



# Information pack



### **Thank you for attending the breakfast meeting today.**

You will have heard from all the members about their businesses; there was a lot to take in and you probably won't be able to remember it all.

We have therefore prepared this information pack for you. It has a description of what each company specialises in along with their contact details. Please study this at your leisure.

We only allow one trade or profession to be members so by joining you will lock out your competitors.

As you heard at the meeting we do not make a charge for membership. The only cost is the fee for breakfast which currently stands at £8.95. The Club is a non-profit making organisation.

The fees are payable in advance and the renewal period is six months. We ask for a commitment of six months which is £100.00, but if you join between the official renewal dates then your renewal fee will be adjusted accordingly.

If you miss a meeting (and you are under no pressure to attend every one, although it is in your own interest to do so) then there is no refund. The money collected that is not paid out in breakfasts stays in the pot to pay for visitors' breakfasts, advertising and administration.

We hope you now have all the information you need to help you make your decision about joining us. If however you have any queries please do not hesitate to contact Julian Wood at JW Car Contracts.

# Networking 4 Breakfast Membership Application



## Joining Networking 4 Breakfast

A prospective member may attend two meetings as a visitor. After the second meeting, prospective members will be required to complete this membership application form.

Please complete and forward it to the Treasurer (see below). At the same time you should also send a cheque (payable to "Networking 4 Breakfast") to cover 6 months membership to the Treasurer. If you would rather pay electronically the Treasurer can let you have the bank details.

The membership Committee completes the screening process and notifies the prospective member of acceptance or non-acceptance before the next meeting. Once accepted you will have your business information entered into the Visitors' Pack and onto the Networking 4 Breakfast website.

### Part 1

Applicant's Name	_____	Business Phone	_____
Business Name	_____	Business Fax	_____
Business Address (inc postcode)	_____	Mobile Phone	_____
		Home Phone	_____
		Email	_____
Website	_____		

Describe your product or services (be specific and remember that what you type here will go into the visitors pack and on to the Networking 4 Breakfast website)

What your company does:

A description about your services you offer and the key points:

# Networking 4 Breakfast Membership Application



## Part 2 (please answer all questions)

a. How long have you been with the company you are representing?

a. Are you willing and able to make the commitment to arrive at our fortnightly meetings no later than 6.45AM and stay until 8.30AM by which time the meeting is guaranteed to close.

\_\_\_\_\_  
Yes / No

a. Is there an individual in your company who would be willing and able to attend meetings on your behalf, should you be unable to attend?

\_\_\_\_\_  
Yes / No  
\_\_\_\_\_

I understand that I am making a commitment of at least 6 months to Networking 4 Breakfast and that there are no refunds if I miss any breakfasts. At the next members renewal date, if I decide to continue my membership, I agree to make a further payment to bring my period of membership into line with the other members. Current renewal dates are 1 December and 1 June each year.

Signature

Date

## Membership Committee Only

Prospective member

Recommendation to  
Join Networking 4  
Breakfast  
Comments

\_\_\_\_\_  
Accept / Decline

If declined, was there  
a conflict with  
another member?  
Explain

\_\_\_\_\_  
Authorised Signature  
(Membership Committee)

\_\_\_\_\_  
Date

Please complete and forward to the Treasurer, Dirk Barrett:  
[dirkbarrett@hotmail.com](mailto:dirkbarrett@hotmail.com), 11, Ash Grove, Gt. Cornard, Sudbury CO10 0HB

## WEB DEVELOPMENT

**Name**

David Dunhill

**Company name**

Ansta Limited

**What the company does**

Web development and all associated services including domain name registration, website hosting, email, website promotion / Search Engine Optimisation (SEO), internal web application systems and all services associated with the internet except connecting to it.

**A description about the services we offer**

Website design and development, search engine optimisation (SEO) and content managed or e-commerce websites form a large part of the services offered by Ansta Limited. Based in Sudbury on the Suffolk and Essex border our website design team develop websites for any type of business large or small.

The majority of Ansta's clients require a return on their investment and since the company's formation in 2000; Ansta has assisted in the planning, development and promotion of over 200 websites.

With our track record of quality and professional web design, not only to give a first impression, we also concentrate our efforts by ensuring that the site is coded correctly so that search engines can understand what the website is actually trying to convey.

Ansta Limited know that website design and promotional design is very personal, we therefore take the time to discuss your requirements and agree a procedure from the concept to completion.

