

1230 Insight

Online and off-line networking for you!

Dynamic

Independent

Business women

www.1230.co.uk



1230 TWC News

We Mean Business!

With plans in place for **We Mean Business!** on **Thursday 9 October**,

2008 is just flying along for 1230! The Churchill Theatre, Bromley is the south-east's premier theatre, the step up for productions West End bound and venue for this inspiring event.

We Mean Business! sees oodles of networking opportunities, Keynote speaker, workshops, business stands, pamper corner. Details for booking will be posted on the web site soon, places for stands and attendance will be flying out of the window, sponsorship opportunities are available.

So make sure that Thursday 9 October 11.00 am to 3.00 pm is totally blocked out in your diary. And for those of you who think that Bromley is buried deep in the Kent country-side, it has a hugely thriving business community, brilliant shopping centre, ample parking and is just 17 minutes from Victoria.

So, what else has been happening at 1230? A recent trip to Bristol-based web developers Digital Turtle saw plans for further development of the 1230 web site. You might wonder how else this could be improved. There are of course, the ever-growing



opportunities for 1230 members to market their businesses through the site. Coming soon will be the chance to advertise on the web site; with the rapidly increasing number of hits on the site, you won't want to miss out!

1230 continues to partner with other organisations to develop your business range. May has seen 1230 attendances at the Innovation for Business Success in Sutton which 1230 Sutton Manager Cathy Endicott -Miles helped organise, Business Opportunities Forum in Oxted, organised by 1230 Oxted Manager Val Apps and members of the very successful 1230 Oxted group, and SE Enterprise business exhibition to celebrate the conclusion of SEE's Re-Connect to E-Enterprise programme; coming up fast are City Business Library (London) Tour, Presentation and Networking on the 5 June, but more of

“... and I know that I will be able to build my business by joining 1230”

that below, 1230v on 9 June with Lola Fayemi, Business Scene events on 17 June in East Sussex and 3 July in London.....

Phew! More next month, and we look forward to seeing you in person and on www.1230.co.uk

Courtesy of S.E.A. Photography



Co-founders Jackie Groundsell and Penny Denby

Enjoy your read, and we look forward to meeting up soon!

Network and learn

Want to know how the competition is doing or you need to some statistics about the market you are in? Then City Business Library is the place to go. Access to the databases in the CBL collection costs thousands of £s but you can view the information free if you go there. There is no charge to use the library which has a team of fully trained librarians – all experts there to help you to find out what is needed to grow your business.

On **Thursday 5 June** between 6.00 pm and 8.30 pm there is a chance for you to get up to speed with the information you need to make your business go with a swing. 1230 Mayfair Manager, Caroline Heward, is hosting the event for Members and Non-Members. CBL is a few minutes walk from Moorgate and the Barbican. Cost to 1230 members is £10; Non-members pay £15 – canapés and wine included.

Cheques in advance payable to Caroline Heward: 1230 TWC Mayfair, Flat 4, 62 Bulwer Road, E11 1BX. Tel 07957 160649
City Business Library (off Aldermanbury Square), 1 Brewers' Hall Garden, London, EC2V 5BX



Brain food

Make sure you chew each bite! This will lead to more efficient digestion and assists the satiety process—the system that tells us we are full and curtails our appetite.

By rushing our food we don't give our body enough time to speak to our brain and then we feel bloated, overfull, and ill!

So take your time and enjoy your food!
Another good reason for lunch-time business networking!



“ Just wanted to thank you for the 1230

Bromley meeting today. It was really interesting and I know that I will be able to build my business by joining 1230. The women there were really nice and already Anne of Virtual Nimble Fingers is helping me (she has helped me with my 60 seconds) so just wait for the next meeting! Thank you for the choice of food, it was lovely even though I put on 1lb at Weight Watchers. Speak to you soon ” .
Sonia MacDonald Weekenders Fashion

HOT SPOT!

