

## **Bump, Birth & Beyond: peer support for dads**

### **Film transcript**

#### **Scott**

From the one-to-one sessions that were predominantly done over Zoom, I decided that we could develop a bit of a group out of it, and we could do meet-ups and WhatsApp groups, you know, it's all a bit stereotypical now, but this was the start of lockdown so it wasn't happening quite so much.

And, I found that doing the Zooms, I would do one-to-one sessions, and if I felt the dad was ok and he was in a place where he could interact with other fathers, we'd do a group Zoom. And the ones that were maybe a little bit unsure about talking could have their camera off, and the ones that maybe just wanted to listen and want that reassurance from other fathers.

And sometimes younger fathers maybe would just take a step back and let everybody else talk, and then there would be something that they could maybe connect to. And then the camera comes on, or at least then they speak with the camera off, and they interject into the conversations. So, I've seen that a bit more.

And we moved that into, once obviously the lockdowns had gone, we could meet up, and it was walk and talk, or even meet at the pub, or bring the baby and just to have a chat to other dads. And they say that men don't talk, it's not true. They just need the permission and the platforms to do so. Men will heal men.

So, what we sometimes think is a father at crisis point, who's really, really struggling. When you actually speak, they just want someone to talk to. Sometimes I speak to them a couple of times and I don't see them again, that's it.

## Get in touch

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