

Real Birth Fathers



Insta-Face
for more



Aug

Men's Birthing Conversation 7pm Every Last Thursday

Thu 31st

Come along

Help Others

Your Questions



carfestevent

Announcing

MEN'S BIRTHING CONVERSATION AT THE INSPIRATION HUB



LAVERSTOKE PARK FARM, HAMPSHIRE
SATURDAY 26TH AUGUST 2023



Amazing to be
back at

Carfest!

Joined by
Scott Mair.

@realbirthfathers | realbirthfathers@gmail.com

Real Birth Fathers

July



Insta-Face
for more



Men's Birthing Conversation 7pm Every Last Thursday

Your Experiences

Your Questions

Thu 27th



carfestevent

Announcing

MEN'S BIRTHING CONVERSATION AT THE INSPIRATION HUB



cinch presents



LAVERSTOKE PARK FARM, HAMPSHIRE
SATURDAY 26TH AUGUST 2023

Back at

Carfest!

Speaking on the
Saturday.



@realbirthfathers

realbirthfathers@gmail.com

Real Birth Fathers



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for more



June

Men's Birthing Conversation

7pm Every Last Thursday

Your Experiences

Your Questions

Thu 29th



More Details Soon

The Real Birth-Day

In Sept—Date TBC

The Real Birth Father's 2nd year.

The Real Birth Studio' 5th Year

The Real Birth Company's 6th Year

That calls for a celebration

Real Bounce

Real Burgers

Real Bands

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Real Birth Fathers

MAY



Insta-Face
for more



Men's Birthing Conversation 7pm Every Last Thursday

Your Experiences

Your Questions

Thu 30th

Turn up & names in...



Big Thanks!

Grateful to HMMH for coming
last month to speak at Men's
Birthing Conversation.

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Real Birth Fathers

APR



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for more



WIN!!!



Easter raffle £5 to enter

Men's Birthing Conversation

7pm Every Last Thursday

Your Experiences

Your Questions

Your Space

Thu 27th

Guests

Speakers

from HMMH

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Real Birth Fathers

Mar



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for more stuff



Men's Birthing Conversation
Every Last Thursday.

Join new and expecting fathers.
March 27th. 7-9pm.

And this

Great day



Sat 11th Mar

6 Nations
Rugby

Brew-Walk-Food-Pool-Rugby

@realbirthfathers realbirthfathers@gmail.com

Real Birth Fathers

Feb



Insta-Face
for more stuff



Great day gents!

Sat 4th Feb

Sat 11th Mar



6 Nations
Rugby

Brew-Walk-Food-Pool-Rugby

Easy, relaxed and enjoyable!
Join new and expecting fathers.
Join in at any part of the day.

Don't Forget! Last Thursday of month.

Men's Birthing
Conversation
Man Chat

Drop in!
Thursday
23rd
7-9pm

@realbirthfathers | realbirthfathers@gmail.com

Real Birth Fathers

Welcome 2023



Great day gents!

6 Nations
Rugby

Brew-Walk-Food-Pool-Rugby

What was

Only the winner knows who won



Check your spam!!!!!!

In the box?

Men's Birthing

Conversation

Last

Thursday

of every month

7-9pm

27th Jan



Insta-Face
for more stuff



@realbirthfathers

realbirthfathers@gmail.com

Real Birth Fathers

WIN!



Christmas

...the obvious Xmas Raffle!!



Oh...

...the excitement!

Thursday 22nd Dec - 7pm
Men's Birthing Conversation



Great day gents!

Rugby 6 Nations in Feb.

Look forward to dates in 2023

Brew-Walk-Food-Pool-Rugby

@realbirthfathers realbirthfathers@gmail.com

Real Birth Fathers

Walk + Brunch + Pool + Rugby

19th Nov - Full Details soon

Bring pram, go for walk, grab some brunch, play some pool, back to Studio, order a pizza, watch the rugby.



Your support would be amazing.

Let's Talk **BIRTH** 2022

Free

12th November
Saturday
Hereford

Free

Be Quick!

