

# Emale Matters

## March 2008

produced by ...



### News

#### **Men and Miscarriage Information**

The Miscarriage Association has a leaflet with advice for fathers on miscarriage. Please visit <http://www.miscarriageassociation.org.uk/ma2006/information/leaflets/menmisc.pdf> to access a Portable Document Format (PDF) version of this resource.

### Events

#### **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](mailto:jonny.currie@nicva.org)

#### **Calling All Dads, Grand-Dads, Uncles, Brothers ...**

Join Smile Guys for a fun-filled day at "Fun Works" in Glengormley on Saturday 8th March 2008 from 10.30am to 12.30pm (including light lunch). Bus departs from Mount Vernon at

10.15am and Duncairn Gardens at 10.30am. For further information, please contact Smile Sure Start at 02890 756654.

### **Men's Breakfast**

Will be held in the Micah Centre at Willowfield Parish Church, Belfast, on Saturday 15th March 2008 from 9.00am. This includes a talk by Michael Wardlow from Integrated Education. The breakfast is free. Email [alanhiggins@mail2web.com](mailto:alanhiggins@mail2web.com) if you wish to attend.

### **A Rough Guide for Dads**

Care for the Family are hosting "A Rough Guide for Dads" event at Carnmoney Presbyterian Church, 258 Carnmoney Road, Newtownabbey on Tuesday 15th April 2008 and in The Lodge Hotel, Coleraine on Wednesday 16th April 2008. Both events will run from 7.30pm to 10.00pm. Issues covered will include: confessions of a struggling dad; getting over getting it wrong; kids need dads ~ its official!; the challenge of two families; it's never too late to start. Tickets for each event cost £6 per person and can be ordered by phoning 02892 628050, by writing to Care for the Family, 3 Wallace Avenue, Lisburn, BT27 4AA, or by booking online at [www.careforthefamily.org.uk/dads](http://www.careforthefamily.org.uk/dads)

## **Courses**

### **Positive Parenting for those Parenting Apart**

Is a FREE six week course run by Parents Advice Centre (PAC) which will commence on Thursday 27th March (running from 7.00pm - 9.00pm) in Belfast. This course is suitable for anyone who is in a parenting role with children of any age, and who is in the process of separating or divorcing / 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 email [andrea@pachelp.org](mailto:andrea@pachelp.org) The deadline for registration is noon on Thursday 20th March 2008. Other PAC courses can be found at <http://www.parentsadvicecentre.org/projects/parenting/individuals.asp>

**ASCERT** (Action on Substances through Community Education and Related Training) have places available on the following courses ...

**Taking The Lid Off:** 5th and 6th March from 10.00am - 4.00pm in ASCERT, 23 Bridge Street, Lisburn, BT28 1XZ. Taking the Lid Off is a two day training event aimed at building the capacity of workers to provide support to adults and young people living with alcoholism and problematic substance misuse in the family. If you are interested, please contact Ed Sipler at Tel: 02892 604422

**Train the Trainer Drug and Alcohol Practitioner Course:** 14th, 21st and 28th March from 10.00am - 4.30pm in ASCERT, 23 Bridge Street, Lisburn, BT28 1XZ. Open to anyone who works in the disability field and who has completed either the One Day Drugs Awareness Training or OCN Level 2 Drugs Awareness Training (or has sufficient

knowledge in the drugs and alcohol field), and would like to enhance their skills as a trainer. Please contact Jeanette on 02892 604422 or email [jeanette@ascert.biz](mailto:jeanette@ascert.biz)

**Community Drugs Awareness Training - OCN Level 2:** 7th, 14th, 20th, 28th March and 11th April from 10.00am - 4.00pm at Eastern Drug and Alcohol Co-ordination Team, 1 Cromac Quay, Belfast. There are a number of sponsored places available free for staff or volunteers from the voluntary/community sector. Please forward your details (job title, organisation, address, contact number) to Jeanette at [jeanette@ascert.biz](mailto:jeanette@ascert.biz)

## Ideas for Dads and Kids

### Titanic Made in Belfast Festival

Saturday 22nd March - 29th March 2008. Visit this website link for a list of all events: <http://www.belfastcity.gov.uk/titanicfestival/index.asp?menuitem=all>

### St. Patrick's Day

Monday 17<sup>th</sup> March 2008. Click on the website links below for events in both Northern Ireland and the Republic of Ireland:

<http://www.discovernorthernireland.com/events/default.aspx?TypeID=17299>  
<http://www.stpatricksday.ie/cms/home.html>

### Easter Weekend

Friday 21st March - Sunday 24th March 2008.



### Indoor/Outdoor Easter Egg Hunt Party



For this very easy and simple idea, it's all about being creative. You need the following: a basket or small bucket for each child; a load of nibbles (including chocolate eggs, juice and sandwiches); paper; pencil; lots of enthusiasm.

#### How to set up the game

You make a map of your home and garden and stick this on the wall of the starting room so that everyone can see it. You mark the map with X's in all the spots where you have hidden the nibbles. You all decide on a base (for example, outside in the garden) where everyone can return to once they have found everything. You have a party at the end. If there are younger children playing in the hunt, then accompany them or pair them with older children so that everyone can join in safely.

### Our Big Adventure Scrapbook

This is a great time of year to use the ideas in the "Our Big Adventure" Scrapbook. This is available on The Men's Project website <http://www.mensproject.org/adventure/index.html> and gives loads of practical ideas on how dads can spend a great day with their children, and turn even simple activities into a big adventure.

## Web

[Call for male forced wedding help](#)

[Son's tooth helps man gain vision](#)

[NI men underestimate waist-size](#)

[The science of sleep](#)

[Suicide rate drops in young men in England and Wales](#)

[Sperm damage 'passed to children'](#)

[Prostate cancer screening 'hope'](#)

[Depression risk 'highest in 40s'](#)

[Free dinners for penniless walker](#)

**HEY! What are you up to in April?  
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 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](mailto:trisha@mensproject.org)

(The views expressed in Emale Matters are not necessarily those of The Men's Project)