



## March Edition

### Business and Education - Development Update Exciting news from around the region - Events and Activities

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Welcome to the 'Bay of Life Watch' Newsletter, produced by Swansea Bay Futures which aims to bring you interesting and exciting business, education and development news from around the Swansea Bay region.

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## Business and Education

### Swansea Bay firm builds homes from recycled plastic

Affresol, of Swansea, has developed technology to build low carbon houses from plastic and minerals. The firm has launched a range of eco-friendly homes and four-tonne modular portable buildings. The company claimed that eco-friendly homes like the show home at its factory on Swansea West industrial park could revolutionise the building industry. Affresol developed a new material called Thermo Poly Rock (TPR) from recycled plastics and minerals for use as a structural building product. The company claims a patented low energy cold process converts the plastics into a very strong structural element. Its been supported through development by the assembly government's single investment fund and Finance Wales. This week domestic heating and water system company Worcester Bosch ordered the first modular building from Affresol for its plant. Affresol employs seven people hopes to treble this number in a year. It is awaiting BRE accreditation before building 19 homes in Merthyr as its pilot project.

<http://www.abayoflife.com/en/news/swansea-bay-firm-builds-homes-from-recycled-plastic/>

### £17.4m to launch Welsh tourism into the digital era

A new £17.4m project to ensure the Welsh tourism industry benefits from the latest digital technology developments in areas such as on-line marketing, booking systems and business management has been unveiled by the Heritage Minister, Alun Ffred Jones. The money will be used to fund a series of projects over the next four years which aim to ensure the tourism industry takes full advantage of current and future digital technology. It will be funded by £9,213, 866 from the European Regional Development Fund, £4,451,939 from the Welsh Assembly Government and £3,740,781 from the private sector.

<http://www.abayoflife.com/en/news/174m-to-launch-welsh-tourism-into-the-digital-era/>

## **Two Swansea Bay companies named as best to work for in UK**

Coastal Housing, the Swansea Bay company that provides affordable housing in South West Wales, and Admiral Insurance Group with offices in SA1, both received two star rating in the 2010 Best Companies to Work For survey. Participants in the survey, carried out by Best Companies, listed staff engagement and good relationships with line managers as good motivators. Over 270,000 employees across the UK participated in the survey, Jonathan Austin, CEO of Best Companies, said: "An engaged workforce is essential as organisations move out of the recession and into a more stable economic situation. The companies that have achieved accreditation are among the best employers and are to be congratulated."

<http://www.abayoflife.com/en/news/admiral-and-coastal-housing-named-as-best-companies-to-work-for/>

## **Gladiator conquers at Contact Centre Awards**

South-Wales based van insurance specialist Gladiator has won Best Staff Retention Practice for the second year running at the 2009 Welsh Contact Centre Awards held 11 February in Cardiff City Hall. Gladiator, part of the Admiral Group, has won the award three times in the past four years, and managers attribute the success in part to the company's winning attitude towards its 186 members of staff. In addition to training, incentives and career development plans, the company introduced a motivation and well-being committee in 2009 that meets monthly to develop ideas from staff. The committee has arranged free cereal for employees every day, a maternity gift for all new Gladiator mums that includes a photography session with the newborn, birthday raffles and strawberries and ice cream to celebrate Wimbledon.

<http://www.abayoflife.com/en/news/gladiator-conquers-at-contact-centre-awards/>

## **£2m investment puts Broadleaf Timber on the expansion trail**

A timber firm has invested £2m in its warehouse and manufacturing facility at its base in Carmarthenshire. Llandybie headquartered Broadleaf Timber is on the expansion trail after opening its new units. The company, which secured the funding from Clydesdale Bank, says it aims to create 12 jobs in the coming year. Broadleaf provides a range of floors, doors and timber design for both consumers and professional clients.

Since opening its first showroom in Llandybie in 2000, the company now has 10 showrooms across the UK. The new manufacturing facility will provide much-needed capacity to service its growing retail network. Vanessa Garrett, owner of Broadleaf, said: "Our new facility brings together existing workshop and warehousing sites while also creating crucial expansion capacity. It has also enabled us to move the production of Broadleaf flooring from France to Wales. We are safeguarding existing jobs and also creating new ones."