Zoe Wright
Scott Mair
Mark Williams
Plus more to come

Free Tickets!
**Fathers Perinatal
Mental Health
Presentations**
www.letstalkbirth.com

Men's Birthing Conversation 24th Nov Last Thursday of every month 24th Nov
Men's Birthing Conversation

@realbirthfathers realbirthfathers@gmail.com

Real Birth Fathers

Walk + Brunch + Pool + Rugby

19th Nov - Full Details soon

Bring pram, go for walk, grab some brunch, play some pool, back to Studio, order a pizza, watch the rugby.



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Be Quick!

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Men's Birthing Conversation 24th Nov Last Thursday of every month 24th Nov **Men's Birthing Conversation**

@realbirthfathers realbirthfathers@gmail.com

Real Birth Fathers

Men's
Birthing
Conversation

Come along!

7-9pm
29th Sept
Thursday

Join Us



Big thanks

to everyone who supported us

and the amazing Mark Williams and Scott Mair,

at the **Inspiration HUB** at @Carfest!

@realbirthfathers

realbirthfathers@gmail.com

Real Birth Fathers

**Men's
Birthing
Conversation** **Thursday
1st Sept
7-9pm**

And...

Carfest South

28th August



Fathers Walk & Lunch

Sunday 21st Aug

'Pram walkable'

'Good company'

'Full belly'



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realbirthfathers@gmail.com

Real Birth Fathers

**Men's
Birthing
Conversation**

**Thursday
28th July
7-9pm**

Look!

cinch presents

CARFEST NORTH

22 - 24 JULY 2022

CHESHIRE

CARFEST SOUTH

26 - 28 AUGUST 2022

HAMPSHIRE

CAR-FEST
SUPPORTING UK CHILDREN'S CHARITIES

RBF have been invited
to speak at Carfest!



@realbirthfathers

realbirthfathers@gmail.com

Real Birth Fathers



Men's Birthing Conversation **23th June Thursday 7-9pm**

Free - Click & Book a place on the website

Free Family Sessions

Meet & Greet — Sat 24

Homebirth Group — Fri 25



Real Birth Studio

KNOWLEDGE • CONFIDENCE • EMPOWER

Sunday 26th June

Walk & Lunch

Simple and relaxed day out.

The walk is planned around you.

Pram, Carrier, dogs or just yourself.

Fresh air and healthy talking space.

**Get in touch to
find out more.**



**GOLD
SILVER
BRONZE**

Check out these.....
Studios packages and our
Postnatal Care Services

Antenatal Packages

+

**Postnatal Midwifery
Care Packages**

=

An amazing start!

@realbirthfathers | realbirthfathers@gmail.com

Real Birth Fathers

**Men's
Birthing
Conversation** **26th May
Thursday
7-9pm**

Click & Book a place on the website

Congrats!

Ed &

New Baby!

Free Sessions

Meet & Greet — Sat 28

Homebirth Group — Fri 27



Real Birth Studio

KNOWLEDGE • CONFIDENCE • EMPOWER



**GOLD
SILVER
BRONZE**

Check out these.....

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Postnatal Care Services

Antenatal Packages



Postnatal Midwifery
Care Packages



An amazing start!

**Get in touch to
find out more.**



Join Us!

Walk & Lunch

Sunday 29th May

Simple and relaxed day out.

The walk is planned around you.

Pram, Carrier, dogs or just yourself.

Fresh air and healthy talking space.

@realbirthfathers

realbirthfathers@gmail.com

Real Birth Fathers



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Studios packages and our
Postnatal Care Services

Antenatal Packages



Postnatal Midwifery
Care Packages



An amazing start!

Congrats!

Rhys &
Baby Nathan!

Hike &

Lunch

Sunday

24th Apr

Fathers
Babysign



New Dates
May

Join Us!



Men's Your Experiences 28th April
Birthing Your Questions Thursday
Conversation Your Space 7-9pm

Click & Book a place on the website

Free Sessions

Meet & Greet — 30 Apr

Homebirth Group — 29 Apr



Real Birth Studio

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@realbirthfathers

realbirthfathers@gmail.com

Coming Soon FatherShip

Real Birth Fathers
Membership

Coffee mug....Yes!

