

COMING SOON in the South West 2021

Future Event Planning

We are keen to run events to suit our wide membership base as much as possible, and mindful of the variety of backgrounds and circumstances we have within the South-West at this time, would welcome any ideas or requests you have for future events. Please do email Sophie.Endacott@avisonyoung.com with any suggestions or thoughts.

Virtual Coffees

With the Government's Covid-19 restrictions continuing for the foreseeable future, we are looking at ways in which we can meet up in line with government guidelines. A new LinkedIn chat room has been set up for our members, [Women in Property South West Chat Room](#), where we encourage you to post any informal requests or questions you have. We are conscious current guidelines mean in-person networking events are not possible so want to encourage you to connect with one another. You might want to:

- Find contacts that might have expertise you need for your latest project
- Arrange to meet up with a new (or old!) connection for a virtual coffee
- Find out if any members live near to you and would like a socially distant walk round your local park (do remember to post roughly where you live as we have members in Bristol, Bath, Exeter, Plymouth and beyond!)

Our committee will be arranging some group virtual coffee get-togethers and will post here. Do join these if you can as we would love to hear what you have been up to, and if you want to join and just listen in that is fine!

We are constantly monitoring the situation and guidelines and hope that we can return to meeting in groups as soon as possible.

Contact: Sophie Endacott E: Sophie.Endacott@avisonyoung.com

<p>Menopause Awareness - Workshop with Laura Shuckburgh</p> <p>Join us for a workshop with Laura Shuckburgh of Marvellous Midlife. Laura is a perimenopause and life coach. She is passionate about raising awareness of how menopause can impact women in the workplace. Providing online sessions and managing workshops she is helping to lift the lid on this once taboo transition that every woman will go through.</p> <p>This workshop will provide an understanding of what menopause is, how to recognise the symptoms, and how to make simple adjustments to help deal with them. There will be an opportunity for a Q&A session at the end. Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Wednesday 05 May 2021</p> <p>Time: 12:30 – 14:00 PM</p> <p>Members: £10</p> <p>Non-Members: £20</p>
<p>Telecoms Code Agreements and their impact for property owners and occupiers</p> <p>Join us for a critical analysis of the latest position and potential conflicts in the arena of telecoms code agreements and the issues and impact of these for investors, landlords and tenants. Areas covered by our two expert speakers, Jonathan Wills and Lorne Satchell, will include:</p> <ul style="list-style-type: none"> • Factors to consider when hosting telecoms on your land or building. • Valuation issues and what compensation you might expect as a landlord entering into, or having a telecoms code agreement imposed on you. <p>Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Thursday 06 May 2021</p> <p>Time: 18:00 – 19:00 PM</p> <p>Members: £10</p> <p>Non-Members: £20</p>
<p>Virtual Bake Off with Jane Bluer of Kid’s Kitchen</p> <p>We are delighted to offer this virtual bake off where we will be making two dishes, one savoury and one sweet - Red Velvet Cupcakes and Lamb Meatballs with a Yoghurt and Mint Dip. Our session will be hosted by Jane Bluer, Founder of Kid’s Kitchen in Hale, Manchester.</p> <p>You will also receive a goody bag ahead of the event, containing a copy of the recipes, cake cases and decorations. Jane will demonstrate how to prepare both dishes and how to decorate the cupcakes. Please note: the ingredients for the two dishes are not included.</p>	<p>Date: Friday 07 May 2021</p> <p>Time: 12:00 – 13:30 PM</p> <p>Members: £25</p> <p>Non-Members: £35</p>

