



**SUPERWOMAN**

**2019**



**Superwoman 2019** is in support of Tenovus Cancer Care, in tribute to one of our most popular speakers ever, actress and television presenter Heulwen Haf who spoke at Superwoman 2012.

Heulwen was diagnosed with breast cancer in 2008. She lived life to the full and used her training in holistic healing and her motivational attitude to help others understand the highs and lows of a cancer diagnosis. Heulwen's talk at Superwoman 2012 was like Heulwen herself – honest, funny, stylish and uplifting. She died in December 2018 and is much missed.

October is Breast Cancer Awareness Month and every year Tenovus Cancer Care raise awareness and money throughout the month to help women affected by breast cancer in Wales. We're delighted to be supporting their efforts at Superwoman 2019.

#### WHEN

Thursday 10 October 2019 5pm to 8.30pm

#### WHERE

Coleg y Cymoedd, Nantgarw Campus, Heol y Coleg, Parc Nantgarw, Cardiff, CF15 7QY

Coleg y Cymoedd have kindly agreed to host Superwoman 2019 free of charge. Drake AV Limited are generously sponsoring audio visual facilities so that everyone will be able to see and hear our fabulous speakers.

The dream team of Emma Jenkins of E J Catering and Amanda Kynaston of Bay Tree Wine will once again be providing our refreshments for the evening.

#### COST

£38 – net proceeds of the event will be donated to Tenovus Cancer Care.

#### PROGRAMME

5:00-6:00pm

Afternoon tea and registration

Network over a cup of tea and a slice of cake. Buy a raffle ticket (donations of prizes gratefully received). An opportunity to order wine from Baytree Wine and to start getting ready for Christmas (!) by ordering one of their wonderful Christmas hampers.

6.00-7.30pm

Speakers

7:30-8:30pm

Drinks and canapés

### KELLIE BEIRNE, DIRECTOR OF CARDIFF CAPITAL REGION CITY DEAL

Kellie is programme director for the £1.2 billion Cardiff Capital Region City Deal, improving Cardiff's infrastructure. She was previously deputy chief executive at Monmouthshire County Council.

She says, "The City Deal is about good economic growth; growth that does good and doesn't just try to hit targets. It's about developing an agile, flexible economy. If we can create the conditions whereby people are more self-sufficient and have better prospects, that's our best safeguard against injustice and inequality. We want to create a city that is not just good for today, but great for tomorrow."

Kellie will talk to us about her first eighteen months in post and why verbs are more important than nouns.

[@KELLIEBEIRNE](#)

### KERRIE ALDRIDGE, LONDON MARATHON'S LAST FINISHER

Kerrie ran the London Marathon earlier this year to raise money for the Miscarriage Association and to show her five-year-old son Osian that anything is possible. She took over nine hours to complete the course and raised an amazing £9,000 for the charity but was left feeling lost and lonely after water stations, barriers and signs were removed by stewards while she was still running.

Kerrie will talk about why she runs and the lessons to be learned from her Marathon experience.

**MATT CALLANAN,**  
WE MAKE FILM HAPPEN AND  
WE MAKE GOOD HAPPEN

Matt is a former worldwide DJ and music producer, turned filmmaker and doer of good. He runs video production agency We Make Film Happen and it is the video business that enables him to do all the kind things with We Make Good Happen.

Matt will tell us how and why meeting actor Bill Murray while shooting a documentary at George Clooney's house led to him setting himself the task of performing 403 simple acts of kindness.

[@MATT\\_4\\_GOOD](#)

*We*  
**Make Film**  
*Happen*

WE MAKE  
**GOOD**  
HAPPEN

**KATE BACHE,**  
FOUNDER OF HEALTH AND HER

A qualified chemist, Kate previously founded femcare brand, Kind Organic, which is sold in major stores including Boots and Ocado.

Kate and her co-founder Gervase Fay have since launched Health and Her which provides on line holistic advice in one place from the UK's leading menopause experts including gynaecologists, psychologists, yoga teachers and career coaches. The site also offers handpicked products from around the world that help alleviate the effects of menopause and features symptom tools and trackers, offering women free reports that help them manage their menopause one symptom at a time.

Kate will talk about why the menopause matters and will pass on her top tips about founding a business, securing finance to grow it and the part social media plays in online businesses.

[@HEALTHANDHER\\_](#)

HEALTH & HER

**JUDI RHYS,**  
CHIEF EXECUTIVE OF  
TENOVUS CANCER CARE

Judi will close the evening's talks by telling us a little about the work that Tenovus Cancer Care does during Breast Cancer Awareness month to support people affected by breast cancer, to fund vital research and raise awareness to help prevent late diagnosis.

[@TENOVUSCANCER](#)

**tenovus**  
cancer care  
gofal cancer

## BOOKING

If you would like to book a place on Superwoman 2019 please complete and return the booking form attached. Payment can be made by cheque sent to:

**Superwoman,  
c/o Thompson Darwin,  
The Maltings,  
East Tyndall Street,  
Cardiff CF24 5EA**

or directly into our bank account:  
**Superwoman  
Lloyds Bank, Sort Code 30 67 64  
Account Number 16490960**

From past experience we expect demand to be high and we recommend booking quickly. Places are not guaranteed until payment is received.

## SUPERWOMAN IS SUPPORTED BY



We would like to give a big shout out to brand design company Elevator, who for the fourteenth year running have supported Superwoman's charities by designing this flyer for free.



## SPECIAL THANKS TO;



## BOOKING FORM

### SUPERWOMAN 2019 – 10 OCTOBER 2019

Name			
Job Title			
Organisation			
Email address			
I would like to book		places at the Superwoman seminar	
Details of those attending	Name	Company	Email address