

Emale Matters

April 2009

produced by



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Events

Prostate Cancer Awareness Month

The Ulster Cancer Foundation (UCF) is marking prostate cancer awareness month with the launch of a new DVD to help men identify the signs and symptoms of the disease. Prostate cancer is the most common cancer in men in Northern Ireland, with 750 cases diagnosed every year. It can be treated successfully if detected early, but it still accounts for 210 deaths a year. The new DVD on prostate cancer will aid early detection and ensure more effective treatment. Copies of the DVD are available by calling the helpline 0800 783 3339. For more details go to:

http://www.ulstercancer.org/news/news_view.asp?ID=632

Inscape Project Evaluation Focus Group Events

The Community Development and Health Network's (CDHN) Inscape Project is, currently, completing an Evaluation of Year 3 of the Service. If you have attended a CDHN network event / a workshop at a network event, or if you have received the Health Bytes Newsletter or Ezine, you will be able to help with the evaluation by attending one of three Focus Groups taking place in Derry (21st April), Belfast (22nd April) and Armagh (23rd April) from 10.30am - 11.30am. Refreshments will be provided. As an additional incentive for you to attend, each participant will be given a gift of a CDHN satchel case on arrival, travel

expenses, and entry into a competition to win £100. Please contact Camilla at Tel: 02830 264606 or Email: camillareynolds@cdhn.org by Friday 10th April 2009.

CDHN Networking Event

Community Development and Health Network (CDHN) are hosting an event for their members to network and attend a selection of workshops on topical issues. This will take place on Thursday 14th May 2009 in NICVA, Duncairn Gardens, Belfast. It's an opportunity to: showcase community projects, practice and partnerships; network with other community, voluntary and statutory organisations involved in community development work; find out more about CDHN's Inscape Project; and attend a selection of workshops. The Inscape Evaluator, Simon O'Hare, will be presenting the Evaluation of Year 3 of the Inscape Service. Workshops will include: Policy - Latest Review of RPA (Barbary Cook, CDHN); Knowledge - Obstacles to Accessing Health Services for Gay and Bisexual Men (Mirjam Bader, The Rainbow Project); Practice - Linking Disability and Community Development (Kevin Doherty, Disability Action). For more information, please contact Camilla at Tel: 02830 264606 or Email: camillareynolds@cdhn.org

Cloona Oasis Catch Project's Men's Health Day

Cloona Oasis Catch Project, in partnership with the South Eastern Health and Social Care Trust, are hosting a nurse-led Men's Health Day on Monday 29th June 2009 in Cloona Oasis Catch Project, 30-31 Colin Road, Teeling Roundabout, Dunmurry. Activities will include check-ups on blood pressure, sugar levels, heart rate and cholesterol. For more information, Tel: 02890 624923 or Email: cloonaosis@yahoo.com



News

Parental Responsibility and Unmarried Fathers Fact Sheet

It is often assumed that the parental rights of fathers are fairly straightforward. However, unmarried fathers may be faced with a nasty shock if they separate from their child's mother. This is because unlike mothers, fathers do not always have automatic "parental responsibility" for their children. Parental responsibility is a legal concept. It refers to those who have rights, duties, powers, responsibilities and authority in relation to a child and the property of that child. With an increasing number of children being born outside marriage, there is, subsequently, often confusion about the rights and entitlements of unmarried fathers. The Men's Project has collated a fact sheet to provide answers to some of the key questions about Parental Responsibility and Unmarried Fathers in Northern Ireland. Please visit www.mensproject.org/resources/parentalresponsibility.html to download a free copy of this fact sheet.

Typist / Receptionist Vacancy in Parents Advice Centre

Parents Advice Centre (PAC) require a Typist / Receptionist for their Parents Helpline, South and East Branch, in Belfast. This is an eight hour per week position, involving work on Tuesday and Thursday evenings. Full details and an application pack can be found on PAC's website at: www.parentsadvicecentre.org/about/vacancies.asp

Male Sexual Health - A Worthwhile Investment?

