

# Andover Women in Business Club

## February 2011 Newsletter

### PRESIDENT'S PROLOGUE

CHOCOLATE!

Is chocolate an addiction or just an occasional treat? Probably somewhere between the two for most of us, so Barbara Parker's talk on the history of chocolate on 1 March and how she built her business should be a real treat for all of us. She will do demonstrations, but whether there will be samples, who knows?

Our 5 April meeting is a networking evening to which we have invited members of the Mutual Business Group, so do bring a friend if at all possible. There will be tables on which to display your wares and an opportunity to do some good networking. The theme for the evening is Focus on Marketing, when we can exchange views on the best marketing techniques for our businesses. To get us off to a good start a speaker from TWA will give a short talk on various marketing tools, something that many of us could consider.

And don't forget Andover EXPO at The Lights on Wednesday 16 March. A little help with manning our stand would be much appreciated - do get in touch if you can spare an hour of your time on that day.

See you, drooling, on 1 March!

Vera

### Andover Expo 2011

The third Andover EXPO will be at  
The Lights on

Wednesday 16th March

AWIBC are taking a stand this year in  
the Foyer.

**We need help on the day.**

Can you spare just **1 hour** of your  
time to **help**

by handing out fliers and talking to  
people about the benefits of being a  
member?

Please come and support us

Contact Vera if you can help on the  
day.

Telephone: 01264 324729

Email: [dvchester@aol.com](mailto:dvchester@aol.com)

Are you starting or running a small business?

Free information and advice to help you succeed can be found at:

**Enterprise First** Tel: 0845 458 7535

Email: [info@enterprisefirst.co.uk](mailto:info@enterprisefirst.co.uk) Web: [www.enterprisefirst.co.uk](http://www.enterprisefirst.co.uk)

### Stress in the Workplace

Despite the heavy fog many members made it to the Bourne Valley Inn for the February meeting. Unfortunately the speaker from MIND was one of those that was unable to attend. However, as one would expect, the Chairman for the evening, Brenda Locke had already made a back-up plan.

After a most enjoyable meal and introductions by members describing their businesses we went on to discuss the thorny issue of STRESS.

How can we tell if we are stressed and what steps can we take to alleviate the symptoms and the problem? There are at least 42 mental and physical signs that can indicate stress and they include finding it hard to wind down, low libido, poor sleep, over-reaction to situations, becoming agitated unnecessarily, loss of appetite etc.

A lively discussion with contributions from all members concluded with some suggestions as to how to combat stress with solutions ranging from aromatherapy and massage, ensuring a healthy and balanced diet, vitamin supplements, yoga, learning some relaxation techniques, taking up a hobby, fresh air and exercise, and talking to somebody.

The meeting closed about 10pm with members departing having enjoyed a sociable evening and no thoughts of stress apart from the drive home in the fog!

Caroline Gilham

### March Meeting

The next meeting of the AWIBC is on  
1st March at the  
Red Lion Country Inn in  
Clanville.



Barbara Parker of

**Parkers Cakes and Chocolates** will  
be talking about the chocolate  
business.

This is a really interesting talk about  
the origins of chocolate, how to cook  
it etc.

There will also be demonstrations  
and tasters.

Tell your friends,  
we would love to welcome them.

# Andover Women in Business Club

## Lesley Knight – The Anti Ageing Clinic

I have some amazing testimonials coming in from people who are taking the new nutritional supplement *Vitality* which I told you all about a few months ago.

I have my own of course which is amazing in itself. I have far more energy than I have ever known in the past. My mental fog has gone, and I am getting much more done!

Vitality actually targets the Mitochondria which are the powerhouse of the cell, that's where our energy comes from.

As a healthcare practitioner by background I will be recommending it to everyone. If the body has more available energy then everyone will benefit.

So - if you want more energy, better mental clarity and to put an end to the afternoon slump- without resorting to coffee or energy drinks which all create a big slump in energy later anyway, please let me know.

Lesley

Tel: 01722 334117 M: 07951027661 Email: mailtolesley@gmail.com

**The deadline for the March issue of the Newsletter is:**

**18th March 2011**

**Newsletter editor:** Brenda Locke

**Contact: Email:** membership@awibc.co.uk

Tel: 01264 354174

Please note, it is **free** for **members** to advertise in the Club Newsletter.

## Diary Dates

1st March	Red Lion Country Inn	Parkers Cakes & Chocolates
16th March	Andover Trade Expo	AWIBC Stand
18th March	Newsletter	Deadline for entries
5th April	Keystone Hall	Focus on Marketing
3rd May	Clos du Marquis	TBC
17th May	The Lights	Test Valley Business Awards Gala Dinner
7th June	Red Lion Country Inn	Michael King The Business of Magic
5th July	Bourne Valley Inn	Jill Livingstone What's new at Enham
August	Chester House	President's Picnic

## Test Valley Business Awards 2010/11

Entries are now closed.

The judges are now considering the entries, so if you have applied for an Award you may be contacted soon.

Many members of AWIBC have been shortlisted in the past and we have had winners too, so watch this space.

The Gala Awards Dinner, where the presentations take place is on Tuesday 17th May 2011 at 'The Lights' in Andover

Be sure of your place at the Awards presentation book your tickets now at: [www.tvbawards.org.uk](http://www.tvbawards.org.uk)

## AWIBC Website

Are you there?

Do you want to be there?

Are your details correct?

Contact Larch on:

[info@virtualsupportservices.co.uk](mailto:info@virtualsupportservices.co.uk)

## Display boards, projector and screen wanted

Transition Town Andover is looking for display boards (either freestanding or desktop) and a projector and screen.

Does anyone have or know anyone who has any of these items which they no longer need or use?

Transition Town Andover is a community group working in Andover to raise awareness of climate change and peak oil and their consequences and challenges. The group aims to work with others (residents, businesses, public bodies, community organizations and schools) to develop a low carbon, sustainable and resilient future for the town through ethical, social, cultural, economic, environmental and community action.

If you are able to help with the equipment or would just like to know more about the group please contact Liz Scrace on 01264 350167 or [liz.scrace@ntlworld.com](mailto:liz.scrace@ntlworld.com).

Thank you

Liz