

Bristol Business Network



March 3rd 2010

Timetable for today's Business Network Event

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| 11.45am – 12.30pm | Registration, informal networking and welcome drinks |
| 12.35 – 12.40pm | Take your seats for lunch |
| 12.40 – 12.45pm | Introduction by Sean Humby – Bristol Business Network Host |
| 12.45 – 1.30pm | Table presentations – exchange business cards, make your 3 minute presentation |
| 1.30 – 1.40pm | Table to table networking – your opportunity to introduce yourself to someone seated at a different table. The seating plan has a list of all those attending today's event. Please ask Sean if you need an introduction brokered |
| 1.40 – 1.50pm | Speaker – James Short - AugMentor |
| 1.50 – 2.00pm | Announcements from Children's Hospice South West, Ways2Win, Picture of Health and Sean Humby |
| 2.00pm | Please feel free to continue networking - – a great time to make those appointments. Feel free to take advantage of the hotel facilities to continue your discussions and conversations |

Next event – April 14th^d – Mercure Holland House Hotel & Spa – Seminar being hosted by Ways2Win

An insight in to the world of winning tenders



01392 362088

Seminar Host details

Shred It M4 Corridor

We provide Shred-it's mobile on site paper shredding and recycling service in Bristol, Bath, Cheltenham, Gloucester, Oxford, Swindon, Newbury, Reading, Slough, Maidenhead, Bracknell, Camberley, Farnborough, Basingstoke and surrounding areas.

We protect your confidential information from criminals and competitors by cross cut shredding documents and data in our trucks at your site. Our fully vetted and uniformed staff collect and shred your confidential documents, then issue a Certificate of Destruction immediately before leaving your site.

We can also boost your office recycling as all the paper we shred is recycled. We even tell you how many trees you've saved! Since the branch opened we have serviced over 4,500 clients in the M4 Corridor region. Our clients include police forces, banks, government and MoD sites, insurance companies and hospitals to name just a few.

Shred-it clients know the importance of protecting their confidential information through on site shredding

If you would like to find out how you can benefit too, feel free to contact us using the details below.

01225 891164

mark.brooks@shreditm4.co.uk dan.lloyd@shreditm4.co.uk

www.shredit.co.uk

Chris Gordon of AUDITEL LTD

Tel 01453 542495

We will review you or your clients costs for free – consultancy on a no-savings, no-fee basis delivered by the UK's number one cost management organisation. We can look at over 150 cost categories from energy to telephones, insurance to stationery to business rates.

Even if you are a small organisation or a sole trader there is probably something we can do for you.

We will happily pay a finders fee for introduction to larger clients. www.auditel.eu.com/chrisgordon

Nick Porter of BLUE ARROW

Tel: 01179 544 694

With over 15 years experience in executive search Nick Porter at Blue Arrow welcomes enquiries from members looking for employment advice.

Nick can provide current recruitment intelligence on your business sector including up to date applicant numbers, salary expectations, talent movement and market opinions.

If you or someone you know is looking for that next career step, requires recruitment advice or has a vacancy please feel free to contact him on 01179 544694 or email nicholas.porter@bluearrow.co.uk

Karl Ellis of EBRs

Tel: 01454 501686 Mob: 07868 745758

Do you want to know the current market rate for any of your roles?

You need to know how your pay rates compare with the market if you want to attract and retain the best people. EBRs can help you set reward at the right level, using our Salary Check database to pinpoint the current market rates that are appropriate to your organisation. We will provide you with a report detailing pay, bonus and typical benefits.

In March, Business Network members can have two roles benchmarked for the price of one.

Contact Karl Ellis on 01454 501686 for more details.

karl.ellis@ebs.co.uk

www.ebs.co.uk

Fiona Hallworth of Clifton College

Holiday Activity Clubs for 3-16 Year olds - discount available.

Residential sports course for boys and girls in U16 cricket, hockey, football, rugby April and August.

www.residentialsportscourses.com

> Easter Revision Courses for A2 AS and GCSE in a wide range of subjects.

