

sobus

July
2024

Newsletter

Welcome!

Welcome to our July newsletter.



We are now well into the summer months even though it may not feel like it. There are lots happening in these summer months and it kicked off with Glastonbury in Somerset on the 26th June and there are a lot more happening..

Carry on reading as we have some exciting updates and insights to share with you. We will start of with this riddle, read to the end to find the answer.

Riddle: I am weightless, but put me in a bucket, and I will make it lighter. What am I?



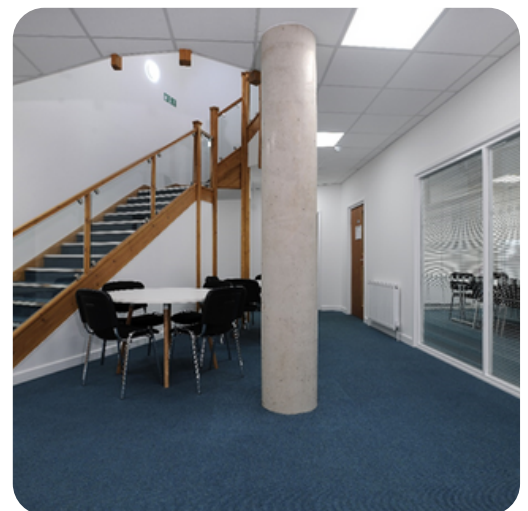
[Business & Enterprise Support](#)
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Business & Enterprise Support

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

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 2024

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.

[Read more](#)

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.

Business support at Freston Road Hub

A private, air conditioned, 4-6 person, serviced office is available at our Freston Road Hub.

- Serviced Office space includes:
- Security key access to the building Inclusive use of Office Meeting Room (subject to availability)
- Kitchen and breakout area for networking or breaks
- Staffed reception area (Monday to Friday)
- Lockable storage Registered mailing address facility Free, unlimited tea and coffee
- Secure bike storage Patio/decking area 24/7 access
- High speed, secure fibre optic internet access All utilities – electricity, water, light, cleaning, business rates etc.
- Free Wi-Fi throughout the building

For further information, or to arrange a viewing, please contact:

Carita Magnani, Facilities Manager at carita.magnani@sobus.org.uk / 07885910584,

Our price list



**MODERN, AIR
CONDITIONED,
PRIVATE OFFICE -
FIRST MONTH
FREE!***

sobus
freston
road
hub

***1st month free on 12 month contract**

Contact 020 7952 2610/ reception.frh@sobus.org.uk



sobus
freston
road
hub

**20% OFF
MEETING
ROOM
HIRE**

**SEASONAL
SAVERS!**

**ANY
WEEKDAY
9AM - 1PM**

**HOT DESK
£5 PER
HOUR**

Contact 020 7952 2610/reception.frh@sobus.org.uk

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.

Business support at Freston Road Hub

Cultivate and Maintain a Growth Mindset

Maintaining a growth mindset as an entrepreneur is crucial for your success. Here are some tips to help you cultivate and maintain a growth mindset:

1. **Embrace Challenges:** See challenges as opportunities for growth and learning rather than obstacles. Embrace them with a positive attitude and view them as a chance to improve.
2. **Learn from Failures:** Instead of seeing failure as a setback, look at it as a learning experience. Analyze what went wrong, make necessary adjustments, and use the experience to grow and improve.
3. **Seek Feedback:** Be open to feedback from others, whether it's customers, mentors, or employees. Use feedback as a tool for self-improvement and continuously seek ways to enhance your skills and knowledge.
4. **Stay Curious:** Keep learning and exploring new ideas, trends, and technologies in your industry. Stay curious and be open to new possibilities that can help you innovate and grow your business.
5. **Surround Yourself with Positive Influences:** Surround yourself with people who support your growth mindset and inspire you to reach your full potential. Build a network of mentors, peers, and advisors who can provide guidance and encouragement.
6. **Set Goals and Take Action:** Set clear and achievable goals for yourself and your business. Break them down into smaller tasks and take consistent action towards achieving them. Celebrate your accomplishments along the way to stay motivated.

