

Wellbeing Support for New Fathers and Fathers To Be

You might find it helpful to consider some of the emerging learnings from the funded projects in 2024.

Recognise fathers as a resource

Projects that enabled and empowered fathers through listening and understanding their needs and then built in peer support elements to activities were more successful. An example of peer support would be the creation of a dads WhatsApp group.

Referral routes are important

Projects that identified and engaged at the earliest opportunity with relevant partners and existing local networks, as well as the Family Hub and Start for Life offer, had greater success.

The activities are planned by taking into account fathers needs and schedules

The use of more 'hands-on' activities and scheduling interventions in different locations, during evenings and weekends helped to overcome practical barriers of work/ transport and engage more fathers.

Providing a hook

The use of food, music, craft, sports to engage fathers around a common interest/ activity was helpful.

Build in flexibility and responsiveness

It may be necessary to tweak activities based on interests and lived experience of fathers, projects that built in feedback opportunities and adapted activities had better engagement.

Consider how you will promote the project

A mix of approaches was needed for most projects, including developing outreach strategies, online, posters/ flyers etc.

Trusted relationships

Trying to build connections to a new community, demographic or group as part of a project created additional complexities. To get off the ground quickly, it was important for projects to have an identified lead with either strong existing connections, or experience of engaging with men and/ or working with fathers.

**Still not sure and want to discuss your application beforehand?
Give us a call on 01603 623958.**