



St Albans • Harpenden • London Colney

Bulletin

August 2010

The Community Business Awards 2010

The Community Business Awards are a recognition of the contribution of business to the community of the St Albans District. All businesses and individuals in the St Albans District are eligible to enter and the Awards will be judged by St Albans District Chamber of Commerce.

You can nominate yourself, your business, or any other individual or business for one or more of the awards. The entry form is available on the Chamber website. Either post your entry to us or send us an e-mail marked "Awards" containing the information in the entry form, using the following email address: awards@stalbans-chamber.co.uk.

The closing date for nominations is Saturday, 14th August.

Your business, or another business whom you nominate, could win one of the six awards we will be presenting at our Awards Presentation Dinner on **Thursday 30th September, 2010.**

New Business Award

Sponsored by Debenhams Ottaway Solicitors.



This category is open to all businesses that have started since 1st January 2008. Entrants must be able to show how their business has progressed in line with their business plan. Success will be proven by the business having a clear understanding of its products, competitors and the marketplace and the use of sound business techniques, innovation and entrepreneurialism.

Young Person Award

Sponsored by Oaklands College



Youth is our future and a hot bed for new ideas and possibilities, forged through energy and enthusiasm. This category encourages nominations from any organisation or individual who knows of a young person aged less than 30 on 1 January 2010 who has excelled in their field during 2009/2010.

Green Business of the Year Award

Sponsored by St Albans District Council



The award is open to all businesses within the District which have made a conscious effort to become 'greener' and who have made a contribution to saving energy, in any or all of its forms. The City and District of St Albans is committed to reducing the carbon dioxide (CO²) emissions by 3% year on year for the District as a whole to achieve a 60% reduction by 2025.

Corporate Social Responsibility Award



Clydesdale Bank

Sponsored by Clydesdale Bank plc

Corporate Social Responsibility is of increasing importance in business. This Award is to recognise and reward local business/organisations involved with projects that encompass social responsibilities. They will need to be able to demonstrate their dedication and commitment and produce proof of the improvements that have resulting from such projects.

Restaurant Award

Sponsored by Hertfordshire Life Magazine

You may submit entries, leading up to the event, via the following:



Clare.Bourke@archant.co.uk; awards@stalbans-chamber.co.uk

or Hertfordshire Life, PO Box 1322, Widmer End, High Wycombe, HP15 6YW

The top three restaurants from the public vote will then be judged on the following criteria:

- Value for money
- Expectation of the diners met
- Cleanliness and good service
- Overall quality

All entries will be put into a prize draw to win dinner for two at the winning restaurant.

Don't Just Join... Join in!

Forthcoming Diary Dates 2010

Thursday, 9th September

Speed Networking Evening

6.00pm

County Constitutional Club

'til 9.00pm

Thursday, 30th September

Community Awards Dinner

6.30pm

Old Albanian Sports Club

'til midnight

Tuesday, 12th October

Breakfast Meeting

7.30am

Quality Hotel

'til 9.30am

Speaker: Matt Adams, Editor of the
Herts Advertiser

Blue Feather Photography

*Commercial, advertising
& PR photography.
On location & in the studio.*

10 The Mall, Park Street, St. Albans, HERTS. AL2 2HT.

P 01727 872850 M 07958 977324

W bluefeather.co.uk E spike@bluefeather.co.uk



**Chamber Speed Networking
with a buffet Supper**
Thursday 9th September, 2010 at 6.00pm
The County Constitutional Club
29 Ridgmont Road
St Albans
Herts
AL1 3AG



my mustard
we get you seen on Google



SPEED NETWORKING

The fastest and most cost-effective way to positively promote your business - and its fun!

GET MORE BUSINESS FAST - book now for Business Speed Networking hosted by June Cory of My Mustard. Speed-Networking works like speed dating - only you make lots of new business contacts, not romantic ones!

In fact, you'll make more business contacts in just one evening of Speed-Networking with us than in weeks of what we call ordinary "slow" business networking. It's remarkably cost-effective and gets you great results for your business.

Many people tend to gravitate towards those they may already know at networking events, never getting the opportunity to meet others who could be great business contacts. Come along to this event and meet every single delegate! Market your business effectively and enjoy a buffet supper and a glass of wine at this superb venue. Please book early as places are limited.

**£27.50 + VAT for members
£30 (+VAT) for non-members.**

Non members welcome as guests

BOOK NOW ONLINE

<http://www.stalbans-chamber.co.uk/buy-online/events/>

**Hertfordshire Sporting Club
presents:**



**"An Evening with Will Greenwood
MBE"**

the former British Lion and England rugby
star & 2003 Rugby World Cup winner.

