

Press release

Date: 26th July 2016

New support service for new dads and fathers-to-be launched at Gillingham Football Club Stadium

A new service to support fathers in Medway was launched at Gillingham Football Club on 21st July. 'PAPAS' (Partners Access to Perinatal Advice & Support), which is run by the charity Family Action, offers help to new dads and fathers-to-be who are supporting partners affected by mental health issues during pregnancy and following the birth of a child.

Over 50 guests attended the event at the Player's Lounge at the MEMS Priestfield Stadium and were joined by International and former Gillingham player, Ian Cox, together with other representatives from Gillingham FC. The audience was inspired by a presentation from Mark Williams, who was prominent in launching International Fathers' Mental Health Day.

Sally Fey, Family Action's Project Manager for PAPAS said

"We would like to thank Gillingham Football club for so generously hosting the launch of PAPAS. We would also like to thank Mark Williams for his excellent, thought provoking speech.

When new mums and mothers-to-be are affected by perinatal depression their partners often need support too, but sadly do not know where to go for that support. PAPAS, a new service which complements our perinatal support services for mums, offers fathers a regular meeting space for dads to discuss difficulties and a chatter forum in which dads can chat with other dads and get answers from professionals online. One to One support from support staff or volunteer is also available, supporting dad to have one to one time with his child and offer a listening ear. We can also offer counselling support by one of our qualified counsellors or final year Counselling or Psychology students."

Adam Lawrence, Chief Executive of Gillingham FC Community Trust said

"We were delighted to be able to support the launch of this excellent new service, and to welcome everyone involved to Gillingham Football Club. The Community Trust is working to develop new opportunities and exciting projects to support the health services in Medway and Kent, and this was a great start. We are looking forward to working with Family Action again in the future."

To find out more about PAPAS and how to get involved please email papas@family-action.org.uk or ring 01634 829128.

ENDS



For further information and interviews please contact:

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Notes to Editors:-

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Our work is wide-ranging and includes help for parents-to-be, the provision of many Children's Centres in local communities, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools and financial grants programmes. Family Action is also recognised as a leading provider of training and consultancy, offering organisations and their employees services that can help to minimise family issues that may have an adverse impact on work or home life, providing child and adult safeguarding training, and delivering training around Family Placement.

Registered Charity Number: 264 713

Website: www.family-action.org.uk

Twitter: @family_action

Facebook: Family Action

About Gillingham FC Community Trust

The Community Trust at Gillingham Football Club is the charitable arm of the only professional football club in Kent and is committed to helping Gillingham FC in its social mission. The Trust works in partnership with individual, local communities and regional agencies to provide opportunities that enable improvements in the quality of lives and the environment.

With football at its heart, the Trust offers a wide range of sporting and educational programmes which make a positive impact on the lives of people in Medway and the surrounding areas of Kent. GFCCT's community enhancement programmes are focussed on addressing inequalities, paying attention to education, crime reduction, social inclusion, health and disability, racial and cultural equality and are delivered by dedicated members of staff who have the benefit of the community at their hearts.

Registered Charity Number: 112 5163

Website: www.gfcccommunitytrust.org.uk

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