



One Hundred Dads Project

Changing the community, one dad at a time.

The background

“There was a huge deficit in programs that supported dads in the very early years. Responding to research, Tweddle set about doing something about it.”

In 2016/17 fifty-nine dads from 17 suburbs across Melbourne’s west took part in a new pilot program called **‘Working Out Dads’** developed by men’s group-work academic Andrew King and Tweddle and partially funded by Wyndham City Council and North Western Melbourne PHN.

‘Working Out Dads’ is a therapeutic 6 week after hours program for dads of 0-4 aged children. The program combines one hour of facilitated discussion and a 30 minute workout for ten dads. Held in non-stigmatizing fitness centres, the program includes pre and post mental health and parenting confidence evaluation, hand-outs, weekly text messages, online resources, confidentiality and friendship.

‘Working Out Dads’ takes a preventative approach to men’s health, isolation, relationships and parenting confidence. The **Working Out Dads** pilot was associated with decreased depressive, anxiety and stress symptoms, increased parenting confidence and strengthened parenting behaviour and couple/family relationships.

The project

Tweddle has a goal to raise \$100,000 to support **One Hundred Dads** to participate in ten, 6 week Working Out Dads programs. We are seeking one hundred businesses & individuals to donate to help us reach our goal by June 2018. Tweddle will launch ten Working Out Dads programs for **one hundred dads** in the six western municipalities of Maribyrnong, Wyndham, Brimbank, Moonee Valley, Melton and Hobsons Bay.

Tweddle’s **One Hundred Dads** is a social impact project & donations are tax deductible. Funds not allocated will be returned to donors. Tallies will be published at www.tweddle.org.au **‘Babies and young children need engaged, supported dads for better life outcomes’**



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