

Business	Meet	Frequency	Website	Description	Contact	Phone	Email	Cost	Membership
BIZmums	Penarth	Third Friday of the month	http://www.bizmums.biz/	Online and business community made up of local mums where children are welcome. Each meet up has a guest speaker presenting and there are opportunities to network with other business mums.	Michelle Childs	0800 669 6329	support@bizmums.biz		£15 pcm
Business Wales	Various	Various	https://wales.business-events.org.uk	A range of events run by Business Wales and external organisations. They include networking opportunities alongside learning opportunities focussed on business and skill development.	N/A	N/A	N/A	Free	Free
Ease Retreats Social	Penarth, Barry & Cowbridge	Monthly	www.businesswomenconnect.co.uk	Monthly get togethers for each group where members can catch-up with local stories, share best practice and hear inspiring talks from prominent local business people. Business Women Connect is split into several groups, each focussed on a town or suburb.	http://businesswomenconnect.co.uk/contact	N/A	N/A	Per event	£75 per year
Cardiff Start	Across Cardiff	Weekly	www.cardiffstart.com	A growing group for entrepreneurs running startups in and around Cardiff, or those that work at them such as creatives, investors, students. They share knowledge and advice.	https://www.facebook.com/groups/cardiffstart/about/	N/A	info@cardiffstart.com	Per event	Free
Cowbridge Business Club	Cowbridge	Meets first Wednesday of the month	www.cowbridgebusinessclub.co.uk	Informal network with guest speakers at their meet ups which address topics surrounding your business, aiming to teach something new or create more business.	Wesley Skene	01446 775306	info@cowbridgebusinessclub.co.uk	£12 per event	£200 single or £275 corporate
Introbiz Breakfast	Hensol Castle, Hensol, CF72 8JX	Monthly	http://www.introbiz.co.uk/cardiff-business-networking-events-wales	Breakfasts – informal networking for the first 45 minutes, breakfast served and formal power group tables Business clubs – informal networking for the first 45 minutes, a cooked breakfast served and a keynote speaker for the second hour	Introbiz	02920 291002	info@introbiz.co.uk	£17	N/A
Introbiz Ladies Lunch	Penarth & The Vale Resort	Monthly	https://www.introbiz.co.uk/event_type/ladies-lunch/	Informal and formal networking opportunities alongside lunch.	Tracey	07581 564371	info@introbiz.co.uk	£24 - £30	£399 + VAT upwards
Vale Start Up Club	Barry	Quarterly	https://www.eventbrite.co.uk/o/vale-of-glamorgan-council-16803515963	For those in the Vale of Glamorgan who are close to starting a business or have started a business in the past 3 years.	Annette Gee	01446 704636	economic@valeofglamorgan.gov.uk	Free	N/A
Zokit Vale	Penarth	Alternate weeks on a Thursday – lunch or breakfast	www.zokit.co.uk	A business development network hosting different networking events, master classes, awards and expos.	Dyfrig Thomas	07766 952913	info@zokit.co.uk	£10 per meet	£15 - 67 pcm
The Monday Club	Across Cardiff	Weekly newsletter, monthly social gathering	http://themondayclub.co/	The Monday Club aims to bring girls in business together in South Wales. As well as providing weekly emails to brighten up your inbox at the start of the week, we will be arranging monthly social meet ups.	Narelle or Cath	N/A	themondayc@gmail.com	Free subscription to newsletters	Free