

Tipton Health & Wellbeing Day

FREE

A community event for residents, local organisations & professionals

Mental Health Support

Libraries

Community Organisations

Debt Advice

Family Hubs

Energy saving information

Children, Young People and Families

Alcohol support

Housing

Domestic Abuse

Healthy Lifestyles

...and more



Thursday 14 May 2026 10am-2pm



**Jubilee Park Community Centre,
Powis Avenue, Tipton, DY4 0RJ**

On the day:

- ✓ Find out ways to look after your mental health and well-being
- ✓ Get support from local Tipton organisations
- ✓ Information and advice
- ✓ Free refreshments