

**FS**

**Fatherhood  
Solutions**



**#Stepintofatherhood**

**Scott Mair – Director Fatherhood Solutions**

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# About Fatherhood Solutions



Fatherhood Solutions, founded and led by Scott Mair, is recognised by local authorities and national bodies for its expertise in fatherhood. With a mission to transform services by making them more inclusive of fathers, the organisation ensures dads are supported equally throughout their parenting journey. Scott, a husband, father of seven boys, proud grandfather, and former infantry soldier, has a deep passion for fatherhood and mental health advocacy. This led him to establish Fatherhood Solutions, where he works across the UK with public, private, and corporate sectors, as well as NHS trusts, universities, and charities, to implement father-inclusive practices.

## What We Do

- Provide training on fathers' mental health, father-inclusive practices, neurodiversity awareness, and understanding dads.
- Design and deliver bespoke programs and offer consultancy services tailored to your organisation's needs.
- Advocate for mental health screening for dads and have established antenatal & postnatal programme's specifically for fathers.
- At Fatherhood Solutions, we believe that supporting both parents creates better outcomes for children.



# Fatherhood Solutions is actively engaged in a variety of initiatives, including:

- **Practical Dad Sessions:** Providing hands-on support for dads.
- **Pregnancy After Loss Support:** Facilitating discussions and resources for fathers navigating pregnancy after loss.
- **Father-Inclusive Workshops:** Delivering training to professionals on how to integrate father-inclusive practices into family services.
- **Mental Health Awareness:** Creating and delivering bespoke programmes as part of Start for Life first 1001 days.
- **Family Ecosystems Workshops:** Creating collaborative parenting through sessions on how men and women can support each other for balanced family dynamics.

# Highlighting Some of the Family Hubs We Work With





# County Durham

- **Ongoing Workstream – Fatherhood Solutions involvement**
- **Dads/Male Carer Champions across the partnership.**
- **Dads/Male Carer Conference – Raising awareness about fatherhood.**
- **Engaging Dads Networks – Utilising Durham’s ‘Inspirational Dads’ to inform service design and delivery.**
- **Co-producing the ‘Dad’s Welcome Here’ Kitemark – Developed by our Inspirational Dads to create a welcoming environment for fathers.**
- **Free Training for Partners – Durham’s ‘Engaging Dads and Male Carer Training’ accessible at no cost.**
- **Father-Inclusive Practice Training – Delivered during Safeguarding Week by Durham’s Safeguarding Children’s Partnership.**
- **A Priority in Early Help Strategy – Increasing the engagement of Dads/Male Carers, co-produced with parents and carers.**
- **Family Hub Panel – Dads/Male Carers as active members of Durham’s Parent/Carer Panel.**
- **Family Hub Audits – Conducted by Dads/Male Carers to ensure environments and support services are inclusive for fathers.**



- **Dads/Male Carer Champions across the partnership**
- **Dads/Male Carer Conference – raising awareness**
- **Engaging and using our Dad’s networks, and what we call Durham’s ‘Inspirational Dads’, to inform service design and delivery**
- **Our Inspirational Dad’s developing and co-producing Durham’s Kitemark**
- **Durham has developed ‘Engaging Dads and Male Carer Training’ for partners to access for free**
- **Durham’s Safeguarding Children’s Partnership – Father Inclusive Practice session delivered during Safeguarding Week.**
- **Increasing the engagement of Dads/Male Carers is a priority of Durham’s Early Help Strategy which was co-produced with parents/carers including Dads!**
- **Dads/Male Carers being members of our Family Hub Parent/Carer Panel**
- **Family Hub Audits carried out by Dads/Male Carers to ensure the environment/offer and support is inclusive**





# Coventry Family Hubs



## What we did

- **September 2023-** Father Friendly Audit completed in Coventry Family Hubs in September 2023. To create a baseline.
- **October 2023-** Key outcomes have been established for each work strand with specific actions that aims to increase access from marginalised groups.
- **March 2024** - Commissioned Fatherhood Solutions to have a dedicated provider for father focused work.
- **June 2024-** Tailored training delivered to family hub staff, maternity services, health visiting team, third sector organisations.
- Training aimed at father inclusion, underscoring the pivotal role fathers play in the overall well-being of their infants. The importance of bonding and attachment is a central theme, with practical strategies provided to family hubs for implementation in their respective contexts.
- Training aimed at the emphasises the importance of recognising and accommodating neurodiversity in fathers and ensuring a holistic and inclusive approach to mental health initiatives.





