

COFFEE MORNING



Do you have a child aged 0–5?

Join other parents and carers for a relaxed coffee morning, learn more about healthy eating, and receive high street vouchers for taking part.

FREE 8-week programme starting Wednesday 03rd June 2026

What you'll gain

- Simple ways to encourage healthy eating
- Tips to reduce mealtime stress
- Fun ideas to keep the whole family active
- Support to boost your child's confidence
- Advice and support from trained practioners
- Opportunity to meet other parents and carers
- High Street vouchers for participating
- Complimentary refreshments



Starts 03rd June 2026



10.00am-12.00pm



**Walsall College, Littleton St,
WS2 8ES**



Starts 03rd June 2026



4.00pm-6.00pm



**Darlaston Town FC,
33 Hanover Court, WS2 0EA**



Scan to find out more



HENRY (Health, Exercise, Nutrition for the Really Young)