

## NEWSLETTER – July 2008

Welcome to the Business Forum's regular Newsletter, covering our successful July 2008 meeting and also including all usual areas of interest to members.

### **Next Meeting**

Our next meeting will be held on Thursday 11<sup>th</sup> September 2008 at the County Offices Sports Club, Plas Newton Lane, Upton, Chester, starting 6.30pm for 7.00pm, with usual bar & buffet.

### **Speakers**

Jane Hilyer & Justine Watkinson from Hillyer McKeown  
on 'top tips' for employers and  
'how to avoid the main bear traps of litigation from employees'

AND

Annie Davies of Aurora  
"Word-of-mouth Marketing"

**Usual Bar & Buffet plus raffle for exciting prizes**

**Guests Welcome**

### **Members Meeting 10<sup>th</sup> July 2008**

**David Jamieson of Apex Coaching** gave a most interesting talk on the benefits of Wealth Coaching and Management. David's advised on the need to grow wealth, to protect wealth, and on prioritising and then protecting your wealth. This was a very apt topic, applicable to us all, throughout our working lives and on into retirement.

David is able to provide a free confidential review to members, including discussions on your own financial planning. Call David on 01244 368748, or email at [david.jamieson@sipp.co.uk](mailto:david.jamieson@sipp.co.uk)

Our second speaker of the evening was **Di Evans of Gemini Health**. We are very grateful to Di, who stepped in at the very last minute (literally) to replace the advertised speaker, who had let us down.

Di gave a very interesting talk and demonstration of some of the de-stressing techniques she uses in her work. She also discussed the causes of stress, and the affects it can have. **Quotes from Bowen Technique demo: “Great, smashing, super.....”**

Di can offer Complementary Therapies, Reiki and Bowen Technique for individuals or in the workplace.

Please contact Di on 01244 378601, or [di.evens@gemini-health.co.uk](mailto:di.evens@gemini-health.co.uk)

We also conducted our usual raffle, with deserving winners.....

Another excellent reason to be a Forum member.

As you can see there is always a full programme for our meeting. If you would like to feature in any meeting, you can always agree to speak at one of our Members' Showcase slots. Alternatively, if there is a topic you would like to have covered at a meeting, please let us know. Contact Les George at [chair@cepnforum.org.uk](mailto:chair@cepnforum.org.uk)

## Website News

Did you know that the Forum operates a website where your membership and business will be advertised? We can also set up a link to your own website.

Read this Newsletter on the Forum's website, where we had another amazing 2500+ visits in July and a further 1779 visits in August. You've got to be in it to win anything from it!!

Why not log on, visit the site and find details of our strong membership by reading about your fellow members? Is your entry up to date? Do we need to change any member details?

**NOTE: We need to continue to update members' details. Please check yours as listed on the site, and advise Mark of any changes to the details listed since you joined the Forum. Thank you.**

Let us know by emailing Mark Ireland-Jones at [mark@wirralphoto.com](mailto:mark@wirralphoto.com)

### **\*\*\*IMPORTANT ANNOUNCEMENT FROM YOUR COMMITTEE\*\*\***

Les George has worked extremely hard for the Forum over the last 4 years as Chair, to the benefit of all members. We are extremely thankful for all her efforts.

However, she has decided that, after 5 years as Chair, she would like to pass on this responsibility. Therefore, we are looking for a new Chair of the Forum, to take office from April 2009.

If you are interested in becoming Chair, or even joining the Committee, please speak to any of the current Committee, who would be pleased to discuss any of these opportunities with you.

#### **Members**

With new members joining us on a regular basis, and with old friends deciding to move on to new opportunities, our member numbers were 61 at the end of July. New members are still welcome. Please encourage any new businesses or business colleagues to come along to our meetings.

The Forum's Committee meets regularly to discuss and organise the events and meetings of the Forum. Copies of the minutes of the Committee meetings are available on request to members. Contact [chair@cepnforum.org.uk](mailto:chair@cepnforum.org.uk) for a copy.

The Committee is actively promoting the Forum on behalf of the membership, but if you know of any Start-up Businesses or existing SMEs you think will benefit from membership, please don't hesitate to tell them about us, or bring them along to our next meeting!

## Member News

### **\*\*\*CALLING ALL FORUM MEMBERS\*\*\* BOOKINGS NOW BEING ACCEPTED!!**

Would you like the chance to join our Members Showcase for 2009? We need presentations of between 5 -10 minutes. You can let all members know all about you and your business, including interesting facts or offers for other members.

Please contact Les George on 01244 512117, or at [lesley.george@chester.ac.uk](mailto:lesley.george@chester.ac.uk) or at [chair@cepnforum.org.uk](mailto:chair@cepnforum.org.uk)

In addition, you can also have 200 words about your business published here on our Newsletter. If you have any special offers or events you are planning in the near future, you could publicise them here too.

Please send your 200 words to [keith@ehrservices.fsnet.co.uk](mailto:keith@ehrservices.fsnet.co.uk)

### **Attendance at our monthly meetings**

All members receive a copy of this Newsletter, as we continue to post out hard copies to all members each month. Members are also now sent a reminder about the meetings approximately one week beforehand. If possible, we would like members to confirm their attendance, or to indicate that they are unable to attend, so that we can cater for correct numbers.

You can help us by emailing the Forum Chair, **Lesley George**, at [chair@cepnforum.org.uk](mailto:chair@cepnforum.org.uk). Thank you.

..... and finally,

**don't forget our next meeting this Thursday – 11<sup>th</sup> September.** All current members and guests welcome – come and meet the Committee and fellow members, and take part in important networking for your business.