

# Empowering Fathers for Better Futures

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Investing in the Early Years for Health and Happiness –Shifting Your Mindset

Working in partnership with



**SHIFTING**  
**YOUR MINDSET**  
*Empower • Inspire • Heal*



**Shifting Your Mindset's Dads Programme!**





# WHY WE DO WHAT WE DO: Importance of Early Childhood Development

- Early childhood experiences shape lifelong health and well-being.
- Investing in the early years ensures better outcomes for children and families.
- SSBC recognises the critical role of fathers in promoting positive child development and family resilience.
- The BAME DADS project is a three-year initiative dedicated to addressing the distinctive challenges confronted by fathers in black and minority ethnic (BAME) communities.
- Centred on empowering and supporting BAME fathers in actively engaging with their children from pre-pregnancy to age 4, the project seeks to redefine societal norms and dismantle cultural stereotypes.

# Recognising Local Strengths



SSBC operates in diverse, higher-need areas of Nottingham, where community strengths are abundant.



By partnering with local organisations such as ours and engaging community members, SSBC identifies and leverages existing assets to support families.



The Dads Programme fosters a culture of collaboration and empowerment, enabling communities to drive positive change.

# Commitment to Equity and Change

- Through the Dads programme funded by SSBC, we can promote equity in early childhood development by addressing systemic barriers and inequalities.
- We can participate in innovative strategies and inclusive practices that ensure that all children have access to the resources and support they need to thrive.
- Join us in our journey towards greater equity and empowerment in the early years!







# Project Reach 2023

- 277 unique individuals have accessed our sessions.
- 217 unique children in the community within Hyson Green, Forrest Fields and Aspley.
- 300 fathers engaged through community outreach activities
- 30 sessions delivered throughout the 2023
- 6 awards and the House of Commons recognition
- The project's reach extends to diverse demographics, with participants from different age groups, cultural backgrounds, and socioeconomic statuses. This diversity underscores the inclusive and accessible nature.



# QUESTION TIME



- **Contact us via:**
- **[info@shiftingyourmindset.co.uk](mailto:info@shiftingyourmindset.co.uk)**
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