



DAD MATTERS GLOUCESTERSHIRE

REFERRAL INFORMATION @February 2021

Welcome to the referral guide for our Dad Matters Gloucestershire Project which is now open to referrals. This document outlines all the information that you will need to make a referral to Dad Matters Gloucestershire.

WHAT IS DAD MATTERS?

(Leaflet attached)

Dad Matters Gloucestershire exists to support dads to have the best possible relationship with their families. Our aim is to:

- **Help dads have positive relationships with their families**
- **Support dads with their wellbeing and mental health**
- **Encourage dad's participation in services that have traditionally been targeted for mums**
- **Provide peer support for dads**

The support is led by a Dad Matters Coordinator and volunteers known as "Dad Champions". It is part of Dad Matters UK that is being run successfully within Home-Start Tameside, Oldham, Rochdale, Stockport and Bolton.

Dad Matters Gloucestershire will recruit and train other dads to work as our volunteer Dad Champions to help support other dads throughout the county. We will also work closely with other professionals within Gloucestershire and nationally to better support dads in the first 1001 days of their parenting journey.

We provide this through a "Universal Offer" that supports Dads to access the following:

- **Antenatal and Postnatal classes/groups for dads**
- **Outreach services/drop ins at maternity centres, and community venues**
- **Provide 1:1 peer support to dads.**
- **Signpost and support dads to access services and information to help make sense of being a dad**
- **Support dads with anxiety, stress and mental health awareness**

Lee Houghton is our Dad Matters Coordinator for Gloucestershire. As this is a new, developing service within the county, we are in the early stages of the roll out.

Please note that due to the impact of Covid-19 and national lockdown restrictions, the services currently on offer are virtual.

HOW TO MAKE A REFERRAL?

- USING THE HOME-START REFERRAL FORM:

You can use the *generic Home-Start referral form* used by each of the three schemes in Gloucestershire to refer a dad/partner.

Home-Start Cotswold: <https://home-start-cotswolds.org.uk/referrals/>

Home-Start North & West: <https://homestartnwglos.org.uk/referral/>

Home-Start Stroud and Gloucester: <https://homestartsd.org/requests-for-support/>

- PROVIDE INFORMATION DIRECTLY TO PARENTS VIA OUR LEAFLET AND THEY CAN SELF-REFER

Alternatively, you can just hand out (attached) *the Dad Matters leaflet* to dads and partners when making contacts with parents (either electronically or face-to-face). Dads can contact the project directly and this includes being able to book onto an online group. We welcome self-referrals.

- USING THE DAD MATTERS REFERRAL FORM

If you are working with a dad with complex needs, whom you feel needs specific support from the project then you can use the Dad Matters referral form (specific to the project) that can be downloaded from our website <https://dadmatters.org.uk/gloucestershire/> to give us more detailed information. (there is also a copy attached to this email)

We will send out a *regular updated referral information* newsletter (every 6 to 8 weeks) to update you on what the project is able to offer as we come out of lockdown. However, do please get in touch via telephone or email if you have any queries.

SUPPORT CURRENTLY OFFERED @ FEBRUARY 2021

Perinatal Mental Health: Dad Chats

Dad Matters offers Dad Chats that are specifically designed to allow dads to talk about all aspects of their experience, mental health awareness, how to support their partner, awareness of conditions such as post-natal depression/post-partum psychosis etc. The sessions are led by Kieran Anders (Dad Matters UK Operations Manager) and Lee Houghton (Dad Matters Coordinator Gloucestershire) and other Dad Matters Coordinators. The sessions are virtual and use a group format via Zoom.

The aim is to provide dads with a forum to share their experiences, have those experiences validated and receive guidance and support on how to navigate this crucial period of their life, as well as signposting to organisations and services that can best support them. The sessions are approx. 90 minutes long.

The following current perinatal mental health sessions are specifically for dads in Gloucestershire and can be booked onto via Dad Matters UK website:

- **Monday 22nd February 2021 @ 7pm**
- **Monday 22nd March 2021 @ 7pm**

In addition, Lee Houghton will be hosting an additional session to look at general mental health. This session can be booked via Dad Matters Gloucestershire and will be facilitated via Zoom on the following date:

Thursday 25th March 2021 @ 8pm

Telephone Support

The project accepts referrals for one to one support of dads. This will be virtual and will take the form of an initial telephone discussion to collect information on the current situation of the dad and then to assess the support that can be offered. This can be via on-going telephone contact for a specific period of time and may also include advice on coping strategies, how to access IAPT services in Gloucestershire, as well as signposting to additional organisations and services, some of which may be local, whilst others are national. As the organisation develops and we recruit and train

peer supporters then we will be able to offer more of this type of 1-2-1 peer support however at the moment the telephone support and signposting will come from our Dad Matters Coordinator.

Antenatal Groups

Dad Matters Antenatal sessions can be booked onto directly via Dad Matters UK website/ Eventbrite. The sessions are approx. 90 minutes, accessed via Zoom and free to all participants.

- **Tuesday 16th February 2021 @ 7pm**
- **Saturday 20th February 2021 @ 11am**
- **Tuesday 2nd March 2021 @ 7pm**
- **Tuesday 16th March 2021 @ 7pm**
- **Saturday 20th March 2021 @ 11am**

In addition, we will be running a Dad Matters Gloucestershire group specifically for Gloucestershire dads on the following dates:

- **Thursday 11th March 2021 @ 7pm**
- **Thursday 25th March 2021 @ 7pm**

It is hoped that over the coming weeks, the capacity may increase for additional sessions that can be supported by additional volunteers. It is also hoped that face to face sessions could potentially be held. However, due to the current national lockdown, there is no clear date of when these may be feasible and are unlikely to be until March 2021 at the earliest.

We will keep you updated with all future group dates and activities, however you can also check the website for real time updates.

Referral contact information:

Direct referral : download a referral form at the Dad Matters UK Website: <https://dadmatters.org.uk/gloucestershire/>

You can refer to Dad Matters through the generic Home-Start form that is used by each scheme in Gloucestershire. Visit our Gloucestershire website to access the appropriate scheme in your locality <https://home-startgloucestershire.org.uk/dad-matters/>

Direct referrals can be emailed to Dadmatters@homestartsd.org

Self-Referrals or enquiries can be made via telephone on 01453- 821340 or emailed to: dadmatters@homestartsd.org

You can also contact **Lee Houghton our Dad Matters Coordinator** directly on his mobile number 07515678454