



Programme 2012

Oxfordshire's leading
networking group for women
from all walks of life



OWF Committee

Treasurer:

Deborah Pluck
Wenn Townsend
01865 559900
djpluck@wenntownsend.co.uk



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.
Contact: Deborah Pluck on 01865 559900
or email djpluck@wenntownsend.co.uk
www.wenntownsend.co.uk



Membership:

Gill Heaton
Heaton Connexion
01865 373625
owf@heaton-connexion.co.uk



Heaton Connexion has provided conference and event management for over 20 years. It now includes graphic design services for any business or private interests.
Contact: Gill Heaton on 01865 373625
or email gill@heaton-connexion.co.uk

Gemma Nicholls
Henmans LLP
01865 781000
gemma.nicholls@henmansllp.co.uk



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.
Contact: Gemma Nicholls, solicitor on 01865 781000
or email gemma.nicholls@henmansllp.co.uk
www.henmansllp.co.uk



Louisa Weeks
Oxford Bus Company
01865 785426
louisa.weeks@oxfordbus.co.uk



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Contact: Louisa Weeks, Operations Director on 01865 785426
or email louisa.weeks@oxfordbus.co.uk
www.oxfordbus.co.uk



Marion Wilkes
Education and Development Consultant
01844 260703 or 07817 807 966
marion@bkwilkes.freeserve.co.uk



Marion Wilkes is a freelance consultant in training, education and personal development, offering research, management skills, project management, business and education partnership, strategy and curriculum development and materials authoring.
Contact: Marion Wilkes on 01844 260703 or mobile 07817 807 966
or email marion@bkwilkes.freeserve.co.uk



Welcome to OWF

The OWF has been running for many years with a well-earned reputation as a friendly and different networking group. We hold a wide variety of events, covering personal learning and development, social interaction, networking and enjoyment. Members come from all walks of life - professional, business and enterprise, public, charitable and voluntary sectors - as well as those on career breaks or wishing to enter or return to work. Events provide invaluable opportunities to learn from and enjoy the company of others - members, speakers, celebrities, leaders, coaches and guides. At most events light refreshments are included in the price charged to cover costs.

There is no official membership or joining fee for OWF. If your name is on our mailing list, you will receive an email reminder and booking form for each event. Then just come along to those events which are of most interest to you.

We all look forward to seeing you.

Oxfordshire Womens Forum

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Jan 26 **Nielsen and The Games**

Oxford associated business Nielsen are the official research provider to the London 2012 Olympic and Paralympic Games. Doulla Croft, Business Development Director at Nielsen, will give us a fascinating talk on the market research in the build up to the games and the logistics behind organising such a global event. www.nielsen.com

Feb 23 **Fit for Business**

If you're fit, you'll work more effectively and also have more confidence and verve in the workplace. Busy professional and business people easily neglect their health under the stresses and strains of work. Too much sitting at the desk or behind the wheel, snacking and a diet of sandwiches and coke can mean the scales creep up and we suffer slumps in energy during the day. Anna Mason of Distance Dieters shows how to get fitter to do effective business and how to eat for energy and vitality, using all the skills you use at work to manage your health, weight and wellbeing. www.distance-dieters.co.uk

Mar 21 **Experiences of a Freelance Journalist**

Clover Stroud has worked as a freelance style and travel journalist for the past decade. She writes predominantly for The Saturday and Sunday Times, and The Saturday and Sunday Telegraph, and her work involves frequent travel around the world. "I am essentially very nosy, and my work as a journalist allows me to meet an extraordinarily diverse range of people, and ask them the most personal questions." Clover will be talking about her career, and how she has combined it with bringing up her two children as a single mother.

Apr 24 **Discovering Your Personal Style**

Wouldn't it be great to look your best for every occasion and to get the full potential out of your image? Lisa Whiteside a Style Consultant with Britain's Leading Image Consultants, House of Colour, says you can and will be revealing to us the secrets to a successful wardrobe. This includes looking at dressing for success, both professionally and casually, as well as the ways colour can have a positive or negative effect on the image we give out, and Lisa's top tips for getting a great buy. www.houseofcolour.co.uk

May 24 **Private Tour of Greys Court**

After being closed for an extended period for refurbishment, and the addition of new parts of the house open to visitors, the House Steward will lead a tour of this picturesque and intimate 16th century mansion, home to the Brunner family. Special features include the Great Tower and 12th century donkey wheel. The tour is followed by a walk in the enchanting walled gardens, set amidst medieval ruins, usually looking their best in May.

Jun 21 **The Wychwood Project**

The Wychwood Project uses the focus of the Royal hunting Forest of Wychwood in West Oxfordshire to encourage local people to understand, conserve and restore its rich mosaic of landscapes and wildlife habitats. Through a wide range of activities the Project aims to enhance the environmental, cultural and historical features of Wychwood landscape. This is being achieved by working closely with local communities, enhancing the social and economic benefits of the Wychwood countryside, and ensuring a sustainable future. We will enjoy a talk and walk with one of the Project Officers. www.wychwoodproject.org

Sep 18 **Making the Most of Your Personal Brand**

What do others think of you? An attractive and memorable personal brand helps you to gain promotion at work, sell the book you're writing, get you talked about in the way you want. Sarah McCloughry describes what makes up your personal brand and why it's so important. You'll be given some practical exercises to uncover your personal brand, focusing on your voice and body language and you'll learn how to manage what others think of you. www.anrah.co.uk

Oct 18 **Kismet Jewellers**

Kismet Jewellers specialise in the fusion of the historic influences of Thame to design and feature a collection of modern contemporary jewellery, much of which is sourced throughout the world and unique to Kismet. The business is owned and developed by Yvette and Matthew Nix Cundy, who help clients design their own special pieces or engagement rings, using the leading-edge technology of in store computer imaging, allowing clients to see exactly what the item will look like, and be sure they will be getting exactly what they want, prior to it being made.

Nov 14 **The Resurgence of Feminism**

Feminism, the F-word, is being placed back on the agenda, with new bursts of activity triggered by frustration that women still lag behind men in all walks of life, the boardroom, workplace, home, popular culture and the political system. Women are said to do two thirds of the world's work for 10% of the world's income. Objectification of women is no longer amusing. The recent resurgence of feminism is one of the most important aspects of and movements for social justice. Geraldine Creaven, Campaigns Director of The Fawcett Society will update us on the need for feminist activism and the gains which have been made. www.fawcettsociety.org.uk

Dec **Annual Dinner**