

Emale Matters

March 2009

produced by



Events

Kick Start 2009: Supporting Work with Fathers - Last Few Places Available!

Is your organisation interested in developing work with fathers? Do you ask yourself questions such as ... Where do we start? What is possible? Who can help us? What has been tried in other places? Would you like training and ongoing support to achieve your goal? ... Then "Kick Start 2009" might be of interest to you!!! Kick Start is an innovative project offering a package of training, support, reflection and practical action to organisations that are currently trying to, or wishing to, engage with fathers in Northern Ireland. Recruitment for the 2009 programme is now coming to a close. However, there are **STILL A FEW PLACES AVAILABLE**. These will be allocated on a first-come-first-served basis, and are open to both male and female workers. For more details, contact Trisha McQueen or Colin Fowler at Tel: 02890 310891 or visit our website at: www.mensproject.org/kickstart

CDHN Networking Event

The Community Development and Health Network are hosting a free event on Thursday 5th March 2009 in the Old Library Trust, Creggan Healthy Living Centre, Derry / L'Derry from 10.00am to 1.00pm (lunch provided). Workshops include: *Policy* - Latest Review of RPA: speaker = Barbary Cook from CDHN. *Knowledge* - Men's Health Issues: speaker = Michael Lynch from Men's Action Network. *Practice* - Connecting Youth with Support Services in Rural Communities: speaker = Michael Mahon / staff from Oak Healthy Living Centre, Fermanagh. *Skills* - Health Awareness and Older People: speaker from Strabane Community Project. *Practice* - Effective Addiction Support: speaker = Mannix Magee / staff from ARC (Activating Rural Communities), Irvinestown. Further workshops will be provided on themes of policy, knowledge, practice and skills. Visit: www.cdh.org/inscape for more details, or contact Camilla on Tel: 02830 264606 / email: camillareynolds@cdhn.org

Men's Breakfast Event

Willowfield Parish Church on the Woodstock Road / My Lady's Road in East Belfast is having a "Men's Breakfast" on Saturday 7th March from 9.00am in the Micah Centre. The speaker is Denis Johnston from the South American Missionary Society (SAMS), and he'll be talking about his life in sport and, also, about the missionary work going on in South America. Cost = £3.00 for the breakfast (fry, porridge, toast, tea or coffee and fruit juice)

and all the money raised will go to SAMS. If you would like to attend, please ring Alan Higgins on 077 42675017 or email him at: alanhiggins@mail2web.com

No Smoking Day – Wednesday 11th March

The Ulster Cancer Foundation (UCF) is encouraging smokers to think about their wealth as well as their health. Judith West, Cancer Prevention Officer said, "As the impact of the credit crunch starts to bite, many families are feeling the pinch. And for smokers it's particularly tough. Those with a 20-a-day smoking habit spend a staggering £2,000 a year on cigarettes – enough to buy a second-hand car! "Our stop smoking clinics are very informal and offer individual and group support. We talk about smoking habits, tips for giving up and how to cope with cravings. We have provided almost 30 clinics in the last year and helped over 50% of those attending to stop smoking within four weeks." Anyone wanting to attend the stop smoking clinics can either be referred by their GP, for more information Telephone UCF on 02890 663281.

Forever Fathers Support Group Meeting

Forever Fathers will be holding their next support group meeting at Bonagee FC Clubhouse, Letterkenny, on Monday 16th March at 8.00pm. All unmarried, separated and divorced fathers are welcome to attend. If you missed the RTE Nationwide Programme where Forever Father's anti-suicide drama project was featured, you can still see it online at: http://www.rte.ie/news/2009/0209/nationwide_av.html?2489056,null,228

Sexual Health Training for Youth and Community Workers

The Sexual Health Team are hosting a one-day course on Risk-Taking Behaviour, Sexual Health and Young People, Sexual Health Skills, and Signposting for Young People. This will take place on Friday 20th March 2009 and Tuesday 31st March 2009 in the Millennium Community Outreach Centre, 400 Springfield Road, Belfast, BT12 7DU. For further information, please contact Joanna Gregg or Joe Harris on Tel: 02890 900051 or Email: shealth.team@belfasttrust.hscni.net

Engaging Men in Downpatrick Event

This is an East Down Rural Community Network Event (supported by the South Eastern Trust) to find the best way to engage men in the community and to help them access services. It will take place on Friday 20th March from 9.30am - 1.30pm in Rathdune House, Downpatrick. Whether you are a male in the community, or you work for an organisation who has experience of working with men / would like to enhance their work with men, please come along and have your say. For further information, or to book your place, please contact Paula Nixon at Tel: 02844 612311 or Email: paula@eastdownrcn.com

