

THURSDAY

HBWC  
Ablekids  
Lip Ink  
The Drawing Room  
Green House (Jane Anniss)  
Marie Curie  
Thistle Bathrooms  
Just Fencing  
TEFL  
eBusiness UK (Sandra Iddon)  
Glen Mhor Hotel  
Jamie at Home  
Tullochs  
Lifescan  
Araveli

FRIDAY

HBWC  
Maggies  
Lip Ink  
The Drawing Room  
Press & Journal  
HSBC  
Thistle Bathrooms  
Orion  
Blue Arrow  
eBusiness UK (Sandra Iddon)  
Moray Firth School  
Jo Adams Coaching  
Tullochs  
Lifescan  
Judith Glue



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# WOMEN MEAN BUSINESS

**Business Exhibition at  
the Eastgate Centre, Inverness  
8th - 9th October 2009**



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## About HBWC

The Highland Business Women's Club was founded in 1995 and has gone from strength to strength. The Club has individual members and corporate members i.e. companies etc taking annual membership, which allows up to five of their employees to attend any monthly meeting. Any woman who is working, whether as an employee, employer or self-employed can join the club. Members are encouraged to take guests along and Non-members can attend up to three monthly meetings before joining the club.

The club is also affiliated to the Association of Scottish Business Women and club members can attend Business Women's Club meetings held in other areas of Scotland, if travelling outside the Highlands.



### **Ablekids: Languages for Children**

English and Gaelic books for young children plus a large range of bilingual picture books in languages including Polish, Arabic, Somali, Chinese, Bengali, French, Spanish and Italian. For more information go to [www.ablekids.co.uk](http://www.ablekids.co.uk)

### **Araveli**

Araveli, located in Inverness's Victorian Market, is now one of the most talked about shops in Inverness and the surrounding area. Having recently beaten off opposition from London, Glasgow, Surrey & Yorkshire to win Best British Newcomer 2009 in a national gift industry competition, Araveli stocks a fantastic array of jewellery, home accessories and fashion items from top brands such as Pilgrim, Sia, Umbra, Ness, Culinary Concepts & Sophie Conran. Come and see Araveli for yourself!

### **Blue Arrow**

Blue Arrow Inverness has a proven track record in providing temporary, contract and permanent recruitment solutions across a range of market sectors including office, industrial, catering driving and construction. Contact us now to discuss your requirements – 01463 240590 email [Inverness@bluearrow.co.uk](mailto:Inverness@bluearrow.co.uk)

### **The Drawing Room**

The Drawing Room showcases a mix of unusual, high quality, handcrafted gifts and crafts by a variety of producers. Many of the suppliers are Scottish and includes pottery, glassware, prints, handmade cards, jewellery and childrens gifts. The Drawing Room is proud to be the only stockist of Emma Bridgewater Pottery, Rosie Brown Jewellery & Cath Kidston Accessories in Inverness.

### **e-Business UK**

Over the past 10 years, eBusiness UK has delivered more than 300 web solutions that meet the needs of growing businesses, working with clients in 4 key areas – web design & development, search engine marketing, e-commerce and custom web solutions.

### **Glen Mhor Hotel**

The Glen Mhor Hotel & Restaurants understands that a truly Scottish culinary experience comes from the value of freshness and quality, priding ourselves on sourcing local produce. We offer excellent conference facilities and specialise in providing the perfect Scottish Wedding.

### **Green House**

GreenHouse was established in 1993 to sell exclusive Danish designed exclusive fashion through a network of well-supported independent consultants. Great attention is paid to quality to enable consultants to provide an excellent retail service through client presentations and home shops.

### **HSBC**

HSBC Bank offers full branch banking facilities, from Current Accounts, to Business Banking, to a full, free and holistic financial planning service. HSBC Bank regularly tops Best Buy Tables for Savings and Investments, and Mortgages. Come and meet the team!

### **Jamie at Home**

Through Jamie at Home Parties, good food knowledge is kept alive, sharing the honest, simple values of affordable authentic artisan and designer-made products. Over drinks and nibbles with friends and family, Consultants help non-cooks choose essential kit and introduce clever new things to those already in the know. Food quizzes and exclusive Jamie Oliver recipes add to the fun.

### **Jo Adams Coaching**

If you want to achieve outstanding results, deliver high performance or take time out to consider your next move, we provide flexible, innovative and tailored development programmes to support individuals and teams, improve performance and realise potential.