**Telephone**

01787 319658

**Mobile**

07837 167174

**Email**

info@ansta.co.uk

**Website**

www.ansta.co.uk

## STORAGE AND ARCHIVE

**Name**

Philip Taylor

**Company name**

Boxstore

**What the company does**

General and archive storage.

**A description about the services we offer**

Boxstore is located between Sudbury and Boxford offering a secure storage facility for businesses and the general public. The buildings are fully alarmed and have CCTV coverage.

A range of storage options are available from an individual archive box to 40 foot containers. Larger storage facilities are available on a seasonal basis.

Easy access to your belongings 7 days a week but must be by appointment.

Archive boxes and packaging materials are available for purchase.

**Telephone**

01787 210350

**Mobile**

07775 777598

**Email**

rogersfarm@boxstore.co.uk

**Website**

www.boxstore.co.uk

## BUSINESS COACHING

### **Name**

Chris Crace

### **Company name**

Business Life

### **What the company does**

Business Coaching for business owners, working principally on the key areas of time management, monetary controls, team leadership and team building, business structure, systems/procedures, sales and marketing.

### **A description about the services we offer**

Business Coach Chris Crace has been coaching business owners since 2003, and has a hugely successful track record, with a wide variety of businesses. To be able to do this we have created a coaching/training company with a difference. Although we start by assessing and analysing the strengths and weaknesses of your business, and making recommendations accordingly, we won't then leave you on your own to make the changes and improvements which need to be put into action.

In other words we understand that the very reason why a lot of businesses have got into the problems they have in the first place, is because the owners do not necessarily know how to run and manage certain areas of the business. To simply tell them what they already know (in terms of where their weaknesses lie) doesn't help to change anything. So we also provide the ongoing customised training, until we are sure that you can make it work yourself. It is this long term relationship which makes us stand apart, we don't just tell you what to do, we coach you to do it for yourselves, and then hold you accountable to carry out the actions and changes you set for yourself.

The services we offer to support this can be wide ranging and innovative.

### **Telephone**

01787 229908

### **Email**

chrisrace@yourbusinesslife.co.uk

### **Website**

www.yourbusinesslife.co.uk

## OFFICE SUPPLIES

### Name

Steve Gates

### Company name

Chilton Office Supplies

### What the company does

- Stationery.
- Office furniture.
- Business machines and computer consumables.
- Copying and T-shirt printing.

### A description about the services we offer

We can supply all your everyday office supplies usually next day with our free delivery service, or you are welcome at our showroom in Windham Road. We can help plan your office when choosing new furniture so that you get the most out of the available space while still complying with Health and Safety standards. We can access most manufacturers of business machines so whether you need a new dictation machine, fax or a photocopier we can help.

We offer full copying services in our showroom. Our machines can collate, staple and punch. Our plan printer can print or copy up to A0. We can accept plans via e-mail or from memory devices. We can also scan an original and then save to memory or e-mail on. We can print or copy in colour up to A3 and we can comb bind reports up to 50mm thick. We can laminate documents from a badge to a poster with our wide format encapsulating machine. Our garment printing service covers T-shirts, polo shirts, sweatshirts and hoodies, jackets, football kits and tracksuits, and hi-viz workwear. We have printed on customers own garments such as overalls, pyjamas and even underwear! No minimum order requirement or set up costs if you have your own usable artwork.

### Telephone

01787 880615

### Email

steve@chiltonoffice.co.uk

### Website

www.chiltonoffice.co.uk

## INSURANCE SERVICES

**Name**

Lee Parker

**Company name**

Coversure Insurance Services

**What the company does**

Commercial and personal insurance brokers.

**A description about the services we offer**

All types of commercial and personal lines insurance including:

- Liability.
- Property.
- Fleet.
- Office.
- Shop.
- Commercial vehicle.
- Home and personal car.

**Telephone**

01787 374857

**Mobile**

07970 196884

**Email**

leepa@coversure.co.uk

**Website**

[www.coversure.co.uk/sudbury](http://www.coversure.co.uk/sudbury)



## HOME IMPROVEMENTS

**Name**

Dirk Barrett

**Company name**

Dirk Barrett Home Improvements Limited

**What the company does**

Property repair, maintenance and improvements.

**A description about the services we offer**

I offer a wide range of property maintenance services, including but not limited to the following:

- Painting and decorating, both interior and exterior.
- General carpentry work, including hanging doors, boxing-in, stud work etc.
- Plumbing alterations and installations, changing radiators.
- Fitting of kitchens and bathrooms.
- Wall and floor tiling.

