

Emale Matters

August 2008

produced by



News

Vote for the DA - Young Fathers' Project

Thanks to all of you, First Housing's "DA - Young Fathers Project" (based in the North West of Northern Ireland) have made it to the Final of the National Lottery Awards for the whole of the UK. Please help to make them the overall winners in their category by voting for "DA" at: http://www.lotterygoodcauses.org.uk/awards/shortlist.cfm?id_category=7 or phoning 0845 3861248.

New Father DVDs

Three new DVDs are now available to help inspire expectant and new fathers ...

- ❑ Hello Dad: Is a video which looks at how to understand babies by recognising the signs of infant communication from birth. For more details, go to: <http://www.dad.info/shop//item/hello-dad-dvd-87/>
- ❑ Dads Matter Too: Was made by a group of young dads in Wiltshire, and includes interviews, discussions, and clips of dads with their children engaging in a variety of activities like first aid courses, swimming and baby massage. For more information, contact Mike White, U-Too, Link Centre, Whitehill Way, Swindon SN5 7DL, Email: mikewhite.bromham@btinternet.com or Tel: 01380 850547.
- ❑ Expectant Fathers: Is designed to help dads-to-be and new dads learn how to handle and communicate with babies - and to feel confident about their role and its importance. Visit: http://www.workingwithmen.org.uk/index.php?option=com_virtuemart&page=shop.browse&category_id=1&Itemid=152 for more details.

Home-Start Dads' Photo Competition

To help celebrate 25 years of Home-Start in Northern Ireland, they are organising a photographic competition to celebrate the role of men in family life. As Deborah Millar, Coordinator of Home-Start Craigavon said: "In this competition we want to highlight the importance of men within the family - especially as family roles and structures have changed so much in the last couple of decades. Whether the main male role model within the family is that of a biological dad, stepdad, uncle or grandfather, men, in general, contribute greatly to family life and parenting. Sometimes that can be over-shadowed when compared to the role of mothers". For more information on Home-Start (www.home-

start.org.uk) or competition entry forms, contact your local scheme or the Belfast Head Office at Tel: 02890 460772. The closing date for entries is 5th September 2008.

Events

**** Advance Notice! Kick Start Presentation Morning ****

The Men's Project would like to invite you to a **FREE EVENT** which will showcase some of the learning which arose from the "Kick Start 2008" project. Kick Start 2008 was a seven month package of training, support, networking, reflection and practical action for organisations who are trying to, or wishing to, engage with fathers.

This event will ...

- happen on **Thursday 25th September 2008**;
- begin with tea/coffee/registration at **10.00am** and finish with light lunch at 12.30pm;
- take place in the **Grosvenor Hall, Glengall Street, Belfast**.

This short and informal event will give you the opportunity to ...

- understand why we need increased engagement with fathers;
- get a sense of what Kick Start offered;
- hear presentations from trainees who engaged with fathers in a range of settings;
- ask questions about Kick Start and the projects that were undertaken;
- meet all this year's Kick Start participants, and find out more about the hands-on things involved in running an activity for fathers.

Please note that places are limited, and applications will be accepted strictly on a first-come-first-served basis! For more information email Trisha at trisha@mensproject.org

“Working with Adolescents Engaged in Risk Taking Behaviours”

Do you work with young people aged 12-18? Are drugs and alcohol factors that impact on your work? This two day professional development course is designed to enable practitioners to develop the knowledge, skills and strategies to help them in addressing substance misuse issues. It will take place from 27th -28th August 2008 in Whitefield House, 2 The Hawthorns, Belfast. Register your interest by contacting Noel Kennedy, ASCERT, 23 Bridge Street, Lisburn, BT28 1XZ, Email: noel@ascert.biz

Men's Policy Forum Meeting

The next meeting of the Northern Ireland Men's Policy Forum will take place on Tuesday 16th September 2008, starting at 10.30am, in NICVA, 61 Duncairn Gardens, Belfast BT15 2GB. Evelyn Hoy, from the Gender and Sexual Orientation Equality Unit within OFMDFM, will be in attendance to hear from those present, and to brief participants on progress being made with the Northern Ireland “Gender Matters” strategy. Everyone (male and female) with an active interest in work with men is welcome to attend. For more information and to confirm your attendance, please contact Jonny Currie from NICVA at Tel: 02890 877777 or Email: jonny.currie@nicva.org

Positive Parenting

This is a Belfast-based six week course (run on Wednesday evenings beginning mid-September) which gives parents the opportunity to work towards positive change in a supported group setting. The course covers a range of themes from managing children's challenging behaviour; communicating with your child; stress management and child development. For more information visit:

www.parentsadvicecentre.org/projects/parenting/individuals.asp To register, contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Barnardos Parenting Matters Project: Parent Facilitator Training

Barnardos Parenting Matters Project offers an accredited training programme for parents and professionals who are interested in delivering parenting programmes. This course is accredited by Open College Network NI at Level 3. It consists of 14 taught sessions, each lasting approximately three hours. When this stage is completed, participants are expected to deliver a programme to parents. The course covers a range of areas, and includes topics such as: the background to parent education; theories commonly used in group-based parent support; how adults learn; child protection issues; group dynamics; developing a parenting programme. There is a cost attached to this training. An information session will be held on Wednesday 27th August at 7.00pm at Parenting Matters Project, 453 Ormeau Road, Belfast, BT7 3QG. For more information, please contact Maighread Kennedy at Tel: 02890 491081 Email: maighread.kennedy@barnardos.org.uk

Helpline Volunteers Needed - MEN ESPECIALLY WELCOME!

Parents Advice Centre is, currently, recruiting Helpline Volunteers. If you have substantial parenting experience and / or significant experience of working with families, and can make a commitment to at least four hours per week, we will provide accredited training, ongoing support and skills development, and a real challenge! Belfast and Derry courses commence in October 2008. For more information, and to download an application form, please visit www.parentsadvicecentre.org/volunteering or contact Andrea on Tel: 02890 310891 / Email: andrea@pachelp.org

Ideas for Dads and Kids

Cooking with a Difference

If you don't know what to cook with your little ones because either your fridge and cupboard are nearly empty, or they're both overflowing, then there's a website that provides a fun way to decide what to do. The site (www.cookingbynumbers.com/) features a checklist of the common ingredients that can be found in your home. After checking which ones you have, click on the "Find Recipes" button to discover a list of recipes that are matched to what you have!

Getting Back to School

Here are some great ideas and activities for getting children settled back into school after the holidays: www.activityvillage.co.uk/back_to_school.htm

Beijing 2008 Olympic Games

During 8th - 24th August, the Olympic Games will be taking place in Beijing, China. This is a good excuse to go to the park and try out some of the activities you've seen on TV. Have a look at <http://en.beijing2008.cn/> for ideas.

On the Web

[Soy foods 'reduce sperm numbers'](#)

[Male biological clock 'ticks too'](#)

[Drug for deadly prostate cancer](#)

[Teens want to talk more about sex](#)

[Services fathers record stories](#)

[Iron man breaks endurance record](#)

[Should child follow parent?](#)

Website of the Month

www.gayhealthnetwork.ie/home.html

Gay Health Network promotes HIV prevention and sexual health awareness among men in Ireland.

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

Email: trisha@mensproject.org

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:
<http://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]