

## Hi Readers

**A great month, pop along to a Circle Meeting, indulge in some Divine Trinkets, apply for a business training grant, take a free language course, attend free workshops, training and events, visit exhibitions, check out your image and pamper yourself. The opportunities are endless, the only thing you might be short of is time! Enjoy.**

## News

### The Chronicle

Thanks to the many who emailed me with support for the newsletter and the new look, it's been very successful. There were a few minor hiccups for some AOL users and the odd pdf was corrupted in transit, but these problems were easily and quickly fixed. Thanks again and keep sending me your information, and now your pictures.

### Louise MaClaren Artworks

Weetu member Louise MaClaren's artwork of Godwick Folly and Great Barn will be on display from 16th - 20th July at Gressenhall Museum during their archaeology week. Some of Louise's illustration work is exhibited at the Cobalt Gallery, 3 Guild Street, Walsingham, Norfolk, telephone 01328 820662.

Louise has a painting of Godwick Folly and Great Barn on the Norfolk Museums & Archaeology website. The Norfolk Heritage Explorer website is the online version of the Norfolk Historic Environment Record (NHER) which is a database of archaeological sites, finds and buildings in Norfolk. Go to [www.heritage.norfolk.gov.uk](http://www.heritage.norfolk.gov.uk) and click on exploring more, then go to Godwick on the art and archaeology listing and click to view Louise's work.

### Free BT Web Seminar

A free web seminar is to be broadcast live by BT called Is Your Telephone System Letting Your Customers Down? It's on Tuesday 1st May from 2 - 2.30pm, just go to [www.businessclub.bt.com/web-seminars](http://www.businessclub.bt.com/web-seminars) to read more and register. There is also a web seminars archive that you may be interested in too.

### Small Business Grants

Towards 2010 funds from 50% to 70% of the cost of employee training for businesses registered in Norfolk, Suffolk, Bedfordshire, Hertfordshire, Cambridgeshire or Essex. The average grant is £1,500 per business, but the actual amount depends on individual circumstances.

Towards 2010 has no prescribed courses or training providers; you decide the type of training you need, the training provider and the timing to fit in with your business.

Courses do not have to be accredited but must be at or above NVQ 3 and entail at least 6 hours of activities. Courses sponsored so far include sales and marketing, business planning, bookkeeping, project management, geotechnical surveys, risk assessment and ISO 9001.

Hurry and be sure you get an application for a training grant in promptly! All you need to do is report your needs and training requirements, explain how the training programme is expected to improve business performance and demonstrate that the funding is essential to carry out the activities.

For further information contact 01733 865002 or email [biancaforte@cseng.org.uk](mailto:biancaforte@cseng.org.uk)

### Divine Trinkets

You are all invited to 'Indulge' yourself with an evening of Divine Trinkets on Wednesday 9th May 7 - 10pm at Indulge Bar, Queen Street, Norwich.

A great evening out, loads of gorgeous jewellery, bags & scarves to buy on the night! Stock up on pressies for others, or splendid treats for yourself!

It's free entry but if you could let them know how many of you are going, they can organise the nibbles. Reply to Claire Bunton [enquiries@clairebunton.co.uk](mailto:enquiries@clairebunton.co.uk) or [norwich@lovetoindulge.com](mailto:norwich@lovetoindulge.com)



## Spirit Of Enterprise

4th May will be the first year Spirit of Enterprise has run, giving businesses in Gt Yarmouth the opportunity to shine. The awards will take place at a Black Tie Gala dinner held at Gt Yarmouth racecourse. This is an important business and social event for the community.

The categories are Business Growth, Older Entrepreneur, New Business, Small Business, Enterprise Gt Yarmouth Scholar, Young Entrepreneur, Customer Services, and Business Against All Odds.

In the category Business Against All Odds is Sleeping Dragons and Poppypeeds, a book written by WEETU member Alison Alden about her life with four eating disorders.