Senior Men's Event

This event will be hosted by the Ageing Well Reach in the The Docker's Social Club, Pilot Street, Belfast, on Thursday 26th March 2009 from 11.00am to 4.00pm. The purpose of this event is to highlight activities undertaken by men involved in an Ageing Well Reach pilot initiative which increased senior men's involvement in community activities and health programmes in North and West Belfast. Come along and join in a day of information and entertainment. Guest speakers will include the Lord Mayor of Belfast (Councillor Tom Hartley), John McNally (former silver medal Olympic boxer), and Dr Leslie Boydell (Belfast Health and Social Care Trust). A light lunch will be provided, and will be followed by musical entertainment from 2.00pm to 4.00pm. Places are limited, so please ensure that you book your place in advance by telephoning Melanie at Age Concern NI on 02890 245729 before 16th March 2009. Please speak to Melanie when booking your place if you require assistance with transport.

Earth Hour

At 8.30pm on Saturday 28th March 2009, people, businesses and iconic buildings around the world are being asked to switch off their lights for an hour to mark WWF's Earth Hour. Some 538 cities from 75 countries have already signed up. In addition, many iconic landmarks will be plunged into darkness, including the Forth Bridge, the Millennium Stadium in Cardiff; Christ the Redeemer in Rio de Janeiro, Table Mountain in Cape Town, and Sydney Opera House. This inspiring event will kick start WWF's global deal campaign to convince governments to agree effective action on climate change. You can register as an individual, organisation, school or business. Once registered, you will receive information on what you can do to become more involved in WWF's Earth Hour, including useful resources and tips. Visit their website for more information at:

http://www.wwf.org.uk/how_you_can_help/earthhour/index.cfm



News

National Men's Health Policy 2008 - 2013

The Republic of Ireland has become the first European country to launch a National Men's Health Policy. Their document was launched in Dublin on Wednesday 28th January 2009 by Mary Wallace, the Minister of State at the Department of Health with special responsibility for Health Promotion and Food Safety. To download a Portable Document Format (PDF) version of the report visit:

http://www.dohc.ie/publications/national_mens_health_policy.html

Men giving Cancer the Boot

The Marie Keating Foundation will launch a Men's Health Campaign in March 2009 entitled: "Men giving Cancer the Boot". This campaign is aimed at men of all ages, to encourage them to have the necessary medical checks for cancer. The focus this year will be on prostate, testicular and bowel cancer. The month long campaign will include television and radio advertising to raise awareness of these cancers, the distribution of information leaflets, and a community information service will travel the country with trained nurses to provide awareness, education and information to the public. This service is free of charge. Free information packs are available to the public by contacting the Marie Keating Foundation on Tel: 01-6283726 (Dublin). Fact sheets are available for downloading online at: www.mariekeating.ie

Parents Helpline Open Evening for Prospective Volunteers

Parents Helpline has a new look, new premises and now needs new volunteers - men are especially welcome!!! In return for your commitment of three hours a week, they will offer: free training, excellent support, personal development, and opportunities to attend social events. So, if you are a parent - or have substantial experience of working with families - why not drop in to the open evening in the City Factory, 100 Patrick Street, Derry BT48 7EL, on Tuesday 10th March from 7.00pm to 8.30pm. For more details visit:

www.parentsadvicecentre.org/volunteering or contact Andrea on Tel: 02890 310891 / Email: andrea@pachelp.org

MSM Magazine

The 2nd Edition of MSM - a magazine for men who have sex with men (designed and published by The Rainbow Project) is now available to download for free at www.rainbow-project.org/dev/files/MSM2.pdf This is suitable for those aged 18 years and over.

Appointment of New Staff in the 'Da' – Young Father's Project

The award winning Young Father's Project - 'Da' - has announced the appointment of new staff. Darren Boyle has taken up the post of Project Manager, and is supported by the

new Administrative Support Officer, Francesca Kelly. Both come with considerable experience in their respective fields. A range of programmes are on offer to young fathers in the Derry, Strabane and Limavady areas which will enhance their vital role as a father, and create opportunities for personal development as well as spending time with their children. For further information Tel: 02871 348728 or Email: youngfathersproject@first-housing.com



Courses

Assertiveness Workshop

“I don’t know how to say no!” This session is for parents who feel they are not in control in their own home. It will help to build their confidence, to like themselves more, and to feel more confident to make a stand. The workshop will be held in Parents Advice Centre’s office in Andras House, 60 Great Victoria Street, Belfast, on Tuesday 3rd March 2009 from 10.00am to 1.00pm. To register, contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Bereavement Awareness Workshop

Cruse Bereavement Care in Northern Ireland is marking 25 years of helping people who have been bereaved by organising Grief Relief Week (28th February to 7th March 2009). This aims to raise awareness about bereavement care and the free support services available. The week will feature a bereavement awareness workshop on Tuesday 3rd March, from 7.00pm to 9.00pm, in Queen’s Medical Biology Centre, Lisburn Road, Belfast. There are limited spaces available, so please confirm your place by Tel: 02890 792419 or Email: lyndsey.mckee@cruse.org.uk using ‘MBC registration’ in the subject line.