# Coventry Family Hubs



## Why was dads work is important in Coventry?

- Coventry is leading Family Valued Pratice and fathers are an integral part of our work *with* families, to help keep children safe and well, and improve the lives of children and young people

### National Framework:

- As part of the Family Hub and Start for Life delivery plan a common cross cutting theme that spans across the offer is to engage with families from identified targeted groups such as dads, families from ethnic minority communities and families with children who have special educational needs.
- Coventry trailblazer funding aimed to work with under-served, underrepresented, marginalised groups- Dads, ethnic minority groups and SEND needs- dads were identified.





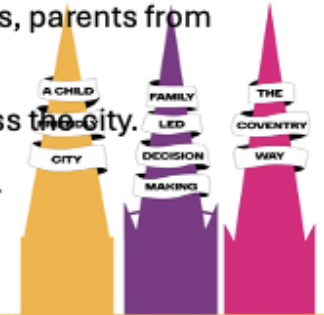


# Coventry Family Hubs



## To continue to build on:

- Tailored programs to aid new fathers in bonding, attachment, and awareness of their own mental well-being in the first 1001 days have been initiated through the focused work in engaging with fathers
- To expand on the offer for dads who require support, advice and guidance regarding their own mental health and well-being and to navigate the pathway of support to ensure the right help is provided at the right time.
- To continue to build on Coventry's Father focus work that enhances the involvement and engagement of dads and male carers across the city.
- Baby massage for dads delivered in the evening or weekend to target dads who are working and improve bonding and attachment.
- Create a culture shift with family hubs, and partners including midwifery and health visitors.
- Father focus Groups- 15% of current parent voice members are representative of local community groups and include young parents, parents from ethnic minority communities & dads. 40% have a child in the first 1001 days.
- To continue to build on Coventry's Father focus work that enhances the involvement and engagement of dads and male carers across the city.
- Father focus promotion film to create awareness of fathers being part of their child's life, promote family hubs as an inclusive space.



# Transforming Father-Inclusive Practices: Testimonials of Impact

**Jane Moffat**  
**Coventry City Council**

"We are thrilled to be collaborating with Scott as we seek to transform our Coventry Family Hub and Start for Life offer. It has been so helpful to have many deep conversations about the importance of the role of fathers in children's lives and how we can enable our services to readdress the balance in our early help support to all parents. Scott's authentic, intelligent, sensitive, and compassionate approach resonates with our Coventry family values, and his work is contributing to our pledge to make Coventry the best city to raise our children in."

**Family Hub Manager**  
**Coventry**

"Fatherhood Solutions has completely transformed how we approach supporting fathers in our services. Their training opened our eyes to the importance of engaging dads early and consistently. The positive feedback from fathers has been overwhelming, with many expressing how they felt finally included in the parenting journey."

**Fiona Smith**  
**Durham County Council**

"Durham's journey of improving how we engage Dads and Male Carers started before the national Family Hub agenda, but Scott's involvement in developing Durham's Family Hubs has accelerated practice and thinking. Training Scott delivered has received excellent feedback and educated our workforce on the importance of paternal perinatal mental health. Scott's expertise, commitment, and passion have led to him providing mentorship, guidance, and direction. We regard Scott as a critical friend—relatable, with lived experience and shared ambitions to create positive change. He has gone above and beyond to support Durham and is our biggest supporter.  
Thank you, Scott!"

# Exciting News



**Fatherhood Solutions will be launching  
Baby Massage classes for Dads Led by dads  
on 26th October 2024  
in collaboration with Coventry City Council.**





Action Menopause Warwickshire  
Advocacy / Awareness / Education / Support



# Contact us

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