

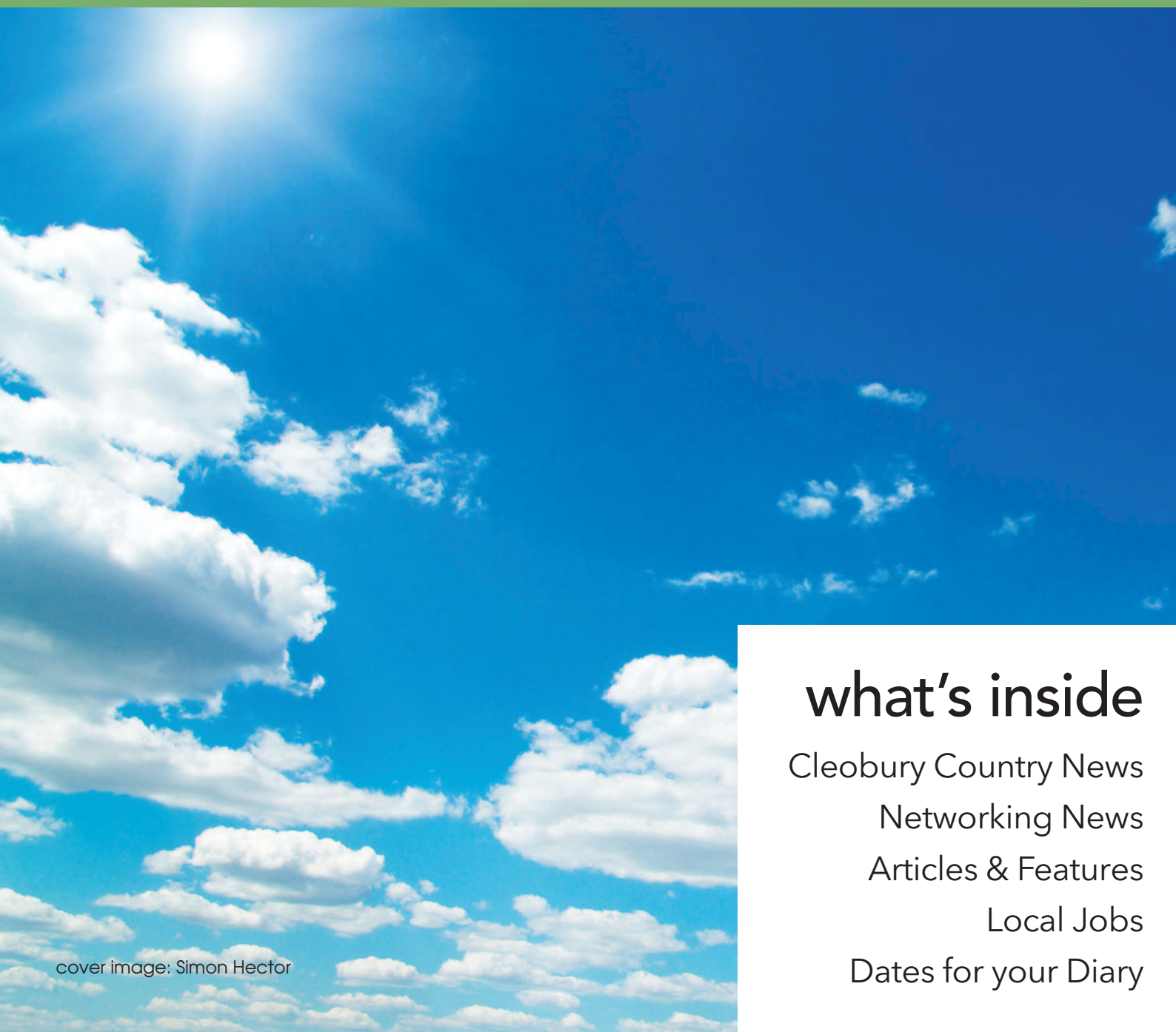


www.cleoburycountry.com

CLEOBURY THE COUNTRY BULLETIN

May Issue 2016

by local business people for local business people



cover image: Simon Hector

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Next Cleobury Networking meeting date: Wednesday 15th June

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May at the Cleobury Country Centre

Its been lovely seeing the sun shining on us this month, even had the shorts out!!!

