

Emale Matters

May 2009

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Events

"Every Parent Matters - What lies ahead for Parenting Support?"

To celebrate its 30th Anniversary, Parents Advice Centre is hosting a conference titled: "Every Parent Matters - What lies ahead for Parenting Support?". This event will consider the connections between research, policy and the new structures in Northern Ireland relating to delivering effective and quality parenting support services, and will take place in The Stormont Hotel, Belfast, on Friday 22nd May 2009. For more detail go to: www.parentsadvicecentre.org/news/?article=49 or contact Sheila Cherry on Tel: 02890 310891 or Email: sheila@pachelp.org

National Breastfeeding Awareness Week

National Breastfeeding Awareness Week takes place from 10th-16th May 2009. The theme of National Breastfeeding Awareness Week this year is "Breastfeeding: every day makes a difference to your baby". If mums receive help and support - whether it be from a partner, friend, family member, healthcare professional or volunteer breastfeeding supporter - they are likely to breastfeed for longer. This gives them and their child important health benefits. The www.dad.info website has a great article for dads on breastfeeding: www.dad.info/health/your-childs-health/breastfeeding-how-it-works

ASCERT Celebration Day

To mark ten years of providing drug and alcohol advice services, ASCERT are hosting a Celebration Day on Wednesday 13th May 2009 in Trinity Community Venue, Knockmore Road, Lisburn from 12:00pm-2:00pm. The Guest Speaker is Health Minister, Michael McGimpsey MLA. To RSVP please Tel: 028 92604422 or Email: info@ascert.biz

CDHN Network Event

The Community Development and Health Network (CDHN) is hosting an event for their members to network and take part in 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, develop practice and partnerships, network with other community, voluntary and statutory organisations, and to find out more about CDHN's Inscape Project. 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

Cooking for Blokes

Splash Sure Start is running a free six week "Cooking for Blokes" course, starting on Saturday 16th May 2009 in Chrysalis Women's Centre, 520 Burnside, Craigavon (11am to 2pm). Children aged 0-4 years can be catered for in a crèche. An Arts and Crafts club will be provided for children aged 5-11 years. Places are limited, however, so book early. For further information contact Keith at Splash Sure Start Tel: 02838 313360 or Email: keithc@splashsurestart.org

Men's Policy Forum Meeting

The next meeting of the Men's Policy Forum will take place on Monday 1st June at 2.30pm in NICVA. Further information on the content of the meeting will follow. In the meantime, please click the link below to view the DEL Minister's written answer to a question submitted by East Belfast MLA Robin Newton (on behalf of the Forum) on the issue of further education:

www.niassembly.gov.uk/qanda/2007mandate/writtenans/2008/090417.htm#5

Men's Rites of Passage 2009

MALES Ireland (Men As Learners And Elders) is running an event from 17th - 21st June 2009 at Kiltegan, Co Wicklow. It is a five day / four night deeply soulful experience that builds on the classic patterns of male initiation through simple and moving rituals and teaching. Each day includes reflection on central masculine spirituality themes, quiet time, and sharing. For further details visit:

www.malesireland.net/mrop2009/index.php

Man Alive! Conference

Following on from the success of the inaugural Man Alive! Conference last year, this year's men's health conference - in partnership with BT and the Ulster Cancer Foundation - will take place on Tuesday 16th June 2009 in NICVA, Duncairn Gardens, Belfast. Please register your interest by contacting Kirsty Thompson at the Ulster Cancer Foundation, Tel: 02890 680771 or Email:

kirstythompson@ulstercancer.org

International Day of the Midwife

International Day of the Midwife is celebrated every year on 5th May. The day brings midwives together for educational meetings, promotional events and celebrations. The aim of the day is to celebrate midwifery and to bring awareness of the importance of midwives' work to as many people as possible.

Men's Health Event

A Men's Health Event will take place on Monday 15th June in the Concorde Community Centre, 36 Alliance Road, Belfast from 10am-2pm with MOT checks including blood pressure, sugar levels, cholesterol and BMI as well as alternative therapies, hair cuts and turkish shaves. For more details contact Heather/Agnes in North Belfast Women's Initiative & Support Project Tel: 02890 391028.

Cloona Oasis Catch Project's Men's Health Day

Cloona Oasis Catch Project, in partnership with the South Eastern Health and Social Care Trust, is 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

Men's Work Directory – Are you in it?

For the past ten years, The Men's Project has maintained a Men's Work Directory on its website. This provides details of groups that are working with / trying to establish a project for males; agencies who have a particular interest in issues which affect males; organisations who have something to offer to males. www.mensproject.org regularly attracts 14,250+ page impressions each month (an estimated 114,000 'hits' monthly), and provides a vehicle for new and established groups to advertise their project and to access a self-help map to identify other local sources of support/expertise. The Directory is consistently the most visited part of the website. This reflects the growing interest in work which supports the particular needs of men and boys. This service is free and if you would like to be included, please go to www.mensproject.org/mendir/directory.pdf for more details.

