

# Emale Matters

## February 2009

produced by



### Events

#### **Kick Start 2009**

The Men's Project is delighted to announce that we have just received funding to run another of our highly successful [Kick Start](#) programmes during 2009. Kick Start is an innovative initiative (sponsored by the Family Policy Unit, DHSSPS) which offers a package of training, support, mentoring, reflection and practical action to organisations that are currently trying to, or wishing to, engage with fathers in Northern Ireland. During 2009, we are pleased to be able to offer a newly extended programme of support which will last for one year. [Applications](#) are now being invited for this programme which will begin in March. The report on Kick Start 2008 is also now available for free downloading at <http://www.mensproject.org/kickstart/index.html>

#### **Men's Policy Forum Meeting**

The next meeting of the Northern Ireland Men's Policy Forum will take place on Tuesday 10th February 2009, starting at 10.30am, in NICVA, 61 Duncairn Gardens, Belfast, BT15 2GB. Patricia Carey, Head of Policy in the Equality, Rights and Social Need Division of 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. Also, representatives of Families Need Fathers in Northern Ireland will give an input to the meeting about the specific issues faced by separated fathers. 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](mailto:jonny.currie@nicva.org)

#### **Men and Sexual Health Information Morning**

The Sexual Health Team are hosting a series of presentations and workshops that will cover a range of male sexual health topics including: Sexual Health and Men with Learning Disabilities; Young Men; STIs; Services for Boys and Young Men. This will take place on Wednesday 11<sup>th</sup> February 2009 from 9.15am to 1.30pm in NICVA, Duncairn Gardens, Belfast. To reserve a place, or for more information, please contact the team on Tel: 02890 900051 or Email: [shealth.team@belfasttrust.hscni.net](mailto:shealth.team@belfasttrust.hscni.net)

### News

### **Kick Start Report 2008**

Kick Start is an innovative programme which was funded by the Family Policy Unit and coordinated by The Men's Project from 2005 - 2008. Annually, it offered a seven month package of training, support, reflection and practical action to organisations that were trying to, or wishing to, engage with fathers in Northern Ireland. The aim was to increase both the quantity and quality of dedicated work with fathers, and to build a robust infrastructure in this area. You are now able to download a Portable Document Format (PDF) report on the Kick Start 2008 programme:

[www.mensproject.org/kickstart/kickstart2008.html](http://www.mensproject.org/kickstart/kickstart2008.html) The Men's Project is, currently, seeking funding to underwrite future training.

### **Parents Helpline Launched**

Parents Advice Centre (PAC) launched their re-structured "Parents Helpline" at the official opening of their new Belfast premises on Thursday 22<sup>nd</sup> January. Alongside the enhanced Helpline, PAC will offer appointments through two offices in Belfast and Derry, and via six outreach sites in Antrim, Coleraine, Lurgan, Magherafelt, Moy and Newry. For more information visit [www.parentsadvicecentre.org/news/?article=45](http://www.parentsadvicecentre.org/news/?article=45)

### **New Outreach Initiative**

Parents Advice Centre (PAC) is delighted to further expand and develop their support services for families on an outreach basis through the Parents Helpline. They have seven outreach sites located regionally in Derry, Coleraine, Newry, Antrim, Moy, Lurgan and Magherafelt. The outreach service aims to provide a free, confidential, accessible support and guidance service to families. Clients can access the outreach service, through the [Parents Helpline](#) referral system. For more details, contact Shirley on Tel: 02890 310891 or Email: [shirley@pachelp.org](mailto:shirley@pachelp.org)

### **Forever Fathers Anti-Suicide Drama to be Televised**

RTE Nationwide is going to show a programme on the Forever Fathers Anti-Suicide Drama "A Far Cry" - which was performed throughout Donegal in October and November last year. The play, itself, was based on the true stories and experiences of members of Forever Fathers, and draws on their experience of separation from their children and parental alienation. It ends with a negative thing (the potential suicide of a father) being turned into a positive one by a friend trained in Applied Suicide Intervention Systems Techniques (ASIST). A learning DVD from this project is also in production. For more information, contact Paul Anderson at: [foreverfathers@donegal.net](mailto:foreverfathers@donegal.net) Forever Fathers is a Donegal-based support group for unmarried, separated and divorced fathers living apart from their children. They meet at 8.00pm in the Stranorlar Family Enrichment Centre on the first Monday of the month and at Bonagee FC Clubhouse, Letterkenny, on the third Monday.

### **Young At Heart Men's Club, Lurgan**

Membership for 2009 is now open to all past and present members. The Club also welcomes new members. The annual fee is £15.00, and membership is offered to all men aged 30 years plus. For more details, please contact Paul Gibney at: [yahlurgan@yahoo.co.uk](mailto:yahlurgan@yahoo.co.uk) Future events will include archery and circuit training.

