



superwoman

6.^{in the}
city



superwoman

WHEN

Thursday 14th October 2010 from 5.30pm – 8.30pm

WHERE

Park Plaza Cardiff. The award winning Park Plaza Cardiff is perfectly located in the heart of the city centre. Unique in design, this contemporary hotel offers laid back friendly service with superb facilities including the Laguna Health and Spa which has a stunning pool, jacuzzi, full gymnasium and a wide range of Elemis treatments and the Laguna Kitchen & Bar. Longstanding supporters of Superwoman, the Park Plaza have kindly donated their conference rooms free of charge.

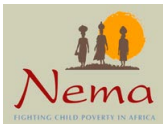
www.parkplazacardiff.com

Superwoman 6 is professionally staged by creative communications provider Genero who provide event services including audio visual hire and technical support, multi-media production and exhibitions and stage sets and have generously donated their services for free.

www.genero-productions.co.uk



AN EVENING SEMINAR FOR BUSINESS WOMEN IN
AID OF CHARITY FOLLOWED BY A NETWORKING
OPPORTUNITY OVER DRINKS AND CANAPÉS.



COST

£35 per person.

Thanks to our generous sponsors, every penny of your £35 goes to our two charities which this year are Valleys Kids www.valleyskids.org which works with disadvantaged children and families in the South Wales Valleys and Nema Foundation www.jojomamanbebe.co.uk/charity.php which runs projects in Northern Mozambique working with communities to relieve poverty and protect the environment.

PROGRAMME

5.30-6.00 AFTERNOON TEA AND REGISTRATION

6.00 WELCOME

Sing and Inspire, the team building, corporate choir and vocal health training company, open the evening with the Admiral choir. www.singandinspire.com

A word of welcome from Leanne Waring, Area Manager of one of our sponsors, Pitman Training Cardiff. www.pitmancardiff.com

6.10 THE PRAM IN THE HALL

Laura Tenison MBE, Veuve Clicquot's Business Woman of the Year 2010 and Founder and Managing Director of Newport based JoJo Maman Bébé. Laura will tell us a little about how she came to set up her award winning mother and baby products retail business and how she juggles running a company with 320 staff, a turnover of £25m and 31 UK stores with helping the Nema Foundation, giving talks on female entrepreneurship and a husband and two children. www.jojomamanbebe.co.uk

6.35 WOMEN IN WALES: WOMEN IN AFRICA: JUST DOING IT OUR WAY

Professor Judith Hall, Welsh Woman of the Year 2008 and Head of the Department of Anaesthetics at Cardiff University. When Judith Hall learned that African mothers are eighty times more likely to die during childbirth than those in developed countries she decided she had to do something and set up Mothers of Africa. Since the charity started in 2005, 15 trained anaesthetists have travelled to Benin, Togo, Ethiopia and Liberia to support the training of health care workers in these countries,

empowering the people of these countries to improve their own provision of healthcare in a sustainable way. Judith will talk to us about the challenges she has faced in setting up the charity, the benefits it has brought to the mothers of Africa and how she manages to fit in everything she does alongside a full time job. www.mothersofafrica.org

7.00 ALWAYS A WOMAN

Liz Mihell, Managing Director of John Lewis Cardiff. The opening of John Lewis in Cardiff in September 2009 gladdened the hearts of many a Superwoman. This was an important milestone in the regeneration of the City Centre and has helped to place Cardiff firmly on the UK's cultural and commercial map. Liz Mihell will talk about being Managing Director of the people's favourite retailer here in Cardiff and why that red dress advert sums up the values of John Lewis. www.johnlewis.com

7.20 WELSH WOMEN WALKING

Jacque Williams, Owner and Managing Director of SCS Aftercare, one of our sponsors, will describe her passion for walking as a route to wellbeing for women and how, to promote this, she founded women's walking and networking forum Welsh Women Walking. www.welshwomenwalking.co.uk

7.30 IN PRAISE OF SUPERWOMAN

Julia Young, Business Development Manager of one of the sponsors of Superwoman 6 Hodge Bakshi Chartered Accountants will thank our speakers in superwoman style and lead us into the networking session over drinks and canapés. www.hodgebakshi.com

8.30 CLOSE



If you would like to book a place on Superwoman 6 then please complete the attached booking form and return it to Superwoman at Darwin Gray together with your payment. From past experience we expect demand for places to be high so best to book quickly. Please note places cannot be guaranteed until we are in receipt of your cheque.

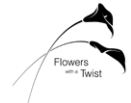
Superwoman would like to thank creative brand communications agency Elevator who for the fifth year running have designed our flyer for us, free of charge. www.elevatordesign.co.uk

elevator

Goody bag

"Superwoman's goody bag is like getting a stocking at Christmas" so said one of our delegates last year. As usual, everyone attending Superwoman 6 will receive a goody bag containing lots of nice goodies for which we'd like to thank the following:

Arts & Business, Benefit Full Circle, Bobath, Central Pharmacy/Clarins, Chwarae Teg, Coleg Glan Hafren, Compass Coaching, Darwin Gray, Debt Divas, EJ Catering, Esure, Eventure UK, Eversheds, Flowers with a Twist, Freshbaked, Glenside, Gusto Events, Honno, Hopkins Law, Ilex, Independent General Practice, Isabellas, Job Trac Cymru, Kamigata, Karen Dell'Armi, Kilsby Williams, Mrs Card, Production Line Ltd, Professional Driver Services, Right Management, Royal Mail, Temple Spa, Village Hotels, Warwick Emanuel, Wendy Hopkins, Welsh National Opera, Winter in Venice.



BOOKING FORM

SUPERWOMAN 6 – 14 OCTOBER 2010

Name		
Job Title		
Organisation		
Email address		
I would like to book	<input type="checkbox"/>	places at the Superwoman seminar
Names of those attending		

Please enclose your donation cheque(s): one cheque for £35 made payable to EITHER Valleys Kids OR Nema Foundation; or two cheques for £17.50 each made payable to each charity.

GIFT AID: If you are making the donation personally (rather than via your company or employer) then please complete the attached gift aid declaration. Using Gift Aid means that for every pound you give, the charity you are supporting will receive an extra 28 pence from the Inland Revenue, helping your donation go further.

Send your gift aid declarations and cheque(s) by post to:

Superwoman at Darwin Gray, Helmont House, Churchill Way, Cardiff CF10 2HE.



Please complete and return to Caroline Hazell:

By fax: 02920 829101

By email : chazell@darwingray.com

GIFT AID DECLARATION FORM

We should be grateful if you could:

- 1) Complete this form for each person making a personal donation (i.e. not via their company or employer).*
- 2) Complete both declarations if sending two cheques.*

DETAILS OF DONOR

Name	
Home address (including postcode)	

I confirm that I am a UK resident and tax payer and that I wish Valleys Kids to treat my donation as a Gift Aid Donation.

Signed.....

Dated.....

I confirm that I am a UK resident and tax payer and that I wish Nema Foundation to treat my donation as a Gift Aid Donation.

Signed.....

Dated.....

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year (currently 28p for each £1 you give).