Forever Fathers' Anti-Suicide DVD for Fathers living apart from their Children

Following on from the success of their anti-suicide play "A Far Cry", Forever Fathers have produced an anti-suicide DVD based upon the issues faced by of non-resident fathers and the positive use of Applied Suicide Intervention Systems Techniques (ASIST). If you are interested in obtaining a free copy of the DVD, please email: foreverfathers@donegal.net

Young Fathers Initiative Website

Working With Men have developed a new website (www.young-fathers.org.uk) called the Young Fathers Initiative. The YFI site seeks to ensure that young fathers have the skills required to father their children well, and to support the active involvement of young fathers in their family's life. It was designed in consultation with young fathers, and provides a range of useful information.

Male Victims of Domestic Abuse in Northern Ireland

Male victims of domestic abuse represent an invisible population, but what little research exists suggests that as many as 10% of males may be victims at some point. It has also been suggested that males are less likely to recognise that they are victims or to seek help, and that services may not be adequately tailored to their needs. It is, therefore, important that research examines the stories of these victims so that they no longer suffer in silence. The Men's Advisory Project (MAP) are carrying out case studies examining the nature of abuse against males in Northern Ireland and examining awareness of male victims in the general population. This work is funded by the Department of Health, Social Services, and Public Safety. If you are interested in being involved in the research or could help us to raise awareness, please contact Daryl Sweet (researcher) at Email: daryl@mapni.co.uk or Tel: 02890 241929.

Flexible Working Policies and Working Better Reports

These reviews were commissioned by the Equalities and Human Rights Commission. Flexible Working Policies reviews evidence on the impact of the UK right to request flexible working compared with the impact of flexible working statutes in a range of other countries. It shows that British flexible working rights are less enforceable than in other countries - particularly for men. For more information, visit: www.equalityhumanrights.com/en/publicationsandresources/Pages/Flexibleworkingpoliciesacomparative-review.aspx The Working Better report reveals findings from a survey of 4,500 parents. There was a high level of demand for new flexible working practices to support families from all income groups – including new ways of allowing fathers to spend more time with their children. For more information, visit: www.equalityhumanrights.com/en/newsandcomment/Pages/workingbetterpr.aspx



Who's Who in Men's Work

Maxine McCutcheon - Men's Advisory Project

The Men's Advisory Project was set up to acknowledge and provide a specific service for the growing number of men experiencing domestic abuse and relationship breakdown. We provide confidential counselling, information and referral services to men facing these issues. My role as co-ordinator involves managing the day-to-day activities of the project, working with clients, and working with other agencies to help raise awareness and influence policy development and service support. We have a voluntary management committee of 9 people and up to 16 volunteer counsellors. We have recently recruited a researcher, Daryl Sweet, who is looking at the nature and prevalence of domestic abuse against men in Northern Ireland and the gaps in service provision. We also deliver anger management programmes for both men and women who are hoping to manage powerful emotions more effectively. For more information, Tel: 02890 241929. You will be able to speak to either Maxine, Daryl or our project administrator, Matthew McIlvenny. Our website is: www.mapni.co.uk and Email is: info@mapni.co.uk



Ideas for Dads and Kids

Evolution in your own Back Yard

Did you know that - thanks to a common little snail you can find in your garden, in the park or under a hedge - you can see evolution in your own back yard? The Evolution MegaLab (www.evolutionmegalab.org) website investigates what the colour of snails' shells can tell us about adaptation and evolution. As snails are eaten by birds, the colour of their shells - and how well they blend into the background - makes a big difference to whether they are eaten or not. You can record your own findings and help with the research. It's a great scientific way of getting the kids out and about.

The Magic Egg

How can you see inside an egg without breaking it? ... What you will need is: one egg, a clean empty jar and vinegar.

1. Take the egg - still in its shell - and put it carefully into the empty jar.
2. Fill the jar with vinegar, making sure that the egg is fully covered.
3. Leave the jar for one week without touching the egg. Look out for bubbles.
4. After a week, carefully take the egg out. It will feel like rubber and the shell will be soft and see through. You will be able to see the yolk through the egg, and it is really clear if you hold it up to the light.



On The Web

[The Government's breastfeeding strategy needs to engage with fathers](#)

[Michael J Fox on Parkinson's disease](#)

[Many over-45s 'ignore STI risks'](#)

[New website to help men with bulimia](#)

[Revealed ... Manorexia](#)

[Spray to help with premature ejaculation](#)

[Men's health: are we living on a volcano?](#)

[Ronan Keating discusses cancer](#)

[Painting 'putting boys off art'](#)

[Statins link to healthy prostate](#)



Website of the Month

www.dadlabs.com

A website created by dads for dads. It is full of tips and advice including video clips, blogs, groups and a forum community.



What are you up to in June? 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.

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]

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