



Rachel Jones (Fit N Fun Kids Ltd)

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I launched my company Fit 'N' Fun Kids in 2001, investing the proceeds from the sale of my family home to start my business having been turned away by investors and Banks (thanks goodness times have changed).

Ten years later my company is a regional and national award winning company with over forty employees. I also own a Falmouth Coffee House and Catering Company – Cavendish Coffee House, a traditional Cornish coffee house with a vintage theme offering locally-sourced, fresh food daily as well as for events and weddings.

I am married to Steve, an Instructor with Cornwall Fire and Rescue and have two children, Oliver 17, an Apprentice Plumber and Amy, 14 who attends Truro High School for Girls.

I am extremely proud of the success of both my businesses and my personal achievements and am now in the process of launching Women in Business South West, supporting business enterprise through networking and events.

I am a Mentor with Empowering Women, Truro College and support local schools and colleges with business enterprise. I often speak on local radio in relation to business enterprise and women in business and have had articles in industry specific magazines. I even had an appearance as a Judge in Westcountry's Movers and Shakers which was fun! In 2011 I will be speaking at the NDNA Conference on Business Sustainability and Debt Management.

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Awards:-

- Winner 2011 Cornwall Business Awards in two categories: Employer of the Year, Excellence in Marketing and Finalist Entrepreneur of the Year
- Winner Cornwall Excellence in Training Awards 2011 in two categories: Significant Business Impact and Outstanding Commitment to Apprentices
- National Nursery World Award Winner 2010 Team Development Award and Finalist Manager of the Year
- National Nursery Management Today Finalist in two categories: Manager of the Year and Childcare Chef of the Year 2010
- Cornwall Business Award winner 2010 and 2007 and finalist 2006: Entrepreneur of the Year
- 2008 Wise Works Award Individual Achievement
- 2008 Finalist Cornwall Excellence in Training Awards
- 2006 National Childcare Entrepreneur