



Father Inclusive  
Practice Conference:

# THINK DADS



Delegate Pack  
October 4th 2023

# Welcome

SSBC are delighted to welcome you to  
the Father Inclusive Practice conference:

**THINK  
DADS**

This event has been designed for the family and children's workforce and supports the SSBC Father Inclusive Strategy.

Over the last eight years SSBC have been working with fathers/male caregivers and partners with the ambition to create systemic change to service delivery to ensure...

## **'Fathers in Nottingham City feel supported in their parenting role.'**

Today's event brings together colleagues, researchers and partner agencies who advocate for Father Inclusivity. Speakers will share their research and experience on what it means to be a father today and how as a city we can work collaboratively to break systemic impediments to fathers' involvement in their children's lives.

The Networking Space includes stalls from a range of related services. We hope you enjoy meeting other practitioners and learning about their work with families and experiences of embedding Father Inclusive Practice



Please visit the SSBC website where you will find the Father Inclusive Practice project page. Here you will find today's slide (06/10/23) and additional resources.

[www.smallstepsbigchanges.org.uk/knowledge-hub/our-projects/fip-overview](http://www.smallstepsbigchanges.org.uk/knowledge-hub/our-projects/fip-overview)

Join the conversation on Twitter  
**#thinkdads!**  
**@ncitycare\_ssbc**

# Agenda



# AIM



## 08.45 Registration and refreshments

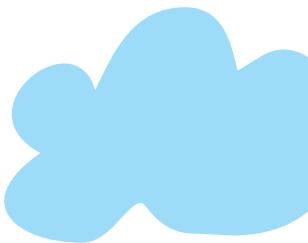
### 09.15 Welcome

Karla Capstick

*Programme Director, Small Steps Big Changes*

Alex Mighten

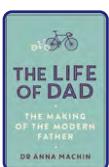
*Compere, Musician, Father*



### 09.30 Life of Dad

Anna Machin,

*Doctor of Evolutionary Anthropology, Writer and Broadcaster.*



Anna's book, '**Life of Dad**' brings together the latest research into fatherhood with real stories of new dads and their babies. Available to buy in the networking space today or to order [www.annamachin.com](http://www.annamachin.com)

### 10.30 Refreshments and Networking

Head to the Networking Space to find out about how organisations are taking a Father Inclusive approach to their work.

### 11.00 Co-creating a Father Inclusive Practice and Policy

**Ecosystem: Innovations through research with young fathers and father champions**

Anna Tarrant

*Professor of Sociology, University of Lincoln*



Anna's book, '**Fathering and Poverty**' is available to buy.



# PM

## 12.00 Q&A

Opportunity to ask questions to both speakers from the morning. Post questions using the QR code here throughout the morning:



## 12.30 Lunch

## 13.15 Afternoon Intro

Alex Mighten

Hear his fatherhood journey and song '**All Good (in the Fatherhood)**' written for todays conference.

## 13.30 Cultural Aspects of Fatherhood

Al Hurraya

Founded in Nottingham in 2014 with the aim of providing culturally specific intervention methods for people in BAMER communities.

## 14.30 Refreshments

## 14.45 Think Dads Campaign

Hear first-hand fathers' experiences of what is like being a dad today.



## 15.45 Closing remarks and evaluations

Karla Capstick



# Today's Speakers



## Anna Machin

Dr Anna Machin is an evolutionary anthropologist, writer and broadcaster. She is world renowned for her research into the science of fatherhood which she commenced at Oxford 15 years ago. She is passionate about sharing the science which busts the unhelpful myths which surround fathering and spends a significant portion of her time campaigning for better support and rights for fathers.

Anna is the author of **The Life of Dad: The Making of the Modern Father** (Simon and Schuster) and **Why We Love: The Definitive Guide to our most Fundamental Need** (W & N). She is the presenter of the ARIA nominated podcast 'How We're Wired' and is a regular contributor to TV, radio and print journalism both in the UK and abroad.



## Anna Tarrant

Anna Tarrant is Professor of Sociology and a UKRI Future Leaders Fellow. Her research expertise broadly focuses on men's care responsibilities, welfare and support needs, in low-income families and contexts and across the lifecourse. She is author of **Fathering and Poverty: Uncovering Men's Family Participation in Low Income Families** published with Policy Press in August 2021. This book is based on a Leverhulme Trust Early Career Fellowship, funded between 2014 and 2018, which explored how poverty processes and welfare change impact on the family participation of men.

Anna is currently the Director of the UKRI funded Future Leaders Fellowship study, 'Following Young Fathers Further' (FYFF). This qualitative longitudinal and comparative study extends existing evidence concerning the parenting trajectories and support needs of young fathers (aged 25 and under).



## Al-Huraya

Al-Huraya (which means Freedom) was founded in Nottingham in 2014 with the aim of providing culturally specific intervention methods for Black, Asian, Minority Ethnic and Refugee (BAMER) communities to overcome multiple adversities, including addiction and crime, to fulfil their full potential. They specialise in understanding each client's cultural context to either provide or connect them with practical help that makes sense to them.



