

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

e
d
w
w

Name
Name of Business
Address
Telephone
Email
<input type="checkbox"/> 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



Our events in 2010

Wed 20 January – Trio Brasserie, Cowbridge

Psych yourself up for 2010: You can't do well in business by being something you're not. You have to understand who you are and maximise it all the way. So if you want to go further in 2010, then don't miss our first session of the year led by experienced chartered psychologist, Philippa Hain. Sponsored by RingMargaret.com

Wed 24 February – Trio Brasserie, Cowbridge

Start it up and hold on: Two sensational speakers - Pauline Turner and Ally O'Meally Watson - will demystify all things financial, including the pros and cons of accountants and book-keepers, VAT registration, limited company versus sole trader. So whether you're starting up or already established in business and rethinking your money affairs, this event is for you.

Wed 17 March – The Senedd, Cardiff Bay

VWBN award and photography exhibition: Join us at this illustrious venue to hear the name of the winner of the VWBN's first 'Spirit of Giving' business and community award. This is also an exclusive opportunity to view the beautiful and inspirational photographic collection called 'Coast' by award-winning fine art photographer, Anna Proctor, over a glass of bubbly. Booking essential.

Wed 21 April – Copthorne Hotel, Culverhouse Cross

Sell, sell, sell!: In this practical event, find out how to 'sell' your company effectively. Discover what makes a good advertisement – what information to include, how to present it, how to organise advertising and get the best rates. And under Chatham House rules, get feedback from your peers on how to improve your marketing literature to get that wow factor.

Wed 19 May – a pub in the Vale, tbc

Walkie talkie!: For the third year running, our popular walk through the Vale returns when members and guests can network, stimulate the creative senses or simply enjoy the tranquil scenery. And as has become tradition, everyone is welcome to stay and network over a hearty meal afterwards!

Wed 16 June – Trio Brasserie, Cowbridge

What is the world twittering on about?: Are you curious about blogs, pokes, tweets and online networking sites such as Facebook and LinkedIn? Come along and find out what social media can do for your business, how it can help you engage with your customers and raise your company profile.

Wed 14 July – The Roundhouse, Vale of Glamorgan

Drumming up business: Taking place in one of South Wales' most amazing attractions, our pre-school holiday get-together promises to be not just your usual networking event. As well as finding out how The Roundhouse was achieved, there'll be an opportunity for turning your hand to something unexpectedly new. Everyone is welcome to this fun event.

Wed 11 August – Fonmon Showground

The Vale of Glamorgan Show: Year on year, our presence grows as members take advantage of exhibiting their products and services via the VWBN stand at this hugely-popular event in the Vale. Members only.

Wed 15 September – Trio Brasserie, Cowbridge

Your 3 minutes to shine: Facilitated by Julie Thomas of Simply The Best training consultancy, this strictly-timed speed networking event with a difference will be the perfect opportunity to meet and greet as many contacts as possible – strengthening old ones, forging new ones – in the relaxed and informal setting of this cosy restaurant.

Wed 20 October – Copthorne Hotel, Culverhouse Cross

Successful women in business: Laura Tenson, founder of JoJo Maman Bebe, is one of Wales' most famous female entrepreneurs. Hear Laura's story, find out what motivates her and discover her tips for being successful in business.

Wed 17 November – Holm House, Penarth

Make yourself at 'Holm': Come and network in the sumptuously stylish surroundings of Wales' first boutique hotel. The evening will be an opportunity to delight in some delicious nibbles and indulge in some pre-festive seasonal cheer whilst chatting to both old and new friends and colleagues.

Wed 15 December – Media Wales, Cardiff

Inside the media: For the first time, VWBN members will be taken on an exclusive tour of Media Wales' new offices. Learn how the media works and get top tips on dealing with the media from the people writing the stories. Booking essential, limited to 12 people. Sponsored by presstocontact.com



Rhwydwaith Busnes Menywod Bro Morgannwg

Vale Womens Business Network 2010

Supporting women in business

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 VWBN

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

Whether you are an experienced businesswoman 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
- Network at our social events
- Raise your business profile through selling and sponsorship opportunities
- Share business challenges and solutions
- Take part in no- or low-cost personal and professional development events.

An annual membership costs just £40. We charge a small entry fee (normally £3 for members and £6 for non-members) 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.

Our monthly events

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

“ 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. ”

“ 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. ”

“ 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'm always amazed at the diverse range of business topics that the VWBN covers. I learn something new every time which keeps me motivated in my business. ”

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 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 VWBN. Do you fancy organising 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 VWBN 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, VWBN 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@wbn.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 VWBN is delighted to be in regular contact with Jane and is grateful for her ongoing support.