



Grow and Tend

Your monthly dose of news and opportunities for SMEs.



10-Second Intro

Good morning!

Is everyone ready for a winter break? (I know I am.)

It's no surprise that small business owners suffer from high levels of stress and anxiety. Staying afloat financially, building relationships with suppliers, and managing team members takes its toll.

So, in this edition of Grow & Tend, I want to highlight a new survey into small business owners' mental health and explore what you can do to alleviate stress as we move into 2024.

70% of small business owners report stress concerns: what's the solution?

A recent poll of 2,000 small business owners in the UK has revealed that [7 in 10 small business owners report feeling stressed at work.](#)

Now, this statistic on its own isn't very helpful. So, what should your New Year's Resolutions be as a small business owner who's feeling particularly stressed or anxious?

1. **Carve out time off.**

When boundaries become blurred – evening phone calls, answering emails as soon as you've woken up – work stress can start to seep into every part of your daily life. Be more intentional with stepping back – your business will survive.

2. Delegate, delegate, delegate.

As a small business owner, the temptation is to manage everything yourself. And although that might work for you at the beginning of your business, as you grow, it'll become impossible. If you're struggling, it might be time to hire that PA/accountant/marketing assistant.

3. Talk about mental health.

If you're struggling with stress and pressure, chances are your employees are as well. Don't make mental health conversations taboo by refusing to discuss them in the office, as you'll likely be able to help each other.

UK Small Business News

- The British Business Bank has launched an [Investment Fund for Wales](#), offering loans, debt finance, and equity investment to businesses in Wales.
- You can [sign up now](#) for updates on Simply Business' Business Boost 2024 competition, with one grant worth £25,000 up for grabs.
- If your business was severely affected by flooding caused by Storm Babet in October, you may be able to get a £2,500 grant from your local council to support recovery – check your [local council website](#) to see if the scheme applies in your area.
- New research shows small businesses are [£7.5 billion worse off](#) because they are offered lower savings rates than larger businesses.

Procurement News

- The UK government has published [support materials](#) for SMEs on the changes to procurement next year and how they will impact you.
- HS2 has published procurement pipelines, with details of 300 contracts ready to be procured in the next 18 months.

Trending Technology News

- Aerospace SMEs can benefit from government grants for [cutting-edge R&D projects](#) focused on net zero aviation.


- Research from the Royal Academy of Engineering has found that just [7.5% of deep tech startups](#) are founded by women.
- Tech SMEs have until January 14th 2024 to [express interest in the Digital Business Incubation Centre](#) at the Sci-Tech Daresbury campus in Liverpool. Successful applicants will receive R&D funding, business coaching and exclusive networking opportunities.

Best New Tenders!

[Media Strategy, Planning and Buying Services](#)

First Rail Holdings Ltd

 £53,700,000

 Deadline: **8th January**

[SaaS Finance, Budgeting and Reporting Systems](#)

Workers Education Association

 £513,500

 Deadline: **18th January**

[Lockerbie Old School Community Hub: New Community & Enterprise Centre](#)

TCS Construction Consultants

 £5,000,000

 Deadline: **29th January**

[Cleaning Tender](#)

Weald of Kent Grammar School

 £64,600

 Deadline: **2nd February**



Events Equipment SME Scores £20k Festive Contract

We've got a very apt tender success story for you this month, considering the upcoming festivities.

This month, Buddha Group was named the winner of a [£20k contract for event equipment](#) for Christmas events in Knutsford, Cheshire. The contract lasts three years, offering the SME financial security for the following winters.

As a family-run company headquartered just up the road in Warrington, Buddha Group scored additional points on their bid because they're Cheshire locals.

Supply of Christmas Market and Christmas Light Switch On Event Equipment

Knutsford Town Council [📄](#)

79952000 Event services [⌵](#)

Location 🇬🇧 wa16 6ta

No Value Specified

Duration 2 years

Contract Dates 29/11/2019 » 29/11/2021

Single Lot

Single Contractor Appointed

🏢 **BUDDHA GROUP LIMITED** SME [📄](#)

Published: 8/12/2023

Award [📄](#) [✉](#) [🔔](#) [⋮](#)

Closed : 30/5/2019 Finished

The Town Council holds a successful two-day Christmas Market along Princess Street, Knutsford. This is combined with the switching on of the Christmas Lights. This tender is for the provision of event equipment to support these events on a three-year basis.

Award Criteria

Not Specified

View [🔗](#)

The moral of this Christmas story?

It's not just national public sector organisations that will advertise opportunities. It's always worth checking for contracts local to you – especially as you could have an edge.

That's all for this month's newsletter! Speak to you again in 2024.

Happy holidays!

Lianne and the rest of the Contract Finder Pro team

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