

Emale Matters

February 2008

produced by



Click on the links below to go to each topic ...

[News](#)

[Events](#)

[Courses](#)

[Ideas for Dads and Kids](#)

[Job Vacancies](#)

[Web](#)

News

Kick Start 2008

We are very happy to say that this year's programme is fully booked and ready to go!

[Back to top](#)

Events

Men's Groups Regional Training and Development Day

The Men's Development Network is running a Men's Group Regional Training and Development Day in Westside Resource Centre, Galway, on Saturday 9th February 2008 from 10.00am to 4.00pm. Lunch is included, and the day is free of charge. For more information, please contact Paul Fearon 0035351 844260 or email: paul@mens-network.net

Tender Required for Anti-Suicide Drama

Forever Fathers are tendering for a Community Drama Arts group to produce a psychodrama production for them on the theme of a non-resident father not being allowed to see his child. The successful company will produce five interactive dramas, and will film and reproduce this drama on DVD. Desirable criteria for this tender would be experience in the following areas: stage production, arts administration, video and film production, knowledge of social / equality / human rights issues and ASSIST techniques. To tender, please send proposal before 12th February with schedule, costings, and proof of previous experience to: Forever Fathers c/o DergFinn Centre, Glenfin St, Ballybofey. For more information, contact Matt on 0035386 3958071 or Don 0035386 3150101.

New Policy Forum on Men's Issues

A lot of people who are active in the men's work sector find themselves working on the margins without supportive resources or a supportive policy context for their endeavours. The Northern Ireland Council for Voluntary Action (NICVA) is now hoping to develop a new Policy Forum in partnership with organisations interested in working with men. This aims to enhance the capacity of men's organisations to make policy responses and to participate in effective policy development.

An exploratory meeting for interested organisations will be held in NICVA's office in Belfast on Tuesday 4th March from 10.30am - 2.30pm. This meeting will discuss the need for a Men's Policy Forum and, if there is a need, what it might entail. There will also be an information session explaining how the NI Assembly works - with a particular focus on how voluntary and community organisations can bring their issues to the attention of MLAs and Ministers. If you would like to attend this meeting, or would like more information, please contact Jonny Currie (NICVA) at Tel: 02890 877777 or Email: jonny.currie@nicva.org

[Back to top](#)

Courses

Positive Parenting for those parenting apart

Is a FREE six week course commencing in Belfast on Thursday 27th March, from 7.00 - 9.00pm. This course is suitable for anyone who is in a parenting role with children of any age, and is in the process of separating or divorcing, or is separated or divorced. It aims to give parents the chance to take time out to work towards positive change in a supported group setting. It will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs. Topics include: parenting styles, stress management, child development, managing children's challenging behaviour, communicating with your child, putting the skills and knowledge into practice. To register, contact Andrea on 02890 310891 or andrea@pachelp.org Other courses that are running from January to May 2008 can be found at <http://www.parentsadvicecentre.org/projects/parenting/individuals.asp> These courses are aimed at individual parents who are willing to come together with other parents to look at issues.

[Back to top](#)

Ideas for Dads and Kids

Pancake Tuesday

Tuesday 5th February 2008 will have lots of Pancake Fun ...

Pancake Song

Mix a pancake,
Stir a pancake,
Pop it in the pan.
Fry the pancake,
Toss the pancake,
Catch it if you can.

How to make Foolproof Pancakes

You need: 1 egg, ½ pint of milk, plain flour (about 4 heaped dessertspoonfuls), lemon juice and sugar.

1. Whisk the egg in a measuring jug.
2. Add milk up to the ½ pint mark in your measuring jug. Whisk mixture.
3. Add the flour, one spoonful at a time. Whisk well to make a smooth batter. The batter should have the consistency of single cream. Add more milk or flour until it looks right.
4. Add a few drops of oil to the pan. Wait for the pan to become hot on a high heat.
5. Pour two dessertspoonfuls of the batter into the pan and spread it around with the back of the spoon (or, pick-up the pan and tilt it to spread out the batter). It doesn't take long for the first side to cook (about 1 minute). Test to see if the first side is cooked: lift the pan off the heat and shake it. When the pancake comes away from the pan, it's time to toss. Cook the other side. Toss the pancake to check if it's cooked. Both sides of the pancake should be golden with brown speckles.
6. Remove from the pan. Add a drop or two of oil to the pan between each pancake. Stack-up cooked pancakes so they stay warm.
7. Squeeze a lemon. Pour a couple of teaspoonfuls onto the cooked pancake and sprinkle all over with sugar.
8. Roll up the pancake and scoff! This amount of mixture will make 10-16 pancakes.

Chinese New Year

Chinese New Year starts on 7th February 2008. It will be the Year of the Rat. To find out more about Chinese New Year celebrations and activities in Ireland click <http://www.cwa-ni.org/> and <http://www.dublin.ie/arts-culture/chinese-new-year.htm>

Valentine's Day

14th February is not just for 'love birds'. Make it a day which all the family can celebrate:

Handprint Heart

You will need: pink and purple paint and paper ...



Instructions: Keeping your fingers together, make a handprint with the pink paint on the centre of the paper. With the other hand, add a handprint of purple paint - overlapping the fingers with the purple handprint.

[Back to top](#)

Job Vacancies

Parents Advice Centre (NI) requires a Senior Administrator

The post-holder will be responsible for the management of administration staff, systems and processes within the four Parents Advice Centre branch offices; ensuring that standards of best practice are maintained at all times. Essential Requirements include: 5 GCSE passes at Grade C or above (or equivalent) including English and Maths; at least 2 A levels or equivalent; RSA Stage II Wordprocessing or equivalent; minimum of 3 years full-time work experience at a senior level, including at least 2 years line management and supervision experience of an administration team. Hours: 37 hours per week. Salary: £25,424.

Requests for an application form and further information must be made in writing to: The Chief Executive, Parents Advice Centre, Franklin House, 12 Brunswick Street, Belfast BT2 7GE. Please enclose a self-addressed, B₄ sized envelope, with 48p stamp attached. Closing date for applications is noon on Friday 8th February 2008. Interviews will take place on Wednesday 20th February 2008.

[Back to top](#)

Web

[Men are drinking twice as much alcohol as women, figures for 2006 suggest](#)

[Life may begin at 40, but research suggests that 44 is the age at which we are most vulnerable to depression](#)

['Heart in the mouth' moments during a big football match may literally put fans' lives at risk, research shows](#)

[Back to top](#)

**HEY! What are you up to in March?
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 Email Matters are not necessarily those of The Men's Project)

[Back to top](#)