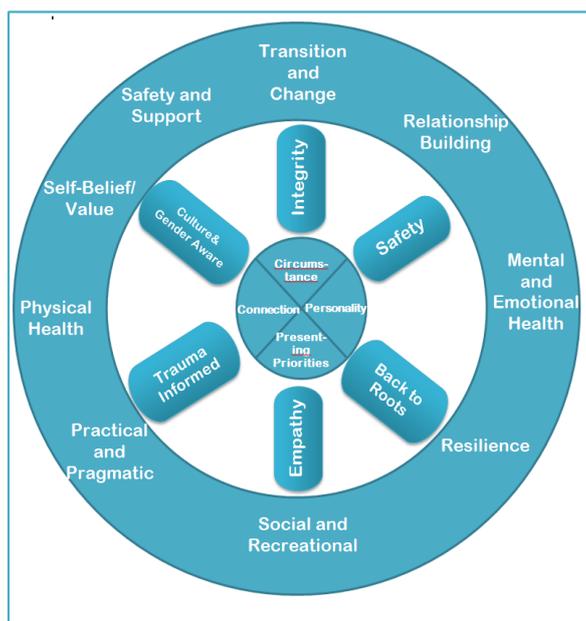


The Fathering Families Project

A Holistic Approach

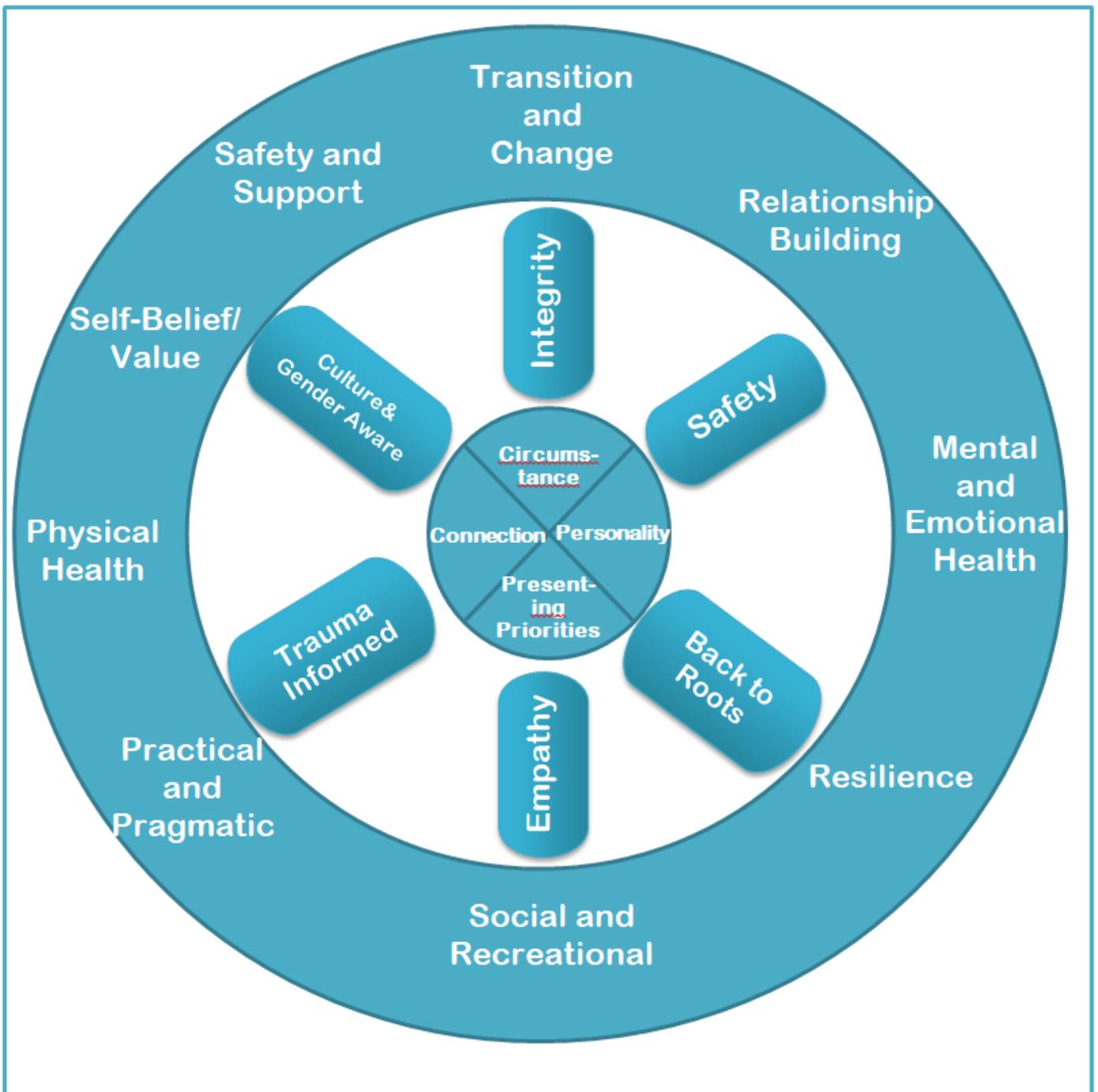


FATHERINGFAMILIES

HELPING CREATE HAPPIER, STRONGER, CONNECTED FAMILIES



The Fathering Families Project: A holistic approach



Introduction

The Fathering Families [FF] Project has been developed and facilitated by Men's Action Network [MAN] as the lead partner with collaboration from Fermanagh Women's Aid [FWA] as a formal partner. It is funded through the Community Fund's Supporting Families Fund which has a specific aim to support families in Northern Ireland to improve their children's lives by building strong and nurturing relationships. Desired shared outcomes are that;

- more families will have greater skills, knowledge and understanding to overcome adversity
- more children and their families will come together and learn
- more children and their families will be part of the community that they live in.

The interventions and process offered by MAN to achieve these outcomes and the overall Supporting Families aim was to *“create a supportive family experience wherein families facing challenges will be addressed and improved within a holistic project that will meet a multiplicity of needs”*.

In the applications and subsequent annual monitoring reports clear and precise information is provided by MAN in terms of the FF activities and the results against targets. This statistical evidence will prove useful for the final evaluation report at the project end. However, the three years of the project duration has brought with it a steep learning curve aligned the need to be flexible and focused in response to the challenges and opportunities that have arisen.

MAN has commissioned two briefing papers of which this is the first to attempt to capture the learning and capacity development requirements of the project.

