

## PBE Zoom Meeting Minutes 20-01-2021

Present: 25 people this time.

This week's Zoom meeting.

### **60 Seconds from everyone:**

60 seconds from each of us, seeing how we've got on the past week and also how we can help each other in business and any other way.

### **Ashley Fairburn – Utility Warehouse**

Helping people save money on their household bills, shopping (high street and online). Also trying to help people who want to earn some more money themselves. Any people in hospitality, entertainment, etc. who need to be earning, Utility Warehouse could help them. Speak to Ashley.

### **Patricia Wakeford – Enable Law**

Medical negligence solicitor. Helps people get compensation have suffered an injury after clinical treatment. Patricia used to be a mid-wife and has extensive experience and compassion to help you. For a free chat with Patricia, get in touch.

### **Debbie Watts – The Wine Bank**

The Wine Bank in the Lee on the Solent. The shop is currently closed but The Wine Bank is doing deliveries at the moment. Get in touch with Debbie if you would like to send something alcoholic to your loved one (hint hint Valentine's Day 😊 )

### **Lora Couzens – Pink Spaghetti Portsmouth**

Pink Spaghetti Portsmouth – Virtual Assistant. Would your business grow if you had more time? Are admin tasks taking you away from your main business? If yes to either of these, get in touch with Lora for a chat!

### **Cynthia Moore – Transformational Coach**

Works with entrepreneurs and professionals to help them see more of what is possible. Cynthia is a transformational coach and helps people take action and move their business forwards!

### **Omar Lakhssassi – University of Portsmouth**

Helps your staff get upskilled by offering degree apprenticeships at the University of Portsmouth. Omar has some new courses available that don't require your employee to be an apprentice.

#### **Dianne Gill – Dementia Support**

Helps people with Dementia and their families. This Friday at Dementia Support is fancy footwork Friday. Details will be provided by Dianne, for some Friday fun and to involve everyone. If anyone would like an activity pack for someone with dementia, please get in touch.

#### **Simon Brand – Enhancico Ltd**

Self employed business consultant. Helps businesses understand their numbers and help companies understand their time and costs as well as project management, helping companies grow their business.

#### **Marc Smith – The GHS Group**

Local heating and plumbing company. Had a good start to the week. Signed up with a finance company and have been able to provide a company for a customer this week using the finance scheme. All going well. Recruiting people at the moment.

#### **Fiona Heath – the Solent Celebrant**

Funeral celebrant. Had two funerals on Monday. One of them was a practical joker so it was a very upbeat affair with some funny poems. The second one was a bit more traditional and Fiona had some lovely feedback. If anyone knows anyone at Ruby Funerals, then please can you put Fiona in touch.

#### **Phil Mundy – VIA Business Consulting**

Looking for businesses that know they need to change in order to get the results they deserve. Phil had a lovely testimonial last night. Phil's customer was delighted with the work and solutions that Phil has helped them with. Any business would benefit from working with Phil. Talk with him!

#### **Lincoln Noel – the Music Maestro**

Pianist, Piano Teacher. Currently doing musicgrams and play whatever you like and send it to you, so you can play it or send it to your loved one. Also Lincoln's online course will be available soon.

#### **Anna Runza – Ame4Change**

Nutritionist. Helps people become the best version of themselves. With the current Covid situation, it's really important to keep your nutrition up. Sleep well, eat well and try to reduce stress. Take some strong multi-vitamins. If you want to speak to Anna, please get in touch.

**Mark Taylor – Aspire Electronics and also an advisor for FSB**

Currently lobbying the government to provide help for the missed people in the government help schemes. Currently any of the FSB events are free. Go on their website and pop along to one of their events. They're all over the country and they're free! There's a Sussex event next week on the 26<sup>th</sup>. Just released a start up guide for businesses (starting up!). Get in touch with Mark to get this guide.

**Jemma Waller – Virtual Assistant**

Virtual Assistant going really well. Jemma now has a team to help people helping businesses with all kinds of work, CRM, websites, social media, admin. If you need help get in touch with Jemma.

