



OWF Committee

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Wenn Townsend is a twelve partner practice of chartered accountants who act for companies, charities, partnerships, the self-employed and individuals. We can advise on all aspects of finance and taxation.
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Heaton Connexion provides a full management service for all sizes of meetings, incentives, conferences and exhibitions. Let us take over the details to make your event run smoothly.
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Henmans LLP is a regional firm of solicitors with a national reputation for heavyweight expertise in its specialist areas. As a family law solicitor, Gemma works with individuals during separation and divorce in reaching bespoke arrangements for finances and children.
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Oxford Bus Company carries over 17 million passengers a year in one of the country's most modern and environmentally friendly fleet of buses and luxury coaches. They have the lowest emissions of any operator in the UK.
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Programme



Programme 2010



Welcome to OWF

OWF is known for its reputation as a friendly and different networking group. It offers personal development opportunities to women from all walks of life - professional, business, charitable and voluntary sectors and to those wishing to enter or return to work - for learning informally from other members, through a variety of events, ranging from work-related skills and issues to learning new crafts.

New year, new decade!

If you have not experienced OWF before, come along to an event which most interests you. You do not have to join, there is no subscription, you pay only a very reasonable charge for those events you attend.

Everyone on our mailing list receives reminders about each event by email with a booking form.

We all look forward to seeing you.

Oxfordshire Womens Forum

www.otcn.co.uk/events_network.htm

Feb 9 **Coaching Masterclass**

Buonacorsi are experienced consultants in Coaching Skills and Development. Gill How will provide an insight into Communicating and Coaching in Action, from which we will learn essential skills to take away and use.
www.buonacorsi.co.uk

Mar 25 **The Art of the Chocolatier**

A tour of Rumsey's Cocoa Pod will include Mary Rumsey describing how the business developed from concept to reality, demonstrating the art of chocolate making and offering us tastings and treats, especially with Easter in mind.
www.rumseys.co.uk

May 10 **An Introduction to Pilates**

An opportunity to learn and experience the basics of Pilates. Our lifestyles have an effect on our bodies and the way they move, which is reflected in our posture, flexibility and mobility. Find out how Pilates can help keep the body flexible and strong throughout our lives at this visit to Bamboo Pilates Studio which we expect to leave calm, refreshed and energised.
www.bamboopilates.com

Jun 12 **Visit to Upton House**

A guided tour of this 17th Century National Trust house, remodelled in 1927 by Viscount Bearsted, son of the founder of Shell and one of the great collectors. The house, surrounded by spectacular gardens, full of surprises and ornamental water features created by the natural lie of the land, retains its 1920/30's feel with colour schemes providing the backdrop for the stunning art and porcelain collection. Artworks include paintings by Stubbs, Canaletto and El Greco and the Master of the Magdalen Legend.

Jul 14 **Glass-Making**

Former OWF One Step Ahead Award winner, Sue Weinstock, will host us at her studio, giving a tour, a viewing of her stunning pieces of decorative fused-glass, demonstration and help for each of us to make a couple of pieces ourselves, which will be fired in her own special kiln.
www.weinstockfineart.co.uk

Sep **The Trials and Tribulations of a Woman Entrepreneur** HSBC

Oct 12 **The Science of Humour**

Can humour be explained by any laws or formulae? Many types of humour are analysed in an attempt to answer this question.
Professor Ronald Speirs (retired)

Nov 16 **Bullying in the Workplace by Women**

A recent survey indicates that bullying, often by women, remains rife in the workplace, with the recession adding to the problem. A campaign, launched by Company Magazine and Unison, is demanding new anti-bullying laws. By learning how to deal with bullying, we can avoid damage to our own health and well-being and that of our business/employers too.
Fiona Roberts, Unison
www.unison.org.uk/acrobat/Workplace_bullying.pdf

Dec **Annual Dinner**

For more information, or to be added to our mailing list, please contact Gill Heaton
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