

# News Bulletin

# sobus



freston  
road  
hub

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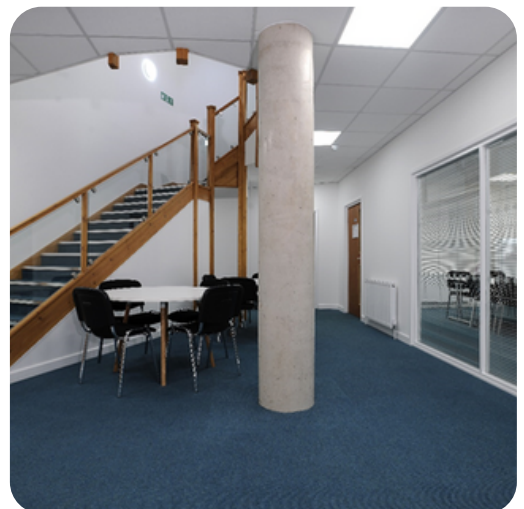
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## Business & Enterprise Support

Sobus is pleased to continue to offer significant discounts for desk hire, hot desk, room hire and mailbox services for local businesses and entrepreneurs at our Freston Road Hub – please contact us for further information: [reception.frh@sobus.org.uk](mailto:reception.frh@sobus.org.uk)

Freston Road Hub is an enterprise hub, managed by Sobus (a Fulham based charity), and supported by our Landlords, Peabody Housing Trust and the Royal Borough of Kensington & Chelsea.

Our aim is to support local enterprise – through the provision of affordable office and meeting room space, as well as through access to training and support.



**July 2022**

# Business Support at Sobus



## Business Support at Freston Road Hub

Sobus can provide 1-2-1 support to RBKC start-up businesses and local entrepreneurs who need some mentoring and/or support to establish or grow their business.

We can provide support around marketing and publicity included getting you to think about how you would reach your customers (traditional marketing, social media etc.), and put a plan in place to draw up your marketing strategy.

Support on how to conduct research to find and secure providers, and drawing up a list of the range of things needed to do to plan on how to undertake the manufacturing part of their business.

## Am I Eligible?

An introductory service is available for free for :

- 1.RBKC residents who run a business in RBKC which is less than 5 years old. Priority will be given to those who are residents in the North Kensington ward of RBKC and/or are Peabody Housing Trust tenants in RBKC.
- 2.Local businesses based in the North Kensington Ward of RBKC, and which started within the last 5 years.
- 3.RBKC entrepreneurs who are interested in setting up their own business. Again, priority will be given to residents from the North Kensington ward of RBKC, and Peabody Tenants residing in RBKC.

[Read more](#)

# Businesses at Freston Road Hub

Freston Road Hub offers affordable, bright, modern office space and meeting rooms for enterprises, charities and social businesses.

Facilities offered are:

- 40 + workspaces complete available on a pay as you go or monthly hire basis.
- 4 high quality meeting and training rooms accommodating from 2-32 people.
- Registered Mailing address facility.

[Our price list](#)



Meterian is fast, AI-powered "invisible security" platform is designed for maximum precision, interoperability and efficiency. Forward-thinking developers and security officers of innovative organisations get instant information to make data-driven decisions for comprehensive risk control of components in their open-source software supply chain. Customers include companies from financial, health, information, technology, and cybersecurity services sectors. Meterian is headquartered in London, UK and backed by global technology and cybersecurity investors. Follow Meterian @MeterianHQ.

[Visit Meterian](#)

Maisanda & Co. is a Chartered Management Accountants company. They work with their clients and their business to identify any areas of concern for effective resolution and regular monitoring. They specialize in SMEs and have a vibrant team based in Sobus, Freston Road Hub.

You will be able to download lots of free business advice and subscribe to Maisanda's monthly newsletter from their website

The company's CEO has written a brilliant article called:  
**10 Tips to survive hard times in business – Post Covid19.**

[Read more](#)[Visit Maisanda](#)

thrive tribe creates long-term habit and behaviour change through a range of lifestyle and wellbeing programmes.