By following these tips and consistently practicing a growth mindset, you can navigate challenges, adapt to changes, and continue to grow and succeed as an entrepreneur.

Businesses at Freston Road Hub



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.

[Visit Meterian](#)

Follow Meterian @MeterianHQ.



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

[Visit Maisanda](#)

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

[Read more](#)



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](#)

Office & Meeting Space

**Enquire within, or
contact below**



Tel: 020 7952 2610

Email: reception.frh@sobus.org.uk

Training & Events



Women in Business, Startups, Entrepreneurs, Professionals Networking Event

Come along and meet like-minded women, exchange ideas and learn from each other. This event is designed to provide a platform for networking, collaboration, and inspiration.

Date: Thursday, 18 July 2024

Time: 19:00 - 22:00

Where: Cubanista,
92a Old Brompton Rd, London SW7 3LQ

[**Book Tickets**](#)

How to Build a Website

Learn the secrets of website building from scratch in our online event, "How to Build a Website" – become a pro web developer in no time!

Date: Monday, Jul 15, 2024

Time: 10:30am - 12pm

Location: Online - Zoom

Tickets: £10 per person

Residents within the Royal Borough of Kensington and Chelsea are eligible to apply for a full refund under the RBKC scheme.

[**Read more**](#)

Content Marketing (e-business)

Grow your business with the London E-Business Support Programme

Date: Monday, Jul 15, 2024

Time: 10.30am – 12.30pm

Location: Online - Zoom

Tickets: FREE

Eligibility:

To register your interest and attend this webinar for FREE, as well as gain exclusive access to our free LONDON E-business Support Programme*, you will need to be running a business which:

- has been registered for over 1 month (either with HMRC or Companies House)
- is located in one of the following London boroughs: Kensington & Chelsea, Westminster, Hammersmith & Fulham or Wandsworth
- has fewer than 251 employees

[**Read more**](#)

Training & Events

Using Instagram to Showcase your Business (e-business)

Grow your business with the London E-Business Support Programme and learn how to use Instagram and Stories strategically for your business.

Date: Monday, Jul 15, 2024

Time: 2.00pm – 4.00pm

Location: Online - Zoom

Tickets: FREE

Eligibility:

To register your interest and attend this webinar for FREE, as well as gain exclusive access to our free LONDON E-business Support Programme*, you will need to be running a business which:

- has been registered for over 1 month (either with HMRC or Companies House)
- is located in one of the following London boroughs: Kensington & Chelsea, Westminster, Hammersmith & Fulham or Wandsworth
- has fewer than 251 employees

[Read more](#)

Meet The Experts LIVE Event

Take advantage of this one-of-a-kind event, featuring an impressive lineup of business experts ready to offer valuable advice and engaging talks throughout the day.

Date: Tuesday, Jul 16, 2024

Time: 10.30am – 4pm

Location: Morley College London – North Kensington Centre
Wornington Rd, London, W10 5QQ

Tickets: FREE

[Read more](#)

E-commerce Bootcamp: How to get your first 1,000 sales

Learn a powerful method for crafting a killer marketing strategy that drives sales at every stage of the customer journey. This event is delivered by [Start up Greenwich](#) which is a business support services designed to support aspiring entrepreneurs, start-ups, and established businesses to build their entrepreneurial skills and confidence.

Date: Wednesday, Jul 17, 2024

Time: 10:30am - 12:30pm

Location: Woolwich Centre Library
35 Wellington Street London SE18 6HQ

Tickets: FREE

[Read more](#)

Funding



Million Hours Fund

Grants of up to £10,000 are available to registered charities for projects that positively impact communities across England, Scotland, and Wales. The Morrisons Foundation provides funding to support projects that tackle poverty and social deprivation, enhance community spaces, facilities and services, and improve the health and wellbeing of local communities. The funding will support both capital spend and direct project delivery costs. Priority is given to smaller organisations with an annual income of less than £1 million.

Applications can be made at any time

[Read more](#)

Government Launches Scheme to Continue Supporting SMEs

The Growth Guarantee Scheme (GGs), announced in the Spring 2024 Budget by the Chancellor of the Exchequer, it is a government-backed loan scheme that enables lenders to provide finance where they may not otherwise have done so, or to extend better-than-standard terms on business financing options. The scheme supports access to a wide range of business finance products for UK businesses.