Having reached the finals of this award Alison is giving a public talk, on Tuesday 8th May. At the Priory, next to St Nicholas Church, from 7pm to 9.30pm, giving people time for questions and a talk. The ticket price is £2.00 in advance or £2.50 on the door. Tickets are available from the Priory Centre reception or telephone 01493 331227 or 07707333054 or email [sandcroft@hotmail.com](mailto:sandcroft@hotmail.com)

## WEETU Events

### Lending Circle Day

Make a note in your diary for the 18th May. A great day for those who wish to find out more about Lending Circles or those who are already in a lending circle. This is a fantastic chance to meet other WEETU women and do a little networking at The King Centre, Norwich 9.30 – 2.30. Please contact the office if you wish to attend on 01603 767367 or email [admin@weetu.org](mailto:admin@weetu.org)

### Lending Circle Morning

A Lending Circle Morning where women still wanting to find a circle can come along, have a coffee and meet other women looking for a circle. On Thursday 24th May from 10.30 - 12.30, at the Maddermarket Theatre in Norwich. Caroline Forbes will be on hand for a chat and to answer any questions that you may have. There's a lovely informal seating area where you can chat and help yourself to tea and coffee. Please phone the office on 01603 767367 to register if you are interested in attending or have any questions.

### Business Skills

New sessions of Business Skills will be starting in June in Norwich and Beccles. If you haven't done Business Skills yet and want to, this may be your opportunity! Equally, if you have missed any sessions or want to redo any, please get in touch. To register or for further details please call us on 01603 767367 or email [info@weetu.org](mailto:info@weetu.org)

## Feather Your Nest

An information service for your future.

- Do you feel like a headless chicken about retirement planning?
- Don't know where to go to get help with those questions?
- Want to understand what you can do?
- Worried about what's going to happen?

A lot of us are confused and unsure – but the Feather Your Nest project is here to answer those questions and concerns.

- We can help you untangle that pension nightmare
- Explain your options
- Start finding solutions
- We have already been able to help people just like you

No selling/ no jargon/ just facts and information about what you can do, where you can go and the questions you can ask. Giving you confidence to take that next step.

Best of all it's **free** – so get a group of you together or have a 1 to 1 – it's up to you. Call Sharon at the Weetu office on 01603 767367 or [email fyn@weetu.org](mailto:fyn@weetu.org) to arrange a time.

## E4ME 1-Week Courses

In response to the huge demand for a 1-week course of Is Enterprise 4 Me they will be starting again at the beginning of July. This will be an intensive course with some preparation on the trainees' part. This is also a course you might wish to alert friends and colleagues to, so please feel free to contact the office and register your interest and help us plan future events for you. Call 01603 767357.

## WEETU Value You & Your Business

We're delighted to tell you about a forthcoming Business Growth & Education Event in Norwich that we're involved in supporting and would like to invite you to attend.

At the University of East Anglia, Norwich, Monday 14th May, focusing on simple but highly effective marketing strategies and tactics that any business can utilise. This seminar is designed to give you a quick, no-nonsense insight into some of the most powerful and effective marketing techniques you can apply immediately.

After a buffet lunch you'll be invited to attend an open 'clinic' where representatives from the numerous sponsors will be available to answer questions on a range of topics, from marketing, sales and management, to e-commerce, business network, training and development, human resources, accounting, funding and finance, etc.

Normally £97 (plus VAT), however as a sponsor and co-promoter WEETU are delighted to offer you the chance to attend and benefit from a £30 saving, with your ticket costing just £67 (+VAT). A second place is also available for just £57 (+VAT) should you want to bring a work colleague, associate or friend.

For more information please visit [www.making-marketing-work.co.uk](http://www.making-marketing-work.co.uk) or call Steve Codman on 0845 226 6935.

## Partners Events

### Enterprising Women Conference

The Enterprising Women conference is on 13th June at the Rowley Mile Racecourse in Newmarket. A fantastic venue with free parking, 300 seats available and 50 exhibition spaces. Michelle Mone of Ultimo Bras will fire up your motivation and get things off to a bright start in the morning, and there's a choice of five topics in the morning workshops.

