

# Dad La Soul

**Dan Flanagan**

Fatherhood is a brilliant yet daunting concept in any man's life. While you're worrying whether you've sterilised enough bottles or how many nappies to take out friendship is the least of your worries. But as we age and become fathers it can become an increasingly lonely and isolated time, you've got your family unit but outside of that, there may not be an awful lot.

Well, this is what happened to this week's podcast guest, Dan Flanagan, who founded Dad La Soul, a support group just for fathers! Whether you're a single dad, married, gay, or trans Dad La Soul is there for any dad at any stage of their journey into 'dadulthood'!

On the podcast this week Andy and Dan talk about the history of Dad La Soul and why and how Dan set it up, how fathers often neglect their mental health and candidly talk about what it's like when things aren't going exactly how you thought they would.

All this and more on this week's Tea with the Changemakers.

# TEA

with the

# CHANGEMAKERS

Episode 46



Check out what the dads are up to

**[dadlasoul.com](http://dadlasoul.com)**