

DIRECT SUPPORT FOR YOUNG DADS AND DADS-TO-BE IN COUNTY DURHAM



- Are you a young dad or dad-to-be (aged under 26)?
- Feel like you are the only young dad in the world?
- Worried about becoming a young dad?
- Sometimes find it difficult to cope as a new parent or young family?
- At times feel like the world is against you?
- Want to get out of the house and be more active?
- Want to meet, chat, or spend time with other young dads in your position?
- Looking for things to do and places to go for free with your child(ren)?
- Want to learn new skills, gain qualifications, and become a more confident and capable dad?
- Need a little help and support to get back on track or stay on track?

Supported by County Durham's Family Hub and Start for Life programme, we are delighted to offer the following services to young dads and expectant fathers in County Durham >>



Durham Young Dads Project

ABOUT: Supported by experienced Young Fathers Support Workers and Peer Enablers with lived experience of being a young dad, the **Durham Young Dads Project** will provide a variety of direct support to young dads and dads-to-be including:

- Face to face and online support.
- Individual help to address key challenges and difficulties.
- Help to attend key meetings with other services and professionals.
- Support to 'get out of the house', meet new people and try new things.
- Family focused activities including 'Stay and Play' sessions.
- Father focused social and recreational activities including young dads groups, cycling, 5-A-side football, and video gaming.
- First aid, parenting, and relationship skills sessions.
- Employability skills.
- Volunteering opportunities including film making, peer research and the development of a Young Dads Council.

Restrictions: This service is offered to young men including non-birthing people (aged under 26) living in County Durham (excluding Darlington) from the point of conception (pregnancy) until baby turns 2 years old (this is called the perinatal period). As gender is self-identified we welcome referrals from trans young men and nonbinary individuals who identify as fathers. This includes those who are in the role of a male care giver, for example stepparent or sibling guardian.

**FIND OUT
MORE....**

We welcome self-referrals directly from young men and professional referrals (shared with the express permission of the young man). For further information or to make a referral, please contact:

Doug Laidlaw (Programmes Manager) by Telephone or Text (Mobile: 07990 164449) or Email info@neydl.uk

About North East Young Dads and Lads (NEYDL):

Established in 2017, we are an award-winning parenting support charity that works with marginalised and disadvantaged young dads and expectant fathers (aged 25 and under) in the North East region of England. Our vision is for young dads to be valued and supported in their role as parents. Our mission is to enable young dads to play a safe, active and meaningful role in their children's lives, by **supporting and connecting** young dads and **influencing** wider practice.



FIND US ON: Charity Website: www.neydl.uk | DigiDAD Website: www.digidad.uk

