



# ENGAGE AND ENHANCE THE DEBATE

ENGAGE, ENCOURAGE, EMPOWER & ENABLE

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2016  
15<sup>TH</sup> June  
A VOLUNTEER  
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# What WE Are About



**Reena Ranger**  
Chairwoman & Co-Founder of WE

**WE**, as we like to call ourselves and feel we are, is a wholly social initiative run by volunteers. Our aim is to empower women (and men) to make the best of their

individual skills and talents to help them achieve whatever personal and professional goals they have. WE is open to all. We work at a grass roots level to try to ensure we are accessible to anyone who would like to reach us.

WE encourage mothers to bring daughters and everyone to bring their sisters and friends. We also encourage men! After all men make up 50% of our population and they need to be part of the discussion so that we can effect change, to our own world and the larger one.

Our exciting network is growing and we hope to ENGAGE more women (and men) in discussion, to ENCOURAGE fresh and varied thinking, to EMPOWER confidence to take your next step and

ENABLE access to organisations and mentors to support you through your journey.

*“Our exciting Network is Growing”*

## Our Great Team



From Left to Right : Sunita, Pritti, Reena, Kajal and Dee

### WOMAN EMPOWERED

**Engage, Encourage, Empower, Enable**  
Networking events held three times a year. Hear from speakers who have excelled or are leading their field. An opportunity to be inspired, motivated and meet like-minded or new people.

contact us  
[info@womenempowered.co.uk](mailto:info@womenempowered.co.uk)

### WE FOCUS

**Engage, embrace and enhance the debate**

A discussion group where you can articulate the bigger issues and share your views and concerns. Join us and enhance the debate!

Contact us  
[focus@womenempowered.co.uk](mailto:focus@womenempowered.co.uk)

### GRIT

**Less lifestyle, more life!**

Our monthly blog where the WE community share their life experience and stories. A place to read about the gritty things in life that aren't often talked about but probably should be.

Contact us  
[grit@womenempowered.co.uk](mailto:grit@womenempowered.co.uk)

### YOU, ME & WE

**Together we can make a change**

Our charitable arm - contact us to pledge your time and find out how you can get involved.

contact us  
[we@womenempowered.co.uk](mailto:we@womenempowered.co.uk)

# Engage and enhance the debate

## The Baroness Flather

was born in Lahore, British India. She was educated at UCL and was called to the Bar from Inner Temple. In 1976 she was elected the first ethnic minority woman councillor in the UK followed by the first Asian woman Mayor in the country in 1986. She was elevated to the House of Lords in 1990 being the

*“Her passion now is for the poor women in Africa and the Indian Sub-continent”*

only Asian in the House. Immediately prior to her elevation to the House of Lords she was a UK delegate to The Consultative Assembly of the European Community being the only ethnic minority delegate from any member state.

She has served on numerous public bodies including the Commission for Racial Equality and she was the British Representative on the European Union Advisory Commission on Racism and Xenophobia. In the House of Lords she



sat on the Select Committee on Medical Ethics (euthanasia) and the European Communities Social Affairs Committee.

Her most enduring achievement is the construction of the magnificent memorial on Constitution Hill at Hyde Park Corner. This long overdue Memorial commemorates the contribution of nearly 5 million forgotten volunteers from the Indian subcontinent, Africa and the Caribbean in the two World Wars.

Her passion now is for the poor women in Africa and the Indian Sub-continent and in 2010 she wrote a book entitled “Woman – Acceptable Exploitation for Profit” to show how extreme poverty can be changed by bringing these women into paid work.



## Seema Malhotra MP for Feltham

Seema was elected MP for Feltham and Heston in 2011. In 2012 she served as a Member of the Justice Select Committee and as PPS to Rt. Hon Yvette Cooper MP. In 2013 became an Opposition Whip and in August 2014 was appointed as the first Shadow Minister for Preventing Violence against Women and Girls. Seema chaired the Parliamentary Labour Party Business Interest Group from 2012-2014.

Prior to being elected, Seema was a business and public service adviser working with the video game and film industries. Seema has worked across Whitehall with justice agencies and creative industries. She has over ten years’ experience with leading firms Accenture and PriceWaterhouseCoopers working in strategy and IT development.

In 2009 Seema led the cross-Government programme Increasing Diversity in Public Appointments working with Government departments, headhunters, business and community groups. In 2007 she was shortlisted for the Asian Women of Achievement awards. She is also currently the Chair of the Fabian Society.



**The Lord Bilimoria**

**K**aran Bilimoria is the founder of Cobra Beer and the Senior Non-Executive Director of the Booker

Group PLC. In 2006, he was appointed the Lord Bilimoria of Chelsea, making him the first ever Zoroastrian Parsi to sit in the House of Lords, and in 2014 he

was installed as the seventh Chancellor of the University of Birmingham – the first Indian-born Chancellor of a Russell Group University in Great Britain.

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# WRITE FOR GRIT - Less lifestyle, more life!

