

**The Docklands & East London Advertiser**  
**Thursday, 8<sup>th</sup> October 2015**

**SOCIAL ENTERPRISE**

**Event celebrates  
positive business**

**Dr Sherylin Thompson, chartered psychologist, The BeingWell, writes :** Social Saturday 2015, is being celebrated in Canary Wharf. This is a day to raise awareness about social enterprises and for the general public to celebrate socially conscious businesses.

I am writing to you from The BeingWell, a social enterprise which runs mindfulness mind fitness programmes in east London. This Social Saturday

we are hosting a free mindfulness taster event at the spectacular roof garden at the Canary Wharf Crossrail Station. Anyone from the general public is welcome to join at 3pm on Saturday, October 17 to learn how mindfulness can help them keep their minds fit, flexible and focused.

Social enterprises are businesses that trade to meet a social or environmental mission. They make a profit like any other business but they reinvest their profits to create a positive social impact. They are changing lives and transforming local communities. We are proud to support Social Saturday and encourage readers to come along. Further info is at [thebeingwell.org/social-saturday](http://thebeingwell.org/social-saturday).