



The Dudley Group  
NHS Foundation Trust

# GLOW & GROW 2026

Monday 9 March

9am – 3pm

Lower Level, Merry Hill Shopping Centre

# Aims and Objectives

- **Celebrate International Women's Day**

Honour and empower women in the community.

- **Promote Health and Wellbeing**

Access advice, support, and on-the-day blood pressure checks.

- **Educate and inspire**

Hair, makeup, and fitness tutorials to boost confidence and self-care.

- **Encourage Healthy Lifestyles**

Gym classes and wellness activities for all.

- **Build Community Connections**

Meet local businesses and share experiences.

## Desired outcomes:

- Women feel empowered, confident, and celebrated on International Women's Day.
- Attendees gain practical health advice and access local support services.
- Increased awareness and motivation for healthy lifestyles and self-care.
- Stronger community connections and engagement with local businesses.
- Participants take positive steps toward wellbeing, fitness, and regular health checks



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2026**

# GLOW AND GROW

## We would love to hear your feedback

3

Things I  
learned today

Things I learned today at the health market:

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How helpful was the  
information provided at the  
stalls?



2

Help us  
improve

What could we improve for next time?

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Any other comments or suggestions?

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1

Opinions I  
have

How would you rate the  
health market?



Would you attend a similar health  
and well being event in the  
future? (circle)





merry  
hill

**NHS**  
The Dudley Group  
NHS Foundation Trust

**Join us for a day  
dedicated to women's  
health, wellbeing, and  
empowerment.**

Discover an inspiring, women-centred  
wellbeing market featuring a variety of stalls

Whether you're looking to treat yourself, learn  
something new, or simply enjoy a positive and uplifting  
atmosphere, Glow & Grow is the perfect way to  
celebrate women together.

*Come along, feel inspired, and take time to glow and grow with us*

STARTS AT  
**9:00AM TIL  
3:00PM**

**9TH  
MAR**

 **LOWER LEVEL  
MERRYHILL  
SHOPPING CENTRE**

**Glow & Grow**  
WOMEN'S HEALTH AND WELLBEING DAY

# Stallholders who attended

- Worcestershire Cricket Foundation
- DBleisure (Dudley Council)
- Founder of The Belonging Dojo CIC
- Pharmacy Team
- Boots
- Public Health – Adults and Older Peoples Public Health
- Black Country Healthcare NHS Foundation Trust
- Police
- Black Country Women's Aid
- Mary Stevens
- Social Prescribing Link Worker – Brierley Hill and Amblecote PCN
- Employment and Recovery Services Sandwell – Black Country Healthcare NHS Foundation Trust
- Active Black Country
- The What? Centre
- Cranstoun Dudley
- Gateway Family Services CIC
- MSI Reproductive choices
- Act On Energy
- The Connect Project
- Home Service Advisor – Iverley View Care Home
- Dudley Council – Learning for me programme

The logo for 'GLOW & GROW 2026' is located in the bottom right corner. It features the words 'GLOW' and 'GROW' in a large, white, bubbly font with a pink outline, stacked vertically. A small ampersand is positioned between them. Below 'GROW' is the year '2026' in a similar font. The entire logo is set against a background of colorful, wavy, overlapping shapes in shades of pink, purple, blue, and orange.

# The event

**21**

21 stallholders from health service, voluntary sectors and charities attended the event