Great T-Shirt....Yes!

10% discount card....Yes!

Babysign helps baby communicate and gives baby a different tactic.

Ok, Ok....this isn't going to stop crying, and baby won't be telling jokes before they can walk!

But the benefits are exponential for your child's future.

Fathers Babysign



Saturdays in February

10.30-11.30

£28 - 4 sessions

Baby Math's

Postnatal Midwifery Packages



An amazing start!

The step between the NHS and your home care is so important. The Real Birth Studio has packages that fill this gap in care. 3 main packages and 3 care pathway directions that suits you. Pop in and speak to our midwives for more advice and details.

Free Sessions

Meet & Greet — 29th Feb

Homebirth Group — 29th Feb

Breast feeding Support — Weekly

Gool St, Hereford. HR12HU

Sun 6th FEB

Father Fit - Mountain walk & Pub Lunch

Weather is looking good!

Who's in?

Get in touch for more details

Book us if your doing: eg@rebirthfathers.com

There is a small fee for the pub lunch. We are a charity and we are not responsible for your safety. We will be in your corner.

Name - Leave Hereford

10.30-1.30 - Walk

1.30-3pm - Lunch

4.0pm back in Hereford

Men's Birthing Conversation

This month

2 Brand New Dads sharing their birthing experiences

Join us with you're questions

You decide what you want to talk about.

Thursday 24th Feb - 7 to 9pm



Real Birth Studio

KNOWLEDGE • CONFIDENCE • EMPOWER

Real Birth Fathers

Interested? Sunday 27th March
Hike & Lunch Get in touch for more details



Baby Math's

Antenatal Packages



Postnatal Midwifery
Care Packages



An amazing start!

 Real Birth Studio
KNOWLEDGE • CONFIDENCE • EMPOWER

Coming Soon
Fathership

Congrats
New father!
Matt G &
Baby Arlo

Stop Crying?

Baby's got tactics. Baby's gonna use the them!

Fathers Babysign

Saturdays
March & April
10.30-11.30am



4 sessions
£28

Teach baby a different tactic.

Men's Your Experiences 31st March
Birthing Your Questions Thursday
Conversation Your Space 7-9pm

Click & Book a place on the website



Pairing with **Bao to the Broth**

Great food! located in the Butter Market, Hereford.
They have kindly donated vouchers to win.

Join us to enter the draw.

Men's Birthing Conversation



@realbirthfathers | realbirthfathers@gmail.com

Big Thank you!.....

To the Men and Fathers who have made the 'Men's Birthing Conversation' such a success! We trialed it for 4 months and have had 20 different men come to and join in, Amazing! We will continue the same format for 2022.

Your participation in debates, asking questions and passing on experiences has been very humbling and appreciated.

.....Thank you and see you at the next one!

New

Fathers Baby Sign

Saturdays in February

More info soon!



Men's Birthing Conversation

New Thoughts

New Year

New Beginnings

New People

New Fathers

New Questions

New Opportunities

Thursday 27th Jan - 7 to 9pm



How's your Mountain lungs?

'Father Fit - walk and talk'

Does what it says with a pub lunch.

We will pick a date when the weather is good.....More details to follow.

Ideas and Feedback

Baby Massage instructors course?

Would you be interested?

The thinking is, you may not be able to attend Baby Massage classes because of your work.

This might be a way to bridge that gap.

If we get enough numbers we could get an instructor to come to the studio over a couple of weekends?

What do you think?

Postnatal care packages.

The step between the NHS and your home care is so important. The Real Birth Studio has packages that fill this gap in care. Look at the website for more detail

Fathership

Real Birth Fathers Membership

A coffee mug...Yes!

A great T-Shirt....Yes Yes!!

10% discount from local shops and services....Yes Yes Yes!!!

Coming Soon

Congrats!

New fathers.

Nathan and Matt!