



superwoman

5 years old and going
strong. She just gets

better with age, our girl.

Bet she could run

round the world like

ROSIE SWALE POPE

or wear a red bikini like

HELEN MIRREN



superwoman

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



WHEN

Thursday 15th October 2009 from 5.30pm – 8.30pm

WHERE

Cophorne Hotel, Culverhouse Cross. The Cophorne is an ideal setting for small meetings or larger conferences with its award winning Raglans restaurant and luxury spa and has kindly donated a meeting room to us free of charge. www.millenniumhotels.com

COST

£35 per person.

Thanks to all our sponsors every penny raised by Superwoman goes directly to our charities. To ensure gift aid can be claimed wherever possible your cheques should be sent to us but made directly to the charities, Valleys Kids www.valleyskids.org, a charity working with disadvantaged children and families in the South Wales Valleys, and Kitezh Children's Community in Russia, an eco-village community that provides an education and a home for orphan children www.kitezh.org

PROGRAMME

5.30-6.00 COFFEE AND REGISTRATION

6.00 A word of welcome from the sponsors of our welcoming coffee and scones, Pitman Training Cardiff.
www.pitmancardiff.com

6.05 A TASTE OF SUCCESS

Morfudd Richards grew up on her parents' dairy farm in Criccieth, Gwynedd and worked at The Ivy, Le Caprice and Harvey's before opening her own restaurant in Islington called Lola's. In 2004 it was time for a new challenge and she fell in love with a tatty ice cream van called Mr Frosty which was given a psychedelic make over and re-named Lola's on Ice. The van gets to go to all sorts of swanky parties like Jamie Oliver's birthday party and serves home made ice cream with quirky flavours like banana toffee and gin and tonic sorbet. Morfudd will tell us about the journeys she and her van have made, her new recipe book and the delights of a career in wine and food. www.lolasonice.co.uk

6.25 JUST A LITTLE RUN AROUND THE WORLD

On 2 October 2003 on her 57th birthday Rosie Swale Pope set off from her home in Tenby to run around the world, on her own and with virtually no budget. The death of her husband Clive from prostate cancer had taught her more than anything that life is precious and that you have to grab it and do what you can while you can and give something back along the way. 5 years, 3 packs of wolves and 53 pairs of shoes later she made it back to Tenby. One of our charities for Superwoman 5 is the Kitez Community for orphan children in Russia which Rosie visited on her epic journey and has chosen as one

of the charities she raises money for. Rosie will tell us a bit about that little run of hers, her new book and what challenges lie ahead for this particular Superwoman.
www.rosiearoundtheworld.co.uk

6.45 A CAREER WITH A TWIST

Suzi Hunt used to work for investment bank Goldman Sachs but decided life was too short to spend it with a load of bankers so she retrained as a florist, moved to Cardiff from London and opened Pontcanna florist Flowers with a Twist. Suzi will tell us about making the big leap from employee of a big business to owner of a small one, the hurdles she has overcome along the way and the challenges facing women setting up their own business.

7.05-7.25 SPRINGBOARD TO CHANGE – workshop session

Have you noticed there's a bit of a theme going on to Superwoman 5? It's about women making changes, taking up challenges and doing whatever it is they've always wanted to do. Julia Zorab, licensed Springboard and Spring Forward trainer will lead a workshop session on identifying the changes you might want to make in your life and coming up with a plan to achieve your goals.

7.25-7.30 IN PRAISE OF SUPERWOMAN

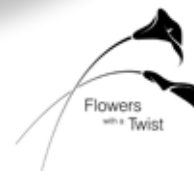
Susan Clay and Melanie Giles of Debt Divas, the leading female IVA and debt management experts, will thank our speakers and lead us into the drinks reception kindly sponsored by Debt Divas.
www.debtdivas.co.uk

7.30-8.30 DRINKS RECEPTION



Lola's on Ice

Springboard



DEBT DIVAS
.CO.UK

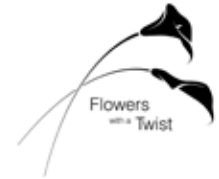
A special thank you to Spin Dogs Design Solutions for designing a new logo for us, to Elevator for kindly designing this flyer and to Genero for staging Superwoman 5 for us and providing the sound system, all free of charge.

If you would like to attend this seminar please return the attached form to Caroline Hazell at Darwin Gray together with your payment. From past experience, we expect places to be in high demand, therefore unfortunately your place cannot be confirmed until payment is received.

Delegates attending this seminar will be given a goody bag at the end of the evening and in addition all delegates will be entered into a free draw to win some fantastic prizes.

We are extremely grateful to the following for their donations to the goody bag:

Kamigata; Hartley Wilprint; Flowers with a Twist; Positively Smart; Valleys Kids; Winter in Venice; WM Magazine; Freshbaked PR; Wendy Hopkins Family Law Practice; Eventure UK Limited; The Independent General Practice; Darwin Gray Solicitors; Honno Press; Handelsbanken; Allied Bakeries; RICS; Kilsby & Williams; Genesis Marketing.



Allied Bakeries

Handelsbanken



WENDY HOPKINS

spindogs Digital Creative



BOOKING FORM

SUPERWOMAN 5 – 15 OCTOBER 2009

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) made payable to Valleys Kids and/or Ecologia Youth Trust (£17.50 to each or £35 to one). 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.

Please complete and return to Caroline Hazell:

By fax: 02920 829101

By email : chazell@darwingray.com

And send your gift aid declarations and cheque(s) by post to Caroline at: **Darwin Gray, 15 Windsor Place, Cardiff CF10 3BY**

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 Ecologia Youth Trust 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).