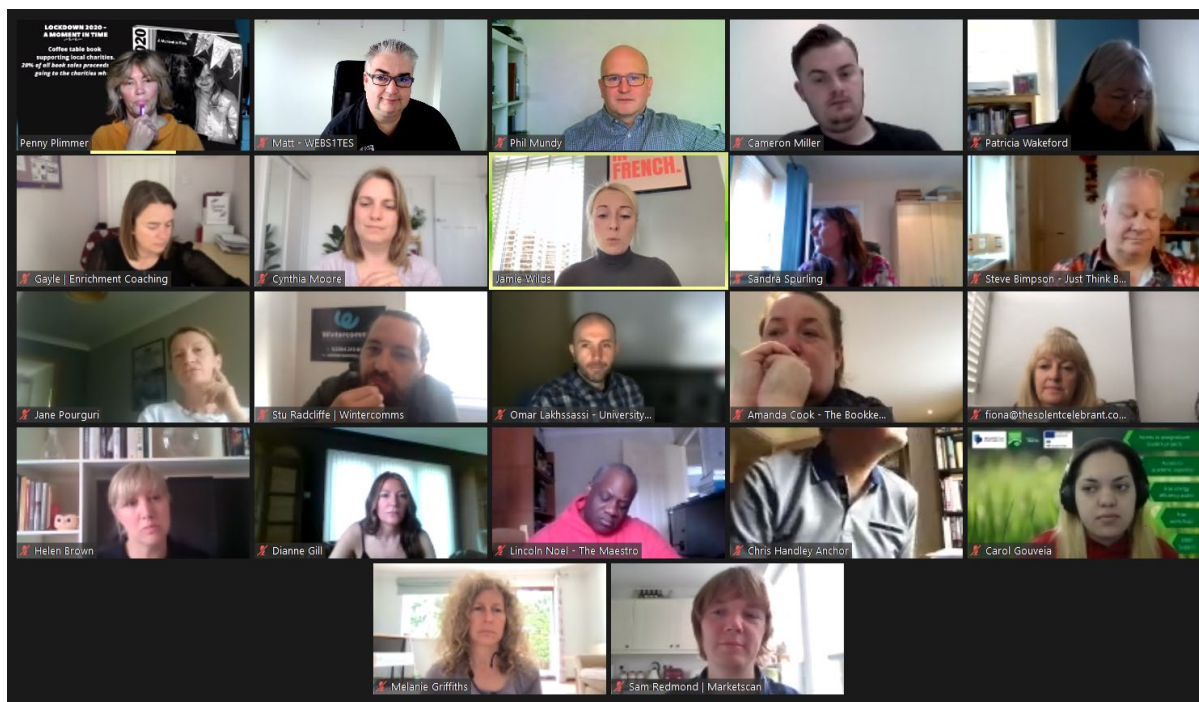


## PBE Zoom Meeting Minutes 12-05-2021



Present: 23 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.

### **Melanie Griffiths – The Movement Junkie**

Melanie helps people move more, through dance. Melanie offers both online and offline dance classes. You don't need to be able to dance to join Melanie and get moving.

### **Phil Mundy – VIA BC**

Helps businesses change the way they work to get the results they deserve. Phil can sit down with a business and look at what the smallest changes they can do to increase their profits.

### **Marc Smith – The GHS Group**

Heating and plumbing company in Gosport, serving all the local areas. Currently installing air conditioning in a large business.

### **Cameron Miller – Corporate Finance**

Can offer business loans, schemes and any help of finance. For new equipment, to ease cashflow or for anything like that, talk to Cameron.

### **Cynthia Moore**

Works with business leaders, corporate leaders to help them see more possibilities. There's a community growing called Rise Together which is for female entrepreneurs. If you want to know more, speak to Cynthia.

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

Former nurse and mid wife, Patricia now helps people who have suffered an injury after a medical procedure. Helping people get more from their life.

### **Gayle Tongs – Enrichment Coaching**

Personal development coach. Tomorrow Gayle has a workshop running online. It's full of top tips that you can use in your life. The cost is £40, contact Gayle for more.

### **Sam Redmond – Marketscan**

Sam gets business talking. He can reach your ideal target market and can create a bespoke marketing database from a variety of sources. Sam can help you scale up your business.

### **Sandra Spurling – Business Sales Plus**

Business transfer agent. Sandra helps business owners sell their business when the time is ready with them. Chat to Sandra for more 😊

### **Jamie Wilds – Wild Cat Sales and Marketing**

Helps businesses grows through a variety of sales and marketing methods. Jamie is looking to build relationships with businesses.

### **Steve Bimpson – Just Think Big**

Steve's on a mission to improve the success rate of small businesses. He does this by supporting and inspiring them. Steve's next free marketing workshop is tomorrow. Contact Steve to get on to the workshop.

**Jane Pourguri – Chichester Harbour Hotel**

Chichester Harbour Hotel. Jane does business development and sales in the corporate area as well as weddings, anniversaries, etc.

**Matt Valentine – Pink Fin Ltd**

Matt builds all kinds of websites: simple one-page sites, brochure sites, as well as complex sites with 1,000s of pages.

**Lincoln Noel – The Music Maestro**

Lincoln has a course on “let’s make your wedding as successful as possible” which will be available soon. Also Lincoln is still doing music grams for your special loved ones.

**Stu Radcliffe – Wintercomms**

Provide and manage communication technology. Who do you know who uses business mobiles? Stu can get better deals for you and support and manage them for you. Stu is looking for business owners looking to reduce costs with their mobiles and wanting help managing them.

**Omar Lakhssassi – University of Portsmouth**

Help people get a degree whilst working through the degree apprenticeships. All kinds of apprenticeships available including chartered surveyors.

**Amanda Cook – The Book Keeping Team**

Amanda deals with a lot of online accounting systems, like Xero and Quickbooks. If you know anyone who is rubbish with their books or these programs, point them to the bookkeeping team. Or if you know people that want to know more, again, point them to Amanda.

**Fiona Heath – The Solent Celebrant**

Financial planning. Fiona recently conducted a funeral for a family where the funding hadn’t been put in place. Plan for your funeral so there is no excess pressure during that difficult time.

**Chris Handley – Anchor Insurance**

General Insurance Broker. Can provide all kinds of insurance for commercial, business, personal, car, car fleet, holiday, etc.! Talk to Chris who would be able to help you.

### **Helen Brown – The Home Stead Portsmouth**

Helen helps combat loneliness with older people. Loneliness can have the same ill effect as smoking 15 cigarettes a day. Helen's company helps care for older people, minimum of 1 hour sessions. Providing a friendly, caring face for your loved one.

### **Dianne Gill – Sage House, Dementia Support**

As of next week, the café will be opening as well as more activities for their dementia customers.

### **Carol Guoveia – Green Tech team at University of Portsmouth**

Carol works at the Portsmouth Uni helping businesses that are looking go green and get carbon negative. Any businesses looking to do this, get in touch with Carol.

### **Penny Plimmer – JAPICS Photographic**

Advertising and corporate photographers. Penny does lots of head shots for people for their business profiles, linkedin, brochures, websites, etc. Penny has also produced a book called Lockdown 2020. It's a coffee table style book which has some fascinating stories and photos from the lockdown in 2020.

### **Ten Minutes by Phil Mundy and Cynthia Moore**

#### **The problems with being human.**

The talk is being recorded by Penny.

### **60 Seconds Winner for this week –**

#### **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/>