<http://www.abayoflife.com/en/news/2m-investment-puts-broadleaf-timber-on-the-expansion-trail/>

## **Tinopolis named as fastest growing private equity-backed company in Wales**

Llanelli-based film and television producer Tinopolis ranked as top Welsh company and 51st in the UK by The Sunday Times Deloitte Buyout Track 100. Tinopolis de-listed from the Alternative Investment Market after accepting a £45m offer from private equity firm Vitruvian Partners in 2008. Vitruvian has a 70% equity stake in the business with the remainder held by management. Profits have risen 49% a year from £2.9m in 2006 to £6.5m in 2008. Its latest accounts to September 2009 show Tinopolis with a turnover of more than £65m. The company generates around 2,500 hours of drama, documentary, sports and children's TV programmes a year for 200 broadcasters worldwide. The Sunday Times Deloitte Buyout Track 100 highlights profit performance of companies backed by private equity.

<http://www.abayoflife.com/en/news/tinopolis-named-as-fastest-growing-private-equity-backed-company-in-wales/>

## **Water firm ready to raise glass to upturn**

A leading Swansea Bay mineral water firm is investing in its production capacity and marketing as it focuses on continued growth. Brecon Mineral Water, which produced 40 million bottles last year, is bringing in equipment and is planning its largest marketing campaign since its inception. The company, which has its headquarters near Llandeilo, has recruited additional sales staff and invested in a new bottle blowing machine capable of producing up to 10,000 bottles an hour. The company said investment in equipment, which is supported by the Welsh Assembly Government through the Single Investment Fund, will enable it to increase production. Brecon Mineral Water has a £6m turnover per annum and employs 29 people.

<http://www.abayoflife.com/en/news/water-firm-ready-to-raise-glass-to-upturn/>

## **1.2M grant for Swansea University Physicists'**

A team of Swansea University Physicists has been awarded a £1.2million grant by the Science and Technology Facilities Council, to enable them to access state-of-the-art High Performance Computing facilities. The award for the Swansea Lattice Field Theory Group is part of a wider £7.3million award to the eight-university UK Quantum Chromodynamics (UKQCD) Collaboration led by Swansea's Professor Simon Hands. The UKQCD Collaboration uses powerful computers to study Quantum Chromodynamics. The High Performance computers also facilitate the analysis and interpretation of particle collision experiments such as the Large Hadron Collider (LHC) experiment at CERN – the European Organisation for Nuclear Research in Geneva, Switzerland. They will allow physicists to determine the behaviour and properties of matter at extremes of temperature and density, found in the first instants after the Big Bang, or at the core of a neutron star.

<http://www.abayoflife.com/en/news/12m-grant-for-swanea-university-physicists/>

## **Swansea and Bangor Universities launch Knowledge Exchange Wales**

Swansea and Bangor Universities officially launched Knowledge Exchange Wales (KEW), a new network to give businesses access to university experts and provide opportunities to trade on a global scale on 23 February. KEW is the first and only Welsh business network to be a member of the internationally renowned Global Connect world-wide business innovation and investment network, and the first to unite north and south Wales, with the aim of putting Welsh industry and academia on the map. KEW became a reality when it was awarded funds by the Welsh Assembly Government's Academia for Business scheme. Swansea University and Bangor University together have many of the key expertise needed by businesses, and both institutions have impressive track records of collaboration with industry. The KEW network is open to all businesses with an interest in developing their business and driving forward the Knowledge Economy in Wales.

<http://www.abayoflife.com/en/news/swansea-and-bangor-universities-launch-knowledge-network-wales/>

## **Textiles technology launch**

A collaboration between Coleg Sir Gâr and Swansea Metropolitan University has resulted in a Government funded project to enable fashion and textiles companies to access essential industry equipment and expertise. The launch of the Textile Technologies Project took place on Wednesday 24 February at Swansea Metropolitan University's CIRIC (Creative Industries Resource and Information Centre) Centre and illustrated the benefits and present current examples of collaborative industry work. Supported by the Welsh Assembly Government, the project is based at Coleg Sir Gâr's Jobs Well campus as well as Swansea Metropolitan University's CIRIC Centre. Companies who enrol on the project will be able to collaborate with the Transfer Technology partnership team on research and development projects using top of the range industry software and equipment. Facilities include computerised pattern cutting, virtual sampling, laser cutting, digital fabric printing and pattern digitising, using the very latest Gerber technology.