After a relaxed lunch and some retail therapy there's more workshops. Dawn Gibbins MBE, Chief Exec of Flowcrete will round off the day. Like all Enterprising Women events it will be dynamic. For further info, registration and exhibition space call Amy on 01223 421468 or email [amy@enterprising-women.org](mailto:amy@enterprising-women.org)

### Business Opportunity With Enterprising Women

They are looking for someone to be the Enterprising Women photographer for the day at the conference, capturing images of the stands, delegates and speakers. Call 01223 421468 or email [amy@enterprising-women.org](mailto:amy@enterprising-women.org) for more information.

## Other Events

### Free – Seven Secrets Of Low Cost Marketing

2nd May - King's Lynn Town Hall. Two hours of your time to find out tips and tricks on the fundamentals of increasing customer numbers and driving up revenue without breaking the bank. For bookings and information telephone 0845 601 1000.

### Free Language Courses

Pop along to sample an international finger buffet, check your knowledge in a fun 'Europe Quiz' and learn about support available to people who want to enter the lucrative markets of Europe.

Employees of small businesses and self employed people in Norfolk are invited to attend these free events and get the opportunity to sign up for free language courses. These free events are organised by the E-urocom Project.

#### ● Norwich

9th May from 4.30 - 6pm at the Henderson Business Centre, Norwich, NR5 8BF. Please call 01603 251707 or e-mail [julia@work-house.org](mailto:julia@work-house.org) for details of the events and to book your place.

#### ● Watton

8th May, from 4.30 - 6pm at Wayland House, located on the High Street in Watton, IP25 6AR. Please call 01603 251707 or e-mail [julia@work-house.org](mailto:julia@work-house.org) for details of the events and to book your place.

## Beyond The Image



### Photographers' Showcase Exhibition

A showcase exhibition of the Beyond The Image Photographers work, to celebrate the beginning of their third year, from 3rd May - 29th July.



### Nuts & Jugs

A printmaking exhibition by Nineprint  
31st May - 10th June.

The Beyond The Image Gallery is situated on the Thornham Estate, Red House Yard, Thornham Magna, Eye, Suffolk. Opening hours Saturday & Sunday, Mar - Oct 11.00am - 4pm Thursday - Sunday.

For further details contact Josie on 01379 678230 or Angie on 01508 480477 or go to [www.beyondtheimage.co.uk](http://www.beyondtheimage.co.uk)

### Using Your Digital Camera

A new course of technical stuff made simple for beginners and technophobes! Wednesday 11th July 11.00 - 4.00pm, £35. For bookings contact Angie on 01508 480477. [www.beyondtheimage.co.uk](http://www.beyondtheimage.co.uk)

### Applied Imagination

Marian Williams is exhibiting her unique, naturally dyed, silk clothing at 'Applied Imagination', an exhibition of textile art at the Old Workshop Art Gallery, The Street, Corpusty, Norfolk from 19th May until 17th June.

## Opportunities

### Free Lets Talk More Profit

A free seminar on 5th July at Newmarket race course. Increasing your profit is always important, but how do you go about it? Is it simply a question of putting up your prices? Or will that have precisely the opposite effect? You can't afford to get it wrong.

Let's Talk More Profit is packed with all kinds of profit-making strategies to help enhance your bottom line. Business speakers will be at the seminars to give you key information on how to maximise profit. Call 0845 601 0106 to book a place or go to [www.barclays.co.uk/seminars/moreprofit](http://www.barclays.co.uk/seminars/moreprofit)

## Image Workshops

Claire Bunton will be running a fantastic series of exclusive workshops held upstairs at Indulge on Queen Street, Norwich. The workshops are all stand-alone, so you can go along to just one or all three!



All three workshops start from 6.30 – 9. The price of £20 includes cocktails and nibbles. Learn some great tips on colours and styles and which will suit you, as well as having a great night out with the girls.