**Telephone**

01787 310008

**Mobile**

07860 641281

**Email**

dirkbarrett@hotmail.com

## PHOTOCOPYING CONTRACTS

### **Name**

Graham Bridge

### **Company name**

DMC Consultancy Limited

### **What the company does**

We specialise in sourcing copy / print / scan solutions. Unlike traditional equipment suppliers DMC are not restricted to a particular manufacturer's product. By using a carefully selected dealer network comprising local and national suppliers we can offer the choice of all major manufacturer's products. In addition we arrange the terms and conditions of service agreements to be more suited to our customer needs. Organisations using DMC include Chambers of Commerce, Councils, Education and a number of local law and accountancy firms.

### **A description about the services we offer**

- Sourcing of colour and mono multifunctional photocopier systems.
- Sourcing of wide format solutions.
- Existing situation consultancy with print audit option.

DMC also offer Document Management Solutions for those looking to become more 'paper light'. In addition, we will also be happy to advise on any disputes with regard to photocopier contracts. The initial consultation will be without charge for Networking4Breakfast members.

### **Telephone**

01206 272150

### **Mobile**

07900 431092

### **Email**

graham@dmc-consultancy.co.uk

### **Website**

www.dmc-consultancy.co.uk

## VEHICLE CONTRACT HIRE

**Name**

Julian Wood

**Company name**

JW Car Contracts

**What the company does**

Vehicle Finance Broker.

**A description about the services we offer**

We offer a full range of vehicle finance services, ranging from contract hire for companies and private individuals, contract purchase, finance lease, hire purchase and fleet management to short term rental for companies and individual traders.

**Telephone**

01284 850007

**Mobile**

07890 051672

**Email**

[jwood@jwcarcontracts.co.uk](mailto:jwood@jwcarcontracts.co.uk)

**Website**

[www.jwcarcontracts.co.uk](http://www.jwcarcontracts.co.uk)



## WRITER & PROOFREADER

### Name

Alison Withers

### Company name

Multimedia Reputations.com

### What the company does

Marketing and management of companies' online and print reputations.

### A description about the services we offer

- Writing and editing.
- Proof reading.
- Internet research.
- Article Marketing.
- Web content management.

**Online:** We help people plan the contents of their websites, write the pages and advise on pictures, edit, manage and regularly update web content / add pages using web-host provided content management systems. We also write and put online e-newsletters and free to publish articles to boost visits to client websites.

**Print marketing:** We write content for print marketing literature, print newsletters, press releases, including articles to be submitted to media, annual reports.

**Books:** Have edited, updated and proofed the gap-year guidebook for the last six years. Wrote a children's book on the World Cup to a strictly-defined template before the German World Cup.

### Telephone

01473 231067

### Mobile

07889 242332

### Email

alison@multimediareputations.com

### Website

Multimediareputations.com



## FOREVER LIVING PRODUCTS

### **Name**

Natalie King

### **Company name**

Natalie King Chikonde

### **What the company does**

I work with fantastic products that are made with 100% inner leaf gel, delicately adding just enough other ingredients to produce outstanding products. From plant to product, the whole process is managed by Forever Living, ensuring that the highest standards are met, and exceeded.

Having committed over 40 years to the art of extracting the purest aloe, and pairing with the latest scientific developments, Forever holds the winning formula. The Forever Living Product range caters for a range of areas from nutrition and weight management to skincare. Offering aloe vera drinks, bee products, essential oils and beauty products to help people achieve a healthy, happy lifestyle.

We have many different certifications including cruelty free.

If you would like to have a chat about which products would benefit you, or if you would like to try the products free for a few days contact me.

### **A description about the services we offer**

I mentor and coach people to earn an additional £300-£500 working from home within the Health and Wellness industry, flexible part-time around their commitments of family, work, studies etc and helping people to reach their full potential, to achieve their goals and dreams.

It is a global business where we operate in over 158 countries. We're cash rich and debt free which means we're an extremely stable business.

I'm looking for some good quality people to show this business too, that's why I have contacted you. Would that be of interest to you?"

### **Telephone**

01638750234

### **Mobile**

07960402667

### **Email**

nmcking@hotmail.co.uk

### **Website**

natalieking.foreverlivingsite.com



## MARKETING

### **Name**

Tim Meadows-Smith

### **Company name**

New Media Marketing & Sales

### **What the company does**

We are profit growth doctors. We make our clients more profitable.

