



DADS PROJECT RESIDENTIAL

DADS TAKE TIME FOR WELLBEING IN DERRY

A group of over 20 dads involved with the Parenting NI Dads Project attended a weekend of talks and activities at St Columb's Park House.



All of the dads who attended were extremely satisfied with the weekend



100% said they would recommend the residential to another parent



33% of dads said the best part was meeting other dads / making friends

The residential took place ahead of Men's Health Week which had the theme 'Make the Time. Take the Time' to improve men's health.

Dads were actively involved in planning and putting on activities across the weekend, with participants contributing exercise sessions and music.

ONGOING ACTIVITIES

SUMMER DROP-IN

Belfast

Every Thursday from 18th July to 29th

August

3.30 - 5.30pm

Parenting NI Head Office, 42 Dublin Road,
Belfast

Derry~Londonderry

Every Wednesday from 17th July to 28th

August

10 - 1pm

Peopleplus, City Factory, 19 Queen Street,
Derry~Londonderry

Dads Talk Group

Derry~Londonderry

Next group: Wednesday 14th August,

7 - 8:30 pm

Venue: Peopleplus

Belfast

Next group: Thursday 15th August,

6 - 7:30 pm

Venue: Parenting NI Head Office

These are open groups, all are welcome.

Parenting Apart Programme

Commencing September 2019

Armagh, Belfast & Coleraine

To register interest or for further
information on any activities please call
freephone 0808 8010 722

The June episode of the Podcast
was a Father's Day Special. Dads
from the weekend took part. Get
it on Spotify & Apple Podcasts.



'MEN AS DADS' PHOTO EXHIBITION

The Dads Project launched a photo exhibition in the Verbal Arts Centre on Monday 10th June. The project was taken on by local photographer Mura McKinney and aims to highlight the positive role dads play in their children's lives.

The exhibition ran for just over a week and in that time we received a lot of positive feedback from visitors through social media channels. The exhibition has had such a good response that the Verbal Arts Centre has requested to extend it's run until the end of August.



Judith Hill
@JudeHill_utv

Honest stories from new dads tonight about their mental health challenges & how they're finding support through a new network. More @UTVNews



UTV ON DADS MENTAL HEALTH

The Dads Project was delighted to be able to highlight the importance of supporting dads with their mental health. Thank you & well done to the dads who so willingly opened up about their mental health & gave their time to help us raise awareness of this important issue.

FEEDBACK FROM DADS

“Great all round weekend with great people. Has changed my outlook and perceptions on everything.”

“I'm a better dad for attending.”

“...haven't laughed as much in a good while.”