Course-wise, we've been quiet this month, I think the number of bank holidays make it a difficult month for businesses to send their staff on training courses. We do have a full schedule for June though so we look forward to Emergency First Aid, Food Hygiene, Health & Safety and Fire. All of these courses are getting quite full now so if you are interested in attending any, get in quick!! We have a new taster course on Stress Management running in the evening of the 24th May, which is turning out to be very popular, we currently have 22 booked on for this!! Also, in the pipeline is a course for those in the caring profession - LEVEL 2 Award in Hygiene in Health & Social Care, so keep for eyes peeled for this coming through to your in box.

The Centre played host to a coffee morning for CM Bespoke Care, who are a new company providing nurse led care for the elderly in their own homes, which is of a high quality and tailored to individual needs.

The cake was lovely and there was a steady stream of supporters coming in for a cuppa and to chat about the service that CM Bespoke Care offer. Well done ladies, and a good morning!



The library is ticking along nicely and both, Vicki and I, have been to a meeting of other "taken-over" libraries, so that we can all put faces to the names of those within Shropshire Libraries who can offer us support and services. This week launched Mental Health Awareness Week and Dementia Week, and Vicki's display offers help and a route to support, etc. for those affected and living with these problems.

The Cleobury Country Farmers Market is due on Saturday and I had hoped that this little spell of sunshine would last till the weekend but I'm not hopeful, sadly!! However, we have 18



stalls booked so plenty for everyone to come and mooch round! So come along, if you're around and say hello!

The Business Networking meeting this week, again saw a newbie, Pat Smith, who aims to provide secretarial services to local businesses, so keep an eye out for her! We discussed "Three ways to get more Business" and everyone helped to create a list of suggestions:-

- Don't deal with "idiots"
- Ask for help
- Be patient
- Identify what you want
- Connect with rewarding people
- Have a passion for your business

Great advice for our local businesses! Our next meeting is on 15th June, I look forward to seeing you all then.

Until next month

Cheers

Clare Todd



the family business man

Best Selling Author,
Award Winning Speaker
Business Development Consultant

www.familybusinessman.com

The Next Generation

A family business has to demonstrate that it's handing over the reins to the next generation...

I have been involved in many family businesses that have come to a point in the businesses life where the first generation (usually Mom and Dad) start to hand over the day to day business to the next generation. This can be an exciting, scary and highly challenging time for all concerned and needs careful thought and planning.

In my opinion, a key area that's often overlooked is the outward presentation of how this transition will take place.

For me, it's not enough to simply get on with the transition. An explanation of why it is happening, how it is going to happen and by when, is essential.

It is essential for other members of the family, for members of staff and particularly suppliers, who are a crucial element that are often overlooked. Relationships that have been built up with a supplier over a generation are hard for the next generation to enter, maintain and develop, with little knowledge of track record, history etc.

If you are transitioning from one generation to another it's imperative you all sing the same song as to what is happening and how it will affect the long term basis of the business.

This means a clear plan, with roles and responsibilities for implementation and measurement.

Are you transitioning from one generation to the next?

Is it going well, do you have a clear plan or do you need some help? You know where I am!

Until the next time,

Peter Roper

The Family Business Man

p.s. "And Remember... If I Can Help You In Any Way Just Let Me Know!"

Bright future for Shropshire's apprenticeships

News from our partners Herefordshire and Ludlow College.

One of the county's largest private training providers has announced its merger with Herefordshire and Ludlow College, securing a strong future for the county's apprenticeship provision.

County Training, who offer apprenticeships, work-based qualifications and short courses throughout Shropshire, have over 30 years' experience in training delivery and have previously worked in partnership with Shropshire Council.

Already a successful provider, the merger will enable County Training to build on its existing achievements including their work with more than 500 employers, a 'good with outstanding features' from Ofsted in 2015 and success rates above the national average.

Ian Peake, Principal and Chief Executive of the College, commented:

"This merger will enable the sustainability of the vital education and training services provided by County Training and facilitate growth. This combination of two partners, both of which have good Ofsted grades, will train more apprentices than any other provider in the Marches Local Enterprise Area, and a very substantial number of 16- to 18-year-old and adult students. The college has already been working closely with County Training for several months, and we are looking forward to a bright future together."

The college offers a wide-range of education and training across both Hereford and Shropshire, ranging from full-time vocational and A Level courses for school leavers, apprenticeships and adult learning. In addition, the college's Hereford University Centre, run in partnership with the University of Worcester, opened in 2015 to raise higher education aspirations throughout the surrounding area.

