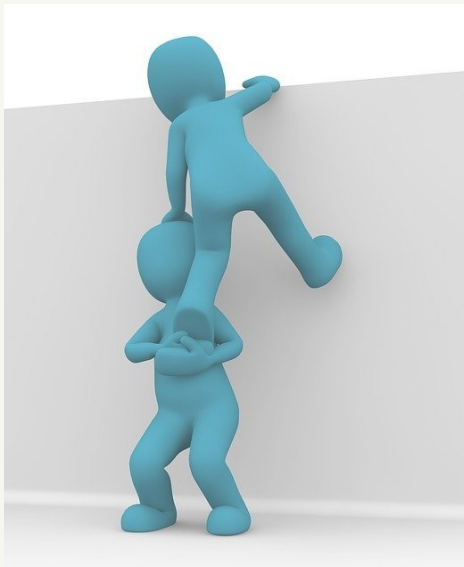


## What is our referral process?

Fatherhood Community Solutions (**FCS**) has an 'open' referral system which means that anyone, such as statutory or voluntary sector professionals, as well as individuals who are self-referring, can access the service.

Our experienced staff are part of a wide range of frontline workers based in and around social care, education and the voluntary sector, who regularly engage with fathers at all levels and in all situations.

### **\*FCS will provide progress reviews\***



### **\*One to One Wellbeing and Fitness exercise sessions**

- Nutrition review
- Body Stats measurements
- 1-2-1 personal training advice

### **\* Whatever sessions are required by the service user.**

## Contact Us

**For more information about Fatherhood Community Solutions CIC, and to discuss our services and costings:**

**Call us on:**

0844 334 2748

07880862858

**Or**

**Email on:**

[fatherhoodsolutions@gmail.com](mailto:fatherhoodsolutions@gmail.com)

**Website:**

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



© fcs/brochure/2021



**Because being a father casts a long shadow**

Fatherhood Community Solutions (**FCS**) offer tailored plans to support healthy relationships wherever possible.

Our services includes the management of risk and support with relationship breakdown; which can impact their overall abilities and cause distressing situations for our service users.

Whatever circumstances our service users' face, this period can be challenging on their mental health, relationship conflict, financial stress which can impact on their well-being that can adversely affect the mental health of father and or carer's.

**"Men are more likely to suffer from mental health issues in silence".**

**"Men are unlikely to have support networks and access to support services".**

# About Us

'Fatherhood Community Solutions' (**FCS**) CIC is a community organisation whose primary objective is to promote inclusion and access for Men, Fathers and Carers.

We at **FCS** understand that there is a significant gap in services for our service users within their communities, the wider businesses and governmental organisations.

**FCS** will support, promote and explore a range of services needed by our service users'. Several of our services are specific to the direct needs of men in the community, primarily those with issues surrounding access to their child/ children.

Our aim is to offer a range of 'non-clinical' services that are not readily or easily available in the community currently. Offering practical support to our service users' overall wellbeing, which can help towards positively affecting their roles as men, fathers and carers.

# Our Services:

## **Initial Assessment will enable us to:**

- Gather and obtain relevant information to identify what support is required.
- Have a more comprehensive understanding of the situation(s) our service users' find themselves in.

## **Mentoring**

Provides support in a way that reflects the service users' diverse needs, Time to listen, give practical help and support where required.

## **Mediation**

Where requested by our service users, and mutually agreed by all parties. FCS will assist in mediation services to resolve disputes and preventing conflict between parties.

## **\*We do not provide pre-court mediation\***

## **Conflict/Problem Resolution skills**

- Conflict Coaching helps them build strategies to deal with situations causing high levels of stress or difficulties they may be facing.

## **Structured Programme Interventions**

- Provide workshops relevant to our service users, and short course relating to self-esteem, to empower them to be more proactive and participants in their child/children's lives.

## **Money Matters Finances Budgeting and Debt advice:**

Management of finances and assistance for those confronted with financial challenges.

## **Mind-set**

On this course, we introduce 'Mind-set' as (the set of assumptions, methods, or notions held, arising out of our worldview or philosophy on life). Why it matters, and how it can (*and does*) affect our behaviours.

## **Coach Facilitation**

- Check in session – personal welfare.
- Explore progress of personal and recommended goals.
- Identify risks and agreed responsive management.
- Discuss evidence of and introduce life skills.