<p>Registration Deadline: 28 April 2021 Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	
<p>Virtual Posture and Wellness Classes with Will Skudder – Session 1</p> <p>Join our fun and interactive classes. 70% of the UK population may suffer chronic neck and back pain at some point. Bad posture leads to our back, neck and shoulder muscles becoming tense preventing our bodies from moving properly. Will Skudder is a qualified personal trainer and a specialist trainer in pre and post-natal exercises. You will find out:</p> <ul style="list-style-type: none"> • How your posture affects your wellbeing, mood and confidence • Easy techniques to release tension to improve your posture • How to support your wellbeing at home and in the workplace <p>Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Dates: 07 & 21 May 2021</p> <p>Time: 14:00-14:45 PM</p> <p>Members: FREE Non-Members: £10</p>
<p>Virtual Mentoring Club with Sandi Rhys Jones OBE - Members Only Event</p> <p>Piloted over the past four months, the Mentoring Club is designed for mentors and mentees, both experienced and those waiting to embark on a relationship, to share experience, discuss key topics and hear some practical, transferable tips.</p> <p>At times like these, talking with others who understand your world, but are outside your work and home environment, can be just the support needed to manage challenges and make constructive decisions. The Mentoring Club provides that critical friend environment, providing a complementary service to the mentoring programme, led by Sandi Rhys Jones OBE. Download Flyer</p> <p>Registration via executivedirector@womeninproperty.org.uk</p>	<p>Date: Tuesday 11 May 2021</p> <p>Time: 12.30 – 14:00 PM</p> <p>Members only FREE Event</p>
<p>Manage your fear and turn up confidently: CPD Workshop led by Susan Heaton Wright</p> <p>This CPD workshop led by Susan Heaton Wright, Fellow of the Professional Speakers Association will provide knowledge and practical ways to manage your fear in specific business situations. This includes:</p> <ul style="list-style-type: none"> • Understand what fear does to your body • Exercises in reframing your fear 	<p>Date: Wednesday 12 May 2021</p> <p>Time: 17:30 – 19:00 PM</p> <p>Members: £20</p>

<ul style="list-style-type: none"> • Creating awareness of occasions when you are fearful and creating a framework of how to manage this • Techniques to manage your fear and ensure you are in a calmer state • Reframe your attitude to fear and discover how you can use this in a positive way to increase your confidence Download Flyer <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Non-Members: £35</p>
<p>Online Morning HIIT Sessions with Sweat Buddy - Jo Jones</p> <p>Get up, get motivated and feel empowered with exercise! These online, early morning HIIT sessions are 45 minutes long and will include a warm up, HIIT class and a cool down. This is perfect for those who want to “eat the frog” before starting their working day.</p> <p>If you are a beginner to HIIT training, no problem, there will be modifications for each move. You'll be surprised to see how quickly you progress and find you can do more.</p> <p>Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Dates: Thursday 13 May, 10 June & 8 July 2021</p> <p>Time: 07:45- 08:30 AM</p> <p>Members: FREE Non-Members: £5 per session</p>
<p>Virtual Coffee Tasting Experience</p> <p>We are delighted to bring to you this Virtual Coffee Tasting experience with Stokes Tea & Coffee. Join us for an expert tasting experience and coffee networking event.</p> <p>With a twist on the usual coffee morning, Stokes will prepare and deliver a personal coffee tasting kit to each attendee, containing 5 types of coffee, along with other goodies and brewing instructions, and exclusive discounts for future purchases.</p> <p>Stokes’ master roaster and accredited Barista will take everyone through the tasting experience. This will be an interactive event and there will be opportunities for Q&A, discussion and networking. Registration Deadline: 3 May 2021 Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Thursday 13 May 2021</p> <p>Time: 11:00 – 12:30 PM</p> <p>Members: £20 Non-Members: £30</p>
<p>Bank of England Seminar - What does the future hold for the UK economy?</p> <p>Women in Property invites you to our first virtual Bank of England lunchtime seminar, kindly sponsored by Pegasus Group.</p>	<p>Date: Thursday 13 May 2021</p> <p>Time: 12:45- 13:45 PM</p>

