

## PRESS RELEASE

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# WELLBEING SHOWCASE

## **The Wellbeing Showcase Comes To Hackney on 9 November, 2019 (1)**

London's popular and much loved Wellbeing Showcase event, which is in its fourth year, will be in Hackney on Saturday 9 November 2019, from 11am to 5pm at The Redmond Community Centre for the very first time! The Wellbeing Showcase celebrates communities, giving local businesses the opportunity to promote their wellbeing services and products to local shoppers. The Wellbeing Showcase in Hackney is supported by Hackney Council.

Each event is volunteer-led and giving back is at the heart of every show, as it always supports a local charity. This year for Hackney, it's the homeless organisation, TODOS.

The Wellbeing Showcase champions local businesses, providing a great space for locals to shop from and support local traders, and meet experts on their doorstep. Research from [www.smallbusiness.co.uk](http://www.smallbusiness.co.uk) reveals that every £10 spent with a local independent shop means up to an additional £50 goes back into the local economy, which will ultimately allow your community to thrive!

The Hackney event will have a Spa Zone, which will include taster sessions, so visitors can experience different therapies. There is also a Speaker Zone, with mini-workshops/talks running throughout the day and are free to attend, once entry is paid; and importantly there's the Shopper Zone! Giving visitors the chance to shop, talk to experts, who range from tarot readers, to jewellery makers, beauty therapists to chiropractors! Exhibitors will also have the opportunity to network

**Cheryl-Iya Broadfoot, Organiser and Founder of the Wellbeing Showcase says,** "We are very excited about being in Hackney this year and I want as many local wellbeing businesses to get in-touch and be part of this fabulous community event. We have big ambitions and by 2025 we want every London Borough to have a Wellbeing Showcase." **M/F**

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# WELLBEING SHOWCASE

## **The Wellbeing Showcase Comes To Hackney on 9 November, 2019 (2)**

Over the last three years the Wellbeing Showcase has attracted over 650 visitors; raised £1,950 for charities and crucially has boosted over 120 local business communities through its Wellbeing Practitioners and Women in Business networking groups. Diversity is at the heart of the show, where there's a growing representation from the Black, Asian and Minority Ethnic (BAME) at every event.

**Grace Graham, Director at Keep It Simple Training Company Ltd, Hackney says,** "We are so lucky that the Wellbeing Showcase is coming to Hackney. I have attended the Enfield Wellbeing Showcase over the last couple of years and I know what a great an event it is! This is an amazing opportunity for our Hackney wellbeing businesses to be part of it; and with Hackney being an area focused on healthy living, people here will be in for a treat when the Showcase comes to town!"

Learn from the best wellbeing experts in your area, bliss out with local therapists, enhance your health and wellbeing knowledge; discover new wellbeing services. Nurture your mind, body and soul.

**ENDS**

### **Notes To Editors**

- For all press and exhibitor enquiries, photos and press passes please contact Cheryl-Iya Broadfoot; M: 07527 303 911; E: [hello@wellbeingshowcase.com](mailto:hello@wellbeingshowcase.com)
- Tickets to the event are priced £5 each, where proceeds go to charity.
- For more information about the Wellbeing Show visit: <https://wellbeingshowcase.com/> or find us on:  
Facebook: <https://www.facebook.com/wellbeingshowcase/>  
Instagram: <https://www.instagram.com/wellbeingshowcase/>  
Twitter: <https://twitter.com/WellbeingShowc1>
- For more information about the Charity, TODOS visit: <https://todostogether.org/>