This first briefing paper seeks to analyse the “holistic” approach offered by MAN and how this approach was responsive to the ongoing learning from the project delivery over the first three years. It is presented as a “wheel” model¹ as a way to aid replication to assist shared knowledge transfer in the future. It is intended to inform the project partners, the Community Fund and a wider audience of stakeholders of the formulations and model of working, in particular the nature of the “holistic” project and FF Project required interventions that have emerged through the phases of project development to date.

The second briefing paper will provide desk research on the policy and practice requirements for a “men centred” and “father centred” approach to meet identified need to support active fathering resulting in positive outcomes for children.

A final evaluation report will report on the activities, impact and outcomes of the FF project. It will provide a summary of the learning from the project and offer a rationale for the actions taken or that need to be taken in the future for this and/or similar programmes. Within the context of the FF this first briefing paper focuses on project capacity building requirements. Project capacity development² is the process by which the individual men and the project partners MAN and FWA develop, and sustain the skills, knowledge and understanding they need to improve children's lives by building strong and nurturing relationships.

¹ Reference documents used to support the development of the model are included throughout the paper

² Capacity building and Capacity development are used co-terminously in this paper.

Section 1: Fathering Families Project Overview

In the Community Fund³ Stage 1 application the Fathering Families project purpose is set out as; *“to enable a significant number of children from pre-birth to 12 years to have a positive lived experience of active fatherhood with the males who carry out the ‘father’ roles within these families”*. This was further explained in the Stage 2 application as the creation of a supportive family experience inclusive of children and adults. The change, while minor, is significant in that there was increasing recognition of the need to build and improve emotional health, well-being and resilience of children and families though increasing the ability and confidence of men who may or may not be the biological father to be active and positive fathers within a family setting.

