

# EMALE MATTERS

## JUNE 2008

produced by



# HAPPY FATHERS DAY!

Sunday 15<sup>th</sup> June 2008

## News

### **New “Men and Babies” Manual for Fathers**

The Men's Project within Parents Advice Centre recently received funding from the Parenting Education and Support element of The Children and Young People's Funding Package (DHSSPS) to produce a mini-manual for fathers in Northern Ireland who are expecting a baby during the next twelve months. This booklet seeks to help fathers to fully understand what is happening during the pregnancy period and immediately after the birth, and to encourage them to recognise the important role that they should be playing in their children's lives. It provides step-by-step instructions and advice on all the practical things a father-to-be or new father needs to know.

We hope to officially launch this manual around the time of Father's Day 2008 (Sunday 15th June), and are **offering your organisation FREE copies of this booklet** to give out to any expectant / new parents that you will have contact with over the next year. The manual will be also soon be available for downloading on the Internet at:

[www.mensproject.org/resources/menandbabies.html](http://www.mensproject.org/resources/menandbabies.html) For more details, please contact either Colin or Trisha at Tel: 02890 310891 or Email: [colin@mensproject.org](mailto:colin@mensproject.org) / [trisha@mensproject.org](mailto:trisha@mensproject.org)

### **Parenting Forum Special Father's Day Newsletter**

Gemma Connor from The Parenting Forum NI took part in this year's Kick Start Programme. For her Father's Day project, she dedicated PFNI's June Newsletter to fathers, and 40,000 copies of it will soon be circulated as part of the ni4kids publication. Make sure you pick up a copy from shopping centres and libraries across Northern Ireland.

### **Job Vacancy: Parenting Project Worker**

Parents Advice Centre requires a Parenting Project Worker. The purpose of the post is to deliver high quality parenting courses to parents and practitioners in a range of settings

across Northern Ireland; to maintain high standards of practice in delivering parenting projects within the ethos of Parents Advice Centre; and to ensure inclusion and diversity in all aspects of the project's work. For more details on this post please visit:

<http://www.parentsadvicecentre.org/about/vacancies.asp>

### **Netmums New Website**

Netmums (though not just for mothers!) has some exciting news for all its members in the west of Northern Ireland - the new website has recently gone live and includes information for Enniskillen, Irvinestown, Augher, Castlederg, Cookstown, Dungannon, Omagh and Strabane. It is, of course, full of the local information you would expect including childcare, pre-schools, children's centres, classes, pools, play centres, family-friendly restaurants, local support groups and much more. To get into the new site just click on 'change sites' beside your name at the top of the site, then click on Western Northern Ireland on the areas map page. Note: this is the last local site in Northern Ireland to go live, which means the Northern Ireland site will close very soon. Please make sure you find your local site on the <http://www.netmums.com/h/n/HOME/HOME/ALL/481//> page so that you can join that - you will benefit from all the local information not found on the regional sites.

## **Events**

### **National Men's Health Week 2008**

The theme for National Men's Health Week 2008 is "Men in the Workplace", and will take place from Monday 9th - Sunday 15th June 2008. This week will focus on three main areas:

1. Ensuring health and safety and risk avoidance better targets men in the workplace.
2. Using the workplace to reach men with health promotion interventions.
3. Linking into the government's Health, Work and Well-being strategy.

For further information visit:

[http://www.menshealthforum.org.uk/userpage1.cfm?item\\_id=2231](http://www.menshealthforum.org.uk/userpage1.cfm?item_id=2231)

### **Seminar on "Can Northern Ireland Become Normal?"**

ARK invites you to a seminar to launch the results of the 2007 Northern Ireland Life and Times Survey: "Can Northern Ireland Become Normal? - attitudes to the role of government in Northern Ireland". This event will be held on Wednesday 11th June 2008, at 12 noon, in Seminar Room 1, Institute of Governance, 63 University Road, Belfast. A light lunch will be served at 1.00pm. The seminar is free, but places need to be booked by phoning 02871 375513 or by emailing [info@ark.ac.uk](mailto:info@ark.ac.uk). Information on the Northern Ireland Life and Times Survey can be found at [www.ark.ac.uk/nilt](http://www.ark.ac.uk/nilt)

### **Men's Night Event**

Parents' Voice will be holding a "Men's Night" in the Belfast Model School for Girls, Dunkeld Gardens, Belfast on Tuesday 17th June 2008 from 7.00pm - 9.00pm. Activities available will include Turkish Shaves, health checks, haircuts, massages, Wii and PS2 (on large screen), darts, astronomy demonstrations and refreshments. A chill-out room is available for children. The cost is £5. A raffle will also be held on the night for some great prizes. Raffle tickets are £1 per strip or 3 strips for £2. Tickets make a fantastic Father's Day gift. For tickets, please phone Leigh on 02890 391768.