Their award-winning lifestyle and wellbeing programmes get results that make people happier and healthier.

[Visit Thrive Tribe](#)

## REBECCA DAVIES

PSYCHOTHERAPY & COUNSELLING

Rebecca is an experienced psychodynamic psychotherapist offering therapy sessions by phone or video-link on request at our Freston road branch.

Rebecca says "Psychotherapy is a process of coming to understand your problems and emotions so that you can feel free and in time gain some insight into yourself and how you relate to others. The experience of being in therapy involves you and I exploring your emotions and what motivates them."

[Get in touch](#)[Read more](#)

# Training & Events



## Have you heard about SOLID

At Sobus, we are delighted to offer SOLID, a FREE online training and learning system for Hammersmith & Fulham Voluntary & Community Organisations.

SOLID is the Sobus Online Learning, Information & Development tool for Hammersmith & Fulham Voluntary & Community Sector (VCS) organisations registered with Sobus.

[Read more](#)

## Get trusted business advice and support, at home

The British Library's Business & IP Centre (BIPC) has relaunched its 'Reset. Restart' programme of free webinars, designed to help you overcome obstacles and thrive in the current climate.

Meet and network with other like-minded small business owners, and grow your confidence on topics such as social media marketing, funding, tech for your business and much more.

[Read more](#)

## Free business and digital support from expert FTSE100, Tech and independent business volunteers

Digital Boost is a free online platform that supports startups, small businesses and charities to get the essential guidance and skills they need to grow. They match small businesses who need support with volunteer experts who want to give back. Through 1:1 virtual conversations and small group workshops, business owners get fast answers to their unique business questions, plus objective feedback & ideas from multiple

[Read more](#)

## Data First Aid

Have an expert to look at your demographic data or analyse the need of your service users . Get advice on how to make your data to be visually appealing or tell the right story.

PBE can provide charities with pro bono support from a dedicated volunteer economist to help them with their ad hoc data needs. That might include data analysis or visualisation, spreadsheet tasks or short pieces of research.

[Read more](#)

## Online small business Meet-up: West London

Are you a small business owner or budding entrepreneur? Would you like to grow your network in a friendly, relaxed, and supportive environment?

Connect with other small business founders in your area, in a fun and relaxed environment.

**Date: Thu, 14 July 2022      Time: 12:00 – 13:00 BST**

[Read more](#)



# Funding



## **Get Funded! Investment Bootcamp for Ethnic Minority-Led Businesses**

Sussex Innovation's Investment Bootcamp is designed to give insights and tools to get your business investor ready.

Date: Wed, 27 July 2022    Time: 10:00 – 15:00 BST

[Read more](#)

## **The Movement for Good Awards 2022**

Nominate your charity, CIC or community group for a chance to win £1000

[Read more](#)

## **Government Funded Digital Scheme to Help SMEs Grow (UK)**

The UK Government has launched a new digital scheme to support small and medium sized businesses in adopting digital technologies so they can grow.

Under the Help to Grow: Digital scheme, businesses can receive discounts of up to £5,000 off the costs of buying approved Digital Accounting and Customer Relationship Management software that will help them to effectively manage their finances and build customer relationships, enabling them to scale up their operations.

Businesses can also access free, impartial online support on how to choose the right digital technologies to boost their growth and productivity. Discounts for additional software products, including e-Commerce software, are expected to become available soon.

[Read more](#)

No application deadline has been specified.

## **InvestMyCommunity Fundraising Platform**

InvestMyCommunity is a digital fundraising platform designed for small charities, you don't even have to be a registered charity.

Digital fundraising has grown hugely and will continue to do so but, as usual, it's the larger charities getting most of it. InvestMyCommunity aim is to level the playing field smaller charities by providing a range of support, including a campaign web page, one-click social media sharing and a downloadable QR code. For the premium version, you can actually talk to a real person, as you get your own campaign manager.