Identified need for the project includes;

- The lack of recognition by many social partners that assisting children is achieved through assisting those who positively carry out their parenting roles as mothers, fathers or primary caregivers.
- An emphasis in parenting literature and research on “separated” fathers in a co-parenting context and the consequences for parents, children and the family unit as a whole.
- The “invisibility” of social fathers and biological male parents as primary caretakers struggling to cope with family crises and the needs of children in families
- Little or no understanding of the need for and requirements of “a men centred approach” that values fathering and provides assistance for children as well as those who carry out the fathering role.
- Gap in policy and initiatives that promote the well-being of children through their positive experience of fathering within a wider family dynamic.
- Lack of formal articulation of an approach or model of work that provides innovative and additional interventions to address the identified needs to build the capacity of biological and social fathers to engage children in a process and activities that build supportive family experiences
- Lack of a gender equality impact assessment and informed response to the consultation, design and implementation of activities and a process that meets the needs of male service users.
- The potential confusion and ambiguity as to what is meant by a holistic project and the ways in which this can be understood by others.

A holistic approach emphasises that the situation that it intends to address should be considered as a whole, not just addressing individual elements. In the FF project, it seeks to take into account all the factors that contribute to the development of men as fathers who are participants’ in the project. The FF Project holistic model as it developed into practice is the focus for the briefing paper to share learning to date and to formulate future planning and implementation.

³ Previously known as BIG Lottery Fund

Section 2: The MAN FF Holistic Approach

2.1 An Interconnected Approach

The primary aim of the MAN FF project, as stated previously, is to create a supportive family experience wherein families facing challenges will be addressed and improved within a **holistic project** that will meet a multiplicity of needs.

Holistic is a term derived from the theory of Holism which states *that “the parts of any whole cannot exist and cannot be understood except in their relation to the whole; holism holds that the whole is greater than the sum of its parts”; that parts of a whole are in intimate interconnection, such that they cannot exist or be understood independently of the whole*⁴. In simple terms it is about knowing that each part affects the whole.

The FF Project approach seeks to identify and interconnect the key “parts” within in each family and each individual within that family in order to understand their lived experience of family life as a whole. The FF Project interconnections are circular rather than linear. The use of a behaviour change model⁵ as a framework for clarifying need and interventions is not unique in itself What is unique is the context with the FF Wheel as it has emerged through practitioner experience and expertise, the contribution of service users themselves, the use of quality assured tools, collaboration with social partners and the drive to increase awareness, and sensitivity when engaging with men to design and provide services to meet their expressed need.

2.2 The Pivot

The pivot around which the FF Wheel revolves is the individual man, child or woman using the FF Project. The Wheel as a whole is used to understand the uniqueness of their physical, mental, social and emotional state, origins, impact, manifestations and consequences or outcomes for each person. The Wheel recognises the distinctiveness of the individual male’s needs and required response.

While the individual man who uses the FF Project or MAN’s services is the pivot of the wheel, there is an understanding of the crucial importance of the other people, partners, children, wider family members who affect and are affected by the individual man who is carrying out the fathering role within a family unit. It seeks to identify and understand the needs that occur as a result of the dynamic within the family, the interconnections that occur among and between women and children as well as men to promote and build positive lived experiences of family life.

⁴ <http://guidingwellness.com/wellness-and-holism/what-is-holistic-health>

⁵ Michie, S., van Stralen, M.M. & West, R. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Sci* 6, 42 (2011). <https://doi.org/10.1186/1748-5908-6-42>

Service providers, whether MAN, Fermanagh Women's Aid or other social partners are needed to work collaboratively to meet the "I am" needs of adult men, women, children, young people and others within the wider family support network to understand why and what is happening.

2.3 I am a Father

A core concept of the FF project was and is to focus on the needs of those carrying out fathering roles in families. This innovative approach targeted for participation the social element of fatherhood in contrast with the biological. Changing structures in understanding diverse models of family life has led to the need to develop responses that capture the needs of all those involved in a fathering role.

