

Dad Matters is a PIMHs (Parent/Infant Mental Health) project delivered by Home-Start Oldham, Stockport and Tameside. We have a number of elements to the support we offer.

DAD CHAMPION - OUTREACH

Our outreach volunteers meet dads in various places, such as at events, through organised groups and in particular maternity settings. 98% of dads attend a scan appointment with their partners. This means that this is by far the most likely place to be able to engage them. Our aim at this point is to distribute information and resources, and ask dads #howareyoudad. We collect information on how many dads are seen and spoken to, what things they are concerned about and any signposting that has been done.

DAD CHAMPION – GROUPS

Our group volunteers facilitate “Dad Chat” groups within antenatal settings where dads are given the opportunity to talk about their concerns away from partners. We facilitate these discussions and offer support and signposting. We collect information on what topics were covered, where dads were signposted to and numbers of dads attending. We are currently developing these groups to include more vulnerable and targeted groups, such as young dads, neonatal settings and LGBT+ parents.

TARGETED SUPPORT

Our paid Dad Matters Coordinators recruit, train and support our volunteers to deliver the universal Dad Chats, and also deliver more targeted support for MBU, NICU dads, young dads, LGBT+ Dads and dads who are supporting mums with perinatal mental health issues.

We also take a small number of referrals for very brief interventions with the aim of encouraging dad to talk, explore options and access support.

DADVOCACY

All of our volunteers and staff have been involved in delivering the message that Dad Matters. We speak at conferences, team meetings, with professionals like midwives and health visitors, adult mental health teams, 3rd sector organisations and various events. Some of the more notable ones have been the Wales and SW Midwifery Festival, The National Better Births Conference, The NHS England reference groups for maternal mental health and for supporting fathers and partners.

SOCIAL MEDIA

Here at Dad Matters we realise just how important dads are to their partners and children.

			
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Contact Kieran Anders, DM Project Manager for more details

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