<http://www.abayoflife.com/en/news/textiles-technology-launch/>

## **Swansea Bay's fashion queen's royal invite**

A Swansea woman who heads a fashion department at a Carmarthenshire college has been invited to meet the Queen at Buckingham Palace. Caroline Thraves is the head of fashion and textiles at Coleg Sir Gârs West Wales School of the Arts in Carmarthen. She has been nominated to attend the prestigious event for her and her departments contribution to fashion industry training. The special reception in London is being held for the British clothing industry in March this year. As a pro-active member of a busy department, Caroline has helped develop training opportunities from work-based learning programmes for schoolchildren to successful degree programmes resulting last year in a student being offered work with international designer Vivienne Westwood. She has also made strong connections with the industry which she feels is a vital link in helping the student transition from training to the world of work. The department is currently raising money to exhibit at Graduate Fashion Week in London. Following a recent nomination for the Swansea Bay Woman of the Year Awards for innovation in the workplace, Caroline is surprised but excited about meeting the Queen. She said, "I am delighted and honoured to be invited to Buckingham Palace to represent the college and the hard work put in by the department whilst joining some of the key names in the British clothing industry."

<http://www.abayoflife.com/en/news/swansea-bays-fashion-queens-royal-invite/>

## **A new name for a new college**

From August 2010 there will be a new college for South West Wales – Gower College Swansea. The new college will be formed as a result of a merger between Swansea and Gorseinon Colleges and will have a name instantly recognisable, not only within Wales, but nationally and internationally. The new name is significant as the term 'Gower' can be traced back to Norman times when, as a region, it embraced an area three times the size of what we currently call the 'Gower Peninsula' and included the districts which both Gorseinon and Swansea Colleges currently serve. For the past 18 months, the Colleges have worked closely together to respond to the Welsh Assembly Government's agenda to transform education and training provision in Wales by entering into merger discussions. Bringing together two complementary, successful organisations will create an institution which provides outstanding learning opportunities and experiences for young people, adults and employers in the Swansea area. The announcement of the new name is the first step in the re-branding process for two highly successful organisations.

<http://www.abayoflife.com/en/news/a-new-name-for-a-new-college/>

## **Development Update**

### **Plans for Swansea rail station revamp are unveiled**

Plans to upgrade Swansea railway station are going on show for the first time as part of a £150m programme backed by the Department of Transport to improve stations in Wales and England. A larger concourse, a new booking office with extra ticket machines, toilets, shops and CCTV cameras are among the improvements. Swansea council is backing the redevelopment as a further boost to the city's regeneration. Council leader Chris Holley said: "The station serves as one of the key gateways into the city and it gives many people a first impression of Swansea. The work is vital in ensuring those impressions are positive." The revamp is jointly led by Arriva Trains Wales, Network Rail and the Welsh Assembly Government. Chris Rayner, route director for Network Rail, said: "Stations are the railways' shop-front and they have been ignored for far too long. The transformed station will serve as a catalyst for further growth in rail usage in Swansea, while helping to provide a much better environment for the city." The improvement work at Swansea station will be carried out in two key phases, with the improved concourse being completed first by 2011. An exhibition of the plans is on show at the city's high street station

<http://www.abayoflife.com/en/news/plans-for-swansea-rail-station-revamp-are-unveiled/>

### **Swansea quadrant Bus Station is shaping up**

Shoppers will soon have their first glimpse of what the city's new £10 million Quadrant bus station will look like. With the main foundation work completed, contractors can now begin to put up the steel frame for the main concourse. A Swansea Council spokesman said: "The authority is ploughing £10 million of grant funding into the redevelopment of the existing bus station site to provide public transport users with a modern new transport interchange. The new public transport facility will feature 20 bus bays, three coach stands, modern passenger facilities, easy access to the shops and Shopmobility facilities." Swansea Council says its target is to have its state-of-the-art replacement up and running before the start of the busy Christmas trading period. The project has received significant funding from the Welsh Assembly Government and the Wales European Funding Office.

