

May Messages - Bristol Group Club Contacts:



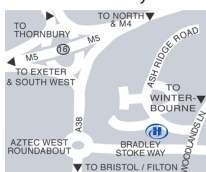
1. Sylvia Perry, S_G_Perry@compuserve.com
0117 9571446
2. Sue Holtom, sue.holtom@btinternet.com
0117 932 4377 and 07710 835396
3. Jackie Franklin jackie.franklin@houseofcolour.co.uk
0793 0884015

Venue

Hilton Hotel, Aztec West, Bristol



Hilton



Networking from 6.30pm – meetings start 7.30pm

**WELCOME TO ANOTHER
NEW MEMBER!**

Dr Sian MacGowan is the Business Development Director of a health and safety consultancy and training company called Sureteam Ltd.



Sian is based in Tetbury, Glos, and had been getting our Bristol updates for a little while now after being introduced to us by Sylvia Perry and Jill Green. When she saw the new website details www.bpwbristol.co.uk on the April newsletter, she downloaded a membership form and sent a cheque off right away. Sian was formerly Chief Executive of BRACE which is a charity that raises money for research into dementia. She is also Regional Director of BNI, a business networking group, and is really looking forward to meeting up with everyone.

www.bpwbristol.co.uk

DOWNLOAD EVENT FLYERS

There is now a downloadable flyer on our Events pages beside the meetings coming up. We are making it even easier for guests and members to come along!

MEMBERS PROFILE PAGES

We are introducing some member's profile pages to the website. This enables prospective members to see the sort of people who belong to BPW as well as the News and Join Us pages.

WEBSITE LINKS

We are now set up on the following websites:

- Bristol City Council
- UK Small Business Directory
- Digital Bristol
- Weston-Super-Mare Chamber of Commerce

WEBSITE HITS

Before the Bristol Women's Show the hits on the website were 170, some of would have been made up by your club contacts & the website designers making changes.

However the hits are now: **336**

**WE DISCUSSED THE
UNDISCUSSABLE!!**

The Schumacher Institute is very fortunate to have such a visionary CEO!



Left to Right: Nicola Jones with guests Susan Fullbrook; Wendy Coleman and Val Fox

Nicola Jones took us on a roller-coaster of an evening where she challenged some of our core beliefs and gave us **such** insights into the human condition that everyone was enthralled. What was intended to be a 45 minutes session became 1.5 hours of focussed interaction. The topics ranged from the 2.6 billion people who do not have access to the most basic sanitation, to

whether any of us are 'naturally' a woman or are we just conditioned from birth and finally to what priority do we give ourselvesare we No1 or No2 in our lives? Shockingly she shared some research that has revealed a girl's self esteem peaks at 9 years old!! So many women are held back by this lack of confidence..... If ever justification for an organisation such as BPW was needed this single fact alone is proof positive of how important our organisation is. Our aim to help women develop their potential in all aspects of their lives is simple and from our Public Speaking Competition for Youth People to our Lobbying; from our Personal Development to our Business Networking it is all about women working for other women.

2 ASPECTS TO THE 6th MAY EVENT

BPW UK – a new operating model
(Members only 6.30pm to 7.30pm)



By now you will have received the corrected motions for discussion and adoption (or not) at the BPW UK Annual conference on 15th/16th May. **If you cannot make the 6th May event please make every effort to pass your Proxy Vote, on the 2009 Registration Form, to either Sylvia Perry or Sue Holtom** who are both attending conference. It is the way forward for the organisation and you have a right to be heard.

Improving Your Wellbeing (Open to all 7.30pm onwards)

Libby Foley and Kim Roberts will show us how to alleviate our stress levels by employing the ancient technique of Reiki



Two young women starting up a venture when, so many people would say, it is the worst possible time! Libby and Kim took their desire to improve people's wellbeing and their concern over the building stress levels, to the business world by way of the Princes Trust in 2008. A panel of 3 experienced business people assessed them and Libby and Kim were delighted when they were successful. They have now have expanded so they are teaching people how to employ Reiki techniques in their home on their friends, family and most importantly themselves. **Contact Sue Holtom for more details.**

“Simple Girl” - 8TH MAY

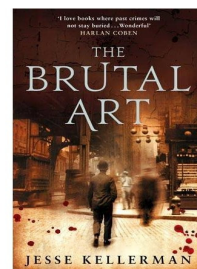
THEATRE ROYAL BATH Main House Ustinov the egg



Come to a thrilling and touchingly funny encounter with a self titled 'simple girl'- at once mischievous flaneur, epic sentimentalist and grandiose fibber. Tales of glamorous peril jostle with a live soundtrack, executed by idiosyncratic heroine Melanie Wilson. Teresa Perrett from BPW Bath will also be joining us at the Ustinov theatre at 8pm. **Contact Sue Holtom for more details**

OUR BOOK REVIEW - 28TH MAY

EXTRA EVENT Don't forget to have read the book we chose in February to review and discuss. We are meeting at Sue Holtom's home on 28h May at 7.30pm. Please email your comments if you are not able to make it.



Let Sue know by 26th May if you are coming alongshe'll make sure there is some wine and nibbles to aid our discussions! **ALSO we need to choose the next book.....who are your favourite contenders?**

BPW Southern Region - Update

You will have had by now 2 Regional Newsletters. The Bristol Women's Show was a resounding success and Sue Holtom is already gearing her team up for the Women in NAPO (*National Association of Probation Officers*) Conference on Friday 1st May at Jury's Hotel in Southampton. Their guest speaker is Esther Rantzen and they are holding workshops on Honour Killings and Forced Marriages plus getting Women into Management.

Don't forget to check out the new Regional Email box bpwsouthern@hotmail.co.uk, password **empowerment4ALL** for all the latest UK news.

BPW UK Update

National Public Speaking Competition – although the Bristol team, (QEH) did not come home with any silverware this year they acquitted themselves very well and have received some very constructive feedback from the Judges.



The other teams were of a phenomenal standard. See BPW UK website www.bpwuk.co.uk for full details of all the awardees.