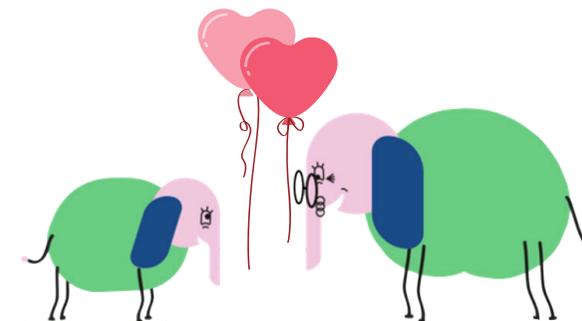




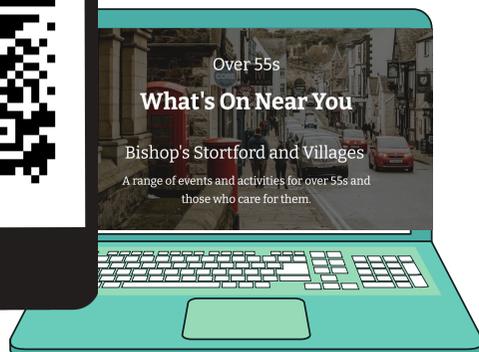
January & February 2026



'What's On Near You' Dudley, Sandwell & Walsall

A range of events and activities for **older people**
and those who care for them.

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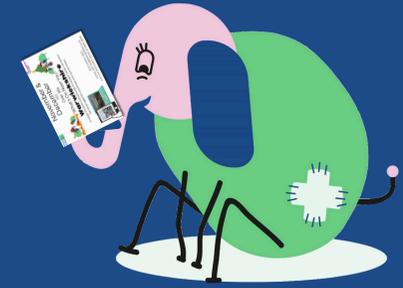


For more information,
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Contact KiB: mail@kissingitbetter.co.uk



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Our 'Whats on Calendar' is packed with a range of events and activities to support social connection for those aged 65+ and those who care for them.

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Kissing it Better is an award-winning charity working to end the isolation of old age through simple, human connections. We bring generations together through creative projects, conversations, and volunteering in care homes, hospitals, and the community.

Thank you to all our generous sponsors for helping us make a difference.

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Registered Charity No: 1148795

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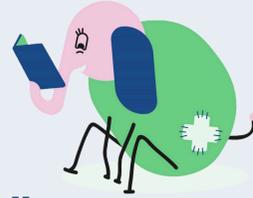
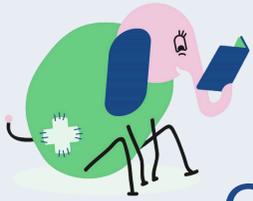
Category Colour - coding for Calendar

Support Groups	Health & Wellbeing	Hobbies & New Skills	Music & Movies	Social Cafes
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Pick your favourites & make it a date!

Little plans can make a big difference

Choose the things you'd like to do and mark them here."



JANUARY 2026

MON	TUE	WED	THU	FRI	SAT	SUN
			1 New Year's Day (Bank Holiday)	2 New Year's Holiday (Scotland)	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Burns Night (Scotland)
26	27	28	29	30	31	

FEBRUARY 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 St. Valentine's Day	15
16	17 Shrove Tuesday Chinese New Year	18 Ash Wednesday First Day of Ramadan	19	20	21	22
23	24	25	26	27	28	

When	Event	Location	Cost	Contact
Mon - Weekly 10:00-11:00	 Movement in Medicine	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Mon - Weekly 10:00-12:00	 Friendship Club For adults includes light refreshments and a range of activities	The Hive Community Hub , 28 The Square, Lichfield Road, Walsall, WV12 5EA	Free	Enquiries: 01922 276464
Mon - Weekly - Drop in 10:00-12:00	 Coffee & Chat Providing a welcoming, safe, warm space for adults	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	Free	Enquiries: 01922 403351
Mon - Weekly 10:30-11:30	 Talkin' Tables - Coffee/tea & chat	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	Just buy a drink!	Enquiries: 01384 390065
Mon - Weekly 11:00-12:00	 Flow Motion	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
3rd Mon 19th Jan & 16th Feb 11:00-12:00	 Coffee Mates 50+ Have a hot drink, chat and meet new people.	Cradley Heath Library Upper High Street, Cradley Heath, B64 5JU	Free	Enquiries: 0121 437 0033 wellbeing@ageuksandwel.org.uk
Mon - Weekly 11:00-12:00	 Apna Wellness 50+ (Available to Punjabi Sihks)	Smethwick Library 100 High St, B66 1AA	Free	Enquiries: 0121 437 0033 wellbeing@ageuksandwel.org.uk
3rd Mon 19th Jan & 16th Feb 11:00-13:00	 Sedgely Library Drop in Session for Carers. Advice and information about your caring role, or just to chat to a member of the Wellbeing team	Sedgely Library , Ladies Walk, Sedgely, DY3 3UA	Free	Enquiries: 01384 818723

