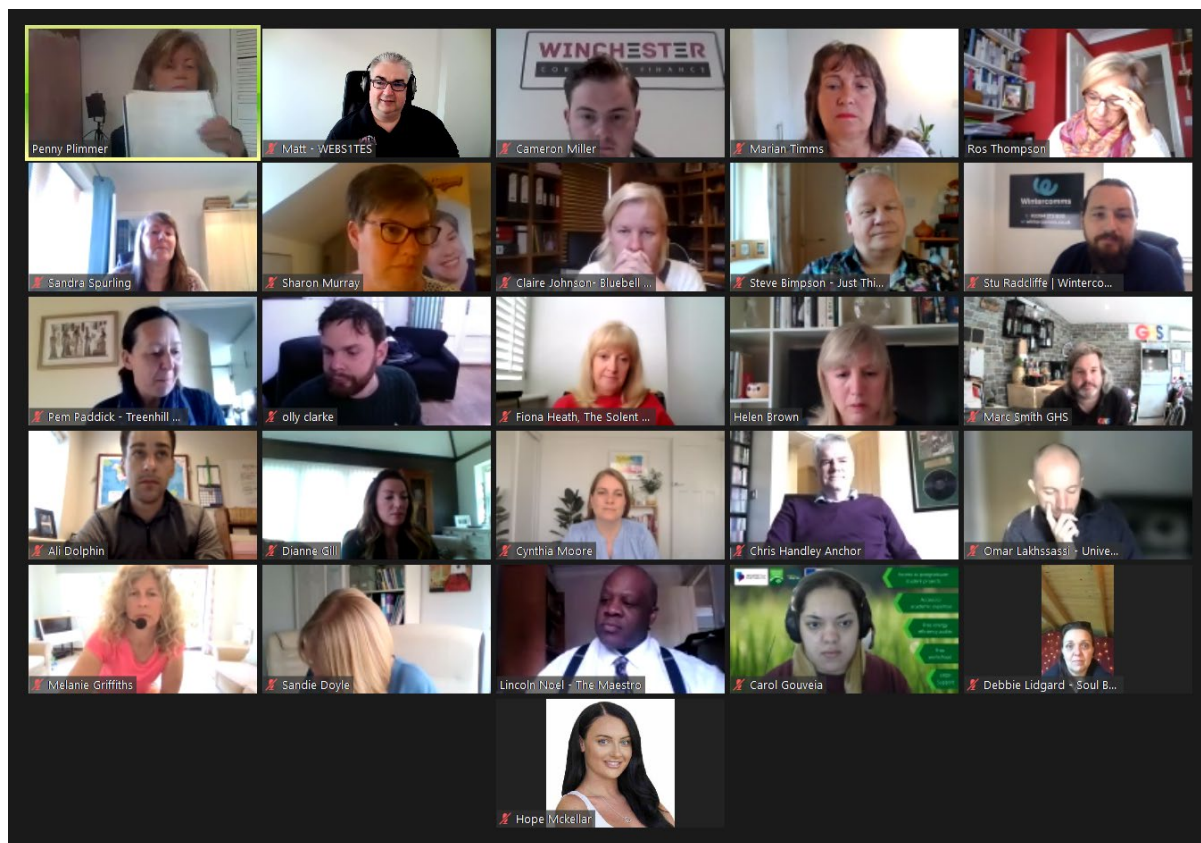


PBE Zoom Meeting Minutes 28-04-2021



Present: 27 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.

Marc Smith – GHS Group

Local heating and plumbing company. We keep your boilers all serviced and running so that your hot water and heating comes on when you want it to!

Debbie Lidgard – Soul Balance Holistics

Debbie is a Pranic Healer working remotely with clients around the world so they can wake up in the mornings and be pain free in the comfort and security of their own home.

Sharon Murray - The LinkedIn Revolutionary

Revolutionise how you work on LinkedIn. Sharon can show you how to use LinkedIn to your full potential. Sharon has a free webinar coming up on Monday 13th May. The link will follow next week.

Cameron Millar – Corporate Finance Adviser

Can provide various financial help to companies. CBILS is one example where Cameron can help companies who have been affected by Coronavirus. Any non-Covid loans or funding, Cameron can help as well.

Sandra Spurling – Business Sales Plus

Sandra is a business transfer agent. Sandra helps you sell your business at every stage, from valuing, marketing and also finding the appropriate buyers too. Anyone looking at their 5 year plan, Sandra is offering a free valuation of their company.

