

# Family Hub Professionals Newsletter



We hope you enjoy these bi-monthly updates on all things new and coming soon to Portsmouth families, thanks to the UK government Family Hubs Start for Life funding.

June 2024 edition

To celebrate Father's Day on 16th June, this edition focuses on support and resources available to Portsmouth fathers and father figures.



## Dadzclub - in-person and online community building for father figures

Part of The Parenting Network, Dadzclub is a supportive community group where fathers can connect with each other and spend quality time with their children. The Dadzclub offer includes but is not limited to:

- Weekly Stay & Play sessions; Saturdays mornings at Buckland Family Hub and Monday evenings at the TPN Hub, The Bridge Centre, Fratton.
- A supportive Facebook group and educational social media presence
- Weekly football sessions and activities and events throughout the year.

The team also works with organisations to raise awareness of health and parenting issues affecting men, redefining gender stereotypes and promoting discussions around allyship and gender equity. To learn more, visit the website [www.dadzclub.com](http://www.dadzclub.com) or email [hello@dadzclub.com](mailto:hello@dadzclub.com)

## Dadzchat - in partnership with NHS Talking Therapies

Run by Dadzclub and supported by NHS Talking Therapies, Dadzchat offers fathers a chance to connect and engage in weekly and monthly meaningful peer-led discussions in Fratton and Buckland.

Whether you're a new dad seeking advice or a seasoned parent looking to share your wisdom, you'll find a welcoming community alongside guidance and resources from NHS Talking Therapies if you require that additional layer of support. To learn more search [www.dadzclub.com/dadzchat](http://www.dadzclub.com/dadzchat)



## Mental health support for parents during the perinatal period

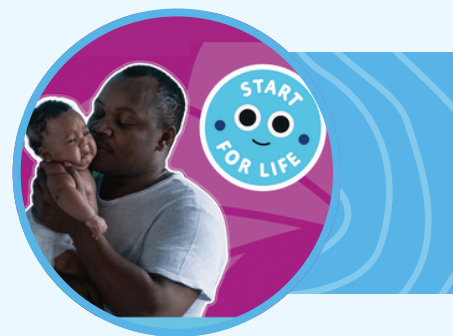
The Portsmouth Mental Health Hub website now has a dedicated page for mental health support in the perinatal period, as part of the new Perinatal Mental Health Access campaign. Scan the QR code to view a wealth of information including a section specifically for fathers.



# Fathers and Perinatal awareness training now available to professionals

Delivered by Families in Mind, local champions and Dadzclub, the following training opportunities are now available to any professional working with families in the first 1001 days from conception:

- Fathers and Perinatal Mental Health Awareness training; 11th June, 10th Sept or 12th Nov. Email [emma.hickman@solent.nhs.uk](mailto:emma.hickman@solent.nhs.uk) to book
- Perinatal and Infant Mental Health Awareness training; 9th July, 9th Oct, 12th Dec or 11th Feb. Email [kathryn.hammond@solent.nhs.uk](mailto:kathryn.hammond@solent.nhs.uk) to book



Learn more about the Families in Mind service:



DadPad<sup>®</sup>

## DadPad app and physical resource - coming soon to the Family Hubs

Dadpads are an essential guide for new dads, developed with the NHS and full of useful information to support healthy attachment, bonding with baby and building strong family relationships.

Portsmouth fathers will soon be able to take advantage of this resource for free, with easy-read Dadpads available on request at all five Family Hubs, and an app coming soon specifically adapted to reflect Portsmouth-specific support.

To access a free physical DadPad, ask your Family Hub champion at your local Family Hub, or download the DadPad app for free in your app store.

## Family Hub Timetables - updated versions available each month

Our new Family Hub timetables have launched and will be updated each month on our website [www.portsmouthfamilyhubs.co.uk](http://www.portsmouthfamilyhubs.co.uk).

Please do share your local hub timetable with families you work with, or contact the Family Hub champion at your local Family Hub for further support.