Previous research⁶ resourced by the Community Fund in NI had set out the evidence of the need to value and support fathers in the same way that the contribution of mothers is acknowledged. The "Dad Factor" paper key messages⁷ were

- Dads play a significant role in improving outcomes for children.
- The culture of our society needs to embrace fathers' roles as vitally important.
- Policies need to explicitly name and include fathers.
- Service provision has to be inclusive of fathers, and to be based upon evidence and models of what works.
- There is a need for more primary research as well as the collation of existing data on fathers in Northern Ireland.

The paper collated clear evidence on the impact and positive outcomes that fathers could have in the lives of children and young people. The collaborative partnership⁸ involved in the research promoted the need for family support services to become more inclusive of fathers and seek to meet their specific needs.

The acknowledgement of the presence and role of "social fathers" has emerged from the 1980⁹s. The term "social father" refers to the social element of fatherhood in contrast with the biological. Often it is used to describe a father with no biological children in a relationship with a new partner who has children but where he is not their biological father.

⁶ Dads Direct & Sneddon, H. (2015) *The Dad Factor in Northern Ireland: How Fathers Improve Child Outcomes*. Briefing Paper. Belfast: Dads Direct.

⁷ Ibid pg. 3

⁸ Child Contact Centres, Family Mediation NI, Home-Start, Men's Health Forum in Ireland, Parenting NI, Relate NI, and Sure Starts. The group seeks to build upon the highly successful work undertaken by the Big Lottery funded Man Matters project between 2009 and 2014.

⁹ <https://onlinelibrary.wiley.com/doi/abs/10.1002/9781119085621.wbefs200> Abstract

The innovative approach taken by the FF Project was to profile for support all those, including social fathers¹⁰ who could and would provide improved outcomes for children engaged with their project.

MAN found through the FF Project that the profile of social fathers is inclusive of;

- Family members e.g. older brother, grandfathers, uncles and other males from the extended family where the biological father is absent.
- “Stepfathers” who don’t have biological children but are undertaking a fathering role in a family setting

Additional cohorts of men were identified who were carrying out a fathering role within the families assisted by the project. These were;

- Men who are a biological parent with a previous partner who are now in a relationship with a new partner with children where he is not the biological father but with whom he is carrying out a fathering role.
- Biological father no longer living with any partner but with biological children. They may or may not be able to fulfil their “fathering” role for diverse reasons.

A key aspect of the project from its inception had been to ensure that its holistic approach integrated and valued the presence of women as mothers and “primary caregivers” alongside the fathers. With the support of their project partner, Fermanagh Womens Aid attention was given to the needs of the children and mothers participating as families in the FF Project. Consequently, an additional cohort emerged i.e.

- Biological Father and Mother together with their own children.

Throughout the project, the drive to achieve positive impact and outcomes for the children and young families within the dynamics of diverse parenting relationships was paramount.

The innovative FF Project approach was and is to achieve those outcomes through connecting and responding to the needs of the family unit as a whole and not just constituent parts i.e. children; fathers and mothers.

¹⁰ MAN Reaching Out Supporting Families application pg. 9.

This required the expertise and experience of others in particular Fermanagh Women's Aid to offer guidance and advice to the project as well as the service provision for women and children and diverse social partners providing their own expertise for individuals or the family as a whole.

The commonality and diversity of need for families to develop and sustain a positive lived experience of active fatherhood remains the core of the FF project. The process of engagement and response to needs and the connection with impact and outcome is outlined in later sections of the paper.

2.4 Understanding The Why of What's Happened?

Individual needs assessment unravels the complexity and interconnectedness of what is impacting upon the life of the individual as well as the planning and resources required to improve and enhance their life. In recent years there has been a significant shift "*in providing support using a trauma-informed approach is to move from thinking 'What is wrong with you?' to considering 'What happened to you?'*".¹¹

The FF Project considers three key sources **Circumstances; Personality and Connections** to enable a holistic assessment and shared understanding of "what's happened to you" for the males who carry out the 'father' roles within the project family participants. The analysis is used to increase awareness for the men involved on how this impacts upon the positive experience of fathering for the children.

