

EMALE MATTERS

JUNE 2009

produced by



Events

Men's Policy Forum Meeting

The next meeting of the Men's Policy Forum will take place on Monday 1st June at 2.30pm in NICVA. The main item on the agenda will be an input from the Men's Learning and Health Partnership. Diarmuid Moore from the WEA (lead partner) will give an overview of the new Lottery-funded project called "Men: Unlocking the Potential". This initiative will start in September and, over the next five years, will work with disadvantaged men on the themes of Learning, Health, Family and Community. This will be an opportunity for you and your group to find out more about the project, how you can become involved, and to discuss the possible policy impact of this work. Please contact Jonny Currie from NICVA at Tel: 02890 877777.

Men's Health Week 2009

Men's Health Week (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself. This year it will run from Monday 15th June until Sunday 21st June 2009. The overall aim of MHW is to heighten awareness of preventable male health problems, and to encourage early detection and treatment of health difficulties for men and boys. The theme for this year is: "Men and Access to Services". One of the biggest risks to men's health is their reluctance to seek help at times of difficulty or to take part in health improvement programmes. This is often because these services and programmes are not delivered in ways that take account of men's particular needs. The Men's Health Forum in Ireland is, currently, organising ways to mark this week. Visit www.mhfi.org for more details.

Man Alive! Conference

Following on from the success of the inaugural Man Alive! conference last year, this year's men's health event (a partnership between BT and the Ulster Cancer Foundation) will take place on Tuesday 16th June 2009 in NICVA, Duncairn Gardens, Belfast. Please register your interest by contacting Kirsty Thompson at the Ulster Cancer Foundation, Tel: 02890 680771 or Email: kirstythompson@ulstercancer.org

ASCERT Training Courses

ASCERT have the following courses running in June: Community Drugs Awareness Training (OCN Level 1), 3rd - 4th June; Basic Drugs Awareness Training, 25th June; Bespoke 1 day training, Monday 1st June and Thursday 18th June. For more information, please contact Noel Kennedy Tel: 02892 604422 or Email: noel@ascert.biz

Carers' Week 2009

Six million people provide unpaid care to someone they know. During Carers' Week 2009 (Monday 8th - Sunday 14th June) this hidden army will speak out. For more information, please visit: www.carersweek.org

Young At Heart Men's Club Open Day

The Club is hosting its Annual MOT session (10.00 am to 12.00pm) and Open Day (10.00am to 4.00pm) on Wednesday 10th June in Waves Leisure Complex, Robert Street, Lurgan. All men are welcome to have a free health MOT as well as try out the pool, health suite and other activities. Contact Paul Gibney (Email: yahlurgan@yahoo.co.uk) for more details.

OUTstanding Youth Work Training Manual Launch

This launch will be held on Wednesday 10th June 2009, in the Community Youth Work department, University of Ulster at Jordanstown. The event is aimed at youth work practitioners, as well as those who work with young people in related fields (e.g. health provision, social work, teaching or youth justice) who may find the use of youth work skills training useful. The pack has been designed using the collective experience of youth workers working with LGBT youth from Youthnet, GLYNI, The Rainbow Project, Youth Action and Opportunity Youth, and was designed by Ruth McCarthy (who designed GLYNI's What's In Your Closet? resource – www.whatsinyourcloset.co.uk). For more information on the launch, please visit: www.mensproject.org/resources/glynilaunch.pdf

Stuck In The Middle

The Centre for Young Men's Studies has carried out a series of consultations with 130 young men, aged 13-16 years, from more than 20 areas across both Catholic and Protestant communities. The purpose of this paper is to give a voice to young men's attitudes and experience of violence, conflict and safety; to initiate discussion and debate about both the needs of young men and the problems some young men cause within their communities; and to make tentative suggestions for initiatives and interventions that would increase safety and reduce violence and conflict within communities. The presentation will take place on 16th June 2009 from 10.00am to 1.00pm in YouthAction Northern Ireland, 14 College Square North, Belfast. To book a place, please contact Donna on Tel: 02837 511624 or Email: donna@youthaction.org

North Belfast Men's Health Event

A Men's Health Event will take place on Monday 15th June 2009 in the Concorde Community Centre, 36 Alliance Road, Belfast from 10.00am - 2.00pm. This will include "MOT checks" (including blood pressure, sugar levels, cholesterol and BMI) as well as alternative therapies, hair cuts and Turkish Shaves. For more details, contact Heather/Agnes in North Belfast Women's Initiative and Support Project (Tel: 02890 391028).