[Read more](#)

## Enterprise Development Programme

Charities and Social Enterprises in England, with income of £50k to £1.5m, who have an environmental mission and wish to develop their trading ideas and models are welcome to apply. Support from the programme enables organisations to grow financial resilience and impact by providing a mixture of grant and learning support to help develop and grow enterprise ideas. Deadlines 10 May, **15 Aug** and 8 Nov.

[Read more](#)

## The AXA Startup Angel competition

If you have a bold business dream, then this brilliant competition is your opportunity to make it a reality, You could be in with the chance to win £25,000.

Don't delay – **deadline for entries is 17 July 2022**. Terms apply. 18+ UK Residents only. Entry period closes at 23.59 on 17 July 2022. One entry per business.

[Read more](#)

## Future 100 Growth Fund

BEO (Black Equity Organisation) and Sky's new £1 million partnership is backing Black entrepreneurs to launch and grow their own businesses in the UK.

Future 100 provides investment and access to supply chains, backed up by expert business advice, coaching and mentoring, to break down the significant barriers faced by Black British entrepreneurs when setting up and growing their businesses.

[Read more](#)

## Useful Links:

<https://www.learn-to-grow-your-business.service.gov.uk/about>

<https://www.rbkc.gov.uk/newsroom/kensington-high-street-benefit-ps5-million-investment-new-business-improvement-district>

<https://www.jrct.org.uk/movement-fund-pilot>

<https://smallbusiness.co.uk/small-business-grants-uk-2548113/>

<https://www.rbkc.gov.uk/community-and-local-life/community-safety/contingency-planning-business-continuity-and-organisational-preparedness>

# News & Opportunities



## Organisational Resilience Guide

Lloyds Bank Foundation in partnership with Matrix Innovations, The Good Ship and Embrace Finance, and alongside small charities has designed a free toolkit to help charities to develop organisational resilience. This guide will allow you to look into and work through your organisational resilience and rediscover and redefine what makes a resilient organisation and how to get there. The programme can be used in several ways, flexibly, independently, alongside your team or with a peer group.

[Read more](#)

## Instagram users can now create fundraisers & donate in Reels

Meta announced the new feature on Earth Day alongside news of a number of other new launches. The feature is available in more than 30 countries.

Fundraisers can be created for more than 1.5 million nonprofits, with Meta's Earth Day announcement post drawing attention to a number of high-profile Instagram users raising money to build awareness on environmental issues including climate change and sustainability.

[Read more](#)

## Civil rights group launches to advance justice & equity for Black people in Britain

The Black Equity Organisation, a national and independent civil rights organisation founded to advance justice and equity for Black people in Britain launched yesterday.

Launched in the week of the second anniversary of the murder of George Floyd and the anti-racist protests that followed, the Black Equity Organisation (BEO) will focus on six key areas where Black people face greatest inequity.

BEO will work with and complement the work of grassroots, community and other charity organisations. It also invites others to join with it.

[Read more](#)

## Conservation Volunteering - Getting Involved

The Ecology Service offers the opportunity to get active outdoors, learn new skills and meet new people, or simply enjoy the natural delights of Kensington and Chelsea. We have a team of volunteers that undertake practical Conservation work in the Borough, if you're interested or want to find out more contact us at [ecologycentre@rbkc.gov.uk](mailto:ecologycentre@rbkc.gov.uk)

[Read more](#)

## Windrush exhibition comes to North Kensington Library & Queens Park Library

Kensington and Chelsea Council and Westminster City Council are proud to host the exhibition Windrush Generation: Unsung Heroes, starting on Windrush Day, on 22 June until the end of October. The Windrush Generation included soldiers, doctors, nurses, teachers, university students, politicians and athletes, who came to London between 1948 and 1970 upon invitation from the British Government to rebuild a nation ravaged by war.

This exhibition taking place at North Kensington Library and Queens Park Library showcases personal stories of ordinary people living through extraordinary circumstances and will be accompanied by Windrush-era artefacts, guest speakers and special events like Small Island by Andrea Levy on Tuesday 26 July (5pm to 6.30pm) at Queens Park Library (in-person attendance only) No registration required.

[Read more](#)

## Household Support fund to help with cost of living

The Council has announced a Household Support fund of £1.18 million to provide immediate support for the rise in the cost of living.

