

How we support dads:

- 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
- Recruit and train volunteers to provide peer support
- We work closely with other professionals within Gloucestershire and Nationally to support dads and their families in a variety of ways

For more information and / or to make a referral



www.facebook.com/DMGloucestershire



@dadmattersglos



@dmgloucestershire



youtube.com/dadmattersuk

Tel: 01453 821340

Email: Dadmatters@homestartsd.org

Website: dadmatters.org.uk/gloucestershire/

Funded by The Tudor Trust



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What is Dad Matters?

Dad Matters is here to support dads and partners in Gloucestershire

Our aim is to:

- Help dads have positive relationships with their families
- To support dads with their wellbeing and mental health
- To encourage dads participation in services that have traditionally been targeted for mums
- To provide peer support for dads

We are part of:

Home-Start Gloucestershire

A consortium of three schemes that provide emotional and practical support to parents with at least one child under five years old. We recruit and train volunteers who then offer informal and confidential support to families. We also run antenatal, postnatal and Mothers in Mind peer support groups.

www.home-startgloucestershire.org.uk

DAD MATTERS UK

Dad Matters aim to help Dads have a successful relationship with their families, and to support dads with anxiety, stress and mental health.

www.dadmatters.org.uk



Dad Pad[®]
The essential guide for expectant & new dads in Gloucestershire

NHS Download the app now: 

Parenthood can be hard at times



This Leaflet is for:

Supporting dads in Gloucestershire to have the best possible relationship with their families



Health Visitor / Midwife / Professional

Clinic Number

GP Number

