



Mum's The Boss!

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From the Kitchen Table to Hot Desking

Many work at home mums start their businesses from their dining room or kitchen table - or if they are really lucky they may have an office or study at home in which to work. But what do you do when you have outgrown your home but are not ready to make the leap to having your own premises?



The next step

The answer could be Hot Desking or renting a work-POD at the Bedford i-kan Business Incubation Centre in Mill Street. Bedford i-kan is an affordable community for start-up and growing businesses that can provide you with small offices, work-PODS, virtual tenancies (with or without hot-desking facilities), full IT systems, phones and wi-fi capability, meeting rooms and office support services. They also work with enterprise agency WENTA to deliver business support services on site.

Professionalism and personal safety

Even if your home office meets all your present needs, what do you do if you need to meet with a client or a supplier? As a woman working from home there are obvious safety issues around inviting strangers into your home. At i-kan you can hire a small or medium sized meeting room or a larger conference room seating up to 12 people, helping you to maintain an air of professionalism as well as keeping you safe.



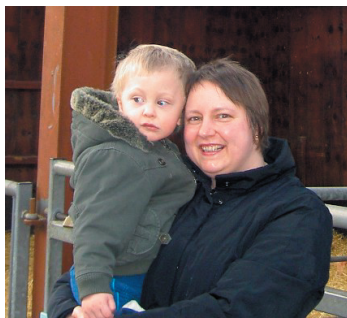
Special trial rates for MTB members

We are delighted to announce that Bedford i-kan is now a sponsor of Mum's The Boss, and having used the meeting room facilities at i-kan ourselves we can highly recommend them. As an offer to Mum's the Boss members, Bedford i-kan are offering you **5 hourly hot desking sessions at £4.50+VAT per hour**, or a **trial use of one of the meeting rooms at preferential rates, starting from £8 per hour for a 2 seater meeting room**, to allow you to try out the facilities before making the commitment of signing up to a virtual tenancy.

For more information please contact i-kan Manager **Alan Levy** on **0845 888 4526** / **alevy@bedford.gov.uk** or visit **www.bedfordi-kan.com** - and remember to mention Mum's The Boss when you call.



Kate Parker - Tatty Bumpkin



Mum's The Boss member **Kate Parker** runs the Bedford area franchise of TATTY BUMPKIN - a magical world which includes movement, storytelling, yoga, drama, music, relaxation and most importantly fun! Children aged between 2-7 years follow Tatty Bumpkin, the bendy yoga doll, on an adventure which involves the use of many different movements, special music, multi-sensory props, fun breathing exercises and finally ends with a relaxation and a sticker. And this summer a new addition to the Tatty Bumpkin family is expected to arrive! BABY BUMPKIN, suitable for ages 6 weeks to crawling, is being launched, using the same lovely music, but with different movements, a strong focus on parent/child bonding, lots of sensory sensations and fun with the hilarious Baby Bumpkin doll.

Kate says "I have known Tatty Bumpkin now for nearly 2 years and we are the very best of friends. Tatty Bumpkin has enabled me to rediscover the wonder and magic of imagination. I am much fitter and flexible too - what with all the dancing to the Bendy, Giggly, Clever & Strong song! It is a real privilege to see how much children love Tatty and how they grow in confidence and self-belief as they become part of her world. My little boy, Devon, adores Tatty Bumpkin - just as well as she has taken over our home! At 3 years old, he is comfortable doing the Downward Dog pose, fluttering like a Butterfly and hissing like a snake"

To find out about classes, parties and sessions in schools, nurseries and pre-schools please contact: **Kate Parker** on **0845 680 0574**, email **classes@bedford.tattybumpkin.com** or visit the website at **www.bedford.tattybumpkin.com**

Meeting Report - April

heart 96.9 Our April meeting was a momentous occasion, as it was also the day that Mum's The Boss made its radio debut on **Heart 96.9FM!** We had prerecorded the radio interview earlier in the week and were delighted to find out it would be aired on 9th April, the day of our meeting. We hope that the radio exposure will help to attract more members as well as some other forms of local sponsorship. For anyone who missed the interview you can hear it here:
<http://www.heartbedford.co.uk/Article.asp?id=1263228>.

As our April meeting fell in the Easter holidays we knew that attendance would be difficult for many, either because of holidays away or due to school-age children being at home. For that reason we organised an informal drop-in, without a speaker, so that people could come along for as little or long as they liked. Despite the holidays, we were delighted to welcome 3 new members to the meeting and hope they will become regulars in the future.

Kate Parker ran a taster session of her **Tatty Bumpkin** yoga-inspired classes, so the mums and children enjoyed an impromptu bend, stretch and giggle along with Tatty! We also had Easter craft activities to keep the children amused, and had children aged from 2 to 12 painting and playing together, which was lovely to see.

Any other business



Professional photo shoot - would you like to have a professional portrait taken, to use on your website or for online promotion, at a fraction of the cost?

Michelle Payne-Gale of Essence Photography in Bedford has agreed to do a group sitting for us, whereby we can split the cost between us - so the more people attend the cheaper it will be. We are thinking of doing it one evening, with a glass of wine to help ease any camera shyness! Email us on info@mumstheboss.co.uk if you are interested.



Chamber of Commerce Summer Barbeque - Mum's The Boss has been offered a stall at the Chamber's Summer BBQ and Networking event on 18th June 2009 from 4.30-7.30 at a cost of £100.

If anyone would like to join us on the stall and split the cost please send us an email on info@mumstheboss.co.uk.

Next Meeting

Thursday 14th May - 10.00-12.00

Caldwell Community Centre, Althorpe St, Bedford, MK42 9HF

Speaker: Sally Aspinall - founder of Cerebral Palsy Physiotherapy Centre Ltd

Topic: Tips and Traps of Starting Up/Growing your Business

Please contact us asap to book your child's place in the creche