Free school will be providing meals for around 400 children during school holidays.

£100 grants will be available to care leavers and vulnerable families, and £150 for pensioners on low incomes. Social Workers and our Family Services team will be directly contacting those eligible for these funds.

[Read more](#)

## Notting Hill Carnival 2022 - Have you questions answered

Kensington and Chelsea Council are busy preparing for the bank holiday weekend and will be speaking with residents as well as supporting local businesses to plan for a spectacular and safe Carnival.

[Read more](#)

## Marketing - It's Local Business Directory

tslocal is the official internet business directory for the Royal Borough of Kensington & Chelsea containing thousands of local organisations based in the Royal Borough of Kensington & Chelsea area, and It's **free** for customers to use and for companies to advertise.

Be found by potential customers and buyers. Currently there are 1,885 live records on the website.

[Register here](#)



## Stroke Rehab for the Community

Workshops run by Marie Henriette. Sessions include: speech therapy, manual physiotherapy sessions on reversing dementia through cognition training and diet as per Dr Dale Bredesen's method on how to prevent and reverse Alzheimers and vision training sessions including light therapy vision training.

£5 per person to attend

Shakes on sale, advised by Dr Dale Bredesen to reverse Alzheimer's, at a low cost of £5 per shake, this will include blueberries; blackberries; ginkgo, which is good for the brain; milk thistle, which is good to detox; avocado, high in glutathione; cherries, high in melatonin; spinach and kale, high in folate which is essential to reverse Alzheimer's. All important aspects that will be provided in this nutritional alkaline session.

[Get in touch](#)

## A Massage with a Difference - Marie's Massage

**Relax and get serenaded with a song** whilst getting all the day to day stress massaged out.

Where: fitforlifeyouth centre, Freston Road, W10

Price: £5 for 20 mins; meditative massage, £25 per hour for one2one sessions all with positive affirmations and positive songs.

[Get in touch](#)

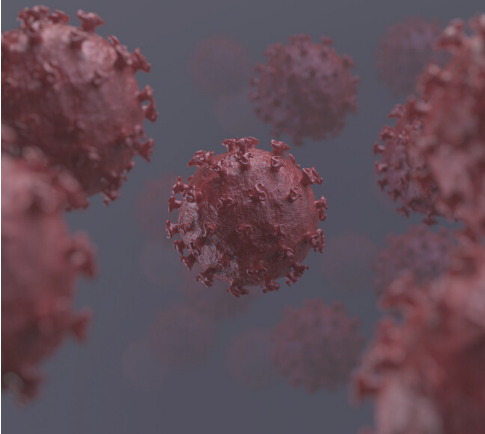
## Fit For Life Youth

Community Gym based on Freston road.

Fit For Life Youth is leading the way in educational and sports programs tackling social and health issues through partnerships and innovation. Delivering high level coaching in Football, Boxing, Basketball, Athletics, Tennis, Rugby, Netball, Trampolining and Fitness. Working with toddlers, children, teenagers and young adults with varying levels of ability.

[Read more](#)

# Covid News



## All You Need to Know About Living with Covid

People are still strongly encouraged to take all possible steps to reduce the risk of catching and/or spreading Covid-19:

- Let fresh air in if meeting indoors, or meet outside
- Consider wearing a face covering in crowded, enclosed spaces
- Get tested if you have Covid-19 symptoms and stay at home if possible if you test positive

[Read more](#)

If you or your employees have symptoms of a respiratory infection, including Covid-19, a high temperature or if you feel unwell, the Government are advising people to try to stay at home and avoid contact with others. To ensure the safety of your staff, customers or clients, people should only return to the workplace when they feel well enough to resume normal activities and no longer have a high temperature.

Symptoms of Covid-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

If you or a member of staff test positive for Covid-19, it's advised to please stay at home and avoid contact with others for five days.

## Coronavirus (COVID-19) latest insights

A live roundup of the latest data and trends about the coronavirus (COVID-19) pandemic from the ONS and other sources.

[Read the latest insights](#)