<http://www.abayoflife.com/en/news/swansea-quadrant-bus-station-is-shaping-up/>

### **SA1 £7million project reaches major milestone**

Construction crews have made watertight a five-storey building on Langdon Road which will house a 132-bedroom Premier Inn hotel, a 4,500sqft Tesco Express store and a Beefeater restaurant. The development is expected to create around 90 new jobs, with Tesco being the first to open its doors in October. Meanwhile, Whitbread is looking to open a Premier Inn and Beefeater restaurant in early 2011. Jehu Project Services, on site since last summer, has a view to complete in October this year. A 60-strong construction crew is said to be making "excellent progress" on the development, which overlooks the Prince of Wales Dock. Jehu Project Services project manager Ken Evans said achieving watertight status was 'critical' to the overall progress. Over the next few months Jehu will progress the shell of the building to enable fitting out operations to begin.

<http://www.abayoflife.com/en/news/sa1-7million-project-reaches-major-milestone/>

### **Curtain set to rise on £14m cultural centre in Llanelli**

Work is set to start in 2010 on a £14.6m cultural centre for Llanelli. Funding has been secured for the project on derelict land next to Zion Chapel in Llanelli, Carmarthenshire. The project, called 'The Works', is estimated to create 35 jobs and will occupy a site near a new cinema and retail development planned for the eastern gateway to the town. Funded by the EU's European Regional Development Fund, Welsh Assembly Government, Carmarthenshire Council and other partners, The Works will provide entertainment, arts, culture, employment, training and skills opportunities and play a major role in the regeneration of Llanelli and the wider south west region. The new complex will replace the existing Entertainment Centre which dates back to 1938 and would need up to £4m for refurbishment. As part of the scheme a multi-purpose 500-seat main auditorium will be constructed. Trinity University College will occupy offices on the first floor. It will also have wheelchair access in the tall fly-tower to allow disabled people the opportunity to be trained and gain employment as lighting and backstage technicians. The partners said the aim was to be on site in October with a target to open in July 2012.

<http://www.abayoflife.com/en/news/curtain-set-to-rise-on-14m-cultural-centre-in-llanelli/>

### **Pontarddulais earmarked for Halal Industrial Park**

The site of the former Graig Merthyr colliery, which closed in 1978, has been earmarked as a possible location for a Super Halal Industrial Park. Bosses from Halal Industries, which is behind the project, met the landowners of the 35-acre site to discuss proposals for the park, which could create up to 3,000 jobs. Halal food is prepared according to Islamic law, and the Super Halal Industrial Park would provide services such as raw material storage for food production, storage freezers and a product packing centre. Halal Industries is due to meet members of the Assembly Government this week.

<http://www.abayoflife.com/en/news/pontarddulais-earmarked-for-halal-industrial-park/>

## **Cardiff Airport launches enhancement plan**

Cardiff Airport has submitted plans to develop and improve its terminal building and, if approved, work is likely to start in late 2010. The development will see an extension to the front of the terminal linking the arrivals and departures halls into one large common area with new food and retail outlets. The first floor of the terminal will become 'airside'. The approach area in front of the terminal building will also be redesigned and landscaped. The contemporary design of the development will both improve the overall image of the airport and provide a backdrop to continue delivering high standards of customer service for passengers.

<http://www.abayoflife.com/en/news/cardiff-airport-launches-enhancement-plan/>

### **Exciting news from around the region!**

#### **New Swansea fashion show promises to be an extravaganza**

A new event organised by the South Wales Evening Post looks set to be the biggest catwalk event south west Wales has seen. Fashion Addict will take place in a marquee in the grounds of the National Waterfront Museum on 14 March. Hair dresser and salon owner Brian Brown is producing the show and local traders, including Debenhams, Slaters, Posh Frocks, Molly's Fashion, The Prom Queen, Splash, Mumbles, Moss Bros and The Swans have already signed up to take part. Lara Johnson and Andrew Price hair salon will also play a big part in the show, as will Helen Rhiannon, a celebrated designer from Dunvant. Ms Rhiannon has been helping Mr. Brown and choreographer Lee Maccalion, put the event together. She is providing outfits for the dance scenes and also has her own section. As well as celebrating the current fashion Swansea has to offer, the producers are putting on a "fashion through the ages" show with models wearing clothes from each decade of the past 100 years.

