



# Male Call

April 2011: The "Munted" Edition

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## "Munted" or What? Update on the Canterbury Men's Centre

The Canterbury Men's Centre is based in the Christchurch central business district and due to the recent earthquake we no longer have access to this building. Our staff have also had damage to personal property, but they and their families/whanau were not injured.

We can be reached by e-mail and also by Donald Pettitt's cell phone at 021 02502631 for any queries.

We wish locals all the best of luck with the recovery effort and look forward to seeing you at various hui in the coming months. In the meantime, on with the recovery...



(from left to right, Chris Jones (Board) of the Prostate Cancer Foundation, Dennis Valentine (Chairman) of the Ministry of Social Development, Donald Pettitt Manager, Pete Darrell (Board) Salisbury Street Foundation

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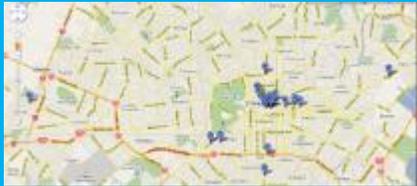
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Want to know what is happening for men in your part of town? Check out our Google Map



<http://tinyurl.com/supportforcantymen>

[Community Gardens Map](#)

<http://maps.google.co.nz/maps?client=firefox-a&rls=org.mozilla:en-US:official&hl=en&tab=wl>

## “Munted”

Munted is a common adjective in Christchurch describing personal circumstances following the quake. The <http://onlineslangdictionary.com/definition+of/munted> shows this to mean;

“Wrecked, damaged, or caused negative change of state”.

- under the influence of [ecstasy](#). Possibly from "[mullered](#)" + "c\*\*ted"
- drunk. Australian slang
- under the influence of drugs. Australian slang
- ruined

Recent quote: “However it is bad news for one of the city's key sewage facilities. “Our main sewer truck is seriously **munted**,” Mayor Bob Parker told TVNZ. “I believe that is the technical term.”

## [Status Update on Services for Men in Canterbury:](#)

[Canterbury Men's Centre](#): open Mon-Thurs, working from home, 021 02502631

[Male Survivors of Sexual Abuse](#): working from home, call Ken Clearwater at 027 3533854

[Father and Child Trust](#): Mon-Fri, 9-5 drop in/appointments support for fathers 03 982 2440

[Mensline](#) (facilitated men's group): every Tuesday night 7:30 pm. See [www.mensline.net.nz](http://www.mensline.net.nz) or phone Jeff at 03 354-0035

[Stopping Violence Services](#): leave messages at 03 365 6266

[Menz Medical](#): GP service for men, Mon-Fri, 9-5 03 981 8181



## Men's Groups Listing

**MensLine Support Group:** open, facilitated, weekly men's group, 21 years' experience. Tuesday night 7:30-9:30 at Christchurch Community House, 141 Hereford St. Cost \$5 | **(03) 365 4239**

**MensTrust:** Men's groups, men's weekends and events [menstrust.org.nz](http://menstrust.org.nz) | **(03) 940 9487**

**ManKind Project:** Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge. [mkp.org.nz](http://mkp.org.nz) | Graeme Withell 0274735018

**Addington Men's Group:** regular Tuesday outings. Addington Community Cottage | **(03) 338 1613**

**Sydenham Outings for Men:** Tuesday afternoon 1-3, also day outing first Tuesday. Gold coin donation. Contact Liam | **(03) 337 2731**

**Hei Hei Men's Group:** meets at St. Aidans Church 126 Hei Hei Road (cnr

## The Blokes' Book

The Canterbury Men's Centre is producing a men's health booklet, pointing to relevant health and social agencies. They will be posting 2 copies to those who receive their infrequent mail outs, but invite people to start contacting them if you want to **pre-order copies**. Contact [donald@canmen.org.nz](mailto:donald@canmen.org.nz) and tell him how many copies you want. The booklet will be 36 pages, half the size of an A4 sheet.



<http://canmen.org.nz/services/blokes-book/>

## Free Counselling for Men



The Canterbury Men's Centre continues to offer a free counselling service provided by a counselling student. David Goldsmith will be

Hei Hei & Buchanans Roads) on the second Friday of each month.  
Phone Tracey Buunk (group coordinator) | (03) 342 5864

**Promise Keepers:** Christian Men's Groups see [w3.promisekeepers.org.nz/christchurch.html](http://w3.promisekeepers.org.nz/christchurch.html)

**Men on a Mission:** running twice per year on a weekday with free lunch and trips around Chch.  
Ph. Jeff Jones (03) 366 8128 (Salvation Army) or  
Ph. John Coyle (03) 366 6745 (Methodist Mission)

**Men Relating:** eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services Whakawhanaungatanga | (03) 366 8804

**Dad's Relating:** eight week course for dads wanting to parent better. Contact Relationship Services Whakawhanaungatanga | (03) 366 8804

**Pascha Centre Men's Group:** A monthly facilitated men's group using intuitive therapy, 3rd Thursday of the month, 7:30 pm, at 165 Madras St., cost

available from Feb-December 2011 to see clients weekly at no charge. Contact [donald@canmen.org.nz](mailto:donald@canmen.org.nz) 03 940 9487 for more info.