Shropshire Councillor Nick Bardsley added:

"As Chairman for County Training's Board of Governors, I have seen the organisation develop rapidly during the past 18 months to become an exceptional provider of work-based learning in Shropshire. I wish the business every continued success in its new venture with Herefordshire and Ludlow College."

Make a deal for Workplace Health Week - and join Shropshire's 'Midday Mile'

Shropshire companies are being urged to let staff swap their laptops for lunchtime yoga, or ditch their desks for dumbbells, as part of a nationwide initiative designed to boost physical activity.

The second national Workplace Health Week kicks off on May 23, raising awareness of the importance of adding more activity into the typical working day.

The campaign is organised by Workplace Challenge, in collaboration with county sports partnerships including Energize Shropshire Telford & Wrekin.

The highlight of the Shropshire programme will be a 'Midday Mile' on Thursday May 26, when workers are encouraged to meet at the Hercules statue in Shrewsbury Quarry for a gentle stroll - and the chance for some healthy networking.

Helen White, Business Development Officer at Energize, said: "The aim of Workplace Health Week is to encourage companies to make a deal with their staff, to help them reach the recommended 150 minutes of physical activity.

"A study by the British Heart Foundation National Centre for Physical Activity and Health revealed that time is the biggest barrier to exercise.

"That's why Energize is backing the 'Flexible Lunchbreak Manifesto', which encourages employers to tackle the lack of physical inactivity by offering flexible working and encouraging employees to get active."

Throughout Workplace Health Week, Shropshire businesses will be encouraged to offer and take part in activities during their lunch break, from table tennis in the boardroom to the Midday Mile.

Energize is also offering free workplace consultations - and is on the lookout for companies to sign up in the first ever Shropshire Business Games, a light-hearted evening of competition for teams of five, being held in Shrewsbury on June 17.

Helen White added: "NHS guidelines state that adults should try to do at least 150 minutes of moderate aerobic activity, such as cycling or fast walking, every week to stay healthy - but an estimated 40 per cent of people do not exercise enough.

"And it is not just our health that is suffering. An unhealthy workforce contributes to sickness absence, reduced productivity and an estimated cost of £14.9 billion to businesses in lost working days every year."

Make a deal for Workplace Health Week - and join Shropshire's 'Midday Mile' (continued)

Shropshire companies and staff are also being encouraged to sign up to the Workplace Challenge (www.workplacechallenge.org.uk) which includes a free, online activity tool with tailored sport and physical activity knowledge and opportunities.

Participants can even track their progress towards the recommended 150 minutes of exercise with their own personal dashboard.

Helen White said: "We want to encourage people to get away from their desks and get active, but they need support from their employers to be able to do that, so we are asking businesses to revolutionise the lunch break - and what better time to start than Workplace Health Week?

"When you consider that we spend 60 per cent of our waking hours at work, there is no better place to introduce the means, motivation and encouragement to exercise."

Energize, based at University Centre Shrewsbury in Frankwell Quay, promotes sport and active lifestyles, and believes there is an activity out there for everyone, whether they see themselves as 'sporty' or not.

Last summer, Energize organised a Festival of Rugby to encourage local firms to get active. Food company Faccenda of Telford was among those taking part, and production scheduler Dan Bentley said: "It was a fantastic day for all of our colleagues that took part.

"It was a great opportunity for production colleagues to mix with office based staff in an informal environment which is often hard to facilitate."

- For more details on the Midday Mile in Shrewsbury, Shropshire Business Games, or other Shropshire-based opportunities to get involved with Workplace Health Week, contact helen.white@energizestw.org.uk or call 01743 297192.

SPRING DIARY



What's On?

Where is it

When is it?

Health & Safety Level 3 course 9am - 4pm

Cleobury Country Centre

1st, 2nd and 3rd June

Health & Safety Level 2 course 9am - 4pm

Cleobury Country Centre

9th June

Food Hygiene Level 2 course 9.30am - 4.30pm

Cleobury Country Centre

13th June

Business Networking Meeting 6pm - 8pm

Cleobury Country Centre

15th June

Cleobury Country Farmers Market 9.30am - 12.30pm

St Marys Church

18th June

Emergency First Aid at Work 9am - 4pm

Cleobury Country Centre

20th June

Fire Marshall course 9am - 4pm

Cleobury Country Centre

22nd June



Networking Cleobury Style: 18th May

A good turnout this month.....

