

# Emale Matters

September 2009

produced by



[A Note of Thanks ... Trisha McQueen - who has been the editor of Emale Matters since it began in June 2006 - will soon leaving The Men's Project. Although this publication will continue, her input will be sorely missed by everyone!!!]



## Events

### Working with Fathers Presentation Morning

Is your organisation interested in developing work with fathers? ... If so, then Parents Advice Centre would like to invite you to a "Presentation Morning" which will showcase some of the learning arising from the "Kick Start 2009" project. Kick Start is an innovative initiative which offers a seven month package of training, support, networking, reflection and practical action to groups that are trying to, or wishing to, engage with fathers in Northern Ireland. The Presentation Morning will take place on Wednesday 16th September 2009 in Spires Conference Centre, Belfast. For more information on this free event visit: [www.mensproject.org/kickstart/presentation.html](http://www.mensproject.org/kickstart/presentation.html) However, there are only a few places left!!!

### Boys and Young Men Seminar

The Men's Policy Forum in NICVA invites you to a free seminar on Thursday 10<sup>th</sup> September 2009 from 10.00am to Noon in NICVA, Belfast. This event will explore the theme of "Boys and Young Men as Positive Role Models in their Families and Communities". The seminar will showcase examples of good practice from the highly successful "Life Pieces to Masterpieces" (LPTM) project in Washington DC, USA ([www.lifepieces.org](http://www.lifepieces.org)). LPTM is a non-profit, arts-based, youth development organisation which works with African-American boys and young men aged 3 to 21 years living in low-income and public housing in Washington. The project's Executive Director, Mary Brown, is visiting Belfast for three days, and this is an opportunity to meet her and share experiences. There will also be an input on work with boys and young men in Northern Ireland. To book a place, please contact Cathy Breslin at Email: [cathy.breslin@nicva.org](mailto:cathy.breslin@nicva.org) or Tel: 02890 877777.

### Parents' Week 2009

The 10<sup>th</sup> Annual Parents' Week will take place from Monday 19<sup>th</sup> to Sunday 25<sup>th</sup> October 2009. This year the theme is: "The Changing Face of Families". The Parenting Forum NI (PFNI) hopes to build on the success of last year, when 180 events took place across Northern Ireland. If you would like to join the celebrations, you could organise a special event during this week. For example, you could arrange an outing for your family, have a

party in your playgroup, hold a coffee morning for parents, get children in your area to make celebratory posters ... The possibilities are endless, and need not involve a lot of time or money! PFNI collects information on all events and publicises them on their website. The week will be launched on Monday 19<sup>th</sup> October at PFNI's Annual Conference in the Park Avenue Hotel, Belfast. For more information, please contact Gemma at Tel: 02890 310891.

### **World Suicide Awareness Day**

East Belfast Survivors of Suicide / Families Bereaved through Suicide Group is organising an event on World Suicide Awareness Day (Thursday 10<sup>th</sup> September 2009). Their "Walk of Life" event will commence from Stormont's Parliament Buildings at 4.15am and proceed to Belfast City Hall, arriving there at 6.00am. The walk is to signify walking through darkness and into the light as an expression of hope for those families and individuals affected by this issue. For more information visit:

[www.ebcda.org/index.php?option=com\\_content&view=article&id=79:ebcda-news&catid=1:news&Itemid=86](http://www.ebcda.org/index.php?option=com_content&view=article&id=79:ebcda-news&catid=1:news&Itemid=86) or contact Clare Curran (Tel: 0788 6036831 / Email: [c.curran@tiscali.co.uk](mailto:c.curran@tiscali.co.uk)) or Chris Deconink (Tel: 02890 451512 / Email: [chris@ebcda.org](mailto:chris@ebcda.org)).

### **13<sup>th</sup> Annual Men's Development and Training Summer School**

The Men's Development Network Summer School brings together men from all across Ireland and from every background. This year's event - "Men's Support and Development in Challenging Times" - will begin on Friday 25<sup>th</sup> September at 6.00pm and will last until Sunday 27<sup>th</sup> September at 3.00pm. It will take place in Maynooth's South Campus. For more information, Tel: 00353 51 844260 or Email: [men@mens-network.net](mailto:men@mens-network.net)

### **"Know Your Numbers" Health Day for Men and Women**

The HEART Project and Clan Mór Sure Start are hosting a Health Day on Thursday 10<sup>th</sup> September 2009, from Noon until 4.00pm, in the Maureen Sheehan Centre, West Belfast. Free tests will be available including: height / weight / BMI, cholesterol and blood sugar levels, carbon monoxide levels and blood pressure. There will also be breast / testicular cancer awareness sessions, reflexology / massage / acupuncture, and advice on Swine Flu, skin care and diet. The Action Cancer Big Bus will also be in attendance. Phone Action Cancer directly on Tel: 02890 803344 to arrange an appointment for this. For more information, please contact the HEART Project on Tel: 02890 310346 or Clan Mór Sure Start on Tel: 02890 327755.