Supported by John Martin, a brilliant entertainer.

Wednesday, 29th September 2010 at Sopwell
House Hotel

Tickets £65 plus VAT, less 10% for Chamber members
Call David Duckham MBE on 01789 721621 or visit:

www.southernsportingclubs.co.uk

The Chamber Team at It's a Knockout!



The Chamber team had great fun on Sunday 25th July at OA's taking part in It's a Knockout. The team included: Graham Lane, Alastair Woodgate, Jonathan Shreeves, Lisa Bates, Paul Rosenthal, Amanda Rosenthal, Gail Payne, Chris Butterworth, Greg Simpson and Tracie Humphreys.

Sadly we did not win the tournament but had a great time and raised funds for local Open Door (The homeless charity) if you would like to sponsor us please go to

<http://www.justgiving.com/itsaknockout-stalbanschamberteam>

President's Message

Dear All,

I am pleased to announce that the Chamber was supporting our local community at the weekend. We took part in a Charity it's a Knockout event at The OA's rugby club. Somehow Lisa managed to twist a few arms and 10 of us turned up to take part. I can't claim that we won but I think we did okay! We came 5th out of 14 teams. I am sure Lisa will be circulating some of the embarrassing pictures of the event soon. Most importantly it was also for a very good cause.... the Chamber was supporting Open Door which is open 365 days a year. There is overnight accommodation for single homeless adults in 8 rooms each with 2 beds. You can still sponsor us at <http://www.justgiving.com/itsaknockout-stalbanschamberteam>

We tried something a little different at our last breakfast event in Hemel and we did not have a speaker that morning. It seemed to be a great success. If you would like us to repeat that format just let us know.

Our next event is on Thursday 9th September and is a speed networking event with food and wine which should be a lot of fun.

Finally don't forget to get your nominations in for the Community Business Awards 2010.

Graham Lane
President

ST ALBANS DISTRICT CHAMBER OF COMMERCE

Get your glad rags on and let's have a ball!

Saturday 13th November 2010

The Conservatory at

Luton Hoo Walled Garden

Luton Hoo Estate

Annual Chamber Ball

Bring your clients, wives, husbands and partners to celebrate this special evening

Bucks Fizz Reception

3 Course Dinner

Dancing to live band 'The Slaves'

SPONSORSHIP AVAILABLE

www.theslaves.net

THE SLAVES



Tickets at **£52.50+VAT**
Tables of 10 at **£500+VAT**

7.00pm for 7.30pm
Carriages at midnight
Dress: Black Tie

For further details contact the Chamber Office on 01727 864147
or email: office@stalbans-chamber.co.uk
www.stalbans-chamber.co.uk

Harpenden based tax and accountancy specialist Mark Fordham advises on:

Setting Trading Losses Against Capital Gains

Q: I made a loss in my soletrader business this year, and sold a number of shares I own to supplement my living expenses. I estimate that selling these shares will realise a capital gain after relief's of £30,000. Can I claim relief for any of my trading loss against the gains I have made?

A: Yes, a loss relief is available that allows individuals to offset self-employed losses against any capital gains you have made in the same tax year. You must first offset the trading losses against your total other income for the tax year, even if this means losing the benefit of your tax free personal allowance. Any excess can then be extended under section 71 of Income Taxes Act 2007 (ITA 2007) and set against your chargeable capital gains (after capital gain losses have been accounted for) for the tax year. Alternatively, you can choose to carry the loss back to the previous year, first against other income (s64 ITA2007), and then against capital gains (s72 ITA2007).

If you do not have any other income in the tax year, tax relief on your trading loss is claimed against your capital gains of £30,000. This will result in a significant fall in your capital gains tax liability.

However, be aware that the capital gains tax rates are currently only applied at 18% of any gain, and it may therefore be beneficial for you to consider carrying the losses forward to obtain income tax relief in a later year at a higher rate. Your local TaxAssist Accountant can advise on the most tax efficient option available to you with a quick calculation.

**MAKING YOUR MONEY
WORK HARDER!**



August 2010 Competition - enter now!

Every person who sends in a nomination for the Chamber Awards will be entered into a prize draw to win a free place at the Speed Networking Event on 9th September 2010.

Visit the Chamber website: www.stalbans-chamber.co.uk

General Manager: Lisa Bates

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