Over  
**700**  
attendee interactions

Over  
**30**  
people gave valuable feedback at event

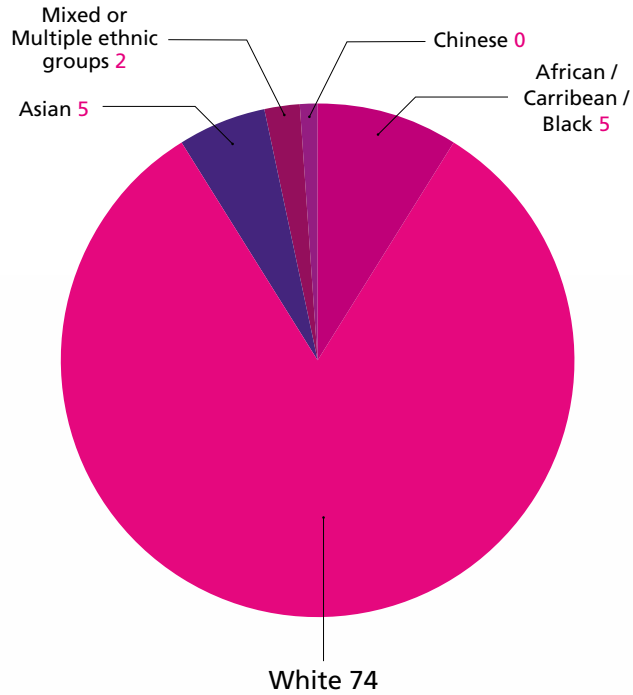
**15**  
blood pressure checks were conducted

Merry Hill has asked us to return for future events

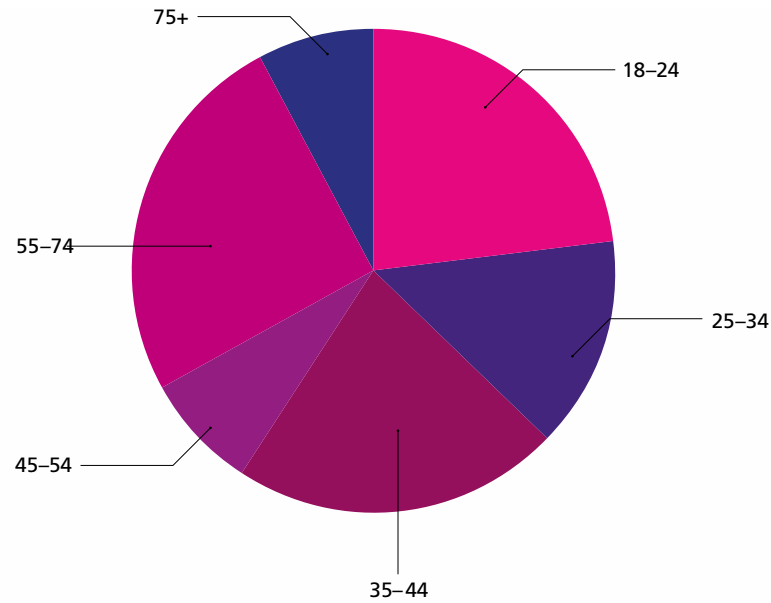
**GLOW & GROW 2026**

# Attendee demographics

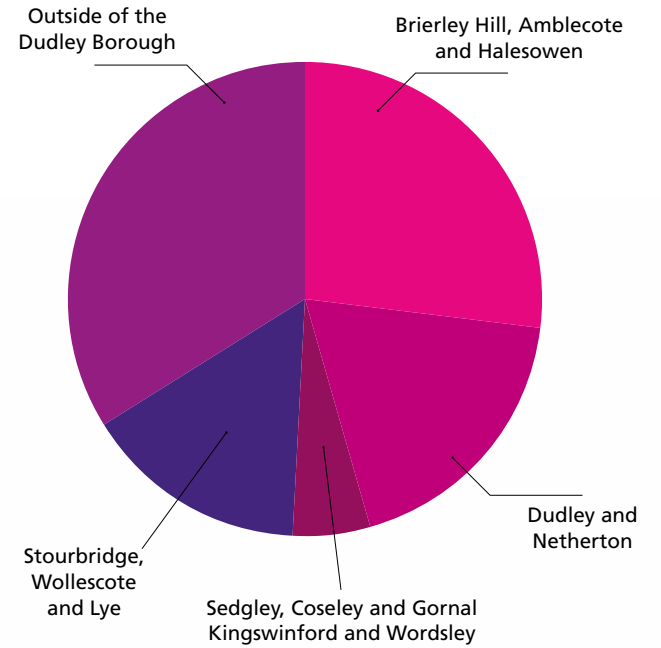
## Ethnicity



## Age



## Residence



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# Feedback from attendees

We asked attendees what they had learned at the glow and grow event, main themes were:

- Local health and wellbeing services available in Dudley
- Support services for families and women
- Blood pressure and personal health awareness
- Community support networks and social prescribing
- Employment, wellbeing courses and free activities
- Women's health and mental health support



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# Feedback from attendees

How helpful was the information provided at the stalls?

