

For more information...



@dadmattersuk



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Nick.samuel@hsts.org.uk



Dadmatters.org.uk

*Dad Matters; to mum, to partner, to baby,
to everyone...*



Trafford > Salford > Wigan



Clinical Commissioning Group



NHS
in Greater Manchester

CONTACT DETAILS

Health Visitor/Midwife/Professional

Clinic number

GP number

What is Dad Matters?

Our aims are:

- To help dads have successful relationships with their families
- To support dads with mental health issues
- To engage dads in the services that have traditionally been targeted at mums
- To recruit, train and support volunteers to work with dads.

Home-Start Trafford, Salford
& Wigan
Stretford Children's Centre
9 Poplar Road
Stretford
M32 9AN

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0161 865 4222

*Supporting Dads in Greater Manchester to
have the best possible relationships with
their families.*

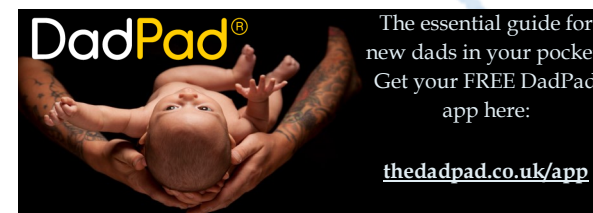


This leaflet is for:

For more information and links please visit :
dadmatters.org.uk/resources/salford/



Scan me



Getting it Right From The Start

This a booklet on attachment and bonding for new parents. You can find the accompanying videos on YouTube.

youtube.com/watch?v=8isPZ8JYTR8



Best Beginnings

Best Beginnings aims to give every child in the UK the best start in life.

bestbeginnings.org.uk



The Association of Infant Mental Health (AIMH)

Information for parents and professionals on how to respond to a baby in a way that fosters emotional wellbeing. Parents can register for free to access numerous videos and other resources about parenting.

aimh.org.uk/parent-resources



Vroom

An app to help parents to develop babies' brain power.

vroom.org



Understanding Childhood

Free downloadable information leaflets created by the child psychotherapy trust.

understandingchildhood.net



NHS Choices

includes keeping well in pregnancy, antenatal care and baby's development, vaccinations in pregnancy through to labour and birth, your new baby, feeding, teething and tantrums.

nhs.uk/Conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx

Home-Start

A local charity of trained volunteers and expert support helping families with young children through their challenging times.

hsts.org.uk/



Andy's Man Club

#ITSOKAYTOTALK



A safe, weekly meeting for men to get together and talk about how they're doing. Weekly meetings across the UK, including Manchester and Oldham.
andysmanclub.co.uk

START Inspiring Minds

Exists to nurture talents and bring about a newfound confidence in those who feel isolated or excluded. Members learn valuable new skills and their stories are truly inspirational.

<https://www.startinspiringminds.org.uk/>



Talk About It Mate

Talk About It Mate is a peer-support community interest organisation, promoting positive mental health and wellbeing.

<https://www.talkaboutitmate.co.uk/>



Mind

Enabling everyone to achieve better mental health by providing quality services to make a positive difference to the Mental Health of residents in Salford

www.mindinsalford.org.uk/



Who Let the Dads Out

Kings Church Salford,
431 Pendlebury Road
M27 8TD

First Saturday of every month 10am—12noon

Age—Year 6 and below

<https://www.kingschurchlife.com/salford/>



Wood Street Mission

Helping children and families living on a low income in Manchester and Salford. We provide practical help to help meet children's day-to-day needs such as clothes, bedding and baby equipment, and toys and books, help families with the costs of going to school and run holiday book clubs.

www.woodstreetmission.org.uk/



Dad Matters

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

dadmatters.org.uk



Pandas Foundation

The PANDAS Foundation is here to help support and advise any parent and their networks who need support with perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.

pandasfoundation.org.uk

Facebook: @pandasdads