### **Men's Learning: Findings from Australian Adult Education Research**

There is a trend in many countries for men not to be enrolled in formal adult education programmes. Research from Australia has confirmed the importance of men's community-based activity at local neighbourhood level. This often involves a range of grassroots,

hands-on organisations, including voluntary fire services and sporting clubs. Professor Barry Golding and Dr Mike Brown, University of Ballarat, Victoria, Australia will lead a seminar on their ongoing research into men's learning and education. This will focus on the effectiveness of informal learning for men through community-based organisations - often using men's sheds/workshops to promote learning for men who have negative or limited experiences of formal learning. This seminar will take place on Wednesday 25th June from 1.00pm - 2.00pm (sandwiches and refreshments available from 12.30pm) in Queen's University Belfast's School of Education (Lifelong Learning), Room 005 (Ground Floor), 20 College Green, Belfast. Everyone is welcome, and no registration is required.

## **Courses**

### **Young Father's Project Workshops**

During June, the Young Father's Project is running four workshops in The Verbal Arts Centre in Bishop Street, Derry. These are open to young men, aged 14 - 25, who are fathers or father-to-be, and who come from the L'Derry, Strabane and Limavady areas. The topics are: Relationships (4th June); Ages and Stages of Child Development (11th June); Parenting Styles (18th June); Understanding Babies' Behaviour (25th June). All workshops start at 7.00pm. Contact Sharon on Tel: 02871 348728 for more details.

### **Helpline Volunteers Needed**

Parents Advice Centre is recruiting Helpline Volunteers. If you have substantial parenting experience and / or significant experience of working with families, and can make a commitment of at least 4 hours per week, we will provide accredited training, ongoing support and skills development, and a real challenge! Belfast and Derry Courses commence in October 2008. For more information, and to download an application form, please visit [www.parentsadvicecentre.org/volunteering](http://www.parentsadvicecentre.org/volunteering) or contact Andrea on Tel: 02890 310891 or Email: [andrea@pachelp.org](mailto:andrea@pachelp.org)

## **Ideas for Dads and Kids**

### **"My Dad is the Bestest Dad"**

To celebrate Father's Day this year, Trisha McQueen from The Men's Project got her creative juices flowing and bought crayons to make stick drawings for a new storybook for dads and kids. "My Dad is the Bestest Dad" is about how dads are seen as being the best at everything through the eyes of their child. You can download this storybook for FREE at [www.mensproject.org/resources](http://www.mensproject.org/resources) The "Our Big Adventure" Scrapbook is also still available for downloading on The Men's Project website (same address).

## **On the Web**

[Dads 'need school reassurance'](#)

[Depressed fathers 'hit learning'](#)

[Paint chemicals 'may harm sperm'](#)

[Sex problems 'may be heart alert'](#)

[Everest record set by 76-year-old](#)

[Death of the Masculine Man?](#)

## Things men need to know about pregnancy ...

### **The Dad Deficit: The Missing Piece of the Maternity Jigsaw Report**

The Fatherhood Institute launched a 12 point action plan to stop maternity services across the UK disadvantaging children from birth by 'shutting out' their fathers. In the report *The Dad Deficit: The Missing Piece of the Maternity Jigsaw*, they present a mass of evidence proving the profound extra benefits to child and parents of fathers' active and positive involvement from birth. While the vast majority of fathers are interested in fulfilling their responsibilities, they often get no encouragement or support - particularly if they are young or otherwise disadvantaged. At the same time, the small minority who aren't interested are not challenged, and are simply allowed to drift away from their obligations. Visit <http://www.fatherhoodinstitute.org/download.php?pid=6362.7> to download the report:

[Breastfeeding 'may cut arthritis'](#)

[Prem mothers 'need feeding help'](#)

[Premature babies 'need cuddles'](#)

[Dads' web aid for wee small hours](#)

### **Website of the Month**

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **HEY! What are you up to in August?**

**Let me know about it for in the next edition!**

**Email:** [trisha@mensproject.org](mailto: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 visit: <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](mailto:trisha@mensproject.org)

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

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