



NETWORKING EVENT | WED JULY 31st - Framlingham Castle 8.30am

This month our guest speaker is Jess Nichols, from English Heritage

Jess will be taking us on a guided tour of Framlingham Castle offering a fascinating journey through history.

Exploring the impressive medieval fortress built in the 12th century, visitors are led through the castle's key features, including its imposing curtain walls, defensive towers, and the picturesque mere.

The tour delves into the castle's rich past, highlighting its role in significant historical events, such as being the refuge of Mary Tudor before she became queen. Guests can also enjoy panoramic views of the Suffolk countryside from the wall walk and learn about the lives of the powerful families who once resided there. The tour combines historical insights with captivating stories, making it an engaging experience for all.



CONTENT

Network Event - Speaker

Reasons to Join the FBA

MENTA Digital Springboard Programme



NEXT ISSUE

As an FBA member, if you have an article that you would like to include in a forthcoming issue or would like to sponsor the newsletter please get in touch.

info@framlinghambusiness.co.uk

To find out more visit: english-heritage.org.uk

10 Reasons to Join the FBA

- 1 Showcase your business on FBA social media
- 2 Be part of a friendly and knowledgeable group of local businesses
- 3 Signpost your business to other members
- 4 List your business on the FBA website
- 5 12 Free networking events a year
- 6 Showcase your work at one of the monthly networking events
- 7 Feature your business in our monthly newsletter
- 8 Share member discounts & promote special offers
- 9 Keep up to date with business events in and around Framlingham
- 10 Contribute to FBA's voice in the local community



Did you know the FBA has over **1,300** followers on Instagram?



AUGUST'S NETWORKING



The next networking event is on August 28th at The Crown, Framlingham. Our guest speaker is Sarah Green from Niche Cocktails.



MENTA
Business **ADVICE**
TRAINING EVENTS
NETWORKING SPACE

Digital Springboard Programme.

If you have a business based in East Suffolk you can access support in a number of ways:

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Group Training (Bite-Size) Sessions

Key Topics

1. First Steps to Building Your Online Presence
2. Selling Online and Getting Paid Safely
3. Building and Effective Website
4. Introduction to Google Ads
5. Optimising Your Website
6. Keeping Safe Online
7. Using Social Media

These bite-size training sessions take place online via Zoom in a group setting. The dates and times of the training sessions are available on the Menta website

Self-Led Learning

If a group setting is not for you, or you are unable to make the times and dates of our bite size sessions, you can access the key topics via our online learning site, Knowledge Hub.

On our easy-to-use Knowledge Hub you can access the courses when it suits you. You will also find some great handy tips and articles regarding digital support throughout the site.

1 to 1 Support

Our digital experts are available to provide 1 to 1 support, either face to face, online or by phone. These sessions are tailored to your needs and be used to discuss any queries you may have whether it's getting the most out of your social media, setting up Google Analytics plus much more.

Networking

We run Networking events over various locations in East Suffolk where you have the opportunity to meet with other local businesses. For available dates and to book a place please see our website here.