

A person wearing a dark, textured hoodie is seen from behind, looking towards the right. The background is a solid, deep blue color. The person's head is slightly tilted, and their arms are at their sides. The overall mood is contemplative and focused.

The Power of Pizza in Dad's Spaces

Establishing Fathers Support Groups in the Community

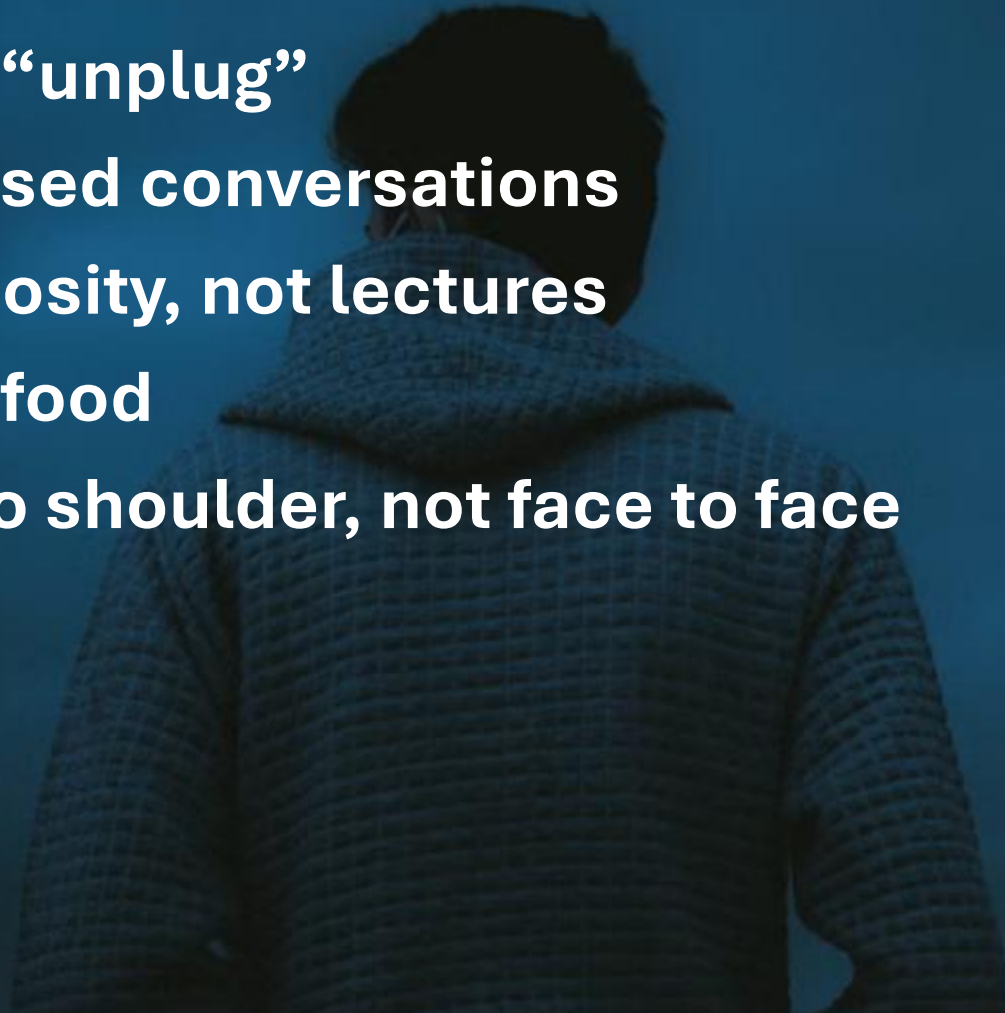


The myth *that the first rule of being a dad means that they do not talk about being a dad*

- Dads tell us they often feel like the “second parent.”
- Work patterns make it harder for dads to be involved — and they feel the impact.
- These experiences are genuinely hard for dads — and they want support that feels accessible.

The Dad's Unplugged Concept

- A space to “unplug”
- Activity-based conversations
- Led by curiosity, not lectures
- Fuelled by food
- Shoulder to shoulder, not face to face



A person wearing a blue sweater is seen from behind, looking out a window at a sunset. The sky is a mix of orange, yellow, and blue. The person's silhouette is dark against the bright light of the window.

Let's Be Practical Now

- **Where:** just like goldilocks – not too big, not too small – just right
- **When:** make it achievable
- **What:** not “parenting group”, but “Dad’s Unplugged”
- **Who:** Dads accessing partners and support
- **How:** Funding
- **Why:** Because Dad’s matter

Dad's Unplugged – Launching in May 2026

This isn't just a pilot. This is the beginning of something we hope will grow — something that will give dads in North Norfolk a place to breathe, talk, laugh, connect, and feel genuinely included.

Real change begins when we stop expecting dads to catch up — and start creating spaces where they can show up.

LAUNCHING 7TH MAY 2026

DAD'S

**BEING A DAD IS HARD.
DON'T DO IT ALONE.**

- Talk about the ups and downs of fatherhood
- Connect with other dads nearby

FIRST THURSDAY OF THE MONTH
6:30 - 8:30PM • YESU, 15 HIGH ST, SHERINGHAM

FREE A free meal at every session too!

**A GROUP OPEN TO ALL GUYS
IN FATHERING ROLES**

 family hubs  **come to YESU**
where people matter

 **Norfolk**
County Council