<p>A lot has changed since our last Bank of England seminar in January 2020. Businesses have experienced the impact of Brexit and a global pandemic. The North East's Deputy Agent, Gareth Harrison, will look at the impacts of last year on the economy and present the Bank's most recent assessment of the UK economy and its predictions for the future in a post-Covid-19 world. Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Members: £5 Non-Members: £15</p>
<p>Power Hour – Five tips for virtual meetings with Aidan Kearney</p> <p>This power hour will cover important psychological considerations in order to maximise the effectiveness of our virtual meetings. Operating remotely from our teams and colleagues is a new reality that, in one form or another, is here to stay. While technology has allowed us to connect in new and flexible ways, there are some really important psychological elements which can help us to ensure we get the best out of these interactions. Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Friday 14 May 2021</p> <p>Time: 13:00 – 14:00 PM</p> <p>Members: £15</p> <p>Non-Members: £40</p>
<p>The Future of Property Careers</p> <p>Do you have a young person in your household who is concerned about their future career? We are all too aware of the challenges COVID-19 has placed on young adults and particularly their opportunities for work experience and so we have arranged an opportunity for you to offer them some insights into potential careers.</p> <p>Charles Russell Speechlys in partnership with Women in Property are delighted to invite you and your children to a panel discussion and Q&A with industry leaders on the range of opportunities within the property and construction sector.</p> <p>Visit our website for further details on how to register your place.</p> <p><i>Please note, all under 18s must be accompanied to this virtual event by the Parent or Guardian registered for the event. This event is open to all children irrespective of gender.</i></p>	<p>18 May 2021 4.30pm – 5.30pm</p> <p>Members & Non-Members FREE Event</p>
<p>Virtual Skills Series with Judy Salmon</p> <p>Join us for a series of talks presented by business coach and training consultant Judy Salmon, who returns to provide us with some inspiring workshops.</p> <ul style="list-style-type: none"> • 19 May – Coping Strategies What coping strategies can I share and learn from others? What do we mean by the word 'cope' and in what kind of situations do we need to cope? 	<p>Dates: Wednesday 19 May, 23 June & 21 July 2021</p> <p>Time: 18:00 – 19:30 PM</p>

<ul style="list-style-type: none"> • 23 June – You have been made redundant – a swap shop of ideas and support A conversation between Sophie Endecott and Judy Salmon on their experiences of being made redundant and guidance on how to move on from redundancy. • 21 July – Communication – more important than ever! Why bother to communicate? What are the ingredients of effective communication and what stops it from being effective? Download Flyer <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Members only: Free</p>
<p>Around the world with WIP Solent Committee 2021 – Coffee Morning</p> <p>Join our Solent Chair, Philippa Klaschka and the 2021 Solent Committee for a virtual coffee where the committee, new and existing, will introduce themselves for just 60 seconds by sharing their number one travel photograph with the group! Following this visual introduction there will be time to chat and ask questions! Download Flyer</p> <p>Contact: Philippa Klaschka E: philippaklaschka@stridetreglown.com</p>	<p>Date: Thursday 20 May 2021</p> <p>Time: 08:30 – 09:30 AM</p> <p>Members & Non-Members FREE Event</p>
<p>Development in the Highlands & Islands - Part 1 Inverness Cityscape</p> <p>There has been, and continues to be, a lot of exciting development within Inverness. For Part 1 of our Development in the Highlands & Islands Cityscape event, join us to hear about the development of Inverness and the works that are being carried out at Midmills and the Victorian Market with a panel discussion with Q&A hosted by Highlands & Islands Vice Chair, Pinny Muir. Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Thursday 20 May 2021</p> <p>Time: 12:30 – 01:30 PM</p> <p>Members: £10 Non-Members: £15</p>
<p>Online Forrest Yoga with Kate Harrington</p> <p>If you are new to Yoga, do not feel very flexible or strong this is for you! If you've practiced Yoga before then try this class.</p> <p>Forrest Yoga: A modern yoga developed for the 21st Century, poses are modified from traditional Hatha Yoga, with an emphasis on abdominal work, to help support the lower back. There will be a little breathing work, Sun Salutations, standing poses for strength and a short relaxation at the end. All you need is a mat! Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Dates: Thursday 20 May, 17 June & 15 July 2021</p> <p>Time: 17:30- 18:30 PM</p> <p>Members: FREE Non-Members: £5 per session</p>

