



Rhwydwaith Busnes Menywod Bro Morgannwg
Vale Womens Business Network

VALE WOMEN'S BUSINESS NETWORK 2009



The Vale Women's Business Network is the networking forum for women who:

- Live or work in the Vale
- Enjoy meeting or socialising with like-minded people
- Want to grow their business skills or share their knowledge with others

www.vwbn.org.uk

Our Network Patron is Jane Hutt, Assembly Member for the Vale of Glamorgan, who has supported us since our first annual Gala Dinner in 2002. She said:



'Innovation, flexibility, commitment and determination are the hallmarks of successful businesswomen. The Network for businesswomen plays a vital role in the economy and I believe it will make an important contribution to the European Year of Creativity. Their programme is relevant and attractive to business and support needs for 2009.'

The VWBN is delighted to be in regular contact with Jane and is grateful for her ongoing support.

The benefits of joining the VWBN

Opportunities to:

- Meet and network in a relaxed and friendly atmosphere
- Share business challenges and solutions
- Keep in touch with trends and opportunities
- Have exclusive access to our membership directory
- Raise your business profile
- Expand your network of business contacts, customers and suppliers
- Achieve cost-effective PR
- Take part in no- or low-cost personal and professional development events.

Our monthly events

Our events are typically held mid week in the middle of the month at a range of convenient and superb locations across the Vale.

Events start at 6.30pm with registration, networking and refreshments. The main part of the evening begins at 7.00pm with introductions, network news and sponsor profile, followed by our guest speaker(s). Often, the evening allows for members to give mini talks about their companies or new members to introduce themselves. There is always time for networking afterwards as well as a raffle (members are encouraged to bring along prizes). The evening ends at around 9.00pm.

What our members say

'Thank you and well done for all your hard work, before, during and after the show. It was great to meet so many members of the VWBN. What a happy, talented and resilient group of women!'

'I thought that it was an excellent evening and thoroughly enjoyed myself.'

'Thanks for a great evening last night, I really enjoyed it!'

'I really enjoyed the evening and will definitely be coming to further events. I met some really interesting like minded people and I'm sure there are many more of my existing customers that I can bring along to future events.'

'I've been a member for over two years and I continue to enjoy the events and meeting new as well as old friends. Getting the extra business is also enjoyable!'

Sponsor an event

Event sponsorship makes a hugely important contribution to the running of the VWBN and we value this support given by our sponsors. For £120 per event, we can offer you or your business an excellent package of benefits:



- Your company name and logo featured on all internal and external event publicity, including press releases, email notices, flyers and our website
- Exposure to our network and partners
- A display and / or presence on the night.

Who can sponsor

Anyone – from sole traders or small businesses to larger companies or funding bodies – whatever your status, there are excellent benefits to be had. You don't have to be a VWBN member to be a sponsor.

For more information, please contact us via members@vwbn.org.uk

Photography: sponsored by [FionaThomas.Communications Ltd](http://www.fionathomas.com)
www.fionathomas.com

How do I join the VWBN?

An annual membership costs just £40. There is also a small entry fee (normally £3 for members and £6 for non-members) for monthly events which covers administration, venue and refreshments costs. Non-members are welcome to attend a maximum of two events before membership becomes necessary.

Please fill in your details below, sign and post, with your cheque (payable to Vale Women's Business Network), to:

**The Treasurer
Vale Women's Business Network
Glanrhyd, Causeway Hill
Llanblethian, Cowbridge CF71 7HZ**

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Name

Name of Business

Brief description of Business

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Address

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Postcode

Telephone

Mobile

Email

Website

I enclose my cheque for £40
(payable to Vale Women's Business Network)

Signed: Date:

How to contact us

Get in touch through our website: www.vwbn.org.uk
or by email: members@vwbn.org.uk

Events in 2009 – European Year of Creativity and Innovation

Wed 21 January at the Copthorne Hotel, Culverhouse Cross
Identify your strengths and opportunities: Don't miss this opportunity to get 2009 off to a strong start. This practical workshop will leave you feeling more confident for the year ahead. Facilitated by Nadine Honeybone of Designs on Life.

Wed 25 February at the Copthorne Hotel, Culverhouse Cross
Marketing on a budget and getting ideas printed: Communicating about your business is more crucial than ever in these economic times, so find out how to drive your business forward on a budget that won't break the bank. This session is led by Liz Knowles from Fulcrum Direct Ltd.
Sponsor: The Natural Health and Fertility Clinic

Wed 18 March at Barry Memorial Hall
The 'feel good' factor: In memory of Yvonne and in association with cancer support groups, this interactive exhibition offers you the chance to indulge in a range of complementary therapies to boost your health and well being. **Sponsor: Bijoux Properties**

Wed 22 April at Dyffryn Gardens
Innovate or Stagnate: Calling new members! This group-working session is a fantastic opportunity for new members to learn more about the VWBN and spark new creative and innovative ideas to grow their business. Come and join us!

Wed 20 May at Dyffryn Gardens
Protect your Business! All you need to know about identity fraud, copyright, patents, intellectual property rights ... don't let someone steal your business.

Wed 17 June (venue: tbc)
It's a walk in the Vale: Building on the success of last year's event, the VWBN once more gets out and about. Exchange news, views and ideas while walking through the beautiful countryside of the Vale.

Wed 15 July at Dyffryn Gardens
Stretch the mind, build the team: This fun and interactive team working session will leave your mind energised and your contacts book a little fuller.

Wed 19 August at Fonmon Showground
The Vale of Glamorgan Show: An annual fixture in our calendar, this busy, thriving annual agricultural show is a great way to promote your business via the VWBN stand. Members only.
Sponsor: Rebecca Exley Groundwater Ltd

Wed 16 September at Dyffryn Gardens
www.Business: A soiree of World Wide Women in Business, hear about and from women and business in China, France and Lithuania in this delightful setting.

Wed 21 October at Dyffryn Gardens
Solve your business problems: Need advice? Whatever your problem or dilemma, our *Question Time* evening will help you to find the answer you're looking for.

Wed 18 November (venue: tbc)
A taste of Wales: A great opportunity for VWBN members to network and showcase their products and services while enjoying a tippie.

Wed 9 December (restaurant: tbc)
Christmas Celebration: This exclusive members-only event is our popular annual party at a restaurant in the Vale. Booking essential.



Who we are

The Vale Women's Business Network (VWBN) is a forum where like-minded business women can share knowledge or exchange experiences and ideas to grow their business skills. Members provide mutual help, support, encouragement and mentoring. Key features include:

- An informal, friendly atmosphere to help you relax, meet people and exchange ideas
- Monthly events with a superb programme of guest speakers at reduced rates
- Website with online Directory of Members
- Training workshops
- Mentoring from other network members
- Social events
- Selling and sponsorship opportunities.

How we are organised

The VWBN is organised by a voluntary committee of members (the 'Ideas Group'), who meet regularly to cover every aspect of the administration. This includes arranging the year long events programme, membership administration and recruitment, seeking sponsors, keeping the books, organising publicity and managing the website.

Want to get involved?

The Ideas Group always welcomes members – new and established – to help run the VWBN. Do you fancy organising an event? Could you be one of our featured speakers? Is your business a potential sponsor? To find out more, contact members@vwbn.org.uk or chat to us at any event.