Learner Access and Engagement Programme

The WEA has been successful in winning contracts from five of the FE Colleges to work with them on this programme which aims to support more people back into learning and increase community-based provision. For this initiative to work successfully, the WEA is looking to expand its partnership with local community groups. Since men are much less likely to return to learning as adults, they would welcome interest from men’s groups or organisations working with men. For more information on the programme and details about where it will operate / who to contact locally, visit: www.wea-ni.com and click on the Learner A&E tab. Alternatively, phone Tel: 028 90 329718 (Belfast), Tel: 02871 369947 (L/Derry) or 07792 969659 (Enniskillen).

Parenting Apart Programme

This free 4 week programme is aimed at parents who have separated, are separating, divorced or thinking of divorce. The workshop will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs. The programme will be held in Coleraine, Belfast and Magherafelt. Coleraine: Home Start premises (1st Floor), 74-76 Railway Road, on Wednesdays 4th, 11th, 18th and 25th March from 7.00pm to 9.00pm. Belfast: Parents Advice Centre, Andras House, 60 Great Victoria Street, on Thursdays 19th, and 26th March, and Thursdays 2nd and 9th April from 7.00pm to 9.00pm. Magherafelt: Meadowbank Sports Arena, 45 Ballyronan Road Magherafelt, BT45 6EN on Tuesdays 24th and 31st March, and Tuesdays 7th and 21st April from 7.00pm to 9.00pm. To register contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Handling Teens Course

This course is ideal for those in a parenting role of young people aged 12-18 years, and covers a range of themes including problem solving, communication, understanding teen

behaviour, managing boundaries and talking to teens about tough issues etc. If you feel you could use support in handling your teen, come along and you will meet other parents in a similar situation. More importantly, it will offer practical tips and guidance, while learning with new friends. The course will be held in The Nautilus Centre, Rooney Road, Kilkeel BT34 4AG, on Saturdays 7th, 14th, and 21st March from 10.00am - 1.00pm. To register, contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Building Self Esteem Workshop

All children can, from time to time, lack self esteem. It can effect how they make friends, their schoolwork and their overall confidence and self-discipline. This session will concentrate on ways to encourage, communicate and develop a more confident child. The workshop will be held in the Parents Advice Centre office, City Factory Building, 100 Patrick Street, Derry, on Wednesday 25th March 2009 from 9.30am to 12.30pm. To register, contact Marie Gray on Tel: 02871 372006 or email marie@pachelp.org



Ideas for Dads and Kids

Mother's Day is Sunday 22nd March this year, so why not get your apron on and make a nice treat ...

Chocolate-coated Strawberries

Ingredients and materials:

- ❑ 1 punnet of washed strawberries - with stalks if possible
- ❑ 200g / 7oz block of milk chocolate - broken into pieces
- ❑ Baking sheet / tray
- ❑ Greaseproof paper
- ❑ Saucepan
- ❑ Large heatproof bowl

Method:

1. Line a baking sheet or tray with greaseproof paper.
2. **Dad only zone!** ... Heat some water to boiling point in a saucepan.
3. **Dad only zone!** ... Place the chocolate into a large heatproof bowl and place it over the pan of boiling water. Make sure that the base of the bowl does not come into contact with the water. Stir the chocolate until it is melted and remove the bowl from the pan.
4. Hold the Strawberries by the stalks, and dip them into the melted chocolate. Place them on the greaseproof paper and leave to set in a cool place for 2 hours.



On the Web

[Marijuana testicular cancer link](#)

[Male abuse is 'being ignored'](#)

[Prostate cancer urine test hope](#)

[Alcohol kills twice as many men](#)

[Secret of a long life is no mystery](#)

[Art appreciation 'a gender issue'](#)



Website of the Month

www.cookingfordads.net



What are you up to in April? Let me know about it for the next edition!

Email: trisha@mensproject.org

We have a simple template for all articles. Let us know within 150 words: the title, date, time, venue, a description of the event, and your organisation's contact details for further information i.e. a named person, telephone number, email address or web address.

The Men's Project: We are always 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 be registered on it, please visit: www.mensproject.org/mendir/index.html

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: trisha@mensproject.org

[The views expressed in Emale Matters are not necessarily those of The Men's Project]