Most smaller businesses spend on marketing and then get less back. NMMFS analyse client businesses and devise marketing campaigns that deliver a return on investment that is often around 400%. You can continue to use your existing suppliers, or use our recommended suppliers, to benefit from NMMFS advice you simply need to apply the campaign designed for your business.

### **A description about the services we offer**

What separates Billionaire behaviour from other businesses is not secret. We analyse businesses, develop marketing strategies, write marketing plans, devise promotions, plan websites for profit, project manage designers and printers, plan and manage events, plan and manage business communications. Help you turn your company into a profit generating machine.

Apply the Billionaire Blueprint to your business today.

### **Telephone**

0203 086 9386

### **Mobile**

07846 112297

### **Email**

tim@newmedia-group.com

### **Website**

www.newmedia-group.com



## TELEPHONE SYSTEMS

### **Name**

Sean Mitchell

### **Company name**

Ocean Telecom Limited

### **What the company does**

Supply, install and maintain business telephone systems, plus associated telecom's services including mobiles, mobile data and structured cabling.

### **A description about the services we offer**

Ocean Telecom is based near Bury St Edmunds in Suffolk. With over 19 years industry experience, Ocean is dedicated to providing clients with our highly skilled and qualified engineering knowledge base, together with focused after-sales service and support.

Ocean offers nationwide coverage on a variety of business telephone systems and applications. Whether your business is a Multi-National, or a new start-up Ocean provides the products and support you expect.

In the increasingly demanding world of technically advanced communication systems, Ocean provides simple clear and concise solutions for today's businesses.

### **Telephone**

01284 729869

### **Mobile**

07875 554173

### **Email**

seanm@oceantelecom.com

### **Website**

www.oceantelecom.com

## INDEPENDENT FINANCIAL ADVISERS

### **Name**

Penny Hurrell

### **Company name**

Plan Money Ltd

### **What the company does**

Plan Money Limited is an Independent Financial Advisers firm, we all specialise in different areas of the financial market, my area being secured lending and Protection.

### **A description about the services we offer**

It can be an extremely stressful time when applying for borrowing, whether it's to move, raise money for that long awaited extension or just to try and sort the financial muddle you have found yourself in. My aim is to take that stress away, providing tailored advice and a bespoke service in the arrangement, from the initial application right through to completion. I not only provide the initial advice, but the support and guidance when required every step of the way.

Areas I cover:

### **Borrowing**

Purchase – First time buyer or mover, Re-mortgage – debt consolidation, improve on rate or raising further funds, Right to buy, Buy to let, Help to buy, Shared ownership, Equity Release, Retirement mortgages, Second charge lending, Bridge facilities

### **Protection**

Life cover – Level, decreasing or monthly benefit, Critical/ Serious illness – level, decreasing or monthly benefit, Income protection, Business protection – Key Man, Partnership and Share protection, Private medical insurance

### **Telephone**

01206257501

### **Mobile**

07968800367

### **Email**

penny.hurrell@plan-money.co.uk

### **Website**

plan-money.co.uk

## SOLICITOR

### **Name**

Luke Stockings

### **Company name**

Rudlings Wakelam Solicitors

### **What the company does**

Legal services. Solicitors advising on all aspects of law.

### **A description about the services we offer**

- Conveyancing.
- Company and commercial.
- Family law.
- Employment law.
- Probate and tax planning.
- Litigation.
- Mental health.
- Wills and trust.
- Child and adoption law.
- Business services.

### **Telephone**

01284 755771

### **Email**

luke.stockings@rudlings-wakelam.co.uk

### **Website**

www.rudlings-wakelam.co.uk

## BOOKKEEPING

**Name**

Amanda Riamo

**Company name**

Salamander Bookkeeping Service

**What the company does**

Salamander bookkeeping offers a range of bookkeeping and accounts preparation services to small business owners and sole traders.

**A description about the services we offer**

- Manual and computerised bookkeeping.
- Invoicing.
- Bank reconciliation.
- Monthly figures.

**Telephone**

01787 374806

**Mobile**

07761 509 939

**Email**

amanda@salamanderbookkeeping.co.uk

**Website**

www.salamanderbookkeeping.co.uk



## COMPUTER HARDWARE & SOFTWARE

### Name

Alasdair Hodgkins

### Company name

Sarala Limited

### What the company does

- Supply of computer hardware, software and peripherals.
- PC support and repairs.
- IT consultancy (networking, mail, disaster recovery, best practise, software development and project management).
- Best of breed business solutions for Online Backups, Outsourced Microsoft Exchange, Outsourced Microsoft Sharepoint, Antivirus Protection, Remote Access, Virtual Networks (linking multiple sites).
- White label Technical Account Management and IT Management (we will attend meetings on behalf of or with customers acting as their IT resource).