Dry Arch Dad's Day

The Dry Arch Children's Centre in Dungiven invites all Dads and Grandads to come along with their children/grandchildren to enjoy a fun packed afternoon of activities on Saturday 20th June 2009 from 2.00pm - 4.30pm. Refreshments will be provided, and there is a free football for all children who attend. Activities include design and make your own breakfast set, free hair cuts, men's health check and advice, a complimentary photograph, face painting, PINATA filled with toys and sweets for the children. For more details, please contact Muriel at Tel: 02877 742904.

Dads' Fun and Health Day

LAST Sure Start is running a Dads' Fun and Health Day in Omagh on Saturday 20th June 2009.

Summer Santa Fun Run

On Sunday 21st June 2009 (2.00pm at Cutters Wharf, Belfast) there will be a 1, 2 or 3 mile Fun Run to raise money for the Ulster Cancer Foundation's Man Alive! campaign. Dress up as Santa - but anything goes - and run / walk the route through Stranmillis College. The entry fee is £10 for adults, £5 for students/concessions, and £25 families. Download the registration forms at www.worldsbiggestsantarun.com Contact Neill Grainger on Tel: 02890 680758 or Sarah Atcheson on Tel: 02890 680765

Blossom Sure Start Father's Day Events

The 'Blooming Dads' group have organised a range of events for the week leading up to Father's Day on Sunday 21st June: Monday 15th June - Messy Play event at the Sure Start Centre; Tuesday 16th June - a pampering dads evening (where the men will decide on an activity like bowling, snooker etc.); Wednesday 17th June - a visit to the Fire Station; Thursday 16th June - a free swimming night for dads and children. The week will culminate with a "Men's Trolley Dash" in Tesco, Portadown on Saturday 20th June at 10.00am. The event will be used to highlight the importance of a male role model in a child's life. There will also be "Daddy's Day Out" summer excursions on Saturdays which are free to all Sure Start dads and their kids: Snowtubing (13th June); Tannaghmore Gardens (11th July); Lurgan Park (7th August); Oxford Island (4th September). To book your place, ring Caroline or Keith on Tel: 02838 337455 or Email: SureStart.Team@southerntrust.hscni.net

Cloona Oasis Catch Project's Men's Health Day

Cloona Oasis Catch Project, in partnership with the South Eastern Health and Social Care Trust, is hosting a nurse-led Men's Health Day on Monday 29th June 2009 in Cloona Oasis Catch Project, 30-31 Colin Road, Teeling Roundabout, Dunmurry. Activities will include check-ups for blood pressure, sugar levels, heart rate and cholesterol. For more information, Tel: 02890 624923 or Email: cloonaosis@yahoo.com



News

Father's Support Group

The [Parenting Education](#) team within Parents Advice Centre (PAC) will be holding a Father's Support Group at least four times per year in their Belfast office. The group was originally set up at the request of fathers who had attended "The Flat Pack Guide to Fatherhood" course within PAC. However, all fathers are welcome to attend the support group. This group will give fathers the opportunity to meet other dads and to build upon their parenting skills - as there will be training sessions relevant to the needs of the group. Contact Sharon Rawe at Tel: 02890 310891 / Email: sharonr@pachelp.org for further information. Please note you must register before attending.