Simon Barber of Filebase
0845 602 7006

Three months free storage for any company signed up from The Business Network

www.filebase.co.uk
simonbarber@filebase.biz

Stephen Gibb of MEMORANDUM LTD

Tel:0845 625 6000

Frank-It Franking machine supplies. Up to 40% off Pitney Bowes and Neopost SRP on your first order

www.memorandum.co.uk

Pitney Bowes and Neopost (Franking Machine manufacturers) state you have to buy your consumables and ink from them. It's a little known fact that you don't have to. Frank-it.co.uk is 40% less expensive!

http://www.frank-it.co.uk/franking_machine_refills_supplies/the-law-is-on-your-side
www.frankmesenseless.com

Helen Drake of MERCURE HOLLAND HOUSE HOTEL & SPA

Tel: 01179 689 850

Spa Naturel, 20% discount on all treatments booked Tuesday to Thursday, Special fitness memberships from £35 per month including free treatments www.mercure-uk.com

Nigel Peeck of N3 DISPLAY GRAPHICS LTD

Tel: 0117 965 5566

We are pleased to announce that from 1st February, we now have in-house a state-of-the-art digital cutting and routing service. The Zund cutter will increase our productivity in our day-to-day cutting, but also enhance our 3D routing service. Essentially, we can cut anything from vinyl and posters, to acrylic, aluminium composite and MDF up to 25mm thickness. Making 3D cut lettering and logos for typical signage requirements for new and existing customers and trade.

Jeremy Townsend of PICTURE OF HEALTH

Tel: 01666 504718

"This product, in my opinion, represents the single most important breakthrough in health that I will witness in my lifetime"

Dr. John Nelson, past president American Medical Association.

"The most important development since penicillin"

Dr. William Code, MD

This product will have a profound effect on the quality of life of millions of people all over the world, including everyone of us who lunch in Bristol, Taunton and Exeter. Plus our families, friends and acquaintances.

Intrigued? Curious? For details talk to Jeremy Townsend on 01666 504718

Inge Dowden of Polyglot Coaching

0117-3704204

Pre-register your interest in our Personal Development Journal by going to the website www.polyglotcoaching.co.uk and receive a £5 discount off the RRP of £23.50

Contact me for more details: inge@polyglotcoaching.com or 0117-3704204 www.polyglotcoaching.com

Tina Scarrott of Regus

0117905 8700

We would like to offer £50 off a Business World Gold Card. These cards which are usually £199, are available for £149 for any Business Network members. With a gold card you have full access to our centres and business lounges allowing you to work productively when away from your home or office. www.regus.co.uk

Sian MacGowan of SURE TEAM LTD

Tel: 01666 503686

Sure Team provides a free 1 hour consultation to discuss your health and safety needs.

www.sureteam.co.uk

Neil Kinnerly of THE BEST OF BRISTOL LTD

Tel: 01454 228 213

From The Best of Bristol 25% off one years advertising for members of the Business Network.

Duncan Laker of WELCOME TELECOM LTD

Tel: 0870 777011

Reduce costs; reduce your carbon footprint with Fax 2 e-mail. WELCOME offers a full range of numbers that can deliver faxes to your inbox. Free to set up this service means that you only print the faxes you need to. www.welcometelecom.co.uk

What to do back at the office

Review the business cards from around the table and any others that you were given) and ask yourself the following questions:

- Who shall I write to and say how good it was to meet them?
- Would one of the people you met today benefit from your newsletter/being part of a forum?
 - Is there some I met today who I need to contact for help/advice/collaborative strategy?
 - Who shall I call and make an appointment to see?
 - Who am I going to tell about somebody I met today that could help?
 - Who else could benefit from an introduction to one of the people I met today?

Always keep in mind the members of The Business Network and on the lookout for any way in which you can pass on leads

"Life is a field of unlimited possibilities." - Deepak Chopra