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# We are recruiting Volunteers

## Are you a dad?

Would you like to make a difference?  
Can you help us to support new dads and dads to be?

Our Dad Matters Volunteers or DAD CHAMPIONS offer support by meeting up with dads and talking to them, signposting them and encouraging them to reach out.

*For more information, please get in touch*

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**HOME  
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Glasgow North and  
North Lanarkshire



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# DAD MATTERS

*to mum, to baby, to everyone*



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### What is Dad Matters?

Dad Matters supports dads to have the best relationships with their families. We recruit volunteers to help dads understand the huge benefits of the early days of parenting, from bonding with their baby to understanding the benefits of being an active support mechanism to mother and baby.

### What kind of dads will I be helping?

All kinds of expecting and new dads can find it hard to cope for all sorts of reasons, these may include supporting mum with perinatal mental health issues, dad's perinatal mental health, child loss and miscarriage, children with disabilities, and loneliness etc. At Dad Matters we support any dad who asks for our help. Our new dads, like our volunteers, come from all walks of life.

### As a volunteer what would I actually do?

Our outreach volunteers meet dads in various places, such as at events (typically in local community centres or venues), through organised groups and in some maternity settings. They also offer online/remote support and assistance if appropriate. We have volunteers who have lived experience of various dad situations and they are able to pass on their knowledge to help other dads.

### What would I get out of volunteering?

A chance to help dads and their families really thrive and feel connected. Knowing you have helped will give a boost to your self-esteem and confidence. Volunteering may even help you get a foot on the ladder towards a job.

### Do volunteers get any training?

Yes. The recruitment, induction, training and ongoing support of all our volunteers is really important. You will be supported during your training and throughout your contact with dads. There are many development and networking opportunities within the wider Home-Start family.

### Do I need any qualifications?

The only real 'qualification' is experience of being a dad. Friendliness and a caring attitude are essential as well as an understanding of the pressures of early parenting.

### Can my support and friendship really make a difference?

Yes, all parents know that those early days are vital in a child's life and at Dad Matters we believe dads have a key role in creating a secure childhood for their children, it's just sometimes they need a bit of help... your help.



*“ I have experienced all the ups and downs that being a dad can bring, that's why I chose to volunteer with Dad Matters as I feel that I have something I can share and can help new dads with what lies ahead! ”*

