

Just For Dads

Across Worcestershire

BEST START
WORCESTERSHIRE




**Groups, activities & sessions for dads,
grandads, uncles & male carers**


This booklet has been created by dads, for dads.


Men's mental health & activities

Let's Talk

Men's friendship and support group with drinks, walks, and more.

 Destination Zone, 132A High St, Bromsgrove, B61 8AJ


 Wednesdays 7pm - 9pm


 Destination Zone Bromsgrove

Men's Social Group

A social group for men to sit down and chat.

 4 Arden Rd, Frankley, Bromsgrove, B54 0JA

 Mondays 6.30pm - 8pm

 Roger 07761 409844

Men's Circle Peer Network

Chat, listen, and express your thoughts in a confidential, non-judgemental space. Free.

 The Wellbeing Tree, 16 St Johns St, Bromsgrove, B61 8QY

 Thursdays 6.30pm - 8.30pm


 The Wellbeing Tree

Yoga For Men

Just for men, building confidence for those who have never tried yoga before and supporting those with experience. £10.

 The Wellbeing Tree, (see above)

 Mondays 8pm


 01527 570 838

 sakarand@gmail.com

 The Wellbeing Tree

Men's Social Connect

A safe space for men to come along to share, find support, and socialise within the community.

 The Old Needle Works, Britten Rd, Redditch, B97 6HD

 Fridays 9.30am - 11am

 www.theoldneedleworks.co.uk

MoodMaster


Trouble sleeping? Can't concentrate? Depressed? Anxious? Irritable? Angry? Male only sessions supporting physical and emotional wellbeing.

 The Old Needle Works, (see above)

 Fridays 12pm - 1pm

 07442 337408

 core@worcestercommunitytrust.org.uk

 www.moodmaster.co.uk

The Koala Tree Dad's Group

For expectant and new dads during the transition to fatherhood experiencing low mood, anxiety, anger, birth trauma, bonding, and more.


 The Old Needle Works, (see above)

 Every other Tuesday 7pm - 8.30pm

 www.thekoalatree.co.uk

Alright Fella

A couple of friends who care that sometimes, being a fella is hard and things aren't always alright fella!

 Pershore Baptist Church, 10 Broad St, WR10 1AY


 Monthly

 Alright Fella

Men Walking And Talking

Mental health walks to bring men together in a safe space to support each other, and end the stigma around mental health.

 Starts from Sutton Rd,
Kidderminster, DY11 6QT


 Wednesdays 7pm - 9pm


 [www.menwalkingandtalking.co.uk/
kidderminster](http://www.menwalkingandtalking.co.uk/kidderminster)


Emotional Wellbeing Support Group For Dads

Supporting expectant and new dads who may be struggling with emotional wellbeing. Facilitated by experienced postnatal practitioner Jo.

 Walsgrove Farm, Evesham Rd,
Worcester, WR7 4QL

 Second Monday of the month,
7pm - 8.30pm

 info@becomingfamilies.co.uk

 www.becomingfamilies.co.uk


Sands United FC Kick About / Support Group

While everyone's experience is different, we have all been through the same thing: the loss of a child. Help, support, or just an hour away from your troubles, a safe space for dads (and uncles and grandads...) to have a kick about and a chat.

 RGS The Grange, Grange Ln,
Worcester, WR3 7RR

 Thursdays 8pm - 9pm


 sufcworcester@gmail.com


 www.sands.org.uk

Dad & child sessions

Birth & Beyond

FREE sessions for first time parents about your baby and you. Employees are entitled to receive paid time off from work to attend this group.

 At your local Starting Well
Family Hub, all areas

 Dates and times vary

 www.startingwellworcs.nhs.uk

Who Let The Dads Out

Play and craft with your pre-school children in a male-friendly atmosphere (mums also welcome!). Hot drinks and bacon butties too. £1 per family.

 Bewdley Baptist Church,
61 High St, DY12 2DJ


 Saturdays 9.30am - 11.30am


 01299 403267

 office@bewdleybaptist.org.uk

Baby Massage with Dad (+ Dads Coffee Morning)

Bringing fathers together to bond with your little ones. £9. Lots of toys and books. Breakfast available to buy.

 The Wellbeing Tree, 16 St Johns
St, Bromsgrove, B61 8QY

 Saturday mornings 10.30am -
11.30am (+ from 11:30am)

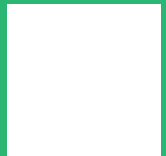
 The Wellbeing Tree

Join the WhatsApp community

Find out more


Feed back

Join other dads



Saturdays

45 minutes of FREE physical activity fun with your children (from 6 months to 8/9 years). Bouncy castles, obstacle courses, baby area and more.

 Dyson Perrins Leisure Centre, Yates Hay Rd, Malvern, WR14 1WD

 Monthly, Saturday 2.45pm - 3.30pm

 01684 572645


 hcmalvern@freedom-leisure.co.uk

 Freedom Leisure or Starting Well


Dads Drop In Group

Toys, cushions, blankets, refreshments and a nurturing environment for dad support and sharing wisdom. Separate relaxation area for breastfeeding mums. Suggested donation £3.

 Walsgrove Farm, Evesham Rd, Worcester, WR7 4QL

 First Saturday of the month, 10am - 12pm

 info@becomingfamilies.co.uk

 www.becomingfamilies.co.uk

Some online resources for dads

There's a host of content supporting dads online. Here are some of our favourites.

Social & networking

Facebook: Worcestershire Dads Network, www.menwalkingandtalking.co.uk, www.thedadsnet.com, www.thisdadcan.co.uk,

Practical guidance

dadmatters.org.uk, www.homestartsouthwarwickshire.org.uk, www.startingwellworcs.nhs.uk (that's us!), thedadpad.co.uk

Bereavement support

www.sands.org.uk, www.tommys.org

Life story & experiences

dad-eo.com, dadvengers.com, www.twodadsuk.com

Mental health

andysmanclub.co.uk, www.dadsunltd.org.uk, www.mentell.org.uk, pandasfoundation.org.uk

Suggested listening for dads

Search for these wherever you get your podcasts.

How To Be A Dad: A dad's journey through fatherhood.

Dads With Daughters: Is raising your daughter a beautiful adventure that sometimes leaves you scratching your head?

Dad Still Standing: Two dads discussing baby loss, coping with life, and working their way through grief.

Still Parents Podcast: How do dads tackle the train wreck of baby loss?

The Modern Dads Podcast: Telling the stories of modern dads.

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