### **Life Goes On? - A Mental Health Play**

"Life Goes On?" is an exciting and challenging new play written and directed by Patricia Downey of the Spanner in the Works Theatre Company. It tackles - in a witty, real, touching and sometimes sad way - the often 'secret' issue of mental illness, by exploring one person's struggle to live a full and happy life with a diagnosis of Schizophrenia. The play was commissioned by local mental health charity MindWise. Performance dates are: 3<sup>rd</sup> October (Sean Hollywood Arts Centre, Bank Parade, Newry); 5<sup>th</sup> October (Black Box, Hill Street, Belfast); 7<sup>th</sup> October (Ballyclare Town Hall, Main Street, Ballyclare); 8<sup>th</sup> October (Down Arts Centre, Irish Street, Downpatrick); 9<sup>th</sup> October (Portadown Town Hall, Edward Street, Portadown). Doors open at 7.30pm and the performance starts at 8.00pm (lasting one hour to include an information session on mental health awareness). Free Admission.

### **NEXUS 25<sup>th</sup> Anniversary Conference**

For 25 years, NEXUS has provided counselling for adult survivors of sexual abuse. NEXUS has four regional offices and 33 outreach centres, offering 14,000 counselling sessions each year across Northern Ireland. To mark 25 years of helping survivors of sexual abuse, they are hosting a conference - with speakers Professor Dave Mearns and

Dr Tony Humphries - on Wednesday 21<sup>st</sup> October 2009 in The Studio at The Waterfront, Belfast. For more information go to: [www.nexusinstitute.org](http://www.nexusinstitute.org)

### **Celebration and Exhibition of Art Work**

An exhibition of art work produced by parents and children from 23 West Belfast and Shankill primary schools will be held in the Central Library, Royal Avenue, Belfast from 8<sup>th</sup> October - 31<sup>st</sup> October 2009. The project is funded by Integrated Services for Children, and is facilitated by the BELB Parent Support Programme. It is underpinned by the belief that parents, carers and families are, by far, the most important influences on children's lives. Parents who take a supportive role in their children's learning make a difference in improving achievement and behaviour. When parents and schools work together, children do better. The active involvement of parents in the life of the school can help promote a learning community in which pupils engage positively with teachers and their peers. The library is open: Monday - Thursday 9.00am - 8.00pm; Friday 9.00am - 5.00pm; Saturday 9.00am - 4.30pm. For further information, contact Marian McKinney or Caroline Magowan at Tel: 02890 564000



## **News**

### **GLB Accessing GP Services Questionnaire**

The Rainbow Project, in partnership with Cara-Friend, is carrying out research into the perceptions and experiences of gay, lesbian and bisexual people when accessing GP services. If you are gay, lesbian or bisexual, please take ten minutes (maximum) to fill in our anonymous online questionnaire at: [www.rainbow-project.org/survey](http://www.rainbow-project.org/survey) Paper copies of the survey (with a SAE included) are also available from The Rainbow Project's Belfast office by phoning 02890 319030 and asking for John, Pat or Miriam.

### **“Man Made: Men, Masculinities and Equality in Public Policy”**

The Coalition on Men and Boys (COMAB) has published a ground-breaking report titled “Man Made: Men, Masculinities and Equality in Public Policy”. This provides a unique in-depth picture of the circumstances and needs of men and boys in England and Wales, and the issues that they currently face. Health is a key theme of the report along with fatherhood, education and violence. For more information visit: [www.comab.org.uk](http://www.comab.org.uk)

### **Parenting Forum Northern Ireland Job Vacancy**

The Parenting Forum NI has a vacancy for the post of Assistant to the Regional Manager (based in Belfast). This post will suit those with a range of organisational and administration skills, and who approach their work in a systematic way. The post holder will be required to be self-motivating and will have an ability to use their own initiative. Applicants are required to be educated to GCSE Level (five GCSEs grades A-C) with a minimum of two year's experience in the field of administration. The working hours are 20 per week, and the salary is £9,360 per annum (£9.00 per hour). To download an application pack visit: [www.parentsadvicecentre.org/about/vacancies.asp](http://www.parentsadvicecentre.org/about/vacancies.asp) The closing date for applications is noon on Thursday 10<sup>th</sup> September 2009.

### **Community Men's Football Team**

This is a community initiative, organised by Belfast Model School for Girls, and targets males over 18 years of age. Training takes place on a Monday evening from 6.30pm - 8.30pm, and is facilitated by Irish Football Association trained coaches. All training, matches and kit are free, and everyone will be made more than welcome. The team won their first ever match in June 2009 against the IFA-backed World United team. Details can be found on: [www.irishfa.com/the-ifa/news/4996/dads-team-wins-friendly-match](http://www.irishfa.com/the-ifa/news/4996/dads-team-wins-friendly-match) Come

along, join in the fun, get fit, and meet some IFA footballers by joining our winning team. For further details, or to register for the training, call Leigh Braiden at Belfast Model School for Girls on Tel: 02890 392118. All levels of fitness are welcome.