## Alex Migheten

Alex Migheten (formerly known as Karizma) is a Nottingham born and bred, multi talented musician. Alex has supported hip hop royalty and had regular features on BBC, Kiss FM and Westwood radio shows.

He now creates thought provoking, inspiring and socially conscious lyrics over feel good music.

Alex first became a father in 2003. At 21 his life changed forever, and he found purpose, he knew he needed to be present and remains a strong father figure.

Alex has two more children that now live with their mother in the South. He's looking forward to sharing more about his journey with you all today.

*'Guilt will always be a prevailing emotion as a dad, especially with such a distance between us, but it's far less prevalent when I get to hug them each time we reconnect, so overall, it's all good in the fatherhood.'*

# The Networking Space

Find out about the organisations both locally and nationally that are taking a Father Inclusive approach to working with fathers and male caregivers.

## Shifting Your Mindset

Shifting Your Mindset is a voluntary organisation founded on ethical principles of love and inspiration. Their aim is to improve and transform the lives of men, fathers, children, young people and families in lower socio-economic populations by providing tailored support services, activities and events that help individuals to recover, rebuild and thrive. Supporting BAME fathers within Hyson Green, Arboretum, Aspley and Bulwell to be involved, confident, knowledgeable and engaged in their children's early years.



### Get in touch

**t:** 0115 9205665

**e:** [info@shiftingyourmindset.co.uk](mailto:info@shiftingyourmindset.co.uk)

**w:** [www.shiftingyourmindset.co.uk](http://www.shiftingyourmindset.co.uk)

## Zephyr's

Zephyr's provides support in Nottingham and Nottinghamshire for bereaved parents and families following pregnancy loss or the death of a baby or child, as well as for those who are pregnant or parenting after loss.

They provide training opportunities for staff, and a regular email/Teams update for healthcare professionals.



### Get in touch

**t:** Carly - 07915 995532

**w:** [www.zephrysnottingham.org.uk](http://www.zephrysnottingham.org.uk)

## Healthy Little Minds

Healthy Little Minds provides specialist support to enhance bonding and attachment at the earliest stage of the parenting journey.

Trauma experienced in the earliest years can dictate future social and emotional outcomes for children, and high-quality specialist parent-infant relationship support for families is vital.

We understand the unique experience of each family, provide compassionate support to identify their hopes and wishes for their baby, and empower and equip them to create a safe and nurturing environment. We are passionate about achieving the best outcomes for babies in Nottingham. We work in partnership with the community to provide support that is meaningful and responsive.



### Get in touch

t: 0115 876 1771

e: [hlm@nottinghamcity.gov.uk](mailto:hlm@nottinghamcity.gov.uk)

w: [www.smallstepsbigchanges.org.uk/healthy-little-minds](http://www.smallstepsbigchanges.org.uk/healthy-little-minds)

Referral forms are available on the SSBC website: [www.smallstepsbigchanges.org.uk/healthy-little-minds](http://www.smallstepsbigchanges.org.uk/healthy-little-minds)

## SSBC Family Mentor Service

Delivering Small Steps at Home

Small Steps at Home is delivered by service partners in four SSBC wards: Home-Start (Aspley), The Toy Library (Bulwell), and Framework (Hyson Green & Arboretum, and St Anns).

Family Mentors support the whole family as they adapt to life with a new baby; they provide evidence-based help and advice. The Family Mentor service is free for families who live in an SSBC area.



### Find out more

w: [www.smallstepsbigchanges.org.uk/family-mentors](http://www.smallstepsbigchanges.org.uk/family-mentors)



## Equation

Equation's Domestic Abuse Service for Men is a free and confidential service that supports men aged 16+ within Nottingham City and men aged 18+ within Nottinghamshire County. The service offers support to self-identifying men experiencing domestic abuse either with an intimate partner, ex-intimate partner, or familial relation. We work with all sexualities, ethnicities and cultural backgrounds, regardless of the gender of the perpetrator.

This specialist support is provided by a dedicated team of qualified Independent Domestic Violence Advocates (IDVAs) and Support Workers.



### Get in touch

Marie Bower:

**e:** [marie@equation.org.uk](mailto:marie@equation.org.uk)

Rachel Daley:

**e:** [rachel@equation.org.uk](mailto:rachel@equation.org.uk)

## Muzamal Rehman Trainee Clinical Psychologist

Muzamal a trainee clinical psychologist at Staffordshire University, Muzamal is an expert in the subject of fatherhood and is completing research entitled:  
**Do father involvement and intergenerational father relationships affect depressive symptoms?**

"Fatherhood is evolving. Societal changes have meant that today's fathers take on roles vastly different from fathers of previous generations, which includes an increased level of involvement in the care of their child. Research has shown that fathers can also experience postnatal depression, but not enough is known about the issues influencing this.

