



Newham

Dads group

Dad to an unborn baby/child under two?
Want to chat?
Enhance your wellbeing?
Come and connect!
We offer inclusive, informal info and support.

Don't book, just turn up.

Social Events

Short Q&A with local wellbeing/parenting professional, followed by casual conversation and refreshments.

Last Tuesday of every month.
30th Jan 2024, 27th Feb 2024,
26th March 2024, 30th April 2024.

Location:
Durning Hall Community Centre
Earlham Grove, London E7 9AB

Time:
7.30pm – 9pm

Park Walks

Informal stroll and chat, with our trained dad volunteers who recognise the challenges of parenting.

Second Saturday of every month.
9th Dec 2023, 13th Jan 2024, 10th Feb 2024,
9th March 2024, 13th April 2024.

Location:
West Ham Park
London E7 9PU
Margery Gate entrance
Ham Park Road



Time: 10am – 11am

WhatsApp every Tuesday 12pm to 1pm • Zoom every Monday 8pm to 9pm

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For more information scan the QR code



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