

Business	Meet	Frequency	Website	Description	Contact	Phone	Email	Cost	Membership
BIZmums	Penarth	Third Friday of the month	<a href="http://www.bizmums.biz/">http://www.bizmums.biz/</a>	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	<a href="mailto:support@bizmums.biz">support@bizmums.biz</a>		£15 pcm
Business Wales	Various	Various	<a href="https://wales.business-events.org.uk">https://wales.business-events.org.uk</a>	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	<a href="http://www.businesswomenconnect.co.uk">www.businesswomenconnect.co.uk</a>	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.	<a href="http://businesswomenconnect.co.uk/contact">http://businesswomenconnect.co.uk/contact</a>	N/A	N/A	Per event	£75 per year
Cardiff Start	Across Cardiff	Weekly	<a href="http://www.cardiffstart.com">www.cardiffstart.com</a>	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.	<a href="https://www.facebook.com/groups/cardiffstart/about/">https://www.facebook.com/groups/cardiffstart/about/</a>	N/A	<a href="mailto:info@cardiffstart.com">info@cardiffstart.com</a>	Per event	Free
Cowbridge Business Club	Cowbridge	Meets first Wednesday of the month	<a href="http://www.cowbridgebusinessclub.co.uk">www.cowbridgebusinessclub.co.uk</a>	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	<a href="mailto:info@cowbridgebusinessclub.co.uk">info@cowbridgebusinessclub.co.uk</a>	£12 per event	£200 single or £275 corporate
Introbiz Breakfast	Hensol Castle, Hensol, CF72 8JX	Monthly	<a href="http://www.introbiz.co.uk/cardiff-business-networking-events-wales">http://www.introbiz.co.uk/cardiff-business-networking-events-wales</a>	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	<a href="mailto:info@introbiz.co.uk">info@introbiz.co.uk</a>	£17	N/A
Introbiz Ladies Lunch	Penarth & The Vale Resort	Monthly	<a href="https://www.introbiz.co.uk/event_type/ladies-lunch/">https://www.introbiz.co.uk/event_type/ladies-lunch/</a>	Informal and formal networking opportunities alongside lunch.	Tracey	07581 564371	<a href="mailto:info@introbiz.co.uk">info@introbiz.co.uk</a>	£24 - £30	£399 + VAT upwards
Vale Start Up Club	Barry	Quarterly	<a href="https://www.eventbrite.co.uk/o/vale-of-glamorgan-council-16803515963">https://www.eventbrite.co.uk/o/vale-of-glamorgan-council-16803515963</a>	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	<a href="mailto:economic@valeofglamorgan.gov.uk">economic@valeofglamorgan.gov.uk</a>	Free	N/A
Zokit Vale	Penarth	Alternate weeks on a Thursday – lunch or breakfast	<a href="http://www.zokit.co.uk">www.zokit.co.uk</a>	A business development network hosting different networking events, master classes, awards and expos.	Dyfrig Thomas	07766 952913	<a href="mailto:info@zokit.co.uk">info@zokit.co.uk</a>	£10 per meet	£15 - 67 pcm
The Monday Club	Across Cardiff	Weekly newsletter, monthly social gathering	<a href="http://themondayclub.co/">http://themondayclub.co/</a>	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	<a href="mailto:themondayc@gmail.com">themondayc@gmail.com</a>	Free subscription to newsletters	Free