

# Just For Dads

Across Worcestershire

WORCESTERSHIRE  
FAMILY HUBS



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

**This booklet has been created by dads, for dads.**

**EARLY 2026 EDITION**

## Dad & child sessions

### Birth & Beyond

FREE sessions for 1st time parents about your baby & you. Employees are entitled to receive paid time off from work to attend this group.

At your local Family Hub, all areas

Dates & times vary

[www.worcestershire.gov.uk/virtual-family-hub](http://www.worcestershire.gov.uk/virtual-family-hub)

### Who Let The Dad's Out

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

Bewdley Baptist Church,  
61 High St, DY12 2DJ

Second Sat of month, 9.30am - 11.30am

01299 403267

[office@bewdleybaptist.org.uk](mailto:office@bewdleybaptist.org.uk)

### Dad's Baby Massage

#### (+ Dads Coffee Morning)

Bringing fathers together to bond with your little ones - £58 x 5 weeks. Lots of toys & books. Breakfast available to buy.

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

Saturdays 10.30am. Coffee  
morning 10.30am - 12.30pm

See Men's Yoga for contact info

### Sole Mates: Men & Dads Walking Groups

Open to all men - whether you're a dad with kids or looking for fresh air & good company. FREE, all ages & kids welcome too.

Sanders Park, Bromsgrove, B61 7JP  
(Meet at Bandstand) 10am - 11am

Arrow Valley Park, Redditch, B98 0LJ  
(Meet at Café) 12pm - 1pm

1st Sunday of the month

Paul 07873 859684

### SaturDads

45 mins of FREE obstacle course fun with your little ones (2 - 6 years, younger/older siblings welcome). Contact Leisure Centres for days & times.

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

01684 572645 [SportDyson](#)  
(after 4pm weekdays)

Perdiswell Leisure Centre,  
Bilford Rd, Worcester, WR3 8DX

01905 457189 [PerdiswellLeisureCentre](#)

St Johns Sports Centre, 13 Malvern  
Rd, St John's, Worcester, WR2 4LE

01905 429900 [StJohnsSportsCentre](#)

### Nurture Families: Father in the Garden

Our monthly Saturday group for Dads & their children is open to Nurture families.

Nurture Outdoor Kindergarten, Top Barn  
Farm, Holt Heath, Worcester, WR6 6NH

Saturdays, monthly

[www.nurturekindergarten.com/father-in-the-garden-booking](http://www.nurturekindergarten.com/father-in-the-garden-booking)

### Dads Drop In Group

Toys, cushions, blankets & refreshments in a nurturing space for dads to connect & share wisdom. Separate relaxing area for breastfeeding mums. Suggested donation: £3.

Walsgrove Lodge, Evesham Rd,  
Worcester, WR7 4QL

First Sat of month, 10am - 12pm

[info@becomingfamilies.co.uk](mailto:info@becomingfamilies.co.uk)

[www.becomingfamilies.co.uk/dads](http://www.becomingfamilies.co.uk/dads)

### DadWise

Have a cuppa & chat with other dads about ups & downs of parenting, share laughs & support. All dads with little ones up to 2 yrs welcome. Small donation.

The Woodpecker

Fourth Mon of every month, 7.30pm

Contact info as above

### Dad's Stay and Play

Run by Dads, for Dads. Dads bring your little ones 0 - 3 years old all welcome. We have toys, hot drinks, biscuits & chat!

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


Saturdays once a month, 10am

[www.thekoalatree.co.uk](http://www.thekoalatree.co.uk)


## Mental health & activities

### Men's Circle

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

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


 Thursdays 6.30pm

 See below for contact info

### Men's Yoga

Just for men, building confidence for those who have never tried yoga & supporting those with experience. £10 x 4 weeks.

 The Wellbeing Tree, (see previous)

 Mondays 8.15pm


 01527 570838


 [support@the-wellbeing-tree.com](mailto:support@the-wellbeing-tree.com)

 [The Wellbeing Tree](#)

### Let's Talk

Men's friendship & support group with drinks, walks, & 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 & chat.


 4 Arden Rd, Frankley, Bromsgrove, B54 0JA


 Mondays 6.30pm - 8pm

 Roger 07761 409844

### Men's Social Connect

Safe space for men to share, find support, & socialise within the community.

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

 Fridays 9.30am - 11am

 [www.theoldneedleworks.co.uk](http://www.theoldneedleworks.co.uk)

### The Dad's Group

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

 The Old Needle Works, (see prev)

 Every other Tuesday 7pm - 8.30pm

 [www.thekoalatree.co.uk](http://www.thekoalatree.co.uk)

### Men Walking And Talking

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

 Stourport (Mon 7pm) Droitwich Spa & Kidderminster (Weds 7pm) & Worcester (Thurs 7.30pm)

 Local group details under 'Worcestershire' on

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

### Alright Fella

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


 Pershore Baptist Church, 10 Broad St, WR10 1AY


 Monthly

 [Alright Fella](#)


### Men United Dad's & Carers Support Group


Come along for a cuppa & to talk about your mental fitness.

 Half Crown Wood Family Hub, Princess Way, Stourport, DY13 0EL

 Every other Tuesday, term-time only, 9.30am - 11.30am

 Brookside Family Hub, Borrington Rd, Kidderminster, DY10 3ED


 Every other Tuesday, term-time only, 1pm - 3pm


 07879 846630

 <https://men-united.co.uk/support-group/>

## Emotional Wellbeing Support Group For Dads

Supporting expectant & 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](mailto:info@becomingfamilies.co.uk)

 [www.becomingfamilies.co.uk](http://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 (& uncles & grandads...) to have a kick about and a chat.

 KGV Hub, Ash Ave, Brickfields Worcester, WR4 9TL

 Thursdays 8pm - 9pm

 [sufcworchester@gmail.com](mailto:sufcworchester@gmail.com)

 <http://sufcworchester.co.uk/>

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## 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](http://www.menwalkingandtalking.co.uk)

<https://dadsnet.com>

[www.thisdadcan.co.uk](http://www.thisdadcan.co.uk)

### Practical guidance

[dadmatters.org.uk](http://dadmatters.org.uk)

[www.homestartsouthwarwickshire.org.uk](http://www.homestartsouthwarwickshire.org.uk)

[www.worcestershire.gov.uk/virtual-family-hub](http://www.worcestershire.gov.uk/virtual-family-hub) (that's us!)

[thedadpad.co.uk](http://thedadpad.co.uk)

### Bereavement support

[www.sands.org.uk](http://www.sands.org.uk), [www.tommys.org](http://www.tommys.org),

[Football team formed to support dads who've lost a child](#)

### Life story & experiences

[dad-eo.com](http://dad-eo.com)

[dadvengers.com](http://dadvengers.com)

[www.twodadsuk.com](http://www.twodadsuk.com)

### Mental health

[andysmanclub.co.uk](http://andysmanclub.co.uk)

[www.dadsunltd.org.uk](http://www.dadsunltd.org.uk)

[www.mentell.org.uk](http://www.mentell.org.uk)

[pandasfoundation.org.uk](http://pandasfoundation.org.uk)

[www.dadsmatteruk.org](http://www.dadsmatteruk.org)

### Free online courses

Worcestershire County Council, in partnership with Togetherness, offers families free access to online learning pathways that support emotional wellbeing - for both grown-ups & children. <https://togetherness.co.uk/worcestershire> (access code PARENTSROCK).

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## 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.