- **Colour Workshop Wednesday**  
6th June. Everyone can wear every colour; it's just about learning to find the right shade.
- **Accentuate The GOOD Bits**  
Wednesday 13th June. Our dress size does not affect the shape of our body. We retain the same body shape regardless of weight gain or weight loss. There are 3 main female body shapes. Learn how to identify your own body shape.
- **We Only Wear 20% Of Our Clothes 80% Of The Time!**  
Wednesday 20th June. A perfect wardrobe of clothes is one that suits your colouring, shape, personality, lifestyle and budget. It doesn't need to have hundreds of items in it for it to work.

Book all 3 workshops at the same time and pay £50 instead of £60. Tickets available from Claire Bunton on 01603 666868 email [enquiries@clairebunton.co.uk](mailto:enquiries@clairebunton.co.uk) or [norwich@lovetoindulge.com](mailto:norwich@lovetoindulge.com)

## Free Marketing Business Support To Women Workshop

15th May 2007, 10.00am – 2.00pm, Bury St Edmunds. Do you offer business support to women? Are you confident your marketing is effective? As part of the Enterprising Women programme Prowess is running a free interactive marketing workshop for business support providers in the East of England exploring the most successful ways to engage women in business support.

The workshop includes:

- The language of entrepreneurship
- The importance of gender design preference
- How to get your marketing message right for women
- Routes to market and placement issues
- Opportunity to have your marketing output assessed by your peers.

From leaflets to web design this workshop will move you forward in your business support activity ensuring you get your message right. To book a place on the training day please contact Julia O'Rourke by email [j.orourke@prowess.org.uk](mailto:j.orourke@prowess.org.uk) telephone on 01603 762355.

## Subscribers' Section

Your items are always welcome regarding forthcoming news, events, opportunities, etc to be included in The Chronicle. However, any services, products, events etc, included in this section are not necessarily endorsed by myself or by WEETU, it is up to all Chronicle readers to use their own judgement. Please send all your items for insertion to Lesley at [thechronicle@premier-links.net](mailto:thechronicle@premier-links.net)

## Crystal Healing - 20% Off For Chronicle Subscribers

Crystal Healing is a holistic therapy, which uses the vibrational, healing energies of crystals and gemstones to clear and balance the energy centres (chakras) and aligns the human energy field (aura). This helps to release emotions and blockages, clear stagnant energies and restore a sense of balance and wellbeing. A breakdown in the energy system of the body can lead to physical, mental, spiritual and emotional disharmony. Kerry Kwiatkowska offers a unique healing experience, from a purpose built healing hut, in a relaxed environment. You don't have to be 'ill' to have a crystal healing. Kerry is offering Chronicle subscribers a 20% discount on bookings in May. Contact Kerry on 07944755512 or [crystal.rainbow@ntlworld.com](mailto:crystal.rainbow@ntlworld.com)

## The Healing Trinity

Are you coming up against blocks on a personal or professional level? Are you interested in taking a holistic look at your business?



The Healing Trinity is currently offering free sessions in Guided Self Healing (GSH). GSH is a psycho-spiritual framework that encompasses all the facets necessary for a full healing in any area of your life, whether on a physical, emotional, mental or spiritual level.

GSH can also be tailored to help your business or organisation to move forward. If you feel your business is struggling to lift off and you believe you've done everything right, then GSH can help identify and clear any barriers you are coming up against using holistic techniques. To arrange a time for your free session please contact Katherine on 01603 810298 or email her [Katherine@thehealingtrinity.com](mailto:Katherine@thehealingtrinity.com)

## First Focus – Free Art Classes

Offering free Art Classes the third Tuesday each month from 10.30am-12.30pm and the last Thursday of each month from 10.30am-12.30pm, run by artist/workshop leader Louise MaClaren. Louise will be running a one off Art workshop for 'Salhouse Exhibition 2007' at First Focus on Thursday 5th July, 10am-3pm. The theme of the workshop is 'Identity.' This is about our Identity in art and how it can relate to the world around us. For further details and to book a place call 01328 855083 or email [info@firstfocus.org](mailto:info@firstfocus.org)

## Indian Head Massage Workshop

Miriam Drugan will be running an Indian Head Massage workshop on 12th May 10-4pm in Hethersett. Contact Miriam on 01603 811486 or mobile 07881 945114 for directions and information [miriam@aromahealthcare.net](mailto:miriam@aromahealthcare.net) Places are limited to 8 students.