When	Event	Location	Cost	Contact
3rd Mon 19th Jan & 16th Feb 11:00-13:00	 Mens Carer Support Group	Queens Cross Network , Wellington Rd, DY1 1RB	Free please contact to book	Enquiries: 01384 818723, neiljoesbury@gmail.com , carershub@dudley.gov.uk
Mon - Weekly 12:30-13:30	 Line Dancing for Beginners	The Elton Centre , Age Concern Stourbridge, St John's Rd, DY8 1HA	£5	Enquiries: 01384 390065
Mon - Weekly 12:30-14:30	 Coffee Afternoon (Warm Spaces)	Dudley Library , St. James' Road, Dudley, DY1 1HR	Free	Enquiries: 01384 815560
Mon - Weekly 13:00-14:30	 New Carers' Tea and Chat Drop In	Brett Young Carers Hub , Old Hawne Ln, Halesowen B63 3TB	Free	Enquiries: 01384 818723
Mon - Weekly 13:30-15:00	 Line Dancing for Beginners/Improvers	The Elton Centre , Age Concern Stourbridge, St John's Rd, DY8 1HA	£5	Enquiries: 01384 390065
Mon Weekly 13.30-15.00	 Wellbeing Café - Chat, activities and guest speakers	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	£2 incl refreshment	Enquiries: 01922 403351
Mon - Weekly 14:00-16:00	 Friendship Group Come and enjoy a free hot drink and friendly conversation.	Sedgely Library , Ladies Walk, Sedgely DY3 3UA	Free	Enquiries: 01384 812790
Mon Weekly 18.30-20.30	 Monday Club - Adults with learning disabilities and their carers	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	£3 incl refreshment s	Enquiries: 01922 403351
Mon - Weekly 18:30-20:30	 Neat Feet Dance for adults	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065

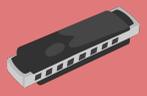
When	Event	Location	Cost	Contact
Tues - Weekly 09:30-12:30	 Indoor Bowls/Skittles	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£6	Enquiries: 01384 390065
Tue - Weekly Drop in 10.00-12.00	 Coffee & Chat Providing a welcoming, safe, warm space for adults	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	Free	Enquiries: 01922 403351
Tues - Weekly 10:00-13:00	 Adult Board Games 55+	Dudley Library , St. James' Road, Dudley, DY1 1HR	Free	Enquiries: 01384 815560
Tues - Weekly 10:30-11:30	 Talkin' Tables - Coffee/tea & chat	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	Just buy a drink	Enquiries: 01384 390065
Tue Fortnightly 10.30-12.00	 Carers Hub	St. Paul's Bus Station , St. Pauls St, WS1 1NR	Free	Enquiries: 01922 685 555
Tue - Weekly 11.00-12.00	 KiB Chatting with Seniors - Enjoy friendly conversation while sharing your wisdom & life experiences with young volunteers who love learning from you. We swap stories, laughter, & ideas across generations	Join Us on Zoom Online New to zoom? KiB will support you getting set up.	Free	Enquiries: 07831 136152 mail@kissingitbetter.co.uk
Tues - Weekly 11:00-14:30	 Weekly Ladies Group , An interactive group session, for female Carers	Brett Young Centre , Old Hawne Lane, Halesowen B63 3ST	Free	Enquiries: 07523 515125
Tues - Weekly 12:00-15:00	 Indoor Bowls/Skittles	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£6	Enquiries: 01384 390065
Tues - Weekly 12:30-14:30	 Computer Buddy Get assistance from our friendly volunteers.	Dudley Library , St. James' Road, Dudley, DY1 1HR	Free	Enquiries: 01384 815560

