

North East Young Dads and Lads Project CIO

North East Young Dads and Lads Project support young dads and soon to be dads with information, activities, peer support and guidance. They are available to young dads and dads-to-be aged 25 and under in Northumberland and Tyne & Wear

Their support includes:

- Individual help and support to address the key challenges.
- Support to 'get out of the house', meet new people and try new things
- Family focused activities including 'Stay and Play' sessions, trips, and outings
- Father focused social activities (including cycling, football, outings, and video gaming)
- First aid, stress reduction and parenting skills sessions
- Finding new hobbies and interests
- Face to face and online support

They welcome self- referrals and professional referrals. Secure referrals can be made at: info@secure-mail-neydl.uk

They also offer a digital fathers toolkit: [DigiDad](#)

Last updated: December 23, 2024

Website: <https://www.neydl.uk/>

Email: info@neydl.uk