## Nikiknitz

Nicola Kerr of Nikiknitz offers an exciting range of ready made and bespoke knitted clothing and gifts, anything from baby booties to handbags and lots more beside. If you want to have a look at a variety of readymade items then please email Nicola at [nikiknitz@hotmail.co.uk](mailto:nikiknitz@hotmail.co.uk)

## Soul Journey May Events

- Expressive Therapy with Anita Martin & Timothy McMichael, Friday 11th 7.30pm, Cost: £5. For those wanting to discover more about the 'Diploma in Counselling' course, starting September. Experience some of the techniques used in this powerful therapy which when used in a Person Centred way can release blocks and allow people to discover their own answers.

- Touch and Intimacy with Timothy McMichael, Tues 22nd 9.30-2.30pm, Cost: £25. Participants will be encouraged to look at their own boundaries and then try 'being' at those boundaries with themselves and with another person, from both a therapeutic and non-therapeutic perspective. To book places on the above: tel. Anita 01603 502228 mob: 079 73 777758 or email: [souljourney@freeuk.com](mailto:souljourney@freeuk.com)



## Craft Fairs

Local craft producers will have the opportunity to exhibit and sell their products at a series of craft fairs to be held in North Norfolk & Norwich. The fairs, organised by Knapton Crafts, will make a donation to a local charity from the proceeds of each of the fairs. Entry to all the craft fairs is free to the public.

Saturday May 26th – Knapton Village Hall  
Saturday June 2nd – Aylsham Town Hall  
Saturday/Sunday June 16th/17th – Blakeney Village Hall  
Saturday, June 23rd – Cley Village Hall (TBC)  
Saturday July 14th – Mundesley Coronation Hall  
Saturday August 4th – Aylsham Town Hall  
Sunday/Monday, August 19th/20th – Blakeney Village Hall  
Saturday, August 25th – Mundesley Coronation Hall  
Saturday September 1st – Holt Community Centre  
Saturday, September 15th – Blakeney Village Hall  
Saturday, October 6th – Holt Community Centre  
Fri/Sat/Sun, October 19th/20th/21st – The Forum Norwich (Holistic Fair)

Information for exhibitors and the public is available from Anna Ovenden at Knapton Crafts on 01263 722825 or [knaptoncrafts@fsmail.net](mailto:knaptoncrafts@fsmail.net)

## EFT Workshops



- An Introduction to Emotional Freedom Technique.

One day workshop on Thurs 24th May, Sun 10th June, from 10am-4.30pm in Attleborough. This workshop is £75 per delegate including refreshments and a light lunch.

- EFT Level 2 Practitioner Certificate

Two-day workshops on 19th / 20th May and 30th June / 1st July and Sept 8th / 9th. Pre-requisite is the Level 1 Introduction to EFT workshop and having worked through the EFT course on DVD. This workshop is £295, including the exam assessment and Certification from the Association for Meridian Therapies. This popular course could be run over four evenings. Please call for details.

- EFT Support Group

2nd Thursday of month from 7pm to 9pm. 1st session is free, £7.50 per session thereafter. For all who have taken the Introductory and/or Level 2 course. Includes 'tapping', discussion and ideas to increase your results. Those who learnt EFT with another trainer are very welcome.

- Alternative Slimming Classes

Held Tuesdays at Attleborough Community Centre at 6pm and 7.15pm. £5 per class. No diet, no scales, no willpower. Learn an alternative approach to achieving your body's optimum weight and easily maintaining it. Feel great, look fabulous and hear the compliments.

(No class Tues 15th May)

- Exam nerves

Now booking private sessions to help students overcome exam nerves. Also good for driving tests.