The regulars were: Simon Harris, Anni Roper from Confidantes, Angela MacKirdy from Shropie Sheep, Bill White from

Bill White Nurseries, Vicky Franklin from Bardley Bowen, Claire Carter from CarterArt, Stephanie Morrison from Cookery Magic, James Sales from In the Saddle, and Pat Smith.

Thanks for coming everyone, see you all next month!

Thanks to Carter Art for very kindly sponsoring the chips this month!

cARTerART
photography services

Information on Cleobury Mortimer Parish Council can be found on their website: www.cleobury.org.uk, by 'Liking' their facebook page or following them on Twitter.

BUSINESS COURSES

Cleobury Country offers a wide range of courses to suit small businesses....

Health & Safety Level 3 – 01, 02, 03.06.16

This level 3 qualification examines health and safety in the workplace from the viewpoint of a supervisor or manager. The course is aimed at those individuals already working in the role or those aspiring to the position. Supervisors have a legal and moral responsibility for the health and safety of employees and their obligations also include contractors, visitors and suppliers to a business. This course is a 3 day course.

Health & Safety Level 2 – 09.06.16

This course is designed to ensure that all employees are aware of their own health and safety and the safety of customers, contractors and the public. It is applicable in any private or public sector environment. On successful completion of this course, delegate will be certified by the Chartered Institute of Environmental Health.

Level 2 Food Hygiene – 13.06.16

This course is suitable for anybody who is, or intends to be food handlers. A food handler is any person who handles food, whether open or packaged. The food can include drinks and ice. It's a day course (9am-4pm).

Assessment is carried out by multiple choice examination. ON successful completion of the course delegates will be certified by the Royal Institute of Public Health.

HSE Emergency First Aid at Work – 20.06.16

This course is suitable for anybody. It's a day course (9am-4pm). At the end of the course successful delegates will be able to:

- Act safely, promptly and effectively in an emergency and administer first aid
- Cardiopulmonary resuscitation promptly and effectively.

Assessment is ongoing throughout the day.

On successful completion of this course delegates will receive a Certificate valid for 3 x years.

Fire Marshall – 22.06.16

This is suitable for employees of all levels. It's a half day course (9.30am-1pm).

Understanding the need for fire safety and how to implements measure to protect yourself, colleagues and clients. Wherever possible 'live-fire' practical fire extinguisher demonstrations will be carried out.

Assessment is carried out by a multiple choice examination. On successful completion of this course delegates will be certified with a Cognet certificate of attendance.



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Small Local Businesses

I feel very lucky that I discovered networking at the Cleobury Country Centre a few years ago.

Why?

Well it's quite simple... I have met so many great people, many of whom run their own business in the local area.

Not only have I made friends, but it has provided our business with new clients, more business and even new suppliers.

Not only that, I have discovered lots of hidden gems in the way of products that are made locally and not available anywhere else!

Why not visit the Cleobury Country Farmers Market in St Mary's Church, where each month many of these local business sell their fantastic products.

You might find Angela from Shropie Sheep, and her excellent home made Apple Juice, Honey and Wool from her own flock.

My underfloor heating was installed by local business, Energy Zone (EZ Solar) by Andy Perkins and his team, who I met through networking.

Not least of all a mention to Geoff Jordan of Marches Pest Control who are the go to for problems with moles, rats and anything else you might throw at him!

Last of all, a thank you to Jo from Red Hare in the high street in Cleobury who keeps my hair under control, whom I also met through networking.

Why not come along and meet some really great people and share your expertise locally?

See you next time

William

CleoburyCountry

THE BACK PAGE



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Cleobury Country
presents...

Farmers
Market

Market Dates for 2016

Saturday February 20th
Saturday March 19th
Saturday April 16th
Saturday May 21st
Saturday June 18th
Saturday July 16th
Saturday August 20th
Saturday September 17th
Saturday October 15th
Saturday November 19th
Saturday December 17th

ALL MARKETS HELD ON SATURDAY'S FROM 9.30am to 12.30pm



www.cleoburycountry.com

CLEOBURY THE COUNTRY TRADE CARD 2016

AVAILABLE FREE in the Cleobury Country Area
Contains Useful Telephone Numbers and
Alphabetical Trade Listings for Local Businesses

Next Cleobury Networking meeting date: Wednesday 15th June