**Elise Sargent – Border Times**

Owner of two local newspapers. Hayling Herald covering Hayling Island and also Border Times that covers emsworth, Southbourne and Rowland castle. Currently offering 20% off any advertising. Newspaper advertising is 3x more trusted than social media advertising. Get in touch with Elise.

**Melanie Griffiths – Movement Junkie**

Today we did some ballet from Melanie's class. Melanie took us through a sequence of ballet moves which was great fun again!! Melanie holds dance classes and works 121 with people. Melanie specialises with working with adults that don't think they can dance and helps them start moving and getting healthier in both body and mind!

**Matt Valentine – Pink Fin Ltd**

I help businesses who want to stand out from the crowd and who want their website to have that professional image their business deserves. If you want to learn more about how I can help your business, let's have a chat!

**Stu Radcliffe – Wintercomms**

Local communications provider, helping businesses streamline their communications, helping companies come together virtually. Stu is offering a free consultation to see where they could improve their communications

**Bernie Rainer-Guy – Events Business and also Whiteley 365**

Events business provides all kinds of events equipment to any kind of event all of over the UK.  
Whiteley 365 providing help and support for all online Microsoft software

### **Abbie Ede – Graphic Designer**

As well as all the graphic design services that the graphic designers do, Abbie also offers two new services:

Social Media design – creating the artwork that you can use for your social media in a campaign

Presentation design – helping you create the presentations for all your presentations you're doing online

### **Chris Handley – Anchor Insurance**

General insurance brokers, offering all kinds of insurance for personal, buildings, commercial, business, car, travel, pretty much anything. Chris can help you and provide you with some valuable device.

### **Olly Clarke – Jigsaw Designer and Pet Photographer**

Designs jigsaws for people. Either your own photo can be turned into a jigsaw and also Olly has plenty of photos and prints that make fantastic photos. All these can be found on Olly's website.

### **Mitra Vijay – Meditation Teacher**

Founder of an online meditation platform. It's free for 7 days and then only £36 for the whole year!  
Mitra has an event coming up on the 29<sup>th</sup> Jan, details you can get from Mitra.

### **Penny Plimmer – JAPICS photographic**

Studio photographer. Can still do product photos in the studio and also headshots for people (outside). Anyone who needs Penny's help get in touch with Penny!

### **10 Minutes from Ros Thompson**

Enjoy life to the full

Bach Flower Remedies

A brief introduction

Back in 2000 Ros's horse was being helped with Bach Flower remedies. Someone suggested these remedies and the head-strong horse, transformed into a horse that was a lot calmer.

Ros has done level 1 and level 2 Bach courses. Ros became a practitioner in 2013.

The remedies are not for treating medical conditions

Ros can work with humans and most kinds of animals (dogs, cats, rabbits, etc.)

The remedies are all natural. Ros has 38 remedies, naturally produced. All produced from flowers, plants, trees.

Ros can blend up to 7 individual blends into one bottle.

They have no adverse effect with conventional medication.

How could the remedies help you or your family?

Fear, Anxiety, Insomnia, Bereavement, PTSD, Overwhelm, Depression

The Rescue Remedy has 5 remedies in the bottle.

Seven main types of remedies for humans which can be transferred to our pets.

If anyone has a fear of flying – the remedies work well for this fear.

Fear of the dentist – the remedies can again really help

Fear of spiders

Fear of the dark

Fear of height

Grief, bereavement and loneliness

The remedies can help all of these.

Work stress – the remedies can help

Restoring some peace in this beautiful world. Ros is offering a 30 minute free consultation to see if she's able to help.

**Next week's meeting:**

Get booked on now 😊 <https://www.portsmouthbusinessexchange.co.uk/pbeonline/>

Please look to invite people 😊. Everyone must book on here though please:  
<https://www.portsmouthbusinessexchange.co.uk/pbeonline/>