★★★★★ 83%

Overall Event Rating

★★★★★ 77%

Future Attendance

97% would attend again

How would you rate the health market?

★★★★★ 23 – 76.7%

Would you attend a similar health and wellbeing event in the future?

Response Percentage

Number

Yes  
No

29  
1

96.7%  
3.3%

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# What Attendees Valued Most

**Common positive themes mentioned:** Access to information (very strong theme)

**A lot of good information**

**Lots of services available locally**

**Helpful resources to pass onto my team**

## Community connection

- Networking opportunities
- Meeting different providers
- Talking to others

## Support awareness

- Women's health support
- Family and child services
- Mental health support
- Social prescribing

## Health checks

- Blood pressure checks were particularly appreciated.

## Staff and stall holders

- Multiple comments about friendly and helpful staff.



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# Suggested Improvements

## Promotion and visibility

### Suggestions included:

- More advertising beforehand
- Better signage or banners
- Clearer promotion and signposting
- Bigger signs for the event

## More interactive activities

### Suggestions included:

- Beauty/skincare demonstrations
- Interactive stalls
- Activities for children

## Event environment

### Suggestions included:

- Warmer venue
- Higher chairs

## More services / choice

### Suggestions included:

- More service variety
- More information from additional providers

## Event organisation

### Suggestions included:

- Tables facing outward for better footfall
- Holding events more regularly



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# Over all feedback from attendees

## Overall Key Insights

### Strengths

- Very high satisfaction with information provided
- Strong community engagement
- Attendees valued learning about local support services
- Friendly and supportive staff
- High likelihood of future attendance

### Opportunities for improvement

- Increase event promotion and visibility
- Add interactive elements and demonstrations
- Include activities for children
- Improve signage and stall layout

## Overall conclusion:

The health market was highly successful, with over 93% positive ratings and 97% willing to attend again. Attendees particularly valued learning about the wide range of local support services available in Dudley and appreciated the welcoming atmosphere.

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# Feedback from stallholders

## Visitor Questions and Key Topics

Visitors asked about a broad range of health, wellbeing, and community support services. Common themes included:

## Health and Wellbeing

- Menopause support
  - GP waiting times
  - Pharmacy and skin care advice
    - Mental health services, including gaps in support for neurodivergent people

## Family and Maternity

Birth stories and feedback on maternity and neonatal care

- Pregnancy wellbeing and antenatal classes

## Community and Support Services

- Domestic abuse support
- Bereavement services
- Support for carers and financial assistance
- Volunteer opportunities
- General wellbeing services

## Activities and Lifestyle

- Access to physical activity sessions and free activities
- Swimming memberships and disability-accessible facilities
- Safety in nightlife settings for young people
- Many visitors also took away leaflets, contact details, and information about local programmes.



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# We asked stallholders

Did you make any useful connections with other organisations or partners?

**100% of stallholders (19/19)** said the event helped raise awareness of their services or programmes.

How well were communication and coordination managed before and during the event?

Communication and coordination were rated highly by stallholders:

Rating	Number	Percentage
<b>5 Stars</b>	<b>13</b>	<b>68%</b>
4 Stars	5	26%
3.5 Stars	1	5%

Overall, 94% of stallholders rated the event 4 stars or higher, indicating strong satisfaction with the organisation and communication.

Did you feel the event helped raise awareness of your service or programme?

All stallholders (100%, 19/19) reported making useful connections with other organisations or partners.

**Several organisations highlighted:**

- Potential referrals
- Opportunities for future partnerships
- Valuable networking benefits

Would you attend a similar health and wellbeing event in the future?

100% of stallholders (19/19) said they would attend a similar health and wellbeing event again, reflecting strong overall satisfaction.