Tuesdays Continued

When		Event	Location	Cost	Contact
Tues - Weekly 18:30-20:30		Neat Feet Dance for adults	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Tues 18th Nov 19:00-21:00		Mark Edwards in Conversation An evening with Mark Edwards (Thriller Writer) at Stourbridge Library.	Stourbridge Library , Crown Centre, Stourbridge, DY8 1YE	Free Booking Essential	Enquiries: 01384 812945 stourbridge.library@gll.org

Wednesday

When		Event	Location	Cost	Contact
Wed - Weekly 09:30-12:30		Indoor Bowls/Skittles	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£6	Enquiries: 01384 390065
Wed - Weekly 10:00-12:00		Coffee Morning 55+	Dudley Library , St. James' Road, Dudley, DY1 1HR	Free	Enquiries: 01384 815560
Wed - Weekly Drop in. 10.00-12.00		Coffee & Chat Providing a welcoming, safe, warm space for adults	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	Free	Enquiries: 01922 403351
Wed - Weekly 10.00-13.00		Stitchers and Skivers You don't need to have any skills, just a willingness to get stuck in and have a go.	Walsall Leather Museum , Littleton St West, WS2 8EW	£6 Incl materials & refreshment	Enquiries: 01922 652288 Booking is essential
Wed - Weekly 10:45-12:00		Bingo 50+	Mecca Bingo Oldbury , 50 Halesowen St, Oldbury, B69 2AN	£3 - Incl. 2 games and a hot drink afterwards	Enquiries: 0121 437 0033 wellbeing@ageuksandwell.org.uk Booking required
Wed - Weekly 13.30-15.30		Computer Club - learn to use a range of digital equipment	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	£4	Enquiries: 01922 403351

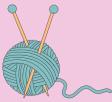
When	Event	Location	Cost	Contact
Wed Weekly 13.30-16.30	 Stitchers and Skivers You don't need to have any skills, just a willingness to get stuck in and have a go.	Walsall Leather Museum, Littleton St West, WS2 8EW	£6 Incl materials & refreshment	Enquiries: 01922 652288 Booking is essential
4th Wed - 26th Jan 14:00-15:30	 Dementia Carers Support	Queens Cross Centre, Wellington Road , Dudley DY1 1RB	Free	Enquiries: 07714 739883 / 01384 818723, dudleycarershub@dudley.gov.uk
Wed Weekly 14.00-15.30	 Knit & Natter	Aldridge Community Library, Rookery Lane, Aldridge WS9 8NP	Free	Enquiries: 01922 655569 AldridgeLibrary@walsall.gov.uk
Wed - Weekly 14.00-15.30	 Wednesday Club - social club including speakers, slide shows, afternoon teas and lunches	Wall Heath Community Centre, Enville Road, Wall Heath, Kingswinfor DY6 0JT	£3.00	Enquiries: 01384 273744
Wed Weekly 14.00-15.30	 Reading Friends	Bloxwich Community Library High Street, Bloxwich WS3 2DA	Free	Enquiries: 01922 655900
Wed - Weekly 14:30-16:30	 Digi Dudley: Phones/Tablets (training) Aims to increase social connections using technology	The Elton Centre, Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
2nd Wed 14th Jan, 11th Feb 16.45-17.45	 Reading group	Aldridge Community Library, Rookery Lane, Aldridge WS9 8NP	Free	Enquiries: 01922 655569 AldridgeLibrary@walsall.gov.uk
Wed - Weekly 17.00-18.00	 KiB Chatting with Seniors - Enjoy friendly conversation while sharing your wisdom & life experiences with young volunteers who love learning from you. We swap stories, laughter, & ideas across generations	Join Us on Zoom Online New to zoom? KiB will support you getting set up.	Free	Enquiries: 07831 136152 mail@kissingitbetter.co.uk
Wed - Weekly 19:00-21:00	 Harmonica Club	The Elton Centre, Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065