For more info contact Linda McCroft on 01953 458092 or 07879 628884, or email [linda@alternativeapproach.co.uk](mailto:linda@alternativeapproach.co.uk) or visit [www.alternativeapproach.co.uk](http://www.alternativeapproach.co.uk)

## Hungarian Country Style

Hungarian Country Style is the import and sale of handmade and hand painted country kitchenware from Hungary.



Lucy Whitmore has discovered a small family-factory that produces lovely ceramics and they also make items to her own specification.

Lucy sells the items at charity fairs and events throughout East Anglia and also via her website

[www.hungariancountrystyle.co.uk](http://www.hungariancountrystyle.co.uk)

For further details contact Lucy on 01508 528185.

## For Sale

### Labrador Puppies

WEETU member Sara Bruce has bred her Golden Labrador and the puppies are due anytime now. She is based in Norwich and if there are any interested families looking to buy a puppy, email [sassburge@hotmail.com](mailto:sassburge@hotmail.com) or telephone 01603 501942.

## The Good Book

### **The Rules Of Life** by Richard Templar £9.99.

We all know a few of them - those rare people who are happy and positive and make things happen; they have a loving family, great relationships, a supportive network and work they enjoy; they generate goodwill wherever they go and always seem to know the right thing to do – and then do it. They balance their lives without us ever seeing them frantically juggling, much less let it all drop in a mess on the floor.

## Information Box

### **National Minimum Wage Increase**

The adult national minimum wage (NMW) will increase by three per cent, from £5.35 to £5.52 an hour, from 1 October 2007. The rate for those aged 18 to 21 will increase from £4.45 to £4.60, while the rate for workers aged 16 to 17 will rise from £3.30 to £3.40.

The Government introduced new measures to enforce the NMW in February. Employers who have been paying staff less are now required to pay arrears within seven days of receiving an HM Revenue & Customs enforcement notice, or face fines.

### **HMRC Podcasts!**

There's no music, or jokes but useful info. HM Revenue and Customs has released a podcast on how it's working on its relationship with tax agents and intermediaries. Other podcasts are planned offering advice, support and helpful hints. Go to the link and follow the step-by-step instructions [www.hmrc.gov.uk/podcasts/](http://www.hmrc.gov.uk/podcasts/). Add it to your bookmark. If you need help with completing annual returns ring the HMRC Employer Helpline on 0845 7143143.

## Circle News

○ Remember If you are interested in joining a Lending Circle for ongoing business support, accessing a Full Circle loan, and having fun then please contact a member of the Full Circle team on 01603 767367.



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11 Orford Place  
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Website: [www.weetu.org](http://www.weetu.org)

## Website News

### **Website Of The Month –**

[www.seekitout.co.uk](http://www.seekitout.co.uk)

A great show case for rural businesses with or without websites. It's a great idea and the people you deal with are very friendly and helpful.

### **Your Website Of The Month –**

[www.galinawalls.co.uk](http://www.galinawalls.co.uk)

Full Circle member Galina Walls is a very good photographer with a fabulous site, showing some of the weddings and life styles she has captured. There's also a blog.

### **Blog of the Month –**

[www.jujulovespolkadots.typepad.com](http://www.jujulovespolkadots.typepad.com)

Another colourful fun site that's worth a visit.

## ...and Finally

### **Deadline For The Chronicle June 07**

21st May, sooner if possible please, email [thechronicle@premier-links.net](mailto:thechronicle@premier-links.net) or post to Lesley at The Chronicle, Flint End, 8 Church Farm Close, Palgrave, Diss IP22 1AX.

### **To Unsubscribe**

This couldn't be easier, either send me an email at [thechronicle@premier-links.net](mailto:thechronicle@premier-links.net) marked unsubscribe in the subject heading or telephone me on 01379 652056.

### **Joke**

Our ice cream man was found lying on the floor of his van covered with hundreds and thousands.

Police say he topped himself.

**Speak to you all again soon, Lesley**

Design, edit and layout by Lesley Kershaw.

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