5 June City Business Library (London) Tour, Presentation and Networking Advanced booking— www.1230.co.uk

9 June 1230 Members —1230v meeting (teleconference) : Lola Fayemi of Urban Spirit Holistic Harmony wants you to find the answer to "What's Stopping You?" Advanced booking— www.1230.co.uk

asap Great opportunity to star on TV, new wardrobe and 3 months' free 1230 membership—details soon

20 June 1230 TWC Managers next interview and training date

18 July Thetford Forest Challenge charity event , Bury St Edmunds

26 September 1230 Tea in Style with Frank Usher Fashions, Jenny Agutter and Ovacom

9 October 1230 with RBS—We Mean Business! Churchill Theatre, Bromley

Inspirational Quotes

“You are never too old to set another goal or to dream a new dream”

C S Lewis 1898-1963

Thanks to Denise Parker Coaching & Development www.denisparker.com

Networking Tip

Make the most of your one-minute presentation opportunity at meetings. Time spent before any business meeting thinking about what you want is never wasted. Whether you need a new customer, an accountant or some advice if you've thought about it in advance you will be able to focus your request. Ask for too many things and listeners will switch off; ask for nothing and that is what you will probably get! It takes practise to get it right so keep trying!

If your budget doesn't stretch to a stand at a business exhibition, you can still get plenty of opportunities if you look round the exhibition and make contact with people who you might want to work with. Always take plenty of business cards or postcards with information about your business.

Estate Planning & Inheritance Tax



Estate Planning and making your Will is not a subject that is on our daily "to do lists." Nevertheless, you should take some time to think about it as you will be able to direct your hard earned money away from the tax man towards your chosen beneficiaries or simply for your benefits.

Estate planning can be outside your Will (lifetime estate planning) or within your Will, another very important reason to make or update your Will.

Estate planning will benefit anyone who has assets including property above the nil rate band. The current nil rate band is £312,000 and assets above the nil rate band are subject to Inheritance Tax at 40% on death. Put simply and excluding exemptions, if you have £50,000 above the nil rate band at death, your estate will pay £20,000 to the Tax Office. Whereas if you had undertaken some estate planning either within or outside your Will, you could have saved the entire amount.

Hermeling Solicitors is based in Bromley. Aima Hermeling is the principal of the firm and has more than 15 years legal experience. Hermeling Solicitors will be happy to provide 30 minutes free consultation to 1230 members on any of the private client legal services provided by the firm. www.hermeling.co.uk

Business Success

Dawn Gibbins MBE

Chairman of Flowcrete, specialist floor manufacturers—who dares to be different and says DO IT!

Dawn's winning formula for business success.....

- ▶ **Do it Differently**
(BIG Surprise for your customers)
- ▶ **Do it Better**
(Better & BIGGER than your Competitors)
- ▶ **Do it, flaunt it**
(Look BIG, get noticed)
- ▶ **Do it, with Passion**
(BIG Passion to please)
- ▶ **Do it, and enjoy it**
(BIG fun, Make Friends, Network)

www.dawngibbins.com

Innovative—Exciting!

Our friends at www.silverriver.tv are producing an exciting new primetime BBC2 landmark fashion series based on women trading in their own fashion items for an inspired new wardrobe—they have asked 1230 to help them.

They are looking for all women across the UK who would be keen to swap and shop; all women who get involved will trade in their quality clothes and accessories and in return select a new style or wardrobe from a fantastic range of clothes—without spending a penny!

In each of the 3 episodes, approximately 60 women will be on the swapping floor, some women will be featured more than others while the rest continue to swap and shop.

Applications will be accepted from women regardless of age and size and background so don't let anything stop you or your friends and family from applying and be a part of this unique event! They are aiming to have an outstanding selection of clothing from high street to designer clothes on the floor, top celebrity names (we're told not T & S!) will also be there to help some women choose the right clothes for them.

So what are you waiting for? Complete the downloadable application form on the **Competition** page of www.1230.co.uk and email it to events@1230.co.uk

Women on Top



The Business Channel transmits **Women on Top** starting **4 -17 June week days** only. This series takes a look at successful business-women, revealing how they landed their sensational jobs in the face of fierce competition.