When	Event	Location	Cost	Contact
Thur - Weekly 09:30-10:30	Pilates	The Elton Centre, Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Thu Weekly 10.00-11.00	Chair Exercise	The Hive Community Hub, 28 The Square, Lichfield Road, Walsall, WV12 5EA	Free	Enquiries: 01922 276464
2nd Thu - 8th Jan, 12th Feb 10:00-12:00	Carer Info & Advice Sessions. Face to face meetings to discuss support required including signposting, and onward referrals.	Kingswinford Library, Market St, Kingswinford DY6 9LG	Free please book online	https://calendly.com/carerfriendlydudley-forwardcarers
Thurs- Weekly 10:00-12:00	Bowls Club 50+	St James Church Lions Farm Estate, Oldbury, B69 1BG.	Free Booking required	Enquiries: 0121 437 0033 wellbeing@ageuksandwell.org.uk
1st Thu - 5th Feb 10.30-12.00	Carers Group	Bloxwich Library, Elmore Row, Bloxwich, WS3 2HR	Free	Enquiries: 01922 655900
Thurs- Weekly 11:00-12:00	Walk & Talk 50+	West Smethwick Park, Adkins Ln, Bearwood, Smethwick B67 5DP	Free	Enquiries: 0121 437 0033 wellbeing@ageuksandwell.org.uk
Thur - Weekly 11:00-12:00	Mobility Flow	The Elton Centre, Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
3rd Thu 15th Jan, 19th Feb 11.00-12.00	Bloxwich Library Reading Group. Join us for a tea/coffee and biscuit	Bloxwich Library, Elmore Row, Bloxwich, WS3 2HR	£1.00	Enquiries: 01922 655900
Last Thu 29th Jan, 26th Feb 11:00-12:30	Carers Walking Group. After a half hour stroll through the park join us for coffee in the Café.	Mary Stevens Park, Health Lane, Stourbridge DY8 2AA Meet at War Memorial 11am.	Free	Enquiries: 01384 818723

When		Event	Location	Cost	Contact
1st Thurs - 12th Feb 11:00-13:00		Carer Support Monthly Wellbeing Appointments. Discuss the support you can access as an unpaid carer in Dudley	Cradley Road GP Surgery , 62 Cradley Road, Stourbridge B64 6AG	Free please contact to book	Enquiries: 07714 739883 / 01384 818723, dudleycarershub@dudley.gov.uk
4th Thu 22nd Jan, 26th Feb. 11:00-13:00		Carers Drop in Session. Drop in to see a member of the Wellbeing team for advice.	Coseley Library , 63 Castle Street, Coseley, WV14 9DW	Free	Enquiries: 01384 818723
Thur - Weekly 12:30-14:30		Art Class Drawing, painting with natter, any abilities welcome	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
2nd Thu - 8th Jan, 12th Feb 13:00-15:00		Carer Info & Advice Sessions. Face to face meetings to discuss support required including signposting, and onward referrals.	Brierley Hill Library , 122 High St, Brierley Hill, DY5 3ET	Free please book online	https://calendly.com/carersfriendlydudley-forwardcarers
Thu - Weekly 13:00-15:00		Craft Club - share and learn, bring own equipment.	Stan Ball Centre , Abbots Street, Bloxwich, Walsall WS3 3AZ	£4 incl refreshments	Enquiries: 01922 403351
3rd Thu 15th Jan, 19th Feb 13:00-15:00		Carers Wellbeing Group	Brett Young Centre , Old Hawne Lane, Halesowen B63 3ST	Free please contact to check the venue	Enquiries: 07436 035152 jahanara.bibi@forwardcarers.org.uk
1st Thurs - 5th Feb, 13:30-15:00		Carers Support Group. Peer support group where you can meet and socialise as well as gain information and advice.	Kingswinford Medical Centre , Standhills Road, Kingswinford, DY6 8DN	Free please contact to book	Enquiries: 07523 515122 / 01384 818723, dudleycarershub@dudley.gov.uk
Thur - Weekly 13.30-15.30		Dance to Health- Over 50's Dance Classes 90 minute class followed by half hour refreshments and chat	St Francis Church , Poplar Crescent, Dudley DY1 4AF	Free	Enquiries: 07470 799540

When	Event	Location	Cost	Contact
Thur - Weekly 13:30-15:30	 Craft Class	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£2	Enquiries: 01384 390065
Thur - Weekly 17:00-18:00	 Neat Feet (Young Adults)	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Thur - Weekly 18:00-21:30	 Indoor Bowls/Skittles (winter only)	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£6	Enquiries: 01384 390065

