WATERSIDE HALF MARATHON

DADS TOOK ON THE CHALLENGE OF RUNNING THE HALF MARATHON IN DERRY

Well done to the dads who took part in the event, challenging themselves and raising awareness of the Dads Project & Parenting NI. We’re incredibly proud of your achievement!

DADS HAVE THEIR SAY ON THEIR POSITIVE EXPERIENCE OF RUNNING IN THE HALF MARATHON...

“Gave me a personal sense of achievement, running the distance without stopping.”

“Eased me back into getting fit.”

“Was great to meet up with other dads with the same goal; to run a half marathon and just good to talk to others.”

“I went out to do the impossible & cracked it. I would do it again.”

“Gave me the confidence to feel I could still get fit again.”

“Running & training with other lads is fun & a great support for you.”

DADS FACT SHEETS AVAILABLE

- The Role of Fathers: Outlines the specific positive impacts that an engaged father can have on his child(ren)’s development
- Parental Alienation: Outlines definition and explanation of what it is.

If you would like further information on this, please contact the Dads Project @ Parenting NI.
OPEN GROUP - ALL WELCOME
Derry-Londonderry

Next dates:
Wednesday 13th November &
Wednesday 11th December
7 pm - 8:30 pm
Venue: PeoplePlus

Belfast

Next dates:
Thursday 21st November &
Thursday 19th December
6 pm - 7:30 pm
Venue: Parenting NI

PROGRAMMES
Parenting Apart
Keeping Your Cool
Fathers and Families

These programmes will run again in the new year. Keep an eye on our social media and website for more information. You can register interest by calling free on 0808 8010 722.

PRACTITIONER TRAINING
An ongoing part of the work of the Dads Project is to provide training to professionals and organisations on how to engage dads and discuss how we can better support fathers.

A number of these sessions took place across Northern Ireland in the summer, with more to come in October in the Western Trust.

Q & A with Oliver, the Transformation Man!

What inspired you to lose weight?
I was awarded a father of the year award and wanted to feel better about myself and my appearance.

How was the weight loss achieved?
Through goal setting. I set myself baby steps and aimed to lose 1 stone. After achieving this I seen a great difference in my appearance which encouraged me to raise the bar and aim to lose 2 stone, then 3 stone and now my aim is to finally reach 5 stone.

Would you ever have imagined losing so much weight?
No. At first I would have thought it impossible but I achieved it through setting easy goals that were realistic and manageable with support of course. My advice. I done it, so can you. Stick to whatever your goals are and you will get there. This applies to everything in life.

COPING AT CHRISTMAS

Christmas is tough when you are separated but there are things you can do to try and ease it. Check out our website for a range of tips on dealing with separation at Christmas.

KEY DATES
NOVEMBER

Tuesday 19th November
International Men’s Day

Movember
We are currently recruiting dads who would like to take part in growing a moustache for Movember. This will involve sending a weekly photo of your progress.

GROW A MO' FOR MEN'S HEALTH