This study looks at father involvement, intergenerational relationships and their affect on depressive symptoms."

### Get in touch

**e:** [Muzamal.rehman@mpft.nhs.uk](mailto:Muzamal.rehman@mpft.nhs.uk)

## Equipped to Succeed

The equipped2succeed framework was created after recognising that knowledge, qualifications and skills are important, but they don't make the difference in people. Seeing wasted potential; seeing people failing to perform at their best, succeed and thrive in education, business and sports, and people held back by personal challenges and environment, made me look at how we could better equip people to do better – be self-determining, achieve more, and maintain their wellbeing.

Beverley and her team have been working with SSBC and partners to support our community to realise and achieve their full potential



### Get in touch

**t:** 07973 138345

Call, text or WhatsApp

**e:** [beverley@equipped2succeed.co.uk](mailto:beverley@equipped2succeed.co.uk)

**w:** [www.equipped2succeed.co.uk](http://www.equipped2succeed.co.uk)

## Everyturn

We provide a wide range of national services on behalf of the NHS and local authorities, including talking therapies, crisis support, dementia care, supported housing, nursing care and community wellbeing support.

Adults seeking support with mild to moderate levels of mental health issues in Nottinghamshire are able to refer themselves to our free NHS Talking Therapies service – no need for a medical referral. You can also refer your clients with their consent (referral takes just a few minutes and can be done via phone, or online).



### We are here for you

**t:** 0333 188 1060

**e:** [notts.iapt.admin@notts-talk.co.uk](mailto:notts.iapt.admin@notts-talk.co.uk)

**w:** [www.notts-talk.co.uk](http://www.notts-talk.co.uk)

[www.everyturn.org](http://www.everyturn.org)

## Maternity Voice Partnerships

Maternity Voices Partnership (MVP) is an NHS working group that aim to review and improve maternity services by putting the experiences of women and their families at the centre. The Nottingham and Nottinghamshire MVP aims to bring together representatives from organisations involved in maternity care and people who are pregnant and their families.

Professional members of the group include midwives from both Nottingham University Hospitals Trust and Sherwood Forest Hospitals Foundation Trust, representatives from the Clinical Commissioning Groups in our area, as well as representatives from City and County Council. Our MVP is also linked in to local charities such as Zephyr's and The Emily Harris Foundation, who support local families. The MVP also have a great team of passionate volunteers who represent and reach out to local women and their families.

Maternity Voices Partnership is eager to hear what was good about care and what could be better. Sharing experiences helps to improve the maternity services in the future.



### Get in touch

e: [nnicb-nn.maternityvoices@nhs.net](mailto:nnicb-nn.maternityvoices@nhs.net)  
w: [www.nottsmvp.co.uk/contact/](http://www.nottsmvp.co.uk/contact/)

## SoJo Animation

Sojo Animation is an excuse to celebrate the wonderful imaginations of children. Each project is an exploration into the creative thought processes of little ones, inspiring puppetry, digital animation, or sometimes a mixture of the two at the same time.

Check out her amazing animated series produced for 0-4 year olds here:  
[www.smallstepsbigchanges.org.uk/  
fun-with-little-ones/sojo](http://www.smallstepsbigchanges.org.uk/fun-with-little-ones/sojo)



### Get in touch

e: [hello@sojoanimation.com](mailto:hello@sojoanimation.com)  
w: [www.sojoanimation.com](http://www.sojoanimation.com)



Available to download  
in 7 different languages.



## An information pack for new fathers

Packed full of information for parents and caregivers



Small Steps Big Changes  
- giving every child the best start in life

Packed full with  
lots of advice  
to help guide  
you through life  
as a new dad.



### We've got pregnancy and the first few months covered.

- Employment rights and benefits
- Preparing for labour
- Bonding with your baby
- Looking after yourself
- Breast, bottle & formula feeding
- Safety in & out of the house
- And much more!



Pick up a copy from your Family Mentor  
or download it here

[www.smallstepsbigchanges.org.uk/download-dads-pack](http://www.smallstepsbigchanges.org.uk/download-dads-pack)

# Notes ↵

Join the conversation **#thinkdads!**

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# Look out for

Filming will be taking place throughout the day; you may also be invited to share a few words. If you would not like to be filmed, please could you make a member of the SSBC team aware.

## Evaluation Form



We really value your feedback, please could we ask you to complete the form as you go throughout the day and hand into the registration table as you leave.



## Upcoming training & conferences

### Think Dads! training sessions

<https://www.eventbrite.co.uk/e/520540138567>

### Organisational Trauma in Our Communities

13th March 2024

<https://www.eventbrite.co.uk/e/624360357637>

# Thank you

We hope you enjoy today's conference. If you would like more information about Small Steps Big Changes, including upcoming training and events, please visit our website or follow us on social media.

 [www.smallstepsbigchanges.org.uk](http://www.smallstepsbigchanges.org.uk)

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 [smallstepsbigchanges](https://facebook.com/smallstepsbigchanges)

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