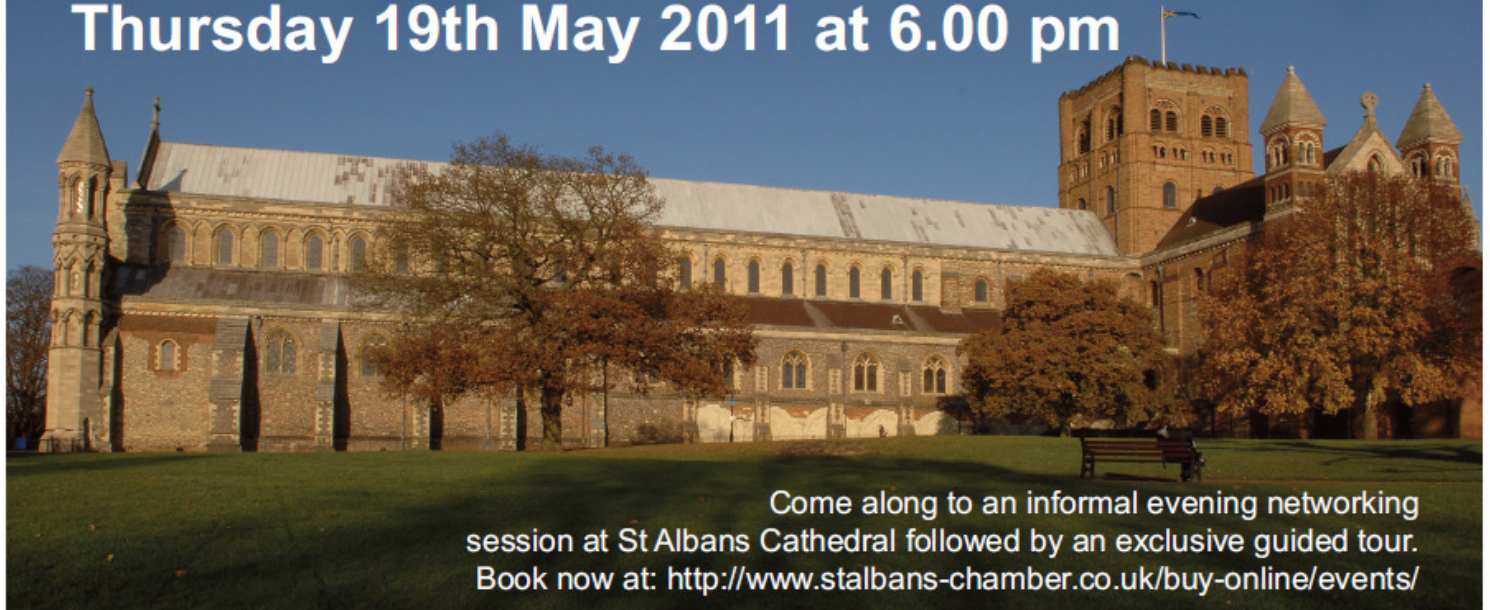


Bulletin

May 2011

Chamber Networking Evening Thursday 19th May 2011 at 6.00 pm



Come along to an informal evening networking session at St Albans Cathedral followed by an exclusive guided tour. Book now at: <http://www.stalbans-chamber.co.uk/buy-online/events/>

A chance to network

Drinks and nibbles will be served in The Refectory from 6.00 pm to all delegates giving you an opportunity to meet like-minded business contacts in this fantastic building at the heart of our City. Exchange business cards and discuss business opportunities.

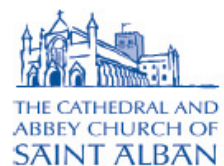
A chance to explore

The reception will be followed by an exclusive guided tour of the Cathedral providing an insight into the building's colourful history, furnishings, worship and activities. Subject to numbers the tour may include a trip up the Cathedral's tower taking in the new bells and

breathtaking views from the Cathedral's roof. If you have never been before this is an excellent chance to learn more about your local Cathedral and for those who know the Cathedral you will almost certainly discover something new!

Members
£21.00 + VAT

Non-members
£26.00 + VAT



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blastbeat

www.blastbeat.org



Lisa and Graham with Anne Main MP and members of the Blastbeat team.

Blastbeat Education UK is a charity that teaches students how to set up and run (social) enterprises and much more - it gives them real fun opportunities to learn life skills, gain confidence, think creatively and entrepreneurially, and become team players working together for change and the betterment of society and themselves.

To achieve this, students form event performance-based companies that leverage their passion for music, dance, fashion, sport, etc. To run these event companies, students learn a lot of transferable business and social skills in the process. This is aligned with their school, college or university as youth group activities.

Blastbeat has developed and proven this great programme which also allows businesses and their staff to partner with schools/colleges to mentor students as they run their Blastbeat project. This gives companies and volunteer mentors great CSR, HR and PR opportunities.

The initiative is backed and partly funded by the Department for Education and charitable trusts in the UK. Going forward with new corporate partnership and funding, Blastbeat is planning to roll out this unique programme to over 2,000 educational establishments, linked to a similar number of businesses in the UK over the coming 5 years. Are you interested? Then got to www.blastbeat.org to find out more about music and business competition for schools.