### A description about the services we offer

Sarala specialise in providing high quality IT related services and products to a customer base that ranges from private individuals to corporate entities.

We try to avoid IT acronyms and strive to provide impartial advice in plain English. We firmly believe that the key to a successful business is word of mouth recommendations by happy customers.

With a wealth of experience we can help with almost all your computing needs from supplying a new PC, recovering lost data, installing a network or helping your business implement a bespoke software package.

### Telephone

01376 316101

### Mobile

07771 968443

### Email

alasdair@sarala.com

### Website

www.sarala.com

## ACCOUNTANT

### Name

Andrew Stopps FCCA ATT

### Company name

Seago and Stopps

### What the company does

Chartered Certified Accountants.

### A description about the services we offer

- Accounts preparation for sole traders, partnerships and limited companies.
- Statutory audits for companies and charities.
- Personal taxation services for individuals, including self assessment tax returns.
- Corporate taxation services for companies.
- Capital Gains Tax and Inheritance Tax compliance and planning.
- Payroll administration.
- CIS administration.
- Book keeping, including VAT Return preparation and submission.
- Management accounts, cashflow forecasting and budgeting.
- Business acquisitions and disposals.

### Telephone

01787 880080

### Mobile

07974 987746

### Email

andy@seagoandstopps.co.uk

### Website

www.seagoandstopps.co.uk

## AIRPORT TRANSFERS

### Name

Mike Drain

### Company name

Superb Airport Transfers/Superb Travel Suffolk

### What the company does

Transport for any purpose across the country and locally for a fixed price. All drivers (and vehicles) are licensed by Mid Suffolk District Council and DBS checked. All drivers undergo annual driver training by a qualified driver training agency.

### A description about the services we offer

We specialise in Airport Transfers and longer distance travel. So if you are flying or cruising we have got it covered. We can offer assisted check in if required, Meet and Greet is standard at most Airports. SUFFOLK TO ANYWHERE.

We provide bottled water for your return trip, bread and milk and/or short stop for provisions on the way home on request.

We also provide travel to visit relatives or to get to your holiday destination. Friendly, professional door to door service for a fixed price.

We also operate a wheelchair accessible taxi.

- Airports, Ports, Longer journeys
- Drivers licensed and DBS checked by Mid Suffolk District Council
- Any journey of any distance for a fixed price
- Welcome Home Packs
- Weddings, Dining out with friends, Theatre, Sporting venues
- Wheelchair Accessible Taxi

### Telephone

01449 507775

### Mobile

07910 705739

### Email

info@superbairporttransfers.co.uk

### Website

www.superbairporttransfers.co.uk

## INDEPENDENT FINANCIAL ADVISER

### **Name**

Mark Thompson

### **Company name**

Thompson Financial Consulting Ltd

### **What the company does**

“Advice you can trust....”

You’d probably agree that today’s financial marketplace can be a very confusing place – and it’s changing all the time. You might also agree that reliable advice, from a trusted source, is always welcome.

So where can you find it?

A good place to start would be with a completely independent financial adviser – one with a total commitment to quality customer service, delivered by a trained and experienced team. You’re looking for people who will.

- Save you time.
- Work proactively on your behalf.
- Make your money work as hard as possible and
- Ensure you keep as much of it as possible.

That’s the kind of advice – and help – that you’ll find at Thompson Financial Consulting Ltd.

### **A description about the services we offer**

Thompson Financial Consulting Ltd may be able help you – or your company – get to grips with your finances so you can create and protect your wealth.

With a full understanding of your true financial position – and the most suitable advice – you will be able to make realistic and achievable plans for the future. For example, you might be able to retire earlier than you expected and still achieve the level of income you need for a comfortable retirement.

With Thompson Financial Consulting Ltd you may benefit from a full financial review indicating how close you are to your financial goals – and giving you the chance to amend or change your plans to meet new or changing needs.

You’ll also receive ongoing regular reviews of your pensions or investments to ensure potential growth and return.

### **Telephone**

01473 828973

### **Mobile**

07775 677412

### **Email**

mark@thompsonfc.com

### **Website**

www.thompsonfc.com