2.4.1 Circumstances Including Adverse Experiences

The World Health Organisation offers a simple statement of explanation for Adverse Childhood Experience [ACE]

*Adverse Childhood Experiences (ACE) refer to some of the most intensive and frequently occurring sources of stress that children may suffer early in life. Such experiences include multiple types of abuse; neglect; violence between parents or caregivers; other kinds of serious household dysfunction such as alcohol and substance abuse; and peer, community and collective violence.*¹²

¹¹ Sweeney, Angela et al. "A paradigm shift: relationships in trauma-informed mental health services." *BJPsych advances* vol. 24,5 (2018): 319-333. doi:10.1192/bja.2018.29

¹² https://www.who.int/violence_injury_prevention/violence/activities/adverse_childhood_experiences/en/

Current policy and practice in health and social care systems is influenced by the understanding that an individual's cumulative ACE experiences has a significant correlation, impact and outcome with numerous health, well-being, social and relationship challenges throughout their lives.

For the FF Project, the learning from participants confirmed their previous working knowledge that adverse experiences are not confined to childhood but, for many males, continues from their recent adult past and/or in their current lives.

MAN believes that it is crucial that earlier intervention strategies and services are in place for younger male boys and adults in order to change the "turning of a wheel" that results in ongoing adversity and its impact in their lives.

2.4.2. Personality including thoughts, feelings, behaviours and motivation

Defining personality can be challenging but it is generally recognised as the *"long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways. Our personality is what makes us unique individuals. Each person has an idiosyncratic pattern of enduring, long-term characteristics and a manner in which he or she interacts with other individuals and the world around them"*¹³.

Understanding the patterns and consequences of thoughts, feelings and behaviours is an approach that underpins many preventative programmes and intervention programmes to assist safety and support for the individual.

The development of programmes and interventions that seek to enable individuals to understand the interaction between their thoughts, feelings and behaviours is used by MAN and its lead partner Fermanagh Women's Aid to underpin many of their relationship and support education programmes. These include preventative programmes with young people in educational and youth settings.

Within the FF Project significant emphasis is given to addressing anger as a particular feeling with associated thinking and subsequent behaviours. The Feelings Wheel illustrated in Appendix 1 is used as a core tool within the FF Project to enable participants. The need for men, women and children whether project participants or providers is considered by MAN to be a central requirement to build positive familial relationships. The Anger Management Module offered within the FF Project is developed from the work of the psychotherapist Gael Lindenfield¹⁴ based on a core concept that anger is a natural emotional response to threat, hurt, frustration or loss. Anger Management then becomes a healthy life tool while also recognising that anger can also be a dangerous force when it

¹³ Psychology. Authored by: OpenStax College. Located at: <http://cnx.org/contents/4abf04bf-93a0-45c3-9cbc-2cefd46e68cc@4.100:1/psychology>. License: *CC BY: Attribution*

¹⁴ <https://www.amazon.co.uk/Gael-Lindenfield-Managing-Dealing-Frustration/dp/B00160KA9C>

becomes destructive at any level. The module is designed to explore the emotion of Anger, the triggers to anger and how we choose to behave when angry.

There is a school of thought that anger management programmes can be used as a rationale to justify familial violence and to diminish the responsibility and consequences for the perpetrator.

An interesting article written by the John Howard Society in Canada¹⁵ outlines the difference between Anger Management and Domestic Violence Programmes. In summary it states that Anger Management programmes *“focus on anger as a misunderstood and misaligned emotion which often follows fear, depression, stress, fatigue or a perceived threat or personal attack. The situation which causes anger is not the problem, the unhealthy response to anger is the problem. Anger Management does not focus on partner relationship power imbalances that are present in Domestic Violence cases¹⁶”*.

It is this understanding of a healthy approach to addressing anger and other feelings allied with their practitioner experience that encourages and enables MAN to deliver anger management as an essential constituent element of the FF project programme.

Any programme based on thinking, feelings and behaviours needs to assess the participant's level of self- awareness and capacity to manage themselves and their relationships with others. For the FF Project understanding and assessment of participants' levels and sources of motivation to engage in the programme is essential to enhance the safety and support for all family members including their partner and children. It is also essential to sustain the integrity of the programme and the organisational quality assured approach to help promote the holistic well - being of society through the participation of men in self- help groups which foster respect for both men and women equally as well as working in conjunction with women's organisations and other relevant groups towards mutual understanding, social inclusion and equality.