APPEAL FOR ROOMS SUITABLE FOR COUNSELLING

The St Albans Bereavement Network currently holds counselling sessions at three locations in St Albans. One of the premises has recently been withdrawn for refurbishment and we are looking for a suitable replacement.

We need two small rooms for one to one counselling and would be interested in either daytime or evening availability. Because of the nature of the work, it is important that they are in a quiet environment and that the sessions can take place undisturbed. We are interested in locations in St Albans and Harpenden.

Although our previous premises were kindly donated by a local business, we may be able to offer a modest rental. If you have suitable premises, or are aware of any, and would like to talk to us about it, please phone on 01727 841914 and ask for Viv Lawman, Network Manager, or Olivia Borthwick.

email: admin@sabn.org.uk.

website: www.sabn.org.uk

St George's Day Luncheon



The sun was shining in St Albans on Thursday afternoon setting the perfect mood for the annual St George's Day Lunch at Sopwell House Hotel. Nearly 350 guests enjoyed a delicious three course lunch in the St Albans Suite at Sopwell House and then listened to highly entertaining banter between our two guests, Geoff Shreeves of Sky Sports and Phil Tufnell.

Through the generosity of our guests and event sponsors **DLA Town Planning**, **Hunston Properties** and **51 Pegasus Ltd** we are delighted to have raised over £8,000, enabling us to give donations to both Grove House Hospice and Emmaus St Albans, with the help of Chris Small from Hertfordshire Auctions.

A huge thank you to all our sponsors on the day including; Amthal Security, Bangkok Lounge, Bar 62, Bennetts, Bespoke, Steve Bignell, Blue Feather Photography, Buon Amici, Carluccio's, Cerco Communications, Cheeky Munkey, Chez Mumtaj, Collinson Hall, Cote Brasserie, Debenhams Ottaway, EatLunch, The Fox Harpenden, Freddie's, Fuchsia Pink Florists, Galio, Gallery Rouge, H R Innovate, Imacom, Kashu, Moonlight Entertainment, My Mustard, The Peahen, Priory Bay Hotel Isle of Wight, Quality Hotel, Rachel Jeffrey Jewellery, Red Door Recruitment, Sopwell House Hotel, Wagamamas, Watford Football Club, Watsonstalbans, The Wicked Lady Pub, Wyvern Cricket Supplies and Your First Impressions. All your support is much appreciated.



Room View, St George's Day Lunch at Sopwell House Hotel



Mr Phil Tufnell



l/r Lisa Bates, Cllr Beric Read, Becky Railston, Linda Cooper, Dionne Atwill and Louise Wynne of Red Door Recruitment with Phil Tufnell, Anne Main MP and Graham Lane.



Nicola Bond and Alan Drake of 51 Pegasus with David Lane of DLA Town Planning



Anne Main MP with John Bennett of Bennetts and Mike Denton



Jonathan Shreeves of Hunston Properties, Lisa Bates and Phil Tufnell



Mr Geoff Shreeves from Sky Sports TV

All photographs courtesy of Spike at Blue Feather Photography: 01727-872850

New Members

We look forward to welcoming the following companies to the Chamber:

Lenthall Management Limited

*Business Advisor working with SMEs
in Herts and Beds, including icon franchisees*

Stable Yard

Laburnum Cottages

Chiltern Green

Beds LU2 9PW

Tel: 07768 70 60 50

Email: mark@lenthall.com

Web: www.lenthall.com

Contact: Mark Lenthall

Position: Director

PHS Associates

*Surveyors, Chartered Building Surveyors,
Building Surveyors*

116 Piggottshill Lane

Harpenden

Herts

AL5 1LS

Tel: 01582 620039

Email: paul@pjsassociates.org.uk

Web: www.pjsassociates.org.uk

Contact: Paul Smith BSc MRICS

Position: Principal

Alex Curtis Memorial Trust

Promoting Asthma and Allergy Awareness in Schools

Foundation House

Fiddlebridge Lane

Hatfield

Herts AL10 0RN

Tel: 07958 436985

Email: peter.curtis@alexcurtistrust.org

Web: www.alexcurtistrust.org

Contact: Peter Curtis

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

Harpenden based tax and accountancy specialist Mark Fordham advises:

Qualifying years for National Insurance

Q: Last year I incorporated my business and I now draw a small monthly salary and quarterly dividends, which means I do not have to pay any tax or National Insurance. Should I be paying National Insurance to protect my rights to state pension and benefits?

A: National Insurance is charged on income from employment when the earnings exceed £139 per week. However, if your earnings are above the Lower Earnings Limit (currently £102 per week) you are still credited with a qualifying earnings period for state pension and benefits. If your earnings fall under the Lower Earnings Limit, you can consider making voluntary National Insurance Contributions.

Certain individuals may also be entitled to National Insurance credits where they have not been earning due to caring for a younger child or disabled person, or where they are an approved foster carer. There are also credits available for people in receipt of certain state benefits.

You have not stated your age, but if you are concerned about your state pension, you should apply online for a forecast at www.direct.gov.uk.

If you would like any more information, please feel free to contact your local TaxAssist Accountant.

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BULLETIN 2011

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