




Case Study - Work with vulnerable new dads

A Waveney organisation works with young unemployed men in King's Lynn, through a weekly social and sports activity group. The organiser of the group has identified a need to support some of these young men who have just become fathers and are struggling (in terms of their mental health) to adjust to the new responsibility this entails.

Funding enabled the group to undertake a number of actions that will help new dads to normalise their experience and move forward confidently as new parents:

- Purchasing (through their local MIND association) three training sessions in mental health awareness, with a focus on the challenges and changes associated with becoming a new parent. This was delivered (at a social distance) at a local sports venue that they hired on three consecutive Thursday afternoons.
- Providing digital access to peer support training (via 4G enabled tablets) for three dads who were unable to join the face to face training, but still wanted to be involved.
- Through a short term contract, the group paid a former local health worker to work with relevant organisations and the Perinatal Steering Group from the local hospital to understand how new dads in the group could access specialist mental health support through a fast-tracked process.
- Once the processes outlined above were understood and mapped, a range of accessible resources and support related communications were developed. This led to dads feeling informed and confident in the support available to them, and can self-refer if they wish.

Find out more or get in touch

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