From publishing to tool designing, these women certainly show the way to the top!

Interesting ...

Cuts drive adults out of language classes

Although more Britons are travelling abroad than ever before, half a million fewer adults in the UK are learning foreign languages than a decade ago, according to a new survey. Of those adults who are learning a language in the UK, a quarter are studying English. Since the last national review in 1999, English has knocked German out of the top three languages being studied. The other two most popular remain French and Spanish.

www.foreignlanguageservices.com



More Opportunities

1230 is delighted to be involved in 2 forthcoming **Business Scene** events.

In Mid Sussex—**Sussex Connections**. We would love your support on the night and it promises to be a great opportunity for all involved with over 80 people already registered!

There will be plenty of opportunities to network. Drinks and nibbles, great speakers and a goody bag to go home with!

When: Tuesday 17 June 2008 @ 6.30 pm
Where: Porsche Centre Mid Sussex

It is FREE for Business Scene Business Members to attend thanks to sponsorship from O2 and BlackBerry.

Also opportunities to exhibit email lynn.tulip@Business-Scene.com for details if interested

You can register and find out more online at http://www.business-scene.com/event_detail.php?e=4974

♥ IT'S A GIRL ♥ Congratulations to Marian Shaughnessy on the birth of Aoife Mae

ovacome 1230 2008 charity
the ovarian cancer support network
www.ovacome.org.uk



Another great event that **1230** is delighted to support.

This time in London—**London Connections**★. Again, we would love your support on the night - over 500 people already registered!

Plenty of opportunities to network, drinks and nibbles, great speakers and a goody bag to go home with!

When: Thursday 3 July @ 6.30 pm
Where: New Connaught Rooms, Covent Garden

There are also opportunities to exhibit email Warren.Cass@Business-Scene.com for details if interested

You can register and find out more online at www.TheNetworkingEvent.com

It is FREE to attend thanks to sponsorship from O2, BlackBerry and Oracle

If you have a newsletter for your business please add us to your mailing list
pdnby@1230.co.uk

Calling all 1230 Members!

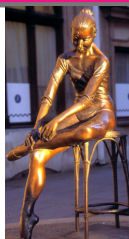
On the 2nd Monday of each month, an inspiring, informed speaker shares experience and expertise with 1230 members in a teleconference—1230v (virtual).

The schedule is put together by 1230 Manager Ann Hawkins.

Now Ann would like to hear from you!

Tell us what **topics** you'd like covered by the speaker and we will do our best to source the appropriate interesting expert for you.

Please email Ann on ann@theinspiredgroup.com with your ideas



Welcome ...
1230 New Members
May 2008

Halema	Ahmed	Bookkeeping & Admin Solutions
Marie	Allen	Gotelee & Goldsmith
Jane	Cooper	Travel Services
Sallie	Davies	Gotelee & Goldsmith
Amisha	Ghadiali	Amisha
Zoe	Hannam	Maisonentersurprises
Lyn	Haslegrave	Utility Warehouse Discount Club
Anne	Hulbert	Virtual Nimble Fingers
Julie	McDonald	Gross & Co Utility Warehouse (Internet/ Telecoms/Energy)
Barbara	McLeish	Juliet Nicolson
Juliet	Nicolson	Virtual Nimble Fingers
Paula	Pomeroy	Riva Energy Assessments (HIPS)
Ann-Marie	Riva	ActionCoach Business Coaching
Jo	Stickings	On The Fringe
Sharon	Stubbs	Lets Just Create Ltd t/a Indipaper
Maaik	Vlam	

I joined 1230 on 1 April, but I was no fool!

Since joining I have had good advice from Val Apps of TasQuotus business coaching, changed my utilities with Karen Young at Utilities Warehouse, had my jewellery photographed by Charlotte Emery at S.E.A Photography, have been booked for Events by some of the women and have been given some really good contacts. Jackie Groundsell has been very supportive with ideas and suggestions.

So I would say you really should join 1230—it will change your business!
Fiona Coppard www.electrajewellery.com

Sorry, no space for IT-Tips this month!