## GRIT

**W**E believe words have the power to change lives. You can change someone's point of view, their aspirations or even their beliefs. If you have a passion, an inspirational story or a cause that's close to your heart WE want to hear from you. GRIT is your opportunity to have your say and talk about the gritty things that matter in your life. Words have the power to change lives. And WE can't wait to hear yours.

### **JUNE - WE SHOULD TALK MORE ABOUT ...**

This month we want to hear about any issue that you feel we do not discuss enough but should discuss more. This is your opportunity to have your say and raise awareness of any subject big or small.

### **JULY - INSPIRING ROLE MODELS - THE REAL HEROES**

In a world filled with superficial celebrity culture, who are the real heroes or heroines that you look up to? What traits do they possess and what have they achieved that makes them stand out? Whether your role model is someone you know personally or in the public eye please share why they inspire you.

### **AUGUST - MAKING TIME FOR ME**

Many of us think of August to enjoy the summer and look forward to the holidays. Tell us your views on how you feel about the importance of 'me-time'? Do you think it is important to take timeout for yourself every day? Or is the thought of 'me-time' selfish or unrealistic?

### **SEPTEMBER - HEALTH AND BODY TALK**

Do you think there is a link between body image and self-esteem? Do you feel there is too much pressure on women to stay young or be thin? What do you think of photo-shopped female images used throughout the media? If you have a view on any body image or health-related issue from cosmetic surgery and the size zero debate to the



SUNITA BEHL Editor GRIT

impact of fad dieting or social media we want to hear from you.

### **OCTOBER - IS A WOMAN'S ROLE CHANGING?**

Do you think a woman's role has changed? How different is your life to previous generations? Do you think you have more opportunities than ever before or that there is more pressure to succeed? Is it really possible for a woman to manage ambitions alongside a happy family life? How has a woman role changed in society and the wider world? Please share your views.

### **NOVEMBER - BACK TO BUSINESS**

Have you started your own business? Do you have views on the benefits of working for yourself or would you recommend that you should stick to the security of a corporate career? Does the thought of being your own boss feel you with excitement or fear? Please share your experience, advice and business tips for others who may be thinking of taking the big step.

### **DECEMBER - LOOKING FORWARD TO 2017**

What are your big hopes and plans for 2017? What will you change or how will you make a difference? Please share

your proud moments, memories and achievements of the past year and your hopes for the New Year.

Register for our FREE GRIT monthly newsletter please visit <http://www.womenempowered.co.uk/grit.html>

Each article needs to be submitted to [grit@womenempowered.co.uk](mailto:grit@womenempowered.co.uk) on the 20th of the preceding month (eg an article for June should be submitted by 20th May). The newsletter will go out on the 5th of each month to our subscribers and will be uploaded on our website and our social media will direct to it.

All submissions should be between 400-700 words. They can be written in the first person where appropriate. They will be edited for content to ensure suitability. Please ensure they are verified with source if it contains factual content. If the topic is personal then please ensure that you have been mindful of others where appropriate and ensure your account is as accurate as possible. Articles submitted will be chosen at the discretion of the editor. Please also be sure to include a photo and your name as you would like to be credited (title / position etc if applicable)

## Our Champions



**RAJESH AGRAWAL**  
Chairman, Founder and CEO RationalFX



**RUKHSANA ALI**  
Director Venus TV Global Ltd



**NINA AMIN**  
Diversity Ambassador KP



**SUNNY & SHAY GREWAL**  
Broadcasters and Presenters at BBC WM  
and BBC London



**CLLR LURLINE CHAMPAGNIE OBE**  
Chairman, Harrow West Conservative  
Association Councillor Pinner Ward,  
London Borough of Harrow  
Harrow Mayor (2004/5)



**CLLR. MRS MIMI HARKER OBE**  
Mayor of Amersham, Amersham Town  
Council Cabinet Member Responsible  
for Community, Young People, Com-  
munications, Sports & Leisure, Chiltern  
District Council Parliamentary Candi-  
date 2005



**DR KAMEL K HOTH**  
Business & Community Director Lloyds  
Bank - Group Corporate Affairs



**TASMIN LUCIA-KHAN**  
News Anchor and TV Host



**KANYA KING MBE** Entrepreneur, Public  
Speaker and CEO/Founder of MOBO  
Organisation



**SEEMA MALHOTRA MP**  
Member of Parliament for Feltham and Heston



**ANJALI PATHAK**  
Chef and food writer



**KULVEER SINGH RANGER**  
Global City Adviser  
Former Adviser to Mayor of London  
Former Vice-Chairman of the Conservative Party (Cities)



**NATASHA MUDHAR**  
CEO & MD of Sterling Media



**ALPESH PATEL**  
Co-author "Our Turn: The ultimate start-up guide for female entrepreneurs"  
Former visiting fellow in Business, Corpus Christi College, Oxford Found Praefinium Partners



**RISHI RICH**  
Song writer/Music Producer / Artist Management



**RUBY MCGREGOR-SMITH CBE**  
Chief Executive-MITIE Group PLC



**PRITI PATEL**  
MP, Member of Parliament for Witham



**KIRAN SHARMA**  
Managing Director of Kikit Ltd and Manager to singer Prince

## Engage, embrace and enhance the debate



**KULVEER SINGH RANGER FRSA**  
Chairman - WE Focus

As proud WE Champion I am delighted to have been asked to chair WE Focus. Discussion is good but sometimes we avoid the elephants in the room for fear of seeming ignorant, insensitive or just not politically correct. WEfocus aims to provide a forum to air our thoughts on some key questions that we may think we understand but really want to discuss in more depth and find out what WE really think! So I hope many of you will engage, embrace and enhance the debate by getting involved and I look forward to hearing your thoughts..