<p>Design Challenges: 1 Paddington Square</p> <p>The new office-led, mixed-use development at 1 Paddington Square is a collaboration between Renzo Piano, who is in charge of the overall design, and a team of architects including tp bennett, which has been responsible for the retail component. Join us to hear about the design challenges of this multi-layered project from Barry Ostle of Sellar Property Group, the developer, and Katia Polidoro of tp bennett.</p> <p>The building will sit above one of London’s busiest transport interchanges, connecting two London Underground stations, a new Crossrail station and Paddington Station. The retail core of the scheme is designed to seamlessly integrate the subterranean level linked to the Underground stations with the level above leading to the railway station concourse and the new shops and restaurants at ground level. Download Flyer</p> <p>Contact: Sara Prince E: booking@womeninproperty.org.uk</p>	<p>Date: Thursday 20 May 2021</p> <p>Time: 17:30- 18:30 PM</p> <p>Members: FREE Non-Members: £10</p>
<p>Healthy Buildings CPD Workshop</p> <p>Join this interactive workshop to explore what a healthy building means to you and how we can design buildings which enhance health, wellbeing and productivity. With on average 90% of our time being spent indoors, it is critical that we ensure the buildings we design, and build are not only fit for purpose but also enhance the wellbeing of their occupants.</p> <p>This CPD workshop led by Jemma Rafipay, Chartered Environmentalist and Fitwel Ambassador at WSP will include:</p> <ol style="list-style-type: none"> 1. An overview from WSP on healthy buildings and their Productivity Tool 2. An interactive workshop with breakout rooms, which will help inform WSP’s research 3. Group knowledge share and Q&A Download Flyer <p>Contact: Penny Wood E: penny@pennywoodtalks.com</p>	<p>Date: Thursday 03 June 2021</p> <p>Time: 14:00- 15:00 PM</p> <p>Members only FREE Event</p>
<p>*COMING SOON*</p> <p>Development Series: Temple Quarter; Gravity Project near Bridgwater; School of Management, UoB; Castle Park View; Building Schools with The Pahar Trust</p> <p>To continue our development series focusing on the major projects in the South West, coming soon will be events taking a look at the Temple Quarter development in Bristol; the Gravity project near Bridgwater, Somerset; the new School of Management at University of Bath; Bristol’s new tallest building Castle Park View and a joint event with UWE on Building schools with The Pahar Trust.</p>	<p>Details TBC</p>

Contact: Sophie Endacott E: Sophie.Endacott@avisonyoung.com

How to be an ally in the workplace, in conjunction with Freehold

Speakers are to be confirmed.

Contact: Nicole Toolseram NicoleToolseram@hoarelea.com

26 May 2021

**Time: 18:00-
19:00 PM**

If you would like booking details or further information on any of the events listed above, or reviews of past events, please visit our [Events](#) page. Here you will find links to the available individual event flyers or please feel free to contact the named event organiser.

Mentoring

For details of the latest mentoring training session please see the [Women in Property website](#). To find out more information or sign up for a training session, please contact Sophie Endacott Sophie.Endacott@avisonyoung.com and Fiona Alfred executivedirector@womeninproperty.org.uk.

Education Roadshow: *Opportunities for school outreach promoting careers for women in the property industry*
We are looking for new members interested in joining the roadshow sub-committee. Please contact Jade Wellesley-Miller Jade.Wellesley-Miller@fgould.com if you are interested in taking part in any of the volunteering opportunities. We are particularly looking to support schools and students who are currently undertaking remote learning and are joining forces with the Bristol City Council WORKS programme for virtual support for students, so if you are interested in getting involved, please do speak to Fadiya.

Want to Join the Committee?

We are currently looking to fill some positions for the new 2021 committee which will commence on 1st March. If you are interested, please get in touch with our current South West Chair, Sophie Endacott (Sophie.Endacott@avisonyoung.com) or our Vice-Chair, Alice Brook (Alice.Brook@BuroHappold.com)

The South West Student Awards are sponsored by:

