

ADOPTERS ADVOCACY DADS GROUP

Adopters Advocacy has received funding from the Faculty of Health and Medicine to run a Dads' Group. If you're a dad with adopted children, then feel free to come along to any or all of the sessions. When planning the programme, we've tried to incorporate the range of 'dads' that we came across during our research, including those with young children, those whose children may have left home, as well as those dads who work, and those who are 'stay at home' dads. All are welcome – and there are some sessions where your partner and children are also welcome, too!

At Adopters Advocacy we are very aware that life as an adoptive parent can be unpredictable, and we don't want you to be put off signing up by feeling committed to attending. We know that life happens and while we would love to see you, we definitely won't be offended by a no show on the day.

We're adding more events and sessions to the programme throughout May, June and July, so if you think there's something we're missing, let us know! We'd love to hear from you. You can sign up for any or all activities here: [Sign up for the Dads Group](#).

May 2024

Monday 13th May **9:30am - 11am** **HIVE Café, LU Health Innovation Campus**
Breakfast at the HIVE **In attendance: Laura Machin** **Adults only**

A small group event with a choice of free hot breakfast rolls, or omelettes, or pastries, and hot and cold drinks provided.

Monday 20th May **12pm – 1:30pm** **HIVE Café, LU Health Innovation Campus**
Lunch at the HIVE **In attendance: Laura Machin** **Adults only**

A small group event with a free hot lunch, hot or cold drink and a biscuit.

Tuesday 28th May **10am – 11:30am** **LU Health Innovation Campus**
Bike Maintenance **In attendance: Laura Machin** **Adults only**

A hands on workshop to learn how to keep your bike in top shape. [Register for this event here!](#)

Thursday 30th May **11am – 1:00pm** **LU Health Innovation Campus**
Led E-bike Ride **In attendance: Laura Machin** **Adults only**

Join a fun, free e-bike ride with bike hire included. [Register for this event here!](#)

June 2024

- Thursday 6th June** **7:30pm – 9pm** **Virtual online event**
Online Pub Quiz **Facilitated by: Ellie Vowles** **Adults only**
Teams of up to 2. Prizes available! No attendance limit or requirement to be local to Lancaster – come one, come all!
- Tuesday 11th June** **12pm – 1:30pm** **HIVE Café, LU Health Innovation Campus**
Lunch at the HIVE **In attendance: Laura Machin** **Male adopters only**
A small group event with a free hot lunch, hot or cold drink and a biscuit.
- Sunday 16th June** **11am – 12pm** **Swimming Pool, LU Sports Centre**
Fun with floats **Facilitated by: LU Sports Centre** **Whole family welcome!**
A fun float party exclusively for adopters and their children! A chance for a good summer splash.
- Thursday 20th June** **6pm – 7:30pm** **Lancaster Health Innovation Campus**
Dinner and Offload **Facilitated by: Pauline Howard, Psychotherapist and adopter**
Male adopters only
A confidential space that can be used by a small group of dads to offload, gain both reflections from group members, validation and normalisation to support their role as adopters. Free takeaway pizza and soft drinks provided.
- Friday 28th June** **9:30am - 11am** **HIVE Café, LU Health Innovation Campus**
Breakfast at the HIVE **In attendance: Laura Machin** **Male adopters only**
A small group event with a choice of free hot breakfast rolls, or omelettes, or pastries, and hot and cold drinks provided.

July 2024

Monday 1st July **9:30am - 11am** **HIVE Café, LU Health Innovation Campus**
Breakfast at the HIVE **In attendance: Laura Machin** **Male adopters only**

A small group event with a choice of free hot breakfast rolls, or omelettes, or pastries, and hot and cold drinks provided.

Sunday 7th July **10am – 11:30am** **Climbing Wall, LU Sports Centre**
Beginners Climbing Wall Session

Facilitated by: LU Sports Centre **Male adopters only**

A chance for a small group of dads to use the LU climbing wall regardless of experience. Whether you've been up Everest or never put on a harness before, come along for a chance to move about a bit and have a chat!

Thursday 11th July **6pm – 7:30pm** **Lancaster Health Innovation Campus**
Dinner and Offload **Facilitated by: Pauline Howard, Psychotherapist and adopter**
Male adopters only

A confidential space that can be used by a small group of dads to offload, gain both reflections from group members, validation and normalisation to support their role as adopters. Free takeaway pizza and soft drinks provided.

Tuesday 16th July **12pm – 1:30pm** **HIVE Café, LU Health Innovation Campus**
Lunch at the HIVE and photography workshop

In attendance: Laura Machin **Male adopters only**

A small group event with a free hot lunch, hot or cold drink and a biscuit, combined with an opportunity to learn how to take excellent photos.

All activities are provided at no charge to attendees. Whether you want to sign up for one activity or all eleven, you can find our registration form here:

[Sign Up For A Dads Group](#)