2.4.3 Connected and connecting individuals, families and support

Lyn Worsley¹⁷ at the Resilience Centre, Australia considers how connections to support and resources contributes to strengthening personal resilience. Conversely isolation whether self-imposed or experienced as a consequence of life experiences can increase withdrawal, not feeling safe or secure with the subsequent undermining of personal resilience.

¹⁵ The John Howard Society is a non-profit organization committed to the development and delivery of programs that reduce the social, economic and personal costs of crime. <https://www.jhs-niagara.com/about-us/john-howard-society-of-niagara/>

¹⁶ John Howard Society

¹⁷ <https://www.open.edu/openlearn/ocw/mod/oucontent/view.php?id=64964§ion=2>

The holistic model that underpins the FF Project recognises the need to develop connections or reconnections for project participants whether individuals or families. Understanding the factors that inhibit or maximise opportunities for reconnection and seeking ways to mitigate the absence of connections and/or to strengthen emerging or current relationships with others, including other social partners is essential to the FF Project implementation.

2.4.4. Presenting Priorities

The presenting priority identified by the FF Project individual participant and/or family group can be varied from the pragmatic and practical to identified need for therapeutic interventions.

The importance of an individual robust needs assessment to ensure that emotional and mental health issues were identified and understood requires the FF Project to take a holistic approach that occurs at a number of levels.

- i. The use of a series of integrated tools including CORE, Warwick, Rosenberg and GHQ12 by trained practitioners
- ii. Information, where appropriate and ethically based, from other social partners. This may include referral details or safeguarding concerns either for the man and/or for other family members e.g. Signs of Safety or family conferencing.
- iii. Personal assessment and the recounting of life circumstances by participants as they share their life journey to date and their needs.

Within the FF Project MAN staff have continued to use this holistic assessment approach which combines the usefulness of the more formal data with practitioner expertise and participants' life journey sharing alongside their presenting priorities as fathers.

Appendix Two provides a summary of the presenting issues and responses required following initial and ongoing assessment of need for the FF Project participants. It is presented using the structure of the cohorts of social fathers referenced previously in this paper.

2.5 Assessment Process and Additional Needs

The assessment process undertaken in the FF Project takes into consideration the gaps between the individual's current state or circumstances and the driving and inhibiting forces that will influence and determine where they hope and need to be in the future.

In addition, the FF Project identified other considerations that emerged through the assessment process.

These are:

- Needs and priorities fluctuate, consequently the need for access to multiple services and support, whether in –house or from other social partners.
- The degree to which the issues arising in terms of needs were based on Adverse Childhood Experiences bringing a legacy from the past to the needs of the present.
- The presence, context and impact of domestic and sexual violence upon the lives of the fathers and how that impacts upon children and partners.
- How the presence, context and impact of domestic and sexual violence in the lives of the children and their mothers prior to being parented by a non-violent and non-abusive “social father” in the present may affect outcomes for a positive lived experience of active fatherhood with the men who carry out the “father “roles within these families”.
- How the capacity, confidence and levels of motivation of individuals to engage with the project and the support offered may also fluctuate.
- That needs assessment is not a one off event and some of the changes can arise as a result of the role as a social or biological father within the different cohorts outlined above.
- The lack of a gender awareness informed response by staff in diverse social partner agencies affects the help-seeking process of men from recognising and communicating the issues to sharing consequences, impact and outcomes for themselves and others.

This briefing paper has sought, to date, to analyse the requirements to identify, understand and assess the needs of FF Project participants using an interconnected wheel model that radiates from the response to the uniqueness of the individual person.

In the section that follows the wheel model is used further to describe the underpinning processes and values within the project.

Section 3: Connecting Individuals and Support

The spokes of a wheel are the connectors between the pivot and the rim. In the same way the process and values within the FF Holistic Model essential to create the connections between the individual participant and intended positive outcomes for children and parents. They are described briefly in the sub sections that follow.