### **Just Fencing**

Just Fencing provides and installs fences and gates for every kind of fencing project. We give security and good looks to gardens whatever the size as well as industrial developments. We also have a wide experience of securely fencing farming land.

### **Judith Glue**

Established in Orkney in 1979, Judith Glue has extensive experience in knitwear design, retail and internet sales. Her new shop in Inverness aims to offer the local market something unique from Scottish Designer Knitwear, crafts, gifts, accessories, clothing collections, jewellery and ceramics much of which is sourced from the Highlands and Islands of Scotland. She also offers a mail order service for customers including a range of over 100 Orkney Hampers. Visit her stand to see a selection of goods and sign her mailing list to receive a free box of Orkney Fudge and 10% discount voucher available for use in her store till the end of Oct 09.

## Lifescan

"Creating a world without limits for people with diabetes" LifeScan Scotland, part of the Johnson & Johnson family of companies, is Scotland's leading medical device company and the largest private employer in the Highlands. We understand the importance of our role both locally and to Scotland as a whole, and it is therefore crucial that we engage with our locally community as well as any health science related activities in Scotland.

## Lip Ink UK Ltd

- Organic, semi-permanent, long lasting lip stain
- No tell tale marks on cups or glasses
- Choose from over 50 glorious colours • or layer to create your very own colour
- You define your lips, creating the shape you want
- No feathering or bleeding
- You decide when to take it off

## Maggies

For anyone affected by cancer: for anyone who has, or has had cancer, for their family, their friends and their carers. Maggie's is first and foremost a homely, relaxing place to be in. We are open all day, so drop in at any time if you want to have a coffee and a chat, if you want to learn more about your cancer, explore our programme of support, or if you just want a quiet somewhere to sit down. We are open Monday to Friday 9am to 5pm (excluding public holidays). Maggie's Highlands is a charity and all our services are free to you.

## Marie Curie Cancer Care

Marie Curie Cancer Care provides high quality nursing service, totally free, to give people with terminal cancer and other illnesses the choice of dying at home supported by their families. Our nurses now care for around 50% of all cancer patients who die at home and last year our 48 Highland nurses provided over 26,000 nursing hours to 339 patients locally.

## Moray Firth School

Moray Firth School is the Highlands' only independent school, founded 2002, currently teaching P1-S2, progressing through to sixth form. Modest fees include care until 6pm daily. Part-time pupils welcome in after-school programme and mainstream curriculum: free Tasters.

## Orion

OrionGroup, Scotland's largest recruitment business specialise in recruiting permanent and contract staff across a number of industry sectors: Oil & Gas, Power & Utilities, Aerospace, Rail, Construction, Mining, IT & Telecoms and Office & Commercial. Visit [www.orionjobs.com](http://www.orionjobs.com) for more information.

## Press & Journal

The Press & Journal was first published in 1747 and now has 154,000 readers in the North of Scotland every day. Each week, the newspaper is read by 298,000 adults – 49% of the North of Scotland population. It is also the best selling quality newspaper in Scotland, with 77,006 sales every day. In order to best serve the population of the North of Scotland, seven separate geographic editions are produced every day. The Press & Journal has a weekly readership in the Highlands, Inverness & Moray of 116,000. It is the only newspaper serving Inverness and the Highlands with local, national and international news in one newspaper. Get closer to Inverness news, views and sport than any other paper, six days a week.

## TEFL

TEFL Scotland provides training for anyone who wants to teach English either abroad or here in Scotland. If you can speak English, you can learn how to teach it. For the next course in Inverness or other parts of Scotland visit [www.teflscotland.co.uk](http://www.teflscotland.co.uk)

## Thistle Bathrooms

Thistle Bathroom Studio is offering great savings from the exclusive German Bathroom Accessories & Mirror Specialist - Keuco. Mirror cabinets Special offer from £399.99 normally £600.00incl. Vat Various designs of affordable, modern, silver anodized, aluminiummirrors with lights and integrated sockets.

## Tullochs

Tulloch Homes offer a superb selection of two, three and four bedroom homes throughout the Highlands from the picturesque villages of Brora and Dornoch to Aviemore in the heart of the Cairngorms and several developments in the Highland Capital including exclusive Fairways.



**WOMEN  
MEAN  
BUSINESS**