<http://www.abayoflife.com/en/news/new-swanea-fashion-show-promises-to-be-an-extravaganza/>

#### **Swansea Energy Firm shortlisted for Shell innovation awards**

A renewable energy firm in Swansea is looking to make waves by winning a national award. Cockett based Marine Power Systems Ltd is in the running to win up to £40,000 of funding in a competition run by fuel giant Shell. The company is one of eight finalists in the shell Springboard awards which reward innovative ideas for tackling climate change. Marine power systems has been short-listed for the WaveSub a new kind of wave energy converter which cuts out longstanding technical barriers to developing renewable wave power on a large scale. A National final will take place in London on Tuesday, March 2.

<http://www.abayoflife.com/en/news/swansea-energy-firm-shortlisted-for-shell-innovation-awards/>

#### **Jools Holland to play in Swansea**

Jools Holland is heading to the city's Singleton Park on Sunday August 8 with his Rhythm and Blues Orchestra for a night of boogie-woogie. It'll be the star's first appearance in Swansea since 1999 and he'll be joined on stage by Alison Moyet and British soul singer, Ruby Turner. Cllr Graham Thomas, Swansea Council's Cabinet Member for Culture, Recreation and Tourism, said: "It's a real coup that Swansea has managed to attract Jools Holland for a summer gig in one of our most famous outdoor venues. Singleton Park is an ideal location for this type of event and we look forward to welcoming residents and visitors of all ages to Swansea for this one-off performance. This adds another great event to the Swansea Bay Summer Festival line-up." A grand firework finale will round-off proceedings. Tickets are available from the Swansea Grand Theatre Box Office on 01792 475715 or IML Concerts on 01603 660444.

<http://www.abayoflife.com/en/news/jools-holland-to-play-in-swanea/>

## **£20m revamp of cruise liner sees city work praised**

A Luxury cruise liner has left Swansea after a £20 million refit in the city's docks. Formerly known as the Astoria the Saga Pearl II left Swansea in February for sea trials before heading to Southampton. Work in Swansea by contractor Harris Pye saw the creation of balcony cabins, upgrading the show lounge, spa and two swimming pools. Paul Green, head of communications for the ship's owner Saga Group, said that working with crews in Swansea had been a fantastic experience. He said: "The people of Wales have been very welcoming and are glad that the £20 million refit has helped regenerate the docks. I'm sure Swansea has a Bright future if the quality of work is replicated. This was the first time the docks had been used for such a large project for more than a decade and our confidence in the quality and skills available to us in Wales has been repaid handsomely."

<http://www.abayoflife.com/en/news/20m-revamp-of-cruise-liner-sees-city-work-praised/>

## **Swansea Bay stations celebrate audiences**

96.4FM the Wave and sister station Swansea Sound are celebrating again following the release of their latest listening figures for Q4 2009. Official radio audience figures which have just been published by independent research company Rajar show that a massive 184,000 people across South West Wales now tune into the stations each week, an increase of 14,000 compared with the same quarter last year. This puts the Wave & Swansea Sound 82,000 listeners per week ahead of their nearest commercial competitor. Station Director, Helen Bowden said: "I am proud to be a part of two very successful, passionate stations. The team work very well together to bring South West Wales into people's homes and workplaces. We continue to be number one because of the passion for the area, the local programming and music and great entertainment. Thanks to all our listeners for choosing us and to all our advertisers who get true value for money by getting their business name out to 184,000 prospective customers each week."