3.1 A Trauma Informed Approach

In 2019 a report¹⁸ prepared for the Safeguarding Board Northern Ireland by a QUB research team referred to the identification of four key assumptions underpin trauma informed care. i.e.

- i. All people at all levels in an organisation or care system have a basic understanding of childhood trauma and adversity
- ii. Practitioners can recognise the signs of childhood trauma and its impact for service users and service providers
- iii. Trauma Informed Care is integrated from policy to practice including trauma-specific interventions
- iv. Assessment and response interventions recognise the significance of re- traumatisation which “can be present in any situation or environment that resembles an individual’s original trauma experiences, literally or symbolically, which then triggers difficult feelings and reactions (SAMHSA, 2014) ¹⁹”.

MAN is committed to raising awareness of the significance of re- traumatisation and its impact upon fathering and family lived experience for all its members, in addition to their engagement with practitioners and agencies i

The use of a trauma informed response within the FF Project was and is regarded as essential to promote safety and support, to avoid re-traumatization and to ensure that the voices of project participants are heard.

3.2 Back To Roots

Examining personal paradigms provides a framework to describe and understand the filters that individuals use to view the world and make meanings of their life experience. They are powerful

¹⁸ Bunting, L., Montgomery, L., Mooney, S., MacDonald, M., Coulter, S., Hayes, D., ... Forbes, T. (2019). *Developing trauma informed practice in Northern Ireland: Key messages*.

¹⁹ Ibid pg. 10

influencers that affect sense of self including self - belief and self-value. In the same way that previous and current adverse experiences need to be understood, so too views of self, often held from childhood impact positively or negatively upon the individual. Within the FF Project, the need to go “back to roots” to understand the present of the past in the now is a core constituent of the programme. When the individual begins to understand how their core beliefs and previous experiences influence the decisions they make every day, then they can begin to make informed choices about the behaviours and actions they want to adopt for the future.

A key learning from this project for MAN has been the realisation of the depth and significance of the adverse experiences and personal paradigms upon the sense of self and parenting approaches of the adults within the family unit.

At the same time the realisation has identified a need and driven a commitment to try to find ways to interrupt a cycle of the negative experiences of adverse circumstances and negative sense. MAN seeks to do so through preventative interventions and earlier disruption to assist self-actualisation and a sense of self pride as well as healthy relationships with others. Their strapline or hashtag often used within the project is “*I’m worth more; You’re worth more*”

For MAN, the learning from the FF Project has reinforced their commitment to address and strengthen the sense of self for children and young people at an earlier age and to create positive interventions to assist the adult men and women who are their parents and caregivers.

3.3 Creating Core Conditions for Transition and Change

As parents and children struggle with the transition of “hearts and minds” as they adapt to the loss and confusion that can be associated with the changing dynamics of “fathering families” the attributes and behaviours of the individual supporting the family is of paramount importance. Theoretical models of a person centred approach formulated by Carl Rogers outlines what those attributes and behaviours mean in practice.

Unconditional Positive Regard; a non –judgmental stance where the individual is respected as a human being and to experience a humanitarian approach regardless of whether or not we like or approve what they are doing.

Empathy; the ability to understand what the person has experienced and the feelings it has generated. When the empathy is advanced it may be possible for the person helping the individual to understand how the person is feeling even before the service user might do so themselves.

Integrity is used in the FF Project to describe the need for the individual supporting the father or other members of the family to be both genuine and ethical in that interaction.

The importance of these “spokes” of the wheel to connect the person with the support available is to emphasise the presence and value that the person helping will bring to the relationship and the overall service user experience of the project and programmes.

3.4 Culture and Gender Aware

Undoubtedly one of the strengths of the holistic approach and innovative aspects of the FF Project is that it recognises and responds to the requirements necessary to engage with men and to ensure that they are treated equitably in the shared space of parenting and support for lived family experience i.e. based on culture and gender sensitivity and equality.

Previous work²⁰ on promoting optimum health and well-being for men emphasised a series of principles and practice that needed to be integrated into service delivery to engage with men and to enhance their participation in programmes that enhance their lives as individuals and as part of a family unit. An additional module was developed in 2016 with a specific focus on engaging with young men in mental health and well-being.