The control of sexually transmitted infections (STIs) is now recognised as a global priority. A delay in seeking treatment is potentially a factor in increasing the transmission of infections to others, and in increasing the risk of complications to the individual. However, it appears that while there has been a steady increase in the numbers of people using sexual health services in the United Kingdom, fewer men than women access these services. Even in services that do attract a greater number of men - such as the Genitourinary Medicine Clinics (GUM) and the Brook clinics - men are still, significantly, in

the minority. A research team based in the University of Ulster is undertaking research to explore the decision-making process underpinning the health-seeking behaviour of men in relation to STIs. If you wish to find out more about this study, please contact Paula Walls (researcher) at walls-p@email.ulster.ac.uk or phone 02870 324094.

Anthony Nolan Trust Looking for Male Donors

The Anthony Nolan Trust is, currently, looking to increase their number of male donors. For more details go to: www.anthonynolan.org.uk/donating/ethnicminoritiesandmales/

Secure Your Vote or Lose Your Voice

The Electoral Commission is calling on thousands of missing voters to secure their vote in time for the European Parliamentary elections on 4th June 2009. A survey carried out for the Electoral Commission revealed that almost 200,000 people in Northern Ireland could lose their voice in this year's election - or in any future election - if they fail to add or update their details on the electoral register. Those aged between 18 and 24, and those that have recently changed address, are most at risk of losing out according to the figures. The Commission is encouraging everyone to make sure that they are on the electoral register and to make sure that their details are up to date. Download a registration form at www.aboutmyvote.co.uk or contact the helpline on 0800 0323 700.



Who's Who in Men's Work

Eilish Brown and Neil Decodts - the Bout Ye Project

The Bout Ye Project was set-up to listen to young men's needs, support positive ideas around sexuality, and supply any accurate up-to-date information that a young man might need. It recognises that for any person to care about their own health and well-being, they must first appreciate themselves. Self-development is, therefore, an intricate part of the programme. We look to encourage opinions and questions, appreciate attributes and life experience, and be realistic about where people are at in terms of personal and social development. The content and pitch is set at a level that reflects the needs of participants. For more details on the Bout Ye Project, visit: www.mensproject.org/mendir/boutye.html or, to view a poster detailing this work, visit: www.mensproject.org/mendir/boutyeflyer.pdf Alternatively, contact: Neil Decodts, Project Officer, Belfast (Tel: 02890 316107 / Email: neild@fpa.org.uk) or Eilish Brown, Project Officer, North West (Tel: 02871 260016 / Email: eilishb@fpa.org.uk)



Ideas for Dads and Kids

Earth Day

Earth Day, which was established in 1970 in the USA, is celebrated on 22nd of April each year. It is a day to think about our planet and what we can do to keep it special e.g. think about saving water and energy, reducing pollution, recycling, protecting our animals, trees and plants ... and generally getting kids interested in protecting their environment. Here are some easy ideas for celebrating Earth Day with your children:

- Plant a tree.
- Go bird and wildlife watching in your garden.
- Take a bike ride or walk in your nearest park and complete the "Our Big Adventure – What We Saw" sheet (www.mensproject.org/adventure/whatwesaw.pdf).

- Talk to your child about saving water when brushing teeth and saving energy by turning off the lights when you leave a room.
- Collect all the plastic bags you have in your home and keep them all together to re-use over and over again.
- Donate unused books and clothes to your local charity shop ...

Titanic Made in Belfast Festival Week

This year, the Titanic Made in Belfast festival will take place from Saturday 11th - Sunday 19th April 2009. For more details on all the events visit:

www.belfastcity.gov.uk/titanic/index.asp



On the Web

[Older fathers 'hit brain power'](#)

[Prostate screening to be reviewed](#)

[Gay men concern over HIV figures](#)

[Divorce fuels vasectomy reversals](#)

[Premature ejaculation: finding the treatment that works for you](#)

[Call for higher circumcision rate](#)



Website of the Month

www.bookdads.com

Book reviews for fathers, or anyone, who wants to read with their children and are looking for books with positive representations of fatherhood.



What are you up to in May? 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]