



As this is part of a project to find the best way to support new dads we will collect some anonymous data about the outcomes and ask you for some feedback.

If we are getting in right, then great, but if you think we can do better, then we want to know so we can make changes to the support we provide.

We are hoping to offer this service to all new dads across Somerset in the future and your input into the development of this service will be invaluable.

## How do I book an appointment?

We recommend that you book this appointment when your baby is around 4 weeks old but if a different time suits you then that is also fine.

We also offer appointments on Saturdays and during the evening for those of you that work.



To book your appointment please call  
01278 720270

This project is open to all new fathers and non-birthing partners who are registered with a GP in the following practices:

Cannington  
Cranleigh Gardens  
East Quay  
North Petherton  
Polden  
Redgate  
Somerset Bridge  
Taunton Road  
Quantock



# NEW FATHERS' PROJECT



## Congratulations on the birth of your new baby!

**We know that babies don't come with an instruction manual, so we offer every new dad in the Bridgwater area a 30-minute appointment with one of the health coach team.**

When a new baby is expected, mums rightly get a lot of support before, during and after the birth. We know that dads often miss out on the same level of support and aftercare.

We want to change this so that everyone can get the advice and guidance they need to enjoy parenthood.

Even if you have been a dad before, every baby is different. Parenthood can be particularly hard if you are struggling with something else in your life - whether it's money worries, physical or mental health concerns or addiction.

We want to make sure that all new dads and non-birthing partners are supported.

NHS Somerset are running an exciting new project at the Victoria Park Health and Wellbeing Hub. We are reaching out to all new fathers and will encourage you to come and meet with one of our health coaches.

They will provide a one to one appointment with time for you to talk through any concerns or ask questions. They will also tell you about anything going on in the area that you might find helpful or enjoy doing with your baby. They can also help you make appointments with other professionals if you need more specialist support.

If you are finding things tough, then we would particularly like to talk to you so that we can help you access the help and support you need. If everything is going fine then we would still love to see you so that we can share some really useful resources and information with you.

## What happens to my information?

We will write a summary of the information you give us. This will be included in your GP records. If we think you might need help, we will make sure your GP and Health Visitor are aware and will provide you with information on any the support available to you.

It will be up to you whether you take up any support offered. At the same time as your appointment, we will be running our "Unbreakable Men" project which is about supporting men with their mental health through sport. We can introduce you to this service if helpful.

Babies are also welcome to attend the appointment with their dads. There are changing facilities onsite. The site also has free parking and disabled access.

## What if we have a concern?

If we are really worried about you, your partner, or your baby because of something you have told us, we may need to share this information with other agencies. This is to keep everyone safe. Duty of Care is something all health professionals have to follow, especially if they are concerned someone might come to harm.

While this may sound scary, it is very unusual for us to have to do this. It is important that we are honest with you about how we consider and process your information, so you are clear from the start.