Smile Guys Programme

Smile Sure Start are running the "Smile Guys" programme which offers men / dads support and advice, a friendly and welcoming environment, and opportunities to have fun and play with their children. For more information, please Tel: 02890 756654. Smile Sure Start covers the New Lodge, Duncairn, Waterworks and Mount Vernon areas.

Training Room Hire in Belfast City Centre

[Parents Advice Centre](#) has training / meeting rooms available for hire in central Belfast. These are located at 60 Great Victoria Street - opposite the railway and bus stations. There is also on-street parking, and several convenient car parks nearby if required. The room rates are highly competitive, and refreshments / sandwich lunches can be provided at very reasonable prices. Laptops, data projectors and flip chart stands can be hired, and free (wired) broadband internet

access is offered. For further information, please contact Sheila on Tel: 02890 310891 or Email: sheila@pachelp.org

Men's Issues on the Radio

Inishowen Community Radio will be airing six programmes on men's issues. These will be broadcast throughout the North Donegal and Derry areas on 105FM or 107.6FM. Alternatively, seek them out online at: www.icrfm.ie They will cover a range of issues including: being a father, being gay, health and wellbeing, recreation, violence, and male suicide. The first programme will begin on Wednesday 3rd June 2009 and they will run for the next six weeks. Programmes will be repeated in the evening. There is also an information and support page on the web site.

Parents Helpline - Focus on Fathers

[Parents Helpline](#) (within Parents Advice Centre) provides support and guidance on parenting and family issues, and has a particular focus on child development, managing behaviour, communication and separation. We recognise that fathers have a crucial influence on their child's development. Research shows that involved fathers can help to improve many aspects of their children's lives such as health, well-being, confidence, self-esteem, educational achievement ... and can reduce the chances of their children turning to crime. Many fathers already use Parents Helpline services - in 2008, 18% of contacts to Parents Helpline were made by men - however, we recognise that many more fathers would benefit from this service. To help support these men, we are having a "Focus on Fathers" campaign in the run up to Father's Day (Sunday 21st June). If you are a father who would like to discuss a family concern, contact the Parents Helpline Freephone, in confidence, on Tel: 0808 8010 722 or Email: fathers@parentshelpline.org.uk



Ideas for Dads and Kids

Father's Day

Sunday 21st June is a special day for fathers. Why not make a card for that special man in your life - whether it's your dad, big brother, uncle, teacher, step-dad, or grandfather.

Bike Week

Bike Week is an annual opportunity to promote cycling as a source of fitness and fun and will take place in mid-June 2009. For more details on events go to: www.bikeweek.ie and www.bikeweek.org.uk

Little Steps are Making a Big Difference

When it comes to diet and activity, small changes - like spending less time in front of the TV and computer screens, and eating more fruit and vegetables - can really make a big difference. The startling fact is that more than 300,000 children on the island of Ireland are overweight or obese. By taking just a few little steps, you can start improving your children's health straight away - and lay the foundation for a lifetime of healthy eating and exercise. To help you make these healthier lifestyle choices, just visit the Little Steps website at www.littlesteps.eu for ideas, fresh inspiration and all the building blocks for a healthier lifestyle - including meal planners, recipe tips and ideas for fun activities.



On the Web

[Male 'contraceptive jab' closer](#)
[Fathers' depression 'harms young'](#)
[YouTube helps father deliver baby](#)
[Male fertility research 'neglected'](#)
[Man scarred because of domestic abuse](#)
[Male Breast Cancer](#)
[Men 'suffering recession blues'](#)
[Women 'fight off disease better'](#)
[Anorexic teenager says men need more help](#)
[Hope of fast prostate cancer test](#)
[Male of the species 'loses genes'](#)
[Fathers-to-be 'gain extra weight'](#)
[Six children's books that show dads in a positive light](#)
[Life as a disabled dad](#)
[Dads who are never out of work](#)



Website of the Month

www.yourfamily.org.uk/parenting_zone/baby/development_and_learning/becoming_a_dad_the_first_days_with_your_baby

Positive ideas and advice for parents of young children



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

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
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