

Free martial arts for family men



- Are you a dad, step-dad, grandad, uncle, brother or male carer?
- Do you want to get fit?
- Do you need some motivation and encouragement to do it?

My Dad Matters Sunderland is providing **FREE** martial arts sessions delivered by an expert instructor at venues across the city.

For more information contact Children North East

Tel: 0191 500 6205

Email: mydadmatters@sunderland.gov.uk

Visit My Dad Matters Sunderland on Facebook



Facebook is a registered trademark of Facebook, Inc.



Every Dad Matters



~~Every~~ Dad Matters

Calling all Sunderland dads, grandads, young dads, step-dads, dads-to-be and other family men!

As a family man, you play an important role in your child's life. Children who have regular involvement with their fathers do better at school, are healthier and form better relationships.

If you are a family man living in Sunderland, there are six exciting new activities to support you in being a great dad or male carer:

- Sunderland dad-to-be (Antenatal period)
- Dads and new babies (Up to one-year-old)
- Dads and toddlers (One to four years)
- Family Man through the Ages (Five to 11 years)
- Dads and teenagers: forest survival (11 to 16 years)
- Martial arts sessions (All family men)

Programmes are FREE and run in male-friendly venues across the city and all family men are welcome.

The My Dad Matters programme is delivered in Sunderland by Children North East Fathers Plus Service in partnership with Sunderland Children's Trust. Visit www.fathersplus.org