Ros Thompson – Bach Flower Practitioner

Today is the first day when Ros is donating two hours to Sage House / dementia support. Ros can remove any fears, phobias and allergies you might have. Ros can find the right remedy to help you.

Matt Valentine – Pink Fin Ltd

I'm a website designer, and I design and build websites as well as helping people get to the top of Google. My job is to help businesses stand out from the crowd and to get them more leads, enquiries and sales.

Marian Timms – Life Changing Energy

Marian helps people sleep. Sleep is very important to your health. Marian works with company directors and owners to help people increase their sleep.

Claire Johnson – Bluebell Admin Services

Claire helps small businesses with their book keeping and their admin. If you know anyone who puts receipts in their drawer then send them Claire's way.

Steve Bimpson – Just Think Big

Steve is on a mission to help the success rate of small businesses. So many businesses fail. Steve is there to help them to succeed. Steve is running some free marketing workshops. Next workshop is Thursday morning from 10am to Midday. The link is in the chat.

Stu Radcliffe – Wintercomms

Without good communications you're just talking to yourselves. When did you last check you connectivity options? Stu can consult, recommend and supply various communications for companies. Whether that be a one-man band or much larger companies, Stu will be able to help you.

Pem Paddick – Treenhill Consulting

HR and Business Consultant. Support and work with business owners, directors and partner with them to help them understand their HR and business systems. Pem can help you get better systems and work out the best way forward for each business.

Olly Clarke – Pet Photography, Jigsaw Designer

Pet Photography studio is back open again. They don't need to be well behaved or anything like that, Olly welcomes one and all 😊. Any pets who want photographs in the Portsmouth area, get in touch.

Dianne Gill – Dementia Support

Supports people living with dementia. New website has been launched last Thursday and we had 52 new enquiries.

Fiona Heath – The Solent Celebrant

Recently visited a family who wanted a celebrant and was concerned about the maximum number of 30 people limit and what would happen if more than 30 tried to attend. Fiona gave the family plenty of advice and options on how to deal with this which put the family at ease and gave them a way forward.

Helen Brown – Home Stead Portsmouth

Looking after people who need care in their own homes. Loneliness is not always a lack of company but also a lack of purpose. We put some purpose back in to their lives and will happily listen and give people the chance to talk to you.

Carol Gouveia – Business Consulting with University of Portsmouth

Working with companies to help with their green environmental issues and tasks. Carol helps the companies get in front of the right market for them.

Melanie Griffiths – The Movement Junkie

Melanie specialises in helping people move. Melanie has all kinds of dance classes available, for all ages and all abilities. There are offline classes and also online classes available.

Ali Dolphin – McGinn and Dolphin

Are you looking to renew a domain or buy a new domain. How can you prevent people from buying your domain? Speak to Ali about how you can stop people from doing that and secure your domain.

Cynthia Moore –

Helps people get to see more of their goals and opportunities. A recent client has been so happy how things have turned around. When they first started everything was pressured and stressful, things weren't going well. Talking with Cynthia, they realised that there was a lot going on in her mind. She now has reached several milestones in her business and things are a lot clearer.

Chris Handley – Anchor Insurance

General Insurance broker dealing with all kinds of businesses. Commercial insurance, business, personal, holiday, car, car fleet, taxi insurance.

Omar Lakhssassi – University of Portsmouth

Helping companies get degrees for their employees through apprenticeship schemes.

Sandie Doyle – Hypnotherapy

Recently helped a client who had a fear of frogs. It was so bad and she couldn't go anywhere where a frog could potentially be. After just one session she was happy to sit in places where she wouldn't dare go before!

Lincoln Noel – The Music Maestro

Lincoln is having lots of wedding meetings as plans are now full on. Lincoln can organise your wedding and give you such valuable advice for your big day. As well as performing at weddings, Lincoln can perform at all kinds of events as well as playing music telegrams.

Hope McKellar – Hope McKellar PR

Helps people spread their news, get their word out there in the press. Speak to Hope for more info!

Jennifer Ellyatt – Insolvency Practitioner

It's not all about bankruptcy and liquidation. Jennifer can help you if your debts are mounting up and you can't see the wood for the trees. Jennifer recently helped a client with this and can make things a lot clearer and put your business back on track.

Penny Plimmer – JAPICS Photographic

Corporate and advertising photographers. If you know anyone who hates having their photograph taken. Send them Penny's way as she is good at putting people at ease and getting the best out of them.

Ten Minutes by Marian Timms on Sleep and why sleep is so important

(being recorded by Penny and will be sent out)

60 Seconds Winner for this week – Olly Clarke

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/>