educate, Inspire and Motivate Young People".

To book your place contact Janice 01908 200186 or email janice@womenandwork.co.uk

Athena Network

- 6th November at Ivy House, London Road, Chalfont St. Giles, Buckinghamshire, HP8 4RS. Costs £24 for members and £27 for visitors.
- 1st November at HIT or MISS, Penn Street, Amersham, Bucks, HP7 0PX. Costs £24 for members and £27 for visitors.
- 14th November at Indigo Bar & Grill, Indigo House, Oxford Road, Gerrards Cross, SL9 7AL. Costs £24 for members and £28 for visitors.
- 6th December – Regional Christmas event. We run focused and relaxed networking lunches for local businesswomen. Our business meetings include open networking, guest speakers, business training and the opportunity to promote your own business - whether well established or starting out. We aim to put like-minded women together who are passionate about growing and developing their business. We also train you in how to network effectively, so whether you are new or experienced at networking, Athena welcomes you! Contact Jacqueline Rogers at 0845 004 9262 or 07834 686706 or send her an email jacqueline.rogers@theathenanetwork.com

The Womens Business Clubs

- Wednesday 7th November, 12.00 - 14.15 at The Holiday Inn Hotel, Bedford Road, Northampton, NN4 7YF. Price: £22+VAT for members, £32+VAT for non members.
- Tuesday 16th October 2012, 12.00 - 14.15 at The City Rooms, Hotel Street, Leicester, LE1 5AW Price: £22.00+VAT for members, £30.00+VAT for non members. Join likeminded professional women for a business focussed meeting with 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, advance booking essential.

Chippy Lippy

Wednesday 7th November, 7.30pm - 9.00pm at The Chequers, Goddards Lane, Chipping Norton, Oxfordshire OX7

5NP. There are no membership fees, £10 at the door. Julia Brown as our guest speaker with "Can I really make a difference?" After discovering her adopted daughter had Foetal Alcohol Spectrum Disorder, Julia set up a charity based in Charlbury and will tell us about how she and her husband dealt with their challenges.

Contact Sarah-Jane on 01 386 701868 for further details and to book. Visit www.chippylippys.com

- I am also looking ahead to our Christmas/December meeting, which will be on 5th December. I am planning to get our festive season off to a good start with laughter and warmth. So please put the date in your diary and maybe plan to stay a little longer that evening!



Women In Business Network

Thursday 8th November, 12.00 – 2.00pm at The Buckinghamshire Golf Club, Denham Court Drive, Denham, Uxbridge, UB9 5PG. Meeting Fee £24 non-member - £20 member (incl VAT).

WIBN is a Business Networking organisation for women only. It is a network created for women, by women. Contact Jan Ibbott on 0844 247 1047 for further details and to book.

Mum's The Boss Milton Keynes

Tuesday 13th November 10.00am - 12.00pm at MKCC, Strudwick Drive, Oldbrook, Milton Keynes MK6 2TG. Cost £8 including refreshments.



The Milton Keynes MTB group is a welcoming place to network, share ideas and support other mums who run their own business in the Milton Keynes area. This month, Jules White from The Last Hurdle (Business Development Specialists) will be sharing effective sales techniques, discussing the sales process and how you can apply this to your business. Jules will also look at the most valuable ways to generate new business and will share her top ten tips for low cost sales generation.

To book your place contact Bisola 07956 981669 email hello@thebeeskneesmarketing.com

Oaktree Networking

- 14th November, 11.45am - 2.00pm at Harben De Vere, Tickford Street, Newport Pagnell, MK16 9EY. Cost to members £20, guests £24 including lunch.
- 16th November, 11.45am - 2.00pm at Campanile, Loake Close, Grange Park, Northampton, NN4 5EZ. Cost to members £20, guests £24 including lunch.
- 27th November, 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

Oxfordshire Womens Forum

Wednesday, 14 November, 6.30pm at Henmans LLP, 5000 Oxford Business Park, South Oxford, OX4 2BH. Cost £10 per person.

Feminism, the F-word, is being placed back on the agenda, with new bursts of activity triggered by frustration that women still lag behind men in all walks of life, the boardroom, workplace, home, popular culture and the political system. Women are said to do two thirds of the world's work for 10% of the world's income. Objectification of women is no longer amusing.

For further information and to book your place email gill-heaton1@btconnect.com or call 01865 373625.

Baby Club

19th November, 10.00am - 12 noon in Daventry. £5 entry.

A networking club for all companies that cover Bumps, Babies, Toddlers and Parenting. This is an informal networking club, no presentations, just come and meet other professionals in the industry, share experiences and contacts. Contact www.bumpbambiniandbeyond.co.uk or enquiries@bumpbambiniandbeyond.co.uk



WiRE

21st November 8.00-10.00 pm at Carmenta Life Centre, Chesham House, Church Lane, Berkhamsted, HP4 2AX. There is £4 contribution fee for members and £8 for non members that includes tea/coffee.



