

Perinatal Services in Sutton- Dad's Focus Group 26.09.2019

Dads Group:

1. xxxxxxx - attended
2. xxxxxxx - attended
3. xxxxxx (LBS) DNA
4. xxxxx – attended (with son)
5. xxxxxxx - attended

We also had a woman from NHS Help Yourself to Health come along.....

Purpose- to explore what information/services are required for dads whose partner is pregnant or child is 1 year old or less

Use this focus group event to:

- Explore dad's mental health needs and what services may be put in place to help
- Information and advice on website
- Agree with HW recommendations from survey

[..\Perinatal Mental Wellbeing Report FINAL.pdf](#)

Outcomes

- 1.
- 2.
- 3.

Methodology

Focus Group

Informal discussion on what services information may be required and reviewing HW report and recommendations

Intelligence

All dad's present felt there is a need for more provision for dads/partners. Talked about existing services they had accessed which were limited but included books which had been helpful and a group run by the Hope Church called 'Good Fathers' it meets on first Saturday of the month at Robin Hood Infants, has parent and child session and then occasional Dads days out. Books which had been useful – 'Man v's toddler' and 'Pregnancy for men' The results of the survey resonated with all of them in terms of some had been given some information in pregnancy stage – notably through NCT some had limited input re the impact on dads and dads needs and some had nothing.

All felt the need to be more included in the ante-natal and post-natal stage, to have more information about processes and procedures and roles of the professionals involved and what their partners were going through – impact on body and emotions at different stages.

Recognition that appointments and services during the day were potentially difficult for partners /dads to access due to work commitments and if dads are main carers although they are billed as open to all carers/parents they were predominantly female in practice and could be difficult to attend especially if dad felt uncomfortable.

The group talked for a long time and it was evident there is a need for a forum/space for them to share experiences and talk and they all wanted to feel able to do things with their babies and children.

Three of the dads there had completed the survey but the third had not seen it – he had picked up the info about the focus group but missed the survey

Suggestions

Information on the health visiting website for Dads – links, apps, resources, videos and webinars, – maybe of ante-natal talks/sessions which Dads could access in the evening when they are home.

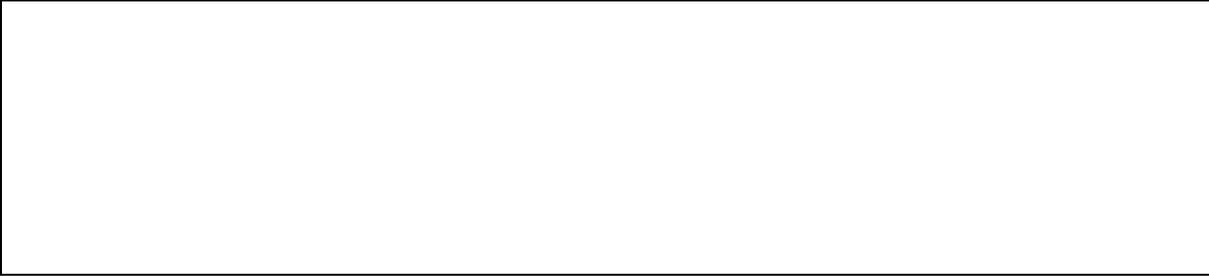
Find ways to include partner/dad from the start if possible – email/write to both parents re appointments, information provision so that not everything is channelled through mum.

Think about how we 'get to' dads/partners, same methods we use for mums may not work i.e they all said they didn't know about the health visiting website and didn't follow on Facebook – but if they knew about it and it had resources aimed at them they might?

Would be really useful to have a way of sharing things like where are the baby and family friendly places in Sutton i.e. baby changing places accessible to Dads, places which are breast feeding friendly for family outings.

Data Analysis & Recommendations

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Next Steps and feedback

The group would be keen to be involved further and definitely would like feedback from the network.
All happy to be emailed or contacted by text.