

MALE MATTERS

OCTOBER 08

produced by



Hot Topic

"Nowhere Man" Men's Health Seminar

Events

Parents' Week 2008: "Getting it Right for Families"

The 9th Annual Parents' Week will take place from Monday 20th October - Sunday 26th October 2008. Last year there were over 180 events across Northern Ireland - many of which were free for families. This week is a celebration of the valuable work being done with families in all their shapes and sizes. It will begin with the annual conference at the Park Avenue Hotel, Belfast, when speakers will address the issue of raising quality in parenting and family support services. For further details, and to book a place, Email: gemma@pachelp.org Information and resources on Parents' Week will be available over the next few weeks at: www.parentsadvicecentre.org/projects/parentingforum/parentsweek.asp Email: gemma@pachelp.org or alison@pachelp.org to have your event publicised on the website.

East Belfast Sure Start Celebrating Parents' Week

East Belfast Sure Start are organising three morning events (10.00am - 1.30pm) to celebrate Parents' Week. These will take place on Monday 20th October (Short Strand Community Centre), Wednesday 22nd October (Dee Street Community Centre) and Friday 24th October (Dundonald Methodist Church). Activities and organisations will include: Fire and Rescue Service, car safety seat checks, Sports Council, arts and crafts sessions, Rhyme Time, face painting, touch-and-feel sessions, baby massage, Cook It! taster sessions, Chest Heart and Stroke, British Red Cross and lots more. If any father would like to join the male parents' and carers' group they can get information and join on these days. For further details, please contact the East Belfast Sure Start Office Tel: 02890 963399.

Sexual Health Conference

The Sexual Health Team (Eastern Area) is hosting its 14th Annual Regional Sexual Health Conference, 19th - 20th November 2008, at the Radisson Roe Park Resort, Limavady. This event brings together a mix of speakers and workshops with the overall aim of increasing people's awareness of sexual health and current thinking, as well as strategies and

methods from local, regional and international perspectives. The event is open to anyone working in the statutory, voluntary, community and private sectors who has an interest in enhancing their sexual health knowledge, skills and awareness. This year's programme includes: parent child communication, talking about tough issues, sexual orientation and problematic alcohol and drug use, male experiences of domestic violence, delaying sex, sexual health in Northern Ireland, engaging parents and the Checkitout Project (which meets the sexual health needs of the homeless community). For further information, please contact the Sexual Health Team (Eastern Area) on Tel: 02890 900051 or Email: shealth.team@belfasttrust.hscni.net

News

"Nowhere Man" Men's Health Seminar

The Men's Project ([Parents Advice Centre](#)), the Young Men's Unit ([YouthAction](#)) and [Men's Action Network](#) organised a men's health seminar titled "Nowhere Man" on Wednesday 10th September 2008 in the Long Gallery of Parliament Buildings at Stormont, Belfast. The full report on this event will be available online in the near future. In the meantime, you are invited to view the PowerPoints used by the keynote speakers. These are available at: www.mensproject.org/issues/nowhereman.html

Age Awareness Week 2008

29th September - 3rd October is Age Awareness Week. It aims to raise public awareness and understanding of ageing, and celebrate the diversity of older people's lives across Northern Ireland. The Changing Ageing Partnership (CAP) brings together Age Concern Northern Ireland, Help the Aged in Northern Ireland, Queen's University Belfast and the Workers' Educational Association. This year's theme of 'Rights' will focus on the issue of Human Rights and Equality - raising awareness of the right to equality and non-discrimination. For further details, visit: www.changingageing.org

Suicide and Young Men in Northern Ireland: Research Request

Queen's University Belfast and the University of Ulster are conducting research into the experiences of Young Men and Suicide in Northern Ireland. The geographical area that this stage of the study is focusing on is North and West Belfast. If you are male, aged between 16 and 34 years, live in North or West Belfast, have thought seriously about or acted with the intention of suicide, and would like to take part in this study, please contact Iain McGowan on Tel: 07894646690 or Email: menssuicidestudy@ulster.ac.uk

Courses

Parenting Apart Workshop

This workshop is aimed at parents who have separated, are separating, divorced or thinking of divorce, and will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs. All participants will receive a Parenting Apart Handbook. The workshop will take place on Monday 3rd November from 7.00pm to 9.30pm in Ballymena - venue to be confirmed. To register, please contact Janice on Tel: 02825 650102 or Email: janiced@pachelp.org

Family Conflict

It is normal for relationships to go through stages of change, and many parents living together or apart have to cope with conflict in their relationships. This 4-week course aims to equip parents with information, skills and confidence to deal with conflict issues and reduce the impact on children. The course will take place on Wednesdays from 7.00 - 9.00pm on 5th, 12th, 19th and 26th November in Parents Advice Centre, Franklin House, 12

Brunswick Street, Belfast. To register please contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Ideas for Dads and Kids



Halloween Smoothie

This is a great way to top up your “5 a day” as well as making it as grotesque as possible during the Halloween break! The quickest way to do this is to buy a 1 litre readymade smoothie. You will also need: a clear bowl, strawberry flavoured laces (sweets), green food colouring, marshmallows, a ladle and food colouring pens or a fine paintbrush and a selection of food colourings. Cut the marshmallows into shapes to look like eyeballs and draw the “pupil” with the food colouring pens or paint on with food colourings (add red lines around them to give that blood shot look). Pour the smoothie into a bowl, add a few drops of green food colouring, and stir until you get a murky colour. Hang the strawberry laces over the side of the bowl, with the eyeballs sitting on top of the bowl. When serving the smoothies, pull one of the strawberry laces out of the bowl and hang it over the glass, ladle in the smoothie and put an eyeball on top for that finishing touch.

[Another idea would be to add green food colouring to diluted orange, and put this into a bowl with a plastic hand or fingers floating on the top]

Grow Your Own

With the ‘Credit Crunch’ hitting everyone, why not try growing your own fruit and vegetables! As well as saving money, you get to spend time as a family outside and away from the TV and computer. It is also great if you have children who hate anything green. By learning where their food comes from, and looking after it right from the start, you could change the way they eat for the better. The following website link shows a video of a family from Belfast trying it out:

www.bbc.co.uk/newsline/content/articles/2008/09/18/family_focus221007_feature.shtml

On the Web

[Men 'unhappy' with their bodies](#)

[The Ulster Titans – NI's first gay friendly rugby team](#)

[Attraction 'down to testosterone'](#)

[Women pick men who look like dad](#)

[Parents warned over alcohol habit](#)

[Older fathers linked with bipolar](#)

[Commitment phobes can blame genes](#)

[Antidepressants 'may harm sperm'](#)

[Football therapy](#)

Website of the Month

<http://s3niorcitizen.wordpress.com/>

An online blog written by a Northern Ireland pensioner, this is a great idea for any older men's group to try out

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

Email: trisha@mensproject.org

We have a simple template for all articles to follow. 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 to 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 me at: trisha@mensproject.org

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