

Male Matters

April 2008

produced by ...



News

Kick Start 2007 Report

A report on Kick Start 2007 (a seven month package focusing on working with fathers) is available for free downloading at: www.mensproject.org/kickstart/kickstart2007.html

Stamp Out Suicide Website

The Stamp Out Suicide! website is packed with information on suicide awareness and suicide prevention. There are pages which are specifically intended to be helpful to the people of Northern Ireland, Republic of Ireland, Scotland, England and Wales. The site provides a point of contact for those feeling down, depressed or suicidal, and for those bereaved by suicide. Visit the website at: www.stampoutsuicide.org.uk

Events

A Rough Guide for Dads

Care for the Family is hosting "A Rough Guide for Dads" event at Carnmoney Presbyterian Church, 258 Carnmoney Road, Newtownabbey on Tuesday 15th April 2008 and in The Lodge Hotel, Coleraine on Wednesday 16th April 2008. Both events will run from 7.30pm to 10.00pm. Issues covered will include: confessions of a struggling dad; getting over getting it wrong; kids need dads ~ its official!; the challenge of two families; it's never too late to start. Tickets for each event cost £6 per person and can be ordered by phoning 02892 628050, by writing to Care for the Family, 3 Wallace Avenue, Lisburn, BT27 4AA, or by booking online at www.careforthefamily.org.uk/dads

Open Your Mind Health Event

Evidence shows that one in four students will experience a mental health problem whilst at college or university. Open Your Mind is a project developed by NUS-USI and Rethink NI which seeks to develop a mental health campaign that is run by students for students, and

aims to reduce the stigma surrounding mental health issues. They are running a Health Event between Monday 21st April and Thursday 24th April in Clubrooms 1, 3 and 4, 3rd Floor, Queens University Belfast Student Union Building, from 10.00am - 4.00pm. Please email elaine.kelly@nistudents.org for further details.

Courses

Fathers Figure Course

Parents Advice Centre is offering a short practical course for fathers. "Fathers Figure" runs for 3 x 2 hour sessions in Strabane Caring Services, Bridge Street, Strabane, Co. Tyrone from 7.30pm - 9.30pm on Wednesdays 16th, 23rd and 30th April 2008. This course is free and is open to fathers who have kids at all ages / stages. In this course, "fathers" refers to any adult male who carries out a day-to-day fathering role e.g. biological fathers, step-fathers, foster-fathers, grandfathers; single fathers ... To enrol, and for further information, contact Christine Carlin at Parents Advice Centre, Tel: 02871 372006 (048 from ROI) or email christine@pachelp.org Alternatively, contact Paul Anderson at Derg Finn Partnership, Ballybofey, Tel: 074 9132 438 (0035374 from NI) or email dergfinn@eircom.net

Ideas for Dads and Kids

Earth Day - 22nd April 2008

"Treat the Earth well. It was not given to you by your parents, it was loaned to you by your children". (Kenyan proverb)

Earth Day, which was established in 1970 in the USA, is celebrated on 22nd April each year. It is a day to think about our planet and what we can do to keep it special - to 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 quick ideas for celebrating Earth Day with your children ...

- ❖ Plant a tree.
- ❖ Go for a bike ride, or a long walk, and enjoy nature.
- ❖ Gather family and friends together, and combine a picnic or other excursion with a litter clean-up.
- ❖ Visit a local recycling centre.
- ❖ Look through your shelves and cupboards and find some books and clothes to give away to your local charity shop.
- ❖ See what you can do to save energy in your home.

More ideas can be found in the "Our Big Adventure" Scrapbook. To download a free copy of this, please visit www.mensproject.org/adventure for more details

Too Many Eggs in your Basket?

Easter often brings children too many chocolate eggs. Here are a few ideas to spruce up your leftovers! ...

Hot Chocolate

This recipe should be enough to do four mugs: Break-up a chocolate egg into a microwavable bowl. Heat on low until it melts, stirring regularly. When it starts to soften, measure four mugs of milk and slowly start adding them to the saucepan. Keep stirring until it is lukewarm, you don't want any burnt tongues!

Make your own Chocolate Bars!

If you are lucky enough to have different types of chocolate - milk, dark and white - then you could have a go at making your own bar! You will need the following:

- ❖ White chocolate
- ❖ Milk chocolate
- ❖ Dark chocolate
- ❖ A saucepan for each type of chocolate
- ❖ Sandwich bags
- ❖ Cling film
- ❖ A template design
- ❖ Paper clips
- ❖ A tray
- ❖ Scissors
- ❖ A fridge!

1. Pick a design that you want to make i.e. favourite cartoon character.
2. Draw this design onto a sheet of paper
3. Paperclip the cling film over the sheet and place it into the tray.
4. Slowly melt the dark chocolate. When melted, spoon it into a sandwich bag and snip a small hole at a corner so that it becomes a piper.
5. Pipe the dark chocolate around the outline of your design.
6. Slowly melt the white chocolate and repeat Stage 3. Now fill-in the design i.e. the eyes, mouth etc.
7. Slowly melt the milk chocolate. This will be your main chocolate, so you will need more of it. Simply pour it over the whole design.
8. Put it in the fridge to harden.
9. Wait for one hour. When it is hard, pull it away from the cling film ... You are now Willy Wonka!

On the Web

[Folate 'may keep sperm healthy'](#)

[Gay men risk of HIV 'still high'](#)

[It's official: men like meat](#)

[Magazines 'harm male body image'](#)

[Male fertility 'set in the womb'](#)

[Prostate cancer services 'vary'](#)

['Testosterone link' to depression](#)

Website of the Month

www.extra-special-parents.org

This website was established in January 2006 by Graham Brockie and his partner, Debbi Robertson, because their daughter was born with a rare congenital condition. They wanted to find other parents to talk to about what the future held for their family, to talk about their hopes and fears and dreams.

HEY! What are you up to in May?

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 to be registered on it, please click here for details: <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)