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# Highlights and barriers

## Highlights – what went well?

Stallholders highlighted several aspects that contributed to the event's success:

- Good stall layout and event setup
- Strong visitor engagement
- Opportunities for networking and referrals
- Accessible environment that encouraged conversations
- Some stallholders noted that open spaces without large display boards helped improve interaction with visitors.

## Challenges or barriers

While feedback was overwhelmingly positive, several areas for improvement were identified:

### Event Visibility

- Some visitors were unsure what the event was about
- More promotion and clearer signage could improve awareness

## Stall Layout

- Some stalls were facing away from foot traffic
- Suggestions included outward-facing stalls and clearer signage
- Some stallholders requested individual tables instead of shared spaces

## Visitor Engagement

- 16% of stallholders (3/19) reported difficulty attracting visitors compared with stalls offering freebies
- Interactive activities could help increase engagement

## Sensitive Services

- Some attendees may have been reluctant to approach stalls shared with the police
- A private conversation area would support discussions around sensitive topics such as domestic abuse
- Target Audience
- A few visitors were from outside the local area, limiting eligibility for some services.



# Overall feedback from stallholders

The Glow and Grow event was highly successful, with stallholders reporting strong engagement with visitors, valuable networking opportunities, and significant awareness-raising for local services.

The event also highlighted clear community interest in health, wellbeing, and support services. With minor improvements to promotion, signage, stall layout, and private discussion space, future events could achieve even greater impact and reach.

## Priority vote activity

Participants were given 3 tokens each and asked to place them in jars representing the women's health topics that matter most to them right now.

### Results (Total Votes by Topic)

1. Mental Health and Stress – 67 votes (highest priority)
2. Access to Care – 44 votes
3. Menopause and Aging – 36 votes
4. Preventive Care and Screenings – 35 votes
5. Hormones and Cycles – 22 votes
6. Reproductive Health – 18 votes (lowest priority in this activity)

### Key Insights

- Mental health and stress stood out significantly, receiving almost 50% more votes than the next topic, suggesting it is the most urgent concern among participants.
- Access to care is the second-highest priority, highlighting barriers or challenges in obtaining healthcare.
- Menopause/aging and preventive care are mid-level priorities, with similar vote counts.
- Hormones/cycles and reproductive health received fewer votes, suggesting they are less immediate concerns for this group right now.



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# Quick opinion activity

## 1. Feeling listened to and taken seriously

Many participants expressed frustration about not being believed or taken seriously by healthcare professionals. Some mentioned experiences of medical gaslighting, symptoms being dismissed as “just hormones,” or feeling labelled as dramatic or hysterical. Being listened to, having concerns acknowledged, and receiving compassionate care were repeatedly highlighted as important.

## 2. Need for more research into women’s health

A common concern was the lack of research focused on women’s bodies and conditions. Participants noted that much medical knowledge is based on male patients, leading to gaps in understanding conditions that primarily affect women such as PCOS, endometriosis, fibromyalgia, and menopause-related issues.

## 3. Menopause and hormonal health

Menopause and perimenopause were among the most frequently mentioned health concerns. Participants reported that symptoms are often dismissed and that healthcare providers may lack sufficient knowledge or provide limited support.



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# Quick opinion activity

## 4. Reproductive health and rights

Respondents highlighted the importance of access to safe reproductive care, abortion rights, and recognition that all women—whether or not they have children—have reproductive health needs.

## 5. Mental health and wellbeing

Mental health was also raised as a key concern, particularly in relation to chronic conditions (such as fibromyalgia), life stressors, and the need for emotional support.

## 6. Better access to care

Participants mentioned difficulties getting GP appointments, long waiting lists, and limited access to services or screenings.

## 7. Support networks matter

Women reported feeling most supported when family, friends, or healthcare professionals listen with empathy and understanding.

## Overall Insight

The activity highlights a strong call for more attentive, informed, and empathetic healthcare for women, alongside greater research investment, better access to services, and improved understanding of women-specific health conditions.



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