### **AMEN Launch New Website**

AMEN launched their newly re-vamped website ([www.amen.ie](http://www.amen.ie)) in July 2009. AMEN provides a confidential helpline, information, and a support service to male victims of Domestic Abuse and their children. The website has extensive information on all areas of Domestic Abuse, research in this field and victims' personal stories. The new website gives clients and prospective clients a better understanding of what AMEN does and how they do it. The main image on the website was recently used in an awareness campaign which was hugely successful. AMEN can be contacted at Tel: 0035346 9023718. The out-of-hours Emergency Helpline numbers are: 0035386 7941880 or 0035386 1947270



## **Courses**

### **Parenting UR Teen Course**

All parents need support. The type of support needed can change at different stages in their life and in their child's life. The Parenting Education team in Parents Advice Centre offers a unique and flexible approach to addressing the needs that parents, themselves, identify. The team have developed an eight week course which is ideal for those in a parenting role of young people aged 12 - 18 years. This programme covers a range of themes including problem solving, communication, understanding teen behaviour, boundaries, conflict and self esteem. It will take place in Coleraine, Belfast and Magherafelt in September 2009. For further information, contact [Sharon Clarke](#) at Tel: 02890 310891.

### **Personal Development Programme for Gay / Bisexual Men**

The Rainbow Project is running a Personal Development Programme for gay and bisexual men. The group will run on Thursday evenings, starting on the 1<sup>st</sup> of October 2009, and the programme provides an opportunity to meet other men in a non-commercial venue. It is open to those aged 18 years and above. It will look at diverse issues such as sexual and mental health, relationships, intimacy, communication, assertiveness, confidence building, homophobia, the law and masculinity, and it will be participant-led. The programme will be delivered in an informal group work style, and aims to be fun as well as challenging. There will be a team-building exercise midway through, and a celebratory event at the end. For more information please contact Malachai at Tel: 02890 319030 or Email: [malachai@rainbow-project.org](mailto:malachai@rainbow-project.org)

### **Ascort Training Courses**

Ascort are offering training opportunities through the Drug and Alcohol Workforce Development Programme. These programmes include: "Education and Supporting Individuals about the Effects of Alcohol and Drug Misuse" (17<sup>th</sup> - 18<sup>th</sup> September); "Understanding Brief Intervention Approaches and how to use them with Drug and Alcohol Misusing Clients" (24<sup>th</sup> - 25<sup>th</sup> September); "Understanding Approaches to Effectively Working with and Treating Substance Misuse" (five day training between 8<sup>th</sup> September and 6<sup>th</sup> October). For further information, contact Ascort at Tel: 02892 604422.

### **Man Matters**

"Man Matters" is a partnership project run by the Workers' Educational Association, Home-Start NI, the Men's Health Forum in Ireland, Ballynafeigh Community Development Association, and Parents Advice Centre. It will begin on 1<sup>st</sup> September 2009. The

programme will provide a supportive, safe and welcoming learning environment for men in their own communities, and will offer courses that are specifically designed for men and which focus on topics which are of interest to them. These courses will address four key areas: learning, health / well-being, parenting, and community work / volunteering. This initiative aims to help men to unlock their potential and improve their lives. It will support them to make a positive impact on their health, their children's lives and their community, as well as assisting Health and Social Services to increase their understanding of effective practice with men. If you have a group of men who might be interested, or you simply want to receive more information, please contact Dawn or Gary at Tel: 02890 329718.

### **Training / Meeting Rooms in Central Belfast**

Parents Advice Centre has training / meeting rooms available for hire in central Belfast. They are conveniently located at 60 Great Victoria Street (opposite the Europa railway and bus stations) and there is on-street parking / car parks nearby if required. Room rates are highly competitive, and refreshments / sandwich lunches can be provided at reasonable prices. Laptop, data projector and flipcharts can be hired, and free (wired) broadband internet access is offered. For further information, please contact Sheila Cherry at Tel: 02890 310891 or Email: [sheila@pachelp.org](mailto:sheila@pachelp.org)



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## **Ideas for Dads and Kids**

### **Why is the sky blue? Where do bees go in winter? What makes waves?**

Are you sometimes stumped by the questions that your children ask you? Well, you are not alone. Science: [So what? So everything] found that a whopping 80% of parents have been baffled by the questions their children ask about the way things work. But help is at hand. Their website (<http://sciencesowhat.direct.gov.uk>) arms parents of young children with the facts they need to answer their children's tricky questions.

### **Write a Book about your Summer**

Whether it was rain or sunshine for you and your family this Summer, it was still full of shared activities and memories that would be good to record. The following link explains how a child can write a book about their experiences that can become a father and child keepsake: [www.summeractivitiesforkids.co.uk/kids-projects-writing-your-own-book.html](http://www.summeractivitiesforkids.co.uk/kids-projects-writing-your-own-book.html)



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## **On the Web**

[Rapid chlamydia diagnosis for men](#)  
[Men with angina 'at greater risk'](#)  
[Hartson 'ignored signs of cancer'](#)  
[Schizophrenia: the horror movie](#)  
[Cheerleading boys win dance award](#)



What are you up to in October? Let us know about it for the next edition!

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](mailto:trisha@mensproject.org)  
**[The views expressed in Emale Matters are not, necessarily, those of The Men's Project]**