Recent research²¹ By Robert Blum “*found that boys were more likely than girls to report adversity including physical neglect, sexual abuse and violence victimization. Moreover, boys facing adversity were 11 times more likely to be engaged in violence, compared to four times among girls*”²².

For MAN the need to address the holistic needs of young men to prevent their engagement in violence is crucial for the lives, not only of the young males, but for adult men and women of all ages who will be impacted adversely by the violence.

The learning from the information and process FF Project approach is summarised by Michael Lynch The FF Project Director;

“Men who fulfil a fathering role to their own or non-biological children are a product of the life factors they have experienced and the challenge is their ability to manage these in a positive way that is not detrimental to their health and well-being or to those directly connected/influenced by them as part of their family unit i.e. partner and child/ren. This requires prevention and earlier stages of intervention, as well as addressing current needs. The rim of the wheel is the final component of our holistic approach. It is constantly evolving and changing to meet the needs of the fathering project and the families who are the participants.”

This briefing paper has sought to identify the holistic approach and future interventions needed to sustain progress in meeting the needs of all family members within the Fathering Families Project.

²⁰ Engage National Men’s Health Trainers Programme 2012 <https://www.mhfi.org/training.html>

²¹ Blum, R. Li, M., Naranjo Rivera, G., 2019 Measuring Adverse Childhood Experiences (ACES) among Young Adolescents in a Global Experience, J. Adol. Health, 65:86-91.

²² <https://www.forbes.com/sites/bonniechiu/2019/05/28/gender-inequality-harms-not-only-women-and-girls-but-also-men-and-boys/#10a0dcc44d9f>

Appendix Two – Summary of Support for Social Fathers

Appendix Two Summary of Support for Social Fathers

Social Fathers Cohort 1. Biological Father and Mother together with their own children
Needs assessed
Depression; Low self-worth; finances (Loss of business); trauma; isolation; Lack of motivation; Suicidal attempts; Addiction/alcohol/drugs; Separation; Relationship counselling; Domestic abuse; international parental child abductions; Communication; Lack of Social support; bullying; Attachment issues; impulsiveness, trust; Controlling or Coercive Behaviour; Legal pressures; Sexual abuse
Support required
Food banks; GPs; out of hours; Social services; mediation; psychologist; Practical support

Social Fathers Cohort 2. Biological father with his own children in relationship with new partner who has children but not their biological father
Needs assessed
Grief (Miscarriage) anger; depression; Marriage separation; Communication; Conflict resolution disconnection; Housing; Finances Access; Parental alienation; Bi-polar; trust; rejection; Addiction/ gambling; Sexual relationship/abuse issues; infidelity; Controlling or Coercive Behaviour
Support required
Clothing/food banks; Couple counselling; Mediation; Mental health teams; psychologist; GPs; Out of hours

Social Fathers Cohort 3. Social father with no biological children in relationship with partner with children he is a social father to.
Needs assessed
Neglect; boundaries; Parenting styles; Experience rejection or preferential treatment; Role expectations; depression; hypervigilance; Objectivity/ values beliefs; impulsiveness, desire for control; Lack of trust; emotionally unavailable parent; Controlling or Coercive Behaviour; Libido issues; Culture / beliefs
Support required
Practical support; health care

Social Fathers Cohort 4 Family member Grandad/uncle/cousin etc. having a social fathering role to a family member who is a single mother.
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Needs assessed

Panic attack; isolation; depression; trauma; Health decline issues; identity; Social phobia/anxiety disorder; Suicidal ideations; Role reversal / confusion; beliefs; boredom; Fear of dying; Guilt/shame Unachieved goals

Support required

Practical support; health care

Social Fathers Cohort 5 1.Single parent (male)

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Needs assessed

Experience rejection; isolation; Lack of motivation; Attachment issues Lack of Social support Homelessness Access to children Finances/poverty depression Employment lack of Parenting/masculinity Life style/wellbeing Separation /divorce Identity and purpose Family dynamics/ influences Inter & intra personal relationship issues Nurturing children Opposite sex father daughter advice
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Support required

Clothing/food banks; Welfare aid Child care Practical support