<http://www.abayoflife.com/en/news/swansea-bay-stations-celebrate-audiences/>

## **Café Twocann in SA1 named as one of the best coffee shops in the UK**

The Independent has named [Café Twocann](#) in Swansea's SA1 in its list of 50 best coffee shops. Describing Café Twocann, The Independent says, "Based in an old grain store, sensitively restored but with plenty of modern comforts and conveniences, they have views over the marina - the perfect spot to stop and sip. There's a Welsh hint to it all too: coffees are served with a home-made mini Welsh cake." Dennis and Catherine Cann started the café in April 2007 at the J Shed in SA1, and last year won Swansea Life magazine's coffee culture award. The husband and wife team are now celebrating Café Twocann's national recognition. Mr. Cann hopes that appearing in the Independent's list will attract more people to the area. He said, "It's fabulous for us to get this recognition."

<http://www.abayoflife.com/en/news/cafe-twocann-in-sa1-named-as-one-of-the-best-coffee-shops-in-the-uk/>

## **Swansea Bay mum's book helps daughter cope with dad's illness**

Learning to cope with having a disabled parent is tough for a child. But Swansea Bay woman Victoria Taylor is hoping that her family's experience can help others affected by illness. Victoria's daughter, Adele-Caitlin was two years old when her father, Rob, was diagnosed with a rare neurological condition called Intracranial Hypertension (IH). She struggled to come to terms with his disability. So Victoria wrote 'Caitlin's Wish', a storybook written for children who have a disabled or sick family member or friend. It helped Adele-Caitlin and her brother Chris so much that Victoria is publishing the book, in the hope that it might help other children. Caitlin's Wish by Victoria Taylor and illustrated by Claire Wiles is out now. A percentage of the profits will be going to Crossroads Care and IH Research Foundation. Visit [www.caitlinswish.co.uk](http://www.caitlinswish.co.uk) for more information.

<http://www.abayoflife.com/en/news/swansea-bay-mums-book-helps-daughter-cope-with-dads-illness/>

## Putting park on the map for cycle fans

Tourism is on track for a huge boost with the creation of a £5 million off-road cycling centre of excellence based in Port Talbot and the South Wales valleys. Neath Port Talbot Council is taking the lead role in developing the idea, in partnership with Merthyr Tydfil and Caerphilly councils, the Forestry Commission and others. The aim is to make South Wales the number one destination for off-road cyclists, with around £1.25 million of the overall figure earmarked for improving the already world-famous trails at Afan Forest Park. Another £250,000 will be spent on developing Margam Park as the venue for major competitive cycling events. In total the project is costing just over £5 million.

<http://www.abayoflife.com/en/news/putting-park-on-the-map-for-cycle-fans/>

## Accolade for Swansea Bay activities provider

Swansea Bay activity provider, Call of the Wild Ltd has been chosen by a judging panel including Deborah Meaden, of BBC's Dragon's Den fame as a winner of Smarta.com's inaugural 'Smarta 100'. The Smarta 100 recognizes the UK's smartest small businesses. Not only did Call of the Wild make the Top 100 Small Companies in the UK it was also voted in the Top 5 for its Business Ethics. The top 5 for ethics category chose "companies are out there to make a positive impact on the world. They dedicate themselves to protecting our environment, helping people more vulnerable than themselves and rejuvenating communities starved of socio-economic opportunity." Call of the Wild Managing Director Geraint Lewis said: "We are absolutely delighted. It illustrates that the Company is recognised as being one of the best in the UK. It is always reassuring to know that our ethical approach to business is recognised and the contribution made to the local economy is not underestimated."

<http://www.abayoflife.com/en/news/accolade-for-swanea-bay-activities-provider/>

## Events and Activities

### GENERAL EVENTS

#### Love Swansea Glass

Until 31 March 10am – 5pm

National Waterfront Museum, Swansea

[www.museumwales.ac.uk/en/whatson/?event\\_id=4175](http://www.museumwales.ac.uk/en/whatson/?event_id=4175)

Love Swansea Glass is the opening exhibition to celebrate the 75th Anniversary of The Welsh School of Architectural Glass at Swansea Metropolitan University. The exhibition has called upon the local and national glass community to design and fabricate a glass panel on the theme of 'A Valentine for Swansea'.

#### World Welsh Festival

Until 31 March

Venues throughout Swansea

[www.worldwelshfestival.com](http://www.worldwelshfestival.com)

The World -Welsh Festival celebrates the Welsh contribution to the World. It is both a cultural, educational as well as citizenship-inspiring series of empowering events involving Welsh societies around the World.