Fridays

When	Event	Location	Cost	Contact
Fri - Weekly 9:30-11:30	 Community Cuppa Free tea and toast	Murray Hall Community Trust , The Bridge, St. Marks Road, Tipton, DY4 0SL		
Fri - Weekly 10.00-11.00	 Zumba Gold Seated Exercise Class	Quarry Bank , Community Centre, Sheffield Street, Quarry Bank DY5 1EA	£6.00	Enquiries: 07944 769037
1st, 2nd & last Fri , 2nd, 9th & 30th Jan 6th, 13th & 27th Feb. 10:00-11:15	 Carers Group - Advice, information & support over a cuppa.	Crossroads Carers Hub , 494 Wolverhampton Road, Oldbury, B68 8DG	Free. No booking nec	Enquiries: 0121 803 6830
Fri - Weekly 10.00-12.00	 Creative Craft Club . Come and have a go at trying out different hobby activities	Beechdale Lifelong Learning Centre , Stephenson Square, Walsall, WS2 7DY	£2 Please call to check availability	Enquiries: 01922 746967
Fri - Weekly 10.00-12.00	 Knit and Natter . Join us for a tea/coffee and biscuit	Bloxwich Community Library High Street, Bloxwich WS3 2DA	£1	Enquiries: 01922 655900
Fri - Weekly 10:00-13:00	 Art Space 55+ An open space for artistic expression. Create, display, & discuss.	Dudley Library , St. James' Road, Dudley, DY1 1HR	Free	Enquiries: 01384 815560

When		Event	Location	Cost	Contact
Fri - Weekly 11:00-12:00		Conditioning Wellness	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Fri - Weekly 11:00-12.30		Reading Friends Friendship Group	Brownhills Community Library , Park View Centre, Chester Road North, Brownhills, WS8 7JB	Free	Enquiries: 01922 650730
Fri - Weekly 11.30-12.30		Tai Chi Class Improve mobility, health and wellbeing. Seated Tai Chi can be provided if required.	Aldridge Well-Being Centre , Leighswood Road, Aldridge, WS9 8AB	£7 No booking necessary	Enquiries: 01922 650730
Fri - Weekly 12:00-13:00		Conditioning Wellness	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	£4.50	Enquiries: 01384 390065
Fri - Weekly 13.00-16.00		Scrabble Club	Aldridge Community Library , Rookery Lane, Aldridge WS9 8NP	Free	Enquiries: 01922 655569 AldridgeLibrary@walsall.gov.uk
2nd Fri - 9th Jan 13th Feb 14:00-15:00		Bereavement Support Group Join us for a cuppa and a chat	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA	Free	Enquiries: 01384 390065
Fri - Weekly 15:00-16:00		Online Dudley Dementia Café Chat to people with dementia, their carers, family and friends.	Online	Free	Enquiries: 0121 5213024 blackcountrydementiasupport@alzheimers.org.uk
Fri - Weekly 17.00-18.00		KiB Chatting with Seniors - Enjoy friendly conversation while sharing your wisdom & life experiences with young volunteers who love learning from you. Together, we swap stories, laughter, & ideas across generations	Join Us on Zoom Online New to zoom? KiB will support you getting set up.	Free	Enquiries: 07831 136152 mail@kissingitbetter.co.uk

Saturdays

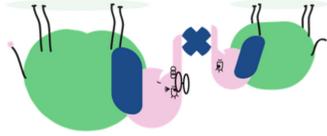
When	Event	Location	Cost	Contact

Sundays

When	Event	Location	Cost	Contact
1st & 2nd Sun 13.00–15.00	 Sunday Lunch Bookings must be made by the Wednesday prior at the very latest please to secure a place.	The Elton Centre , Age Concern, St John's Rd, Stourbridge, DY8 1HA		Enquiries: 01384 390065

Useful Organisations

When	Event	Location	Cost	Contact
Mon to Fri, 09.00 - 17.00	 Dudley Carers Hub Carers Advice Line			Enquiries: 01384 818723 dudleycarershub@dudley.gov.uk
Sat to Sun 12.00 - 18.00	 Sandwell Warm Space Part of the Sandwell Council Warm Spaces programme - providing a warm space to everyone on:	40 - 48 Windmill Lane , Smethwick B66 3EU		Enquiries: 0121 601 6721



“Thank you so much for starting this publication. It’s such a great source of local information and easy to read. I’ve already been to several events and plan to do more. It must have changed so many lives after the effect Covid has had on the community, with isolation and mental health”. Liz, Local resident

Kissing
it Better