

Emale Matters

January 2009

produced by



Events

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: 028 90 877777 or Email: jonny.currie@nicva.org

Pupil Records and Reporting Consultation

The Parenting Forum NI is carrying out a consultation on Pupil Records and Reporting on behalf of the Department of Education in Northern Ireland (DENI). Throughout January and February 2009 they are looking for groups of parents to meet with. If you have a group of parents who would be willing to take part - ESPECIALLY GROUPS OF DADS - or want to know more, please email Alison at alison@pachelp.org or phone her at 02890 310891. Parent travel expenses, childcare, room hire and refreshments will be covered.

News

Man Alive! Calendar 2009

The Ulster Cancer Foundation (UCF) has launched a "Man Alive!" Calendar 2009 to promote key men's health messages (which are featured on each calendar month) as well as to raise funds to support local men with cancer. The Man Alive! Calendar is a light-hearted way to communicate key cancer prevention and early detection messages to men and also highlights UCF services that are available. If you would like to order a Man Alive! Calendar there is a minimum donation charge of £5.95. All profits raised from the sale of the calendar will go towards UCF's work. To get a copy, contact UCF on 02890 663281, call into your local UCF charity shop, or order online at www.ulstercancer.org

A Male Health and Well Being Study

U3A Foyle, based in the Gransha Park site in Derry, are running a 12 week programme for males from Monday 19th January - Monday 6th April 09. The Physical Activities Coordinated Programme programme (PAC) is a pilot study organised in partnership with the University of Ulster. The aim of the study is to investigate the extent to which the programme influences the health and well being of participants. The programme includes a range of indoor and outdoor activities, and the physical activity and dietary habits of participants will be assessed at both baseline and following the intervention period. The partnership approach with the University means that the U3A can gain a scientific research paper on the benefits of its exercise programme, and can produce both a qualitative and quantitative evidence base to support their work. If you would like more information on this programme, please contact Christine O'Kane on Tel: 02871 860123 or Email: u3a.foyle@btinternet.com

Courses

Parents' Anger Management Programme (PAMP) Workshop

This short workshop for parents will help participants to identify their anger levels and start the process of working towards a more positive way of handling this. Parents who want to attend our eight week programme on Parents' Anger Management will find this workshop a useful introduction. The workshop will take place in Parents Advice Centre, 2nd Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB on Friday 30th January 2009 from 10.00am to 1.00pm. To register, or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Positive Parenting Course: Flatpack Guide for Fathers

This four week course is offered to fathers, and is designed and planned to emphasis 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, 2nd Floor, Andras House, 60 Great Victoria Street, Belfast, BT2 7BB, and will run from Thursday 19th February - Thursday 12th March 2009 from 6.0pm to 8.00pm. To register, or to get more information, contact Sharon Rawe on Tel: 02890 310891 or Email: sharonr@pachelp.org

Family Learning Matters! - Keeping up with the children

Across Belfast there are many opportunities for parents and other family members to find out how to help their children learn, and to become more involved in schools and in their child's education. Belfast Metropolitan College will run courses in nursery, primary and secondary schools and in community groups – indeed, in any location that a group feel is suitable to meet in. Courses available include: Family Health and Well Being, Understanding the Revised Curriculum in Primary Schools, Understanding Linguistic Phonics, Irish History 'Light', ICT for Parents, Parents as Co-educators, Read to Succeed, Positive Parents and Story Sacks. For more information on course, please contact Kathleen McKee, Family Learning on Tel: 02890 265210 or Email: kmckee@belfastmet.ac.uk

Ideas for Dads and Kids

Chinese New Year

Monday 26th January 2009 will bring in the Chinese Year of the Ox.

In Belfast, The Chinese Welfare Association has organised a celebration for all the family in St. George's Market on Sunday 25th January from 1.30pm to 5.00pm. The cost is £1 per person. There will be traditional performances from China, Chinese arts and crafts, workshops, and food from many countries. For more information go to www.cwa-ni.org

In Dublin, The Chinese New Year Festival Carnival will include interactive art workshops, information booths, a well being marquee, authentic Chinese performances (including lion dances), lectures, the Dublin Zoo Asian trail, and martial arts exhibitions. Dublin will also be going live to Beijing via satellite to welcome in the New Year. For more information, go to <http://www.dublin.ie/arts-culture/chinese-new-year-2009.htm>

Make an Origami Cone

This is a good way of avoiding sticky sweets stuck in pockets, why not try making an origami cone that can hold the sweets? Open this Portable Document Format (PDF) file which explains how:

http://www.activityvillage.co.uk/origami_cone.pdf

On the Web

[Men warned over counterfeit drugs](#)

[Intelligent 'have better sperm'](#)

[Many lie over books 'to impress'](#)

[Man's genes 'key to baby's sex'](#)

[Self-harmers 'include boys too'](#)

[Males 'more physically active'](#)

[Screening for cancer isn't a gender issue](#)

[Real men don't diet, but they can get slimmer and fitter](#)

[Lib Dem leader wants fathers to get a year off work](#)

[Absentee fathers must be sent their children's school reports](#)

Website of the Month

<http://odadeo.com/>

Odadeo helps you answer the question "How am I going to be a great dad?" with social tools on web and mobile. The idea is that a dad can sign up to the site and make pledges about things he wants to do as a father. The pledges are collaborative - so you can keep track of how you and your friends are doing on those pledges, as well as sharing links, tips and questions. There are features on the site such as 'badges' that you can use to identify yourself as a particular kind of dad and connect with others. There is a kids' page where you can set up and keep a record of their lives; and the 'DADSDAQ,' which graphs your dad progress as you 'pip' your pledges when you do something towards fulfilling them.

**What are you up to in February?
Let me know about it for in 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.

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

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]