

How do I join the VWBN?

Simply 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

Address

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Postcode

Telephone

Email

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

Women's Entrepreneurship Hub
Centre for Enterprise



The Women's Entrepreneurship Hub: Centre for Enterprise, University of Glamorgan is delighted to support VWBN by sponsoring the 2011 brochure.

Our events in 2011 - 'Invest in you'

Wed 19 January – Trio Brasserie, Cowbridge

Trial by handbag: Look like you mean business in 2011 and discover your style personality, courtesy of Sue Smart of positivelysmart.com. This fun interactive event, sponsored by RingMargaret.com, Secretarial Support, will make you think about how you express yourself through clothing - and the handbag is a very useful starting point.

Wed 16 February – Trio Brasserie, Cowbridge

Marketing for the real world: From your website planning and research, to big marketing campaigns; whatever your budget, Sybil Fowler's friendly and bang-on trend approach will help both new and established businesses to access all areas. Members can also claim a free 1 hour consultation with Sybil post event. www.slrmarketing.com

Wed 16 March – Trio Brasserie, Cowbridge

Shout about your success: Are you award-winning material? Do you know how to impress a panel of judges? But do you know that if your evidence is poor, you won't get the credit you deserve, no matter how good your story is. Hear from award-winning business woman, Janet Scicluna on why more women should be encouraged to go for national awards.

Wed 13 April – Halcyon Daze, Cowbridge

Fun, food and fitness: With the holiday season rapidly approaching why not take that first step and join personal fitness consultant Ruth Thomas for an hour of fitness, nutrition and advice on how to get that beach-friendly body in time for your holidays! Appropriate clothing, water and a towel are essential.

Wed 18 May – Karma Beauty, Cowbridge

Body, mind and soul: Investing in you is the first step towards investing in your business. So why not join Mel Webb and her team (karmabeauty.webs.com) for an evening of pure indulgence. There'll be taster manicure, pedicure and reiki sessions, a make-up masterclass, holistic therapies and one lucky lady will win a makeover.

Wed 15 June – Trio Brasserie, Cowbridge

The art of the sales pitch: Selling is a part of business that many people dislike; so ahead of the 2011 Vale Show, why not invest some time to practice your sales technique. Julie Thomas of Simply The Best training consultancy will take you through the tried and trusted ways to help you develop a sales pitch that hits the right note.

Wed 20 July – Wild Fig café and farm shop

Cream of the crop: Spend a delicious evening tasting summer fruits and sipping bubbly at Wild Fig café and farm shop (fruitgarden.co.uk). Our midsummer event is a perfect opportunity to relax and mingle with familiar as well as new colleagues in this handpicked venue. Everyone is welcome.

Wed 10 August - Fonmon Showground

The Vale of Glamorgan Show: Thousands of people flock to the Vale Show every year and your business can be there at very little cost as part of the VWBN's stand. Members can take advantage of our high profile position at the show to sell products and promote services. Email members@vwbn.org.uk to register your interest.

Wed 21 September – Trio Brasserie, Cowbridge

Design and space: Is your office in chaos? Research has shown that a well-designed office space can increase productivity and reduce stress. Established interior designer, Bronwen Ackerman will show you simple and easy ways to improve your place of work with a small budget, a little creativity and a bit of ergonomic sense.

Wed 19 October – venue tbc

Lights, camera, action!: Whether it's for a company video or for the media, being interviewed on camera can seem a daunting prospect. How would you react when the pressure is on? Come along to October's unique event for tips on handling media interviews from experienced journalists Eleri Jones and Julie Barton.

Wed 16 November – venue tbc

Annual dinner: Banish those autumn blues by joining us at our annual networking dinner. A first class venue is guaranteed, as are a mouth-watering menu and a friendly and relaxing atmosphere in which to network. We can't guarantee the weather but we can guarantee you'll have a really good time.

Wed 7 December – Halcyon Daze, Cowbridge

Detox your business and clear the decks for 2012!: Consultant and teacher Lorraine Lewis brings her own brand of 'Spacesense' to this event. Would you like to improve your business turnover for 2012 in an easy, practical and inexpensive way? This is a Business Diet like no other - simple and powerful. Wake up to your 'Spacesense' and see the change begin! www.spacesense.co.uk



Rhydywaith Busnes Menywod Bro Morgannwg
Vale Womens Business Network

VALE WOMEN'S BUSINESS NETWORK 2011

INVESTING IN WOMEN BUSINESS OWNERS

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 skills and their business or share their knowledge with others

www.vwbn.org.uk



About the VVBN

The Vale Women's Business Network (VVBN) is a forum where like-minded business women working in a diverse range of industries can network, exchange experiences and ideas, and grow their knowledge and business skills. Being a part of the VVBN can also open up opportunities to help develop your business.



Whether you are an experienced business woman or just starting up, being a member means you can:

- Achieve cost-effective PR
- Benefit from reduced rates for a superb year-long programme of monthly events
- Expand your network of business contacts, customers and suppliers
- Get a free business listing on our online members' directory
- Give and receive mutual help, support and encouragement
- Grow your business knowledge through our training workshops
- Keep in touch with trends and opportunities
- Learn from top quality guest speakers on a range of lively and topical subjects
- Meet people and exchange ideas in an informal and friendly atmosphere
- Mentor or be mentored by other network members
- Raise your business profile through selling and sponsorship opportunities
- Share business challenges and solutions
- Take part in low cost personal and professional development events.

So in 2011, invest in yourself and your company for just £40 annual membership. There is a small entry fee for our monthly events which is used to cover the administration costs of running a busy and popular network; our marketing literature and website; as well as external charges such as refreshments and venues. We welcome non-members and guests to attend a maximum of two events before membership becomes necessary.

How we are organised

The VVBN is organised by a voluntary committee of members (the 'Ideas Group'), who meet regularly to cover every aspect of the network's administration. This includes arranging the year long events programme, membership 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 VVBN. Do you fancy helping to organise an event? Could you be one of our guest speakers?

Alternatively, would you like to sponsor an event? We keep our costs down by inviting sponsorship for events. 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 VVBN member to be a sponsor. For £120 per event, the benefits of sponsorship include:

- Your company name and logo featured on all event publicity (press coverage, email notices, flyers, VVBN website)
- Exposure to our mailing list of contacts
- A display and contribution to the event.

For more information about getting involved or sponsorship, please contact members@vwb.org.uk or chat to us at any event.

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. I am delighted to support the new network for Vale businesswomen, which will play a vital role in expanding the local Vale enterprise economy.'

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

Want to get involved?

The Ideas Group always welcomes members – new and established – to help run the VVBN. 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@vwb.org.uk or chat to us at any event.

Our events are typically held on the third Wednesday of every month at a range of convenient and superb locations across the Vale and occasionally Cardiff.

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

'The quality of the speakers that the VVBN attracts never fails to impress me.'

'The VVBN is the most friendly and supportive business network I have ever encountered.'

'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 VVBN. What a happy, talented and resilient group of women!'

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

'I am in the very early stages of starting my own business, hence see this network as a welcome opportunity to seek inspiration as well as share ideas with other successful women in business!! In addition, this network was recommended through a friend as being very enjoyable as well as fruitful.'