#### Tom Pope: The Escapades of the Higher Man

Until 18 April

Glynn Vivian Art Gallery, Swansea

[www.glynnviviangallery.org](http://www.glynnviviangallery.org)

Tom Pope is an emerging artist who recently graduated from the Photography in the Arts degree course at Swansea Metropolitan University. The Escapades of the Higher Man is his first major solo exhibition and features a series of previously unseen works taken in Marseille in 2009 based on the philosophy of Friedrich Nietzsche.

### **Fair Trade Fashion Show**

**5 March, 7pm**

**National Waterfront Museum, Swansea**

[http://www.museumwales.ac.uk/en/whatson/?event\\_id=4131](http://www.museumwales.ac.uk/en/whatson/?event_id=4131)

It's Fair Trade Fortnight and Swansea Fair Trade forum is offering you the chance to see how to dress to impress with an evening of glamour and sustainability. A selection of fairly traded fashion, as well as clothes that have been upcycled, will be on show. Buy your tickets (£5/£4 concession) from the Environment Centre or Oxfam, Union Street. Contact (01792) 480200 or visit [Fairtrade Swansea](#) for more details.

### **Llanelli Waterside Half Marathon**

**7 March, 11.30am**

**Millennium Coastal Park Festival Fields, Llanelli**

[www.halfmarathon.org.uk](http://www.halfmarathon.org.uk)

Listed as one of the UK's top 100 races by Runner's World magazine, this 13mile race along the Coastal Park is a great challenge for all abilities.

### **St David's Festival Market**

**13 March, 9am – 1pm**

**Oystermouth Square, Mumbles**

Quality local produce and Free Entertainment for all the family: - the market will have a strong Welsh theme and entertainment will include, juggling stilt walker, face painting, balloon modelling, competitions, food demonstrations, live Harp music, and a visit from a Welsh Dragon! For more information contact Mumbles Development Trust on: 405169.

### **Performing Arts and Theatre Studies Showcase 2010**

**15 – 19 March**

**Swansea Metropolitan University, Townhill Theatre**

[www.smu.ac.uk](http://www.smu.ac.uk)

Third year performing arts and technical theatre students present a host of shows to tantalise the widest of tastes. These student led pieces which include 'The Man Who', 'The Virtuous Burglar' and 'Whale Music' will take you on a journey from the world of the normal to the outrageous. All performances will start at 7:30pm. Admission is £3.50 for students and £5 for the general public. Tickets are available from Townhill theatre Box Office, on 01792 482054 or by emailing [beth.jones1@smu.ac.uk](mailto:beth.jones1@smu.ac.uk)

### **St Patrick's Day Celebration**

**17 March, 7.30pm**

**The Bluebell Hotel, Neath**

[www.thebluebellneath.co.uk](http://www.thebluebellneath.co.uk)

Enjoy the craic, with an evening celebrating all that is good about our green and gold Celtic neighbours. From the Dubliners to U2, the Bluebell hotel will host an evening of celebration with a four course traditional Irish feast and a variety of entertainment. Sit back, relax and enjoy a drop of the black stuff. £28 per ticket call 01639 644000 email [events@thebluebell.co.uk](mailto:events@thebluebell.co.uk)

### **6 Nations Race Day - Jump Racing**

**20 March, first race 2.25pm**

**Ffos Las Racecourse, Trimsaran**

[www.ffoslasracecourse.com](http://www.ffoslasracecourse.com)

You can't beat the spectacle and colour of seeing racehorses and jockeys close up, the bustling activity that surrounds the betting and the lively excitement of the race itself so visit Ffos Las racecourse for an afternoon of jump racing.

### **Sport Relief Mile**

**21 March, from 11am**

**Singleton Park, Swansea**

The City & County of Swansea is staging the Sport Relief Mile, so come on everyone, rise to the challenge for Sport Relief by walking, jogging, running or pushing 1, 3 or 6 miles. Enter the [Swansea Sport Relief Mile now!](#)

## **BUSINESS EVENTS:**

### **Spot light your business breakfast: Welsh businesses against crime**

**4 March, 8.30am – 10.30am**

**Stradey Park Hotel, Llanelli**

Guest speakers will focus on reducing the threat & impact of business crime in Wales. Limited spaces available, to reserve your spot, please contact Felicity on 01554 779913 or e-mail [fwilkins@mwwc.org.uk](mailto:fwilkins@mwwc.org.uk).

