

# E-Male Matters



Produced by  
[The Men's Project](#)

April 2007 Edition



## Up and Coming Events

### Knock Child Contact Centre

Have started running a weekly Child Contact session in Bangor on Thursdays 4.00-6.00pm. For further details please contact Muriel Orr on (028) 90 806091.

### World Memorial Day

On April 7th, Rome will be holding the first World Memorial Day in remembrance of all those fathers who killed themselves because contact with their children was blocked following separation. Last year, in the European Union (source E.U.), 2,000 fathers killed themselves after being prevented from seeing their children after the separation.

### Men Only Course

The Expert Patient Programme aims to help people in the North and West Belfast areas who are living with long-term anxiety/depression to take control and manage their lifestyle. This year they are introducing a Men Only course in Jury's Inn, Great Victoria Street, Belfast. This six week course will run from Wednesday 18th April until Wednesday 23rd May 2007 (7.00pm-9.30pm). For further information please contact Geraldine Murphy at Tel: (028) 90 417481.

### Menswork Workshop

MENSWORK<sup>®</sup> provides workshops and individual counselling for men. The next workshop will be at the Chrysalis Centre, Donard, Co. Wicklow on Saturday 21<sup>st</sup> April. For further information please contact Seamus Connolly on 003531 2962839 or [seamus\\_connolly@eircom.net](mailto:seamus_connolly@eircom.net)

### Practical Ways For Engaging Young Men Conference

YouthAction NI will be hosting this conference on Thursday 26th April 2007 from 10am-1.15pm (lunch afterwards) in their new Belfast Regional building at 14 College Square North, Belfast, BT1 6AS. For further details please contact Donna Salt on (028) 37 511624.

### Handling Teenagers Course

This 6-week course is ideal for parents of young people aged 12 to 18 and covers a range of themes including problem solving, communicating with your teen, understanding teenage behaviour, handling conflict, managing boundaries and talking to teens about tough issues. The course will take place in the Parents Advice Centre office, 65 Clarendon Street, Derry on Thursdays from 7.30-9.30pm on 26 April, 3, 10, 17, 24 and 31 May. The course costs £40 (£20 concession: lone parents, students and those on benefits). For information on this course please contact Christine on (028) 71 372006 or [christine@pachelp.org](mailto:christine@pachelp.org)

### Positive Parenting Course

A 6-week course which gives parents the chance to take time out to work towards positive change in a supported group setting. The course covers a range of themes including managing children's difficult behaviour; communicating with your child; stress management and child development. The course will take place in the Parents Advice Centre office, Brunswick Street, Belfast on Tuesdays from 7-9pm on 15, 22, 29 May; 12, 19, 26 June. The course costs £60 (£30 concession: lone parents, students and those on benefits).

For further information please contact Andrea on (028) 9031 0891, e-mail: [andrea@pachelp.org](mailto:andrea@pachelp.org) or visit [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

### **Men's Health Conference**

On the 29th of May the Health Service Executive in partnership with a North West men's working group will be hosting a conference on Men's Health and related issues in terms of good mental health through work and training. One of the key speakers will be Gerry Managan of the Office of Social Inclusion. The conference will take place in the Hollyrood Hotel, Bundoran and will include men's groups from Donegal, Fermanagh, West Cavan, Leitrim and Sligo. For further information please contact Mike Rainsford on 00353 871324199 or email [michaelp.rainsford@mailb.hse.ie](mailto:michaelp.rainsford@mailb.hse.ie)

### **Parenting Apart Workshop**

This half day workshop is aimed at parents who have separated; are separating; divorced or thinking about divorce. It will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs. It will take place in the Library, Market Street, Dungannon on Thursday 21st June from 10am-1pm. The workshop costs £15 (all participants will receive a Parenting Apart Handbook). For further information please contact Andrea on (028) 9031 0891, e-mail: [andrea@pachelp.org](mailto:andrea@pachelp.org) or visit [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

### **Managing Children's Challenging Behaviour Workshop**

This workshop gives parents the opportunity in a supported group setting to learn new ways of managing children's challenging behaviour and communicating with children. The workshop is suitable for anyone who is in a parenting role with children of any age. It will take place in the Library, Market Street, Dungannon on Tuesday 12th June from 10am-1pm. The workshop costs £15 (all participants will receive a Managing Children's Challenging Behaviour Workbook). For further information please contact Andrea on (028) 9031 0891, e-mail: [andrea@pachelp.org](mailto:andrea@pachelp.org) or visit [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

**HEY! What are you up to in May/June/July? Let me know to be included in the next edition!**

**Email: [trisha@mensproject.org](mailto:trisha@mensproject.org)**

### **News Bits and Bobs**

**The Vienna Declaration:** Signed during the first European Men's Health Forum (EMHF) conference, on 1<sup>st</sup> October 2005, this Declaration provides a focus for changes to the way we approach the health of men and boys in Europe. EMHF seeks the support of organisations and individuals in endorsing this: [http://www.emhf.org/index.cfm/item\\_id/313](http://www.emhf.org/index.cfm/item_id/313)

**The Men's Project:** We are currently updating our online directory of organisations which offer support or services to men. If you would like to update your existing entry, or would like to be registered on it, please click here for details: <http://www.mensproject.org/mendir/index.html>

### **Dads ... Are you stuck for things to do this Easter break, What about doing an Easter Egg Hunt?**

For this very easy and simple game that will keep your little ones entertained, you need the following: a basket or small bucket for each child, a load of nibbles like juice, sandwiches and chocolate eggs; paper, pencil and lots of fun.

How to set up the game

You make an Easter Treasure Map of your home and garden and stick this on the wall of the starting room so that everyone can see it. You mark the map with X's in all the spots where you have hidden the eggs, juice and sandwiches etc. You all decide on a base, for example, outside in the garden, where everyone can go back to once they have found everything you have an Easter Picnic at the end. If there are younger children playing in the hunt then go with them, or group them up with older children so that everyone can join in safely.

### **Website of the Month**

**[Achilles Heel: Radical Men's Magazine](#)**

access to archived editions on specific issues affecting men.

### **Other Articles on the Web:**

[Condom testers required by Durex](#)

[Mind Yourself](#)

### **Note to readers:**

If you know of anyone who is interested in joining our mailing list, or you wish to be removed, or you have any news you want included, please email me at [trisha@mensproject.org](mailto:trisha@mensproject.org)

(The views expressed in E-Male Matters are not necessarily those of The Men's Project)