## **Courses**

### **Handling Teens Course**

This eight week course is ideal for those in a parenting role of young people aged 12-18 years, and covers a range of themes including problem solving, understanding teen behaviour, managing boundaries, and talking to teens about tough issues. The course will take place in Parents Advice Centre, 2<sup>nd</sup> Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB. It will run from Wednesday 4<sup>th</sup> February - Wednesday 25<sup>th</sup> March 2009

from 2pm - 4pm. To register or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: [sharonr@pachelp.org](mailto:sharonr@pachelp.org)

### **Managing Children's Challenging Behaviour Workshop**

This workshop gives parents the opportunity to learn new ways of managing challenging behavior and communicating with their children. The workshop is suitable for anyone who is in a parenting role with children of any age. All participants will receive a Managing Children's Challenging Behaviour Workbook. The Workshop will take place in Parents Advice Centre, 2<sup>nd</sup> Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB on Thursday 5<sup>th</sup> February 2009 from 10am - 1pm. To register or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: [sharonr@pachelp.org](mailto:sharonr@pachelp.org)

### **Parenting Apart Workshop**

This workshop is aimed at parents who have separated, are separating, divorced or thinking of divorce. The workshop will provide practical advice and guidance on what children need to know, and what parents can do to meet their needs. The Workshop will take place in Parents Advice Centre, 2<sup>nd</sup> Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB on Tuesday 10<sup>th</sup> February 2009 from 6pm - 9pm. To register or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: [sharonr@pachelp.org](mailto:sharonr@pachelp.org)

### **ASCERT Training Courses**

ASCERT is charity which provides education and training programmes focused on substance misuse, and is now offering the following free training opportunities for statutory and voluntary organisations: Working with Adolescents Engaged in Risk Taking Behaviour (23<sup>rd</sup> - 24<sup>th</sup> February 2009, 10am to 4.30 pm), Substance Misuse Training for Working with People with a Learning Disability, OCN Level 2 Drug Awareness Training (18<sup>th</sup> - 19<sup>th</sup> February 2009, 10am to 4.30 pm). These courses are all delivered in ASCERT, 23 Bridge Street, Lisburn, BT28 1XZ. For more information, please contact Noel Kennedy, ASCERT Training Administrator, on Tel: 02892 60 4422 or Email: [noel@ascert.biz](mailto:noel@ascert.biz)

### **Flatpack Guide for Fathers - Positive Parenting Course**

This four week course is offered to fathers, and is designed and planned to emphasize their important role within the family. It is interactive, fun, and an opportunity for dads from all backgrounds to build a support network. The course will take place in Parents Advice Centre, 2<sup>nd</sup> Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB, and will run each Thursday from 19<sup>th</sup> February - 12<sup>th</sup> March 2009 from 6.00pm to 8.00pm. To register or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: [sharonr@pachelp.org](mailto:sharonr@pachelp.org)

### **Assertiveness Workshop**

"I don't know how to say no!" ... This workshop is for parents who feel they are not in control in their own home. It will help to build your confidence and like yourself more - which sometimes means that you have to make a stand. The long-term objective is to create happier family dynamics. The Workshop will take place in Parents Advice Centre, 2<sup>nd</sup> Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB on Tuesday 3<sup>rd</sup> March from 10am - 1pm. To register or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: [sharonr@pachelp.org](mailto:sharonr@pachelp.org)

## **Ideas for Dads and Kids**

### **Valentine's Day**

Valentine's Day is on Saturday 14<sup>th</sup> February. An origami heart is fun to make - and it has many uses! Perfect for Valentine's Day, you can make one or more to decorate the front

of a card - or tuck a little message inside and it becomes a card itself. Open this Portable Document Format (PDF) file that explains how:

[www.activityvillage.co.uk/Origami Heart.pdf](http://www.activityvillage.co.uk/Origami%20Heart.pdf)

## **Pancake Tuesday**

Pancake Tuesday will take place this year on Tuesday 24<sup>th</sup> February, and here is a great foolproof recipe for Pancakes ...

You need: Frying pan, measuring jug, 1 egg, ½ pint of milk (almost), plain flour (about 4 heaped dessertspoonfuls), lemon juice, sugar and vegetable oil (for cooking).

1. Whisk the egg in a measuring jug.
2. Add milk up to the ½ pint mark in your measuring jug. Whisk the mixture.
3. Add the flour, one spoonful at a time, and whisk between spoonfuls. 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. Put the frying pan on a high heat. Add a few drops of oil to the pan. Wait for the pan to become hot.
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 on a warmed plate - so they stay warm.
7. Squeeze a lemon. Pour some onto the cooked pancake and sprinkle all over with sugar. Roll up the pancake and scoff! This amount of mixture will make 10-16 pancakes.

## **On the Web**

[Finger size link to earning power](#)

[Self-medicating online can be dangerous](#)

[Men 'can fight food urges better'](#)

[IVF hope after sperm test success](#)

[Call for more male nursery staff](#)

[Childcare 'not just for women'](#)

[Sex drive link to prostate cancer](#)

## **Website of the Month**

[www.census.nationalarchives.ie](http://www.census.nationalarchives.ie)

Have you ever wondered about your family ancestry? If so, you may want to check out the website on the 1911 Census in Ireland. Data from counties Antrim, Down, Dublin and Kerry are now available to search and view online. The rest of the counties are, currently,

be added and will be available in mid-2009. The site also describes what life was like in 1911 and has a range of photos from that time.

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**What are you up to in March?  
Let me know about it for in the next edition!**  
**Email:** [trisha@mensproject.org](mailto: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](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: [trisha@mensproject.org](mailto:trisha@mensproject.org)

**[The views expressed in Emale Matters are not necessarily those of The Men's Project]**