### **Business2Business Day**

**10 March, 9.30am – 3pm**

**Liberty Stadium, Swansea**

This free event features a trade exhibition of 45 local businesses, local business support, meet the buyer and a networking lunch. To reserve your place contact Mid and West Wales Chamber on 01554 779914 or email [hevans@mwwc.org.uk](mailto:hevans@mwwc.org.uk) / [adoyle@mwwc.org.uk](mailto:adoyle@mwwc.org.uk)

### **Innovation and e-Business for Wales Roadshow 2010**

**10 March 9am – 4pm**

**Liberty Stadium, Swansea**

[www.welshevents.co.uk/event/innovacionebusinessforwales2010/agendaswansea](http://www.welshevents.co.uk/event/innovacionebusinessforwales2010/agendaswansea)

Wales' very first Innovation & e-Business Roadshow is an opportunity for businesses of all sizes to gain information from experts in innovation, e-Business, e-Security and future technologies – for free! Visit the website to register for this event.

### **The Swansea Business Show**

**12 March, 10am – 3pm**

**The LC, Swansea**

[www.swanseabusinessshow.co.uk/](http://www.swanseabusinessshow.co.uk/)

The Swansea business show features speed networking, seminars, the opportunity to talk with representatives from the FSB and stands run by Swansea Bay businesses. Plus, learn how you could work with students from Swansea University and Swansea Met.

### **Risk Assessment made simple!**

**17 March, 8am – 10am**

**The Ivy Bush Hotel, Carmarthen**

[www.4networking.biz/](http://www.4networking.biz/)

Neil Maidman of PES will explain risk assessments at this business networking breakfast. Booking is essential and tickets cost £10. For more information call Julie on 07980 917513 or 01792 551556.

### **Chartered Management institute: Managing your career progression**

**18 March, 6pm**

**The Business School, Swansea Metropolitan University**

[www.managers.org.uk/](http://www.managers.org.uk/)

Find out how to manage your career progression at this free event. Contact Win Hawkins on 01792 413639 or at [win.hawkins@ntlworld.com](mailto:win.hawkins@ntlworld.com) to find out more and book you place.

### **South Wales Chamber Rugby Lunch**

**19 March, 12.30 for 1pm**

**Liberty Stadium, Swansea**

[www.southwaleschamber.co.uk](http://www.southwaleschamber.co.uk)

Join South Wales Chamber on the eve of Wales' final RBS Six Nations fixture against Italy and hear guest speaker, former Wales international Colin Charvis. Booking for this event is essential and tickets cost £29 + VAT. Each ticket sold includes a donation to Cancer Research UK which will be matched by Lloyds TSB.

## Working for You

24 March

The LC, Swansea

[www.thisissouthwales.co.uk](http://www.thisissouthwales.co.uk)

The South Wales Evening Post are running 'Working for you', a back to work, education, training & jobs day. One to one advice will be offered on subjects such as CV writing and job interview techniques. Businesses wishing to take part should contact Eleri Walters on 01792 514112.

## FREE e-mail marketing for your business

26 March, 8am – 10am

Baggle Brook, Port Talbot

[www.4networking.biz/](http://www.4networking.biz/)

Ben Wheeler of Beach Software will discuss e-mail marketing for your business at this business networking breakfast. Booking is essential and tickets cost £10. For more information call Julie on 07980 917513 or 01792 551556.

## Swansea Business Club Lunch

26 March, 12.30 for 1pm

The Dragon Hotel, Swansea

[www.swanseabusinessclub.com](http://www.swanseabusinessclub.com)

Organised by Swansea Business club, the guest speaker for this event is round the world adventurer Rosie Swale Pope. Booking is essential.

## Recruiting Excellence

30 March

Venue TBC

[www.kewales.com](http://www.kewales.com)

Join Knowledge Exchange Wales to discover economical ways to grow your business with graduates.

## Contact

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