



superwoman



*An inspirational conference and networking
opportunity for business women
in aid of charity*

DARWIN
GRAY



WHEN

THURSDAY 11 OCTOBER 2012 FROM 4.30pm TO 8.30pm

WHERE

MERCURE HOLLAND HOUSE, CARDIFF

The 4-star Mercure Cardiff Holland House and Spa is a modern Cardiff hotel, with 165 contemporary guest rooms which enjoy fantastic views over the city. Mercure Holland House have donated their conference rooms free of charge. www.mercure.com

Our event is being professionally staged with sponsorship in kind from event productions company Genero Productions. www.genero-productions.co.uk

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 Breast Cancer Care which provides expert, up-to-date information on all aspects of breast cancer and breast health and provides support and information for anyone affected by breast cancer. www.breastcancercare.org.uk





Programme

4.30-6pm

AFTERNOON TEA AND REGISTRATION

As last year we are commencing registration an hour earlier than usual to network before our speakers as well as after, and to visit our stalls in the bar area which will be selling a variety of goodies including new design Superwoman tea towels.

6pm

"I WILL SURVIVE"

A word of welcome from **Melanie Giles** and **Sue Clay**, Directors of **PJG Recovery**, one of our sponsors tonight. Melanie and Sue will talk about some of their success stories in aiding small businesses to develop and grow under cash constrained situations.

www.pjgrecovery.com

6.10pm

"WHAT DOESN'T KILL YOU MAKES YOU STRONGER"

Heulwen Haf is a TV presenter and breast cancer survivor who will talk to us about her long journey back to health and about her book 'Bron yn Berffaith' which translates as 'Almost Perfect'. She's currently working on the English version called, 'When life goes t*ts up...'

In 2008 Heulwen was diagnosed with Aggressive Lobular Breast Cancer which led to 6 months of chemotherapy, two lots of surgery and a month of radiotherapy.

Heulwen's holistic healing abilities were a great source of comfort and strength to her when facing her own cancer treatment and she also treats others holistically.

Heulwen now uses her unique experience to deliver highly motivational talks and lectures that aim to help others understand the highs and lows of 'The Big C'.

www.heulwenhaf.com

6.30pm

"R.E.S.P.E.C.T. FIND OUT WHAT IT MEANS TO ME"

Clare Hieatt, Co-Founder, Hiut Denim Co and The Do Lectures

Together with her husband David, Clare founded action sports clothing company Howies in 1995 (which was sold to Timberland in 2006) and recently launched Hiut Denim Co, based in Cardigan which has a long history of denim manufacturing.

Clare and David also founded the Do Lectures – a five-day event (now in its 5th year) at an upmarket campsite in West Wales to which they invite inspiring individuals from around the world to 'come and tell us what they do' – Clare is going to tell us what she does.

www.hiutdenim.co.uk www.dolectures.com

6.50pm

"FEELING GOOD"

Andrea Callanan and Georgina Jones, Directors, Sing & Inspire

Sing and Inspire is an award winning engagement company that improves business through motivating and energising workforces through singing, voice and attitude training. They take workforces through fun processes to really help your people achieve desired results. Andrea and George will lead us through an interactive and energising taster session, providing tips and techniques to improve your vocal confidence and make you feel great in the process.

www.singandinspire.com





Programme

7pm

**"ALL THE WOMEN WHO ARE INDEPENDENT,
THROW YOUR HANDS UP AT ME"**

**Lowrie Walker Smith, Business Development Apprentice,
Associated Community Training (ACT)**

Supported by Sara Timothy, Business
Development Manager

ACT is one of the most innovative and professional
training providers in Wales, and is one of the Welsh
Government's leading skills training providers. Its
mission is to make a difference to people's lives by
providing outstanding learning opportunities.

Lowrie will talk to us about ACT's apprenticeship scheme
and in particular how apprenticeships benefit young
women. Lowrie will also tell us about her journey to
becoming ACT's Business Development Apprentice
and how it has opened doors of opportunity for her.
www.acttraining.org.uk

7.10pm

"SISTERS ARE DOING IT FOR THEMSELVES"

Nicola Amery, Hospital Director, Spire Cardiff Hospital

Spire Cardiff Hospital offers excellent private healthcare
to patients across Wales and beyond. The Hospital
offers a broad range of specialist services from
bunions to breast cancer services, physiotherapy to
open heart surgery - and yes cosmetic work too!

As Spire's first female Hospital Director Nicola will
speak to us about the challenges of changing
a male dominated culture and breaking some
taboos about the business of healthcare!

www.spirehealthcare.com/cardiff

7.25pm

"HERE COME THE GIRLS"

Rachael Flanagan, Director, Mrs Bucket Cleaning Services

At just 18 years of age, Rachael founded Mrs Bucket
Cleaning Services in 2005, after spotting a gap in
the market for a cleaning company that offered
consistently good service. Mrs Bucket, one of our
sponsors tonight, employs more than 90 staff, has a
turnover of £1 million and is a multi award winning
company including 'Young Achiever of the Year' at
the IWA Western Mail Business Awards in 2011.

Rachael, now aged 24, will talk to us about the
success of her company, the challenges she faces as
a young entrepreneur and overcoming the 'snobs'!
www.mrs-bucket.co.uk

7.40pm

DRINKS AND CANAPÉS

8.30pm(ish!)

CLOSE





If you would like to book a place on Superwoman 8 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 seventh year running have designed our flyer for us, free of charge. They have also designed the Superwoman tea towel free of charge.

www.elevatordesign.co.uk

Thanks also to Specialist Security Limited who will be guarding our stalls whilst the event is in progress.

GOODY BAG

Even in tough financial times, these kind companies have given us nice things for the goody bag: Barclays Corporate, Braces Bakery, Cardiff & Vale College, Cathedral Dental Clinic, Chwarae Teg, Darwin Gray, E J Catering, Eversheds, Harris & Co Consultants Limited, Kilsby & Williams, KPMG, Ladies First, Morgan Cole, Paramount Recruitment, PDS, Pitman Training, Richards & Appleby, Royal Mail, Sing & Inspire, Spire Cardiff Hospital, The Cornwall Hotel Spa & Estate, Thomas Simon, WM Magazine.

STALLS

An opportunity for early Christmas present shopping with lovely items for sale from: Karen Dell'Armi Contemporary Jewellery, Liquorice Laces, Phoenix Cards, Leighton Denny, The Shed.



SUPERWOMAN 8 – 11 OCTOBER 2012



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 Breast Cancer Care 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.