[Read more](#)

The National Lottery Community Funding programmes - Reaching Communities

The National Lottery Community Fund funds projects and organisations that work to make positive changes in their community - people living in the same area, or people with similar interests or life experiences. They offer funding that starts at £20,001.

[Read more](#)

Useful Links:

<https://sobus.org.uk/networks-forums/news/>

<https://www.entrepreneur.com/en-gb>

Report Time to change: a blueprint for advancing the UK's ethnic minority businesses. [A report, from the Centre for Research in Ethnic Minority Entrepreneurship](#)

Report: Tomorrow's entrepreneurs: what they think, how they work, and what sets them apart. [A report from The Entrepreneurs Network explores the attitudes and views of young people aged 18-35 towards entrepreneurship](#)
[RBKC Business listings](#) put your business on the map! When you first load the service (on the desktop) it shows the latest businesses (ten only) to have added themselves to Its Local

<https://www.unltd.org.uk/podcasts/1> UnLtd's podcasts feature brilliant social entrepreneurs around the UK tackling society's most pressing issues with sustainable, purposeful business.

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

<https://www.sibgroup.org.uk/news-insights/>

[The 29 best business books to read](#)

[What can founders learn from Patagonia's "exit to purpose"? | Sifted](#)

[GLA London Business Hub Supporting London's businesses](#)

News & Opportunities



Hot Desks and Fixed Desk for Small Business and Entrepreneurs

SOBUS offers affordable and comfortable hot desks and fixed desks for businesses and working professionals at our Freston Road Hub

Have a look at our Hub or pop in for a look around and to get more information.

[Read more](#)

Donate to Hurricane Beryl relief fund

Local resident Saskia Moynihan De Silva has spearheaded an urgent relief initiative in the UK to provide much-needed support to the communities affected by Hurricane Beryl.

The response has been overwhelmingly positive, with over £6,000 raised so far.

[Donate here](#)

These funds will be used for the rebuilding efforts in Grenada, Carriacou, and Petite Martinique, helping to restore homes, businesses, and essential infrastructure. The initiative continues to gather momentum, demonstrating the power of community solidarity in times of crisis.

Wild Plants of Holland Park

Wild Plants of Holland Park

Wednesday 17 July, 6pm

A free evening walk led by botanist Dr. Mark Spencer exploring the wild plants

[Book here](#)

found in the beautiful Holland Park. This event is perfect for nature enthusiasts and those curious about the diverse flora of London.

Dragonfly and Damselfly Walk

Dragonfly and Damselfly Walk

Friday 19 July, 11:30am

A free day time walk seeking these beautiful and fascinating insects. Join

experts John Wells and Neil Anderson as we look for the dragonflies and damselflies to be found both around and within the ponds of Holland Park.

[Book here](#)

FREE summer wellbeing workshops!

The NHS Grenfell Health and Wellbeing Service are holding a programme of free monthly workshops over the summer, based around self-improvement and wellbeing.

The first workshop will focus on how we can be kinder to ourselves, and is open to any resident of Kensington and Chelsea, or those from other boroughs that have been affected by the Grenfell Tragedy.

Monday 22 July

2 - 3.30pm

North Kensington Resource Centre

To book your place please call 0208 637 6279 or email.

[Email to book](#)

Come along to the Fix-it Fest - Saturday 20 July!

A day full of free activities, stalls and workshops.

Saturday 20 July

11am - 3pm

Kensington Leisure Centre, W10 6EX

Led by LWNT these events take place on the third Saturday of the month in collaboration with local partners, individuals and businesses. Stalls include a clothes swap, bicycle repairs, electronics repairs, clothes mending, free energy advice, food growing, and more!

Booking is only necessary for the electronics repairs.

Please contact Sindija to reserve your spot.

[Email Sindija](#)

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](#)

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](#)

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](#)

Riddle: I am weightless, but put me in a bucket, and I will make it lighter. What am I?

Answer: A hole!