WE Focus is a discussion group. It's a place to share your thoughts views and opinions and learn others' perspectives. It aims to engage and encourage people into discussion and debate and break down barriers and question perceptions.

Contact us  
[focus@womenempowered.co.uk](mailto:focus@womenempowered.co.uk)

## you, me & we

You, Me & WE holds many projects throughout the year where we ask you to donate your time.

We collaborate with SWAT in a food distribution to the homeless on the last Thursday of each month. To join us please email Pritti at [swat@womenempowered.co.uk](mailto:swat@womenempowered.co.uk)

Every few months we visit the Seva Care home to spend some time with the residents and bring a little joy. To join us please contact Dee at [sewa@womenempowered.co.uk](mailto:sewa@womenempowered.co.uk)

If you have suggestions for future projects, please contact Kajal at [we@womenempowered.co.uk](mailto:we@womenempowered.co.uk)





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# Past Speakers



Rt Hon Baroness Verma Government Spokesperson for Higher Education (BIS) Women and Equalities and Whip for the Cabinet Office. Launch Event - May 2012



Tasmin Lucia-Khan- News Anchor and TV Host Launch Event - May 2012



Geeta Sidhu-Robb CEO & Founder of Nosh Detox Delivery Launch Event - May 2012



Kiran Sharma Managing Director of KIKIT Ltd and Manager to singer Prince Entrepreneurship Event September 2012



Rupinder Virdee Director of Revolution Creative Agency Entrepreneurship Event September 2012



Sally Overhead Founder of MOJO-MUMS Entrepreneurship Event September 2012



Sadia Siddiqui CEO / Creative Head-Make an Impression Event - May 2013



Nina Wadia British Actress Make an Impression Event - May 2013



Nihal Arthanayake DJ, Radio & TV Presenter Make an Impression Event - May 2013



Alpesh Patel Co-author, 'Our Turn: The ultimate start-up guide for female entrepreneurs' Former Visiting Fellow in Business, Corpus Christi College, Oxford. Founder Praefinium Partners Entrepreneurship Event September 2012



Priti Patel MP Member of Parliament for Witham Is it a Man's World Event - January 2013



Cllr Lurline Champagne OBE Chairman, Harrow West Cone Ass, Fmr Cllr Pinner Ward, Harrow Mayor (2004/5) Is it a Man's World Event - January 2013



Cllr. Mrs Mimi Harker OBE Mayor of Amersham, Amersham Town Council, Cabinet Member Responsible for Community, Young People, Communications, Sports & Leisure, Chiltern District Council, Parliamentary Candidate 2005 Is it a Man's World Event - January 2013



Kulveer Singh Ranger Global City Adviser, Former Adviser to Mayor of London, Former Vice-Chairman of The Conservative Party (Cities) Is it a Man's World Event - January 2013



Ritu Sethi LL.B (Hons) Solicitors Book Launch Event - March 2013



Farzana Baduel-founder and managing director, Curzon PR How To Have Your Voice Heard 5th June 2014



Rupa Ganatra co-founder of Men's e-commerce site Yes-Sir.com How To Have Your Voice Heard 5th June 2014



Sunny Hundal British journalist, blogger and an academic How To Have Your Voice Heard 5th June 2014



Shavata Singh- Founder of Shavata Brow Studios Entrepreneurship Event - October 2013



Shashi Gossain- Founder & Managing of Pharmaclinix Ltd Entrepreneurship Event - October 2013



Hiro Harjani Chairman of Aftershock Entrepreneurship Event - October 2013



Gurinder Chadha OBE Film Director Think Big - February 2014

# Past Speakers



Ahlya Rafique Fateh  
Editor Think Big - February 2014



Neev Spencer, Neev Spencer is officially the most listened to British female DJ in the UK.



Kavita Oberoi OBE  
Founder of Oberoi Consulting Creating and Seizing Opportunities! 9th October 2014



Rishi Rich Song Writer / Music Producer / Artist Management Think Big - February 2014



Valerie Vaz MP Elected as the Member of Parliament for Walsall South Creating and Seizing Opportunities! 9th October 2014



Dinesh Dhamija- Founder Ebooks.com Creating and Seizing Opportunities! 9th October 2014



Vivek Oberoi Bollywood Actor Philanthropy Me and We - July 2014



Baroess Sayeeda Warsi British Pakistani Lawyer, Politician and Conservative Parliamentarian The World in Which WE Live January 2015



Yalda Hakim Presenter, Impact – BBC World News and Journalist The World in Which WE Live January 2015



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