



Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

The idea is a simple one, for dads to get out of the house and meet up with other new dads - whether it's to help the little one doze off, to meet other dads or to break up the day when you're in charge of childcare!

Join in once a month to get moving and meet other dads in the local area.

Meet on the last Thursday of the month at The Parks Sports Centre, 10am-12pm.

Available term time only, babies up to 18 months old welcome.

You need to register for the programme. Once you're registered, these sessions are available to drop in with no need to book.



[dads](#)
[activities](#) | [dad and baby](#) | [outdoor](#) | [Walking groups](#)

The Walking Dad



 0191 643 7171

 active@northtyneside.gov.uk

 The Parks Sports Centre
Howdon Road
North Shields

 <https://www.activenorthtyneside.org.uk/the-walking-dad>

Last Updated - 7th January 2025





© 2025 Living Well North Tyneside | Web Design: Indigo Newcastle