Come and join our Wire business networking meeting which will help you grow your business

<http://www.wireuk.org/chiltern-dacorum-network.html>

Be amongst a positive group of women, meet new people and gain new knowledge to keep you a step ahead of your competitors. The speaker this month is a surprise and he/she will be outstanding!

Networks are for WiRE Members, but guests are welcome to attend twice before joining, meetings are held on the third Wednesday of every month.

The Chiltern and Dacorum WiRE Network Leader is Gabriella Guglielminotti Trivel www.flyinginspiration.co.uk Contact her via email flyinginspiration@yahoo.co.uk or call 07796 306774.

Useful Information

HMRC Cracks Down

The Taxman is set to tackle online tax evasion as payments amnesty came to an end on 14th September 2012. They will be targeting individuals selling products on websites such as eBay and Amazon for unpaid tax. People now caught dodging their contributions will be liable to pay all of the tax owed, plus interest and fines of up to 100% of the total amount. HMRC has asked relevant websites to provide members' contact details. Please make sure you comply and if you are concerned about your tax status, speak to an accountant or contact HMRC.

Free HMRC Support

- Support and You Tube
Anyone who starts up and runs a business can find it challenging, so to help you understand tax matters HMRC offers a range of products at <http://www.hmrc.gov.uk/startup/help-support.htm> that you may find useful in helping you run your business. One of these options is a selection of YouTube videos <http://www.youtube.com/user/HMRCgovuk/videos> There are twenty-two videos covering various topics that might be helpful or of interest to you and your business.

- HMRC's PAYE Desktop Viewer (PDV) updated. If you currently use this handy desktop tool or are interested in seeing if this application would be helpful to your business, please download the latest version of PAYE Desktop Viewer (PDV)

<http://www.hmrc.gov.uk/payee/tools/pdv/index.htm> This application allows you to view, search and sort online PAYE (Pay As You Earn) tax codes, notifications and reminders. It is particularly helpful if you receive a lot of codes and notices during the year.

- Are you an employer with up to nine employees? Did you know that HMRC offers a free computer software package to help you run your payroll? The latest version of Basic PAYE tools for employers is now available for you to download. Visit

<http://www.hmrc.gov.uk/payee/tools/basic-payee-tools.htm> This tool helps you by working out the Tax and National Insurance (NICs) for your employees in each pay period; it also allows you to file your Employer Annual Return (P35 and P14s) online, if you have up to nine employees at 5 April. It can also be used to send in your starter and leaver forms (P45 and P46) online throughout the year.

- Paying your Self Assessment by Direct Debit. Have you thought about setting up a flexible Budget Payment Plan by Direct Debit? Visit <http://www.hmrc.gov.uk/payinghmrc/selfassessment.htm#3>

Your Websites

Country Field Gardens

We specialise in good quality garden equipment. Our on line store offers a wide range of Garden machinery, garden furniture, BBQs and garden sheds. With FREE delivery to anywhere in the UK and for some products we can also deliver next day.



We have built a reputation on excellent customer service – our aim is to offer our customers the same friendly, efficient service they would expect from a local garden centre. We won't always have the exact product our customer requires, however with our flexible and "can do attitude" we will aim to find the exact product or the next equivalent – always at the best price.

We are also looking to launch a new blog on the site, featuring gardening advice and tips, so if any readers of **WomansWork** would like to submit their best tips and pictures we will be more than happy to add these to the site. Topics can include garden design, planting, cooking ideas (outdoors) – the list is endless.

- For readers of **WomansWork** we are offering a discount of 7.5% off any orders over the net value of £200. Plus, this can be passed on to family and friends. All we ask is that you register at www.countryfieldgardens.co.uk and we will send you the voucher code. If you have any questions you can email Diane who is the store manager at diane@gaplimited.co.uk Visit www.countryfieldgardens.co.uk

Pretty Chic

We love vintage chic, retro themes & shabby chic inspired home accessories with a passion. Unusual gifts and all things pretty, we've bought together an ever changing collection, that is not only beautiful but very reasonably priced too! We have deals of the week offers, which changes each Monday at 10.00am! Visit www.pretty-chic.co.uk

www.sleepynico.com

They now stock Boba Wraps (previously Sleepy Wraps) to cuddle your baby in for the first 3-4 months. It's the ultimate baby carrier for a newborn, with many carrying positions.



We will hire the stretch wrap to you for as long as you need it. It costs £42, but when and if you decide to return the wrap, you can choose either between receiving £10 back or having 15% off the original price of a Sleepy Nico carrier, which you can use into toddlerhood!

- All our Boba Wraps for hire are brand new. If you have any questions or are interested in buying/hiring the Boba Wrap, please email info@sleepynico.com or call 07968 154433.

http://mumpreneurshop.com/

The Mumpreneur Shop are looking for talented mums to help you showcase and sell your mum made products as well as support and help you grow your business. To find out more about selling through the site, please request a sellers pack through the Contact Us page on the website.



Speak to you all again in December
Best wishes
Lesley

Facebook: [WomansWork Group](#)
LinkedIn: [Lesley Kershaw](#)
Twitter: [@womansworkuk](#)

© 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.