About David: David is in his second year of a diploma in counselling at Christchurch Polytechnic (CPIT). He is being trained in "person-centred counselling", is also partway through training as a psychodrama practitioner and is able to offer this action technique when/if appropriate.

He is a 43 years old, a single father of two lovely boys (aged 11 and 13), loves gardening and being in nature/outdoors. He spent a number of years in office work doing engineering design and draughting. David has a personal history of depression/anxiety, and found his own experience of counselling and men's weekends were effective at changing his pattern.

## MensTrust Weekend Events for 2011



**Boots and All Autumn Weekend:** 8 April to 10 April 2011. 7pm Friday to 4pm Sunday. Enrol by 1 April. At Journey's End, North Loburn. Based on the psychodramatic method, and provided by experienced facilitators. See [www.menstrust.org.nz](http://www.menstrust.org.nz)

## He Waka Tapu Group Facilitators Wanted



“Kia ora koutou and a happy New Year to you all i am currently looking for some tane who are interested in facilitating Maori men's groups around interpersonal violence.

\$20, for more info call | (03) 374 2526

## Youth

**Tracks:** Turning Boys into Men, 5 day “Rites of Passage” events. | [tracks.net.nz](http://tracks.net.nz)

**Q-Topia:** for gay youth (see Gay Men)

**Enabling Youth:** 12 week co-gender facilitated programme providing group or individual support to young people. Focuses on ways to cope with frustration, anger, and violence. | (03) 365 6266



## Community Groups

**Male Survivors of Sexual Abuse Trust:** one to one and group support for male survivors, in a safe environment, experienced staff. [survivor.org.nz](http://survivor.org.nz) | (03) 377 6747

**Father and Child Trust:** on-going support and education for fathers, groups/courses/talks/ and a superb magazine [fatherandchild.org.nz](http://fatherandchild.org.nz) | (03) 982 2440

**START:** Sexual abuse counselling

If you know of people of sound reputation who are interested in this work we can offer training and lots of hands on experience. I am running groups again myself this year so would welcome taking on new co-workers. This is about getting training, Skills and experience and it would lead to work for those that can step up. Once i have enough tane i would also look at wahine however at present we are short of tane workers, for further info contact me details below please pass this around networks

Daryl Gregory, Managing Director, He Waka Tapu Limited, 161 Pages Rd  
03-3738150, 021-379895, [www.hewakatapu.org.nz](http://www.hewakatapu.org.nz)

## Mailing list for Men's and Fathers' Issues

Stuart Birks of Massey University runs a mailing list for interesting news articles and other material on men's and fathers' issues from around the world. Recently there have been 5-10 messages per month, so traffic is not heavy. If anyone is interested in being added to the list, just send an email to [k.s.birks@massey.ac.nz](mailto:k.s.birks@massey.ac.nz) with the message or subject line "Please add to men's/fathers' list".

## National

### Research into NZ Men's Experience of Abortion

Ruth Fitzgerald is a medical anthropologist working at the University of Otago and researches in the area of human reproduction, moral reasoning and medical technologies.  
<http://www.otago.ac.nz/anthropology/anth/people/fitzgerald.html>

She is currently studying men's experiences and thoughts about their involvement in the decision-making over whether to terminate a pregnancy. Ruth has no active political involvement in the social debates about termination and she is hoping to collect as many diverse experiences as possible from men who have been involved in this situation. Participants will be asked to reflect on their experiences in a confidential taped one hour long conversation conducted either by Ruth or her Research Fellow on this project, Martha Bell. Contact

service | (03) 355 4414

**Men at Work:** a course for men seeking to enter/return to/move inside the workforce. Contact Tony at Kingdom Resources. | (03) 332 1700

**Men's Advocacy Network:** a forum for men in the community linking with political reps. First Friday every month, 11:45, 141 Hereford St. Canterbury Men's Centre | (03) 940 9487

**Luna House:** course for men living with women with menstrual cycles/going through menopause | (03) 332 5755

## Health

**Menz Medical:** A general practice for all your health needs 158 Fitzgerald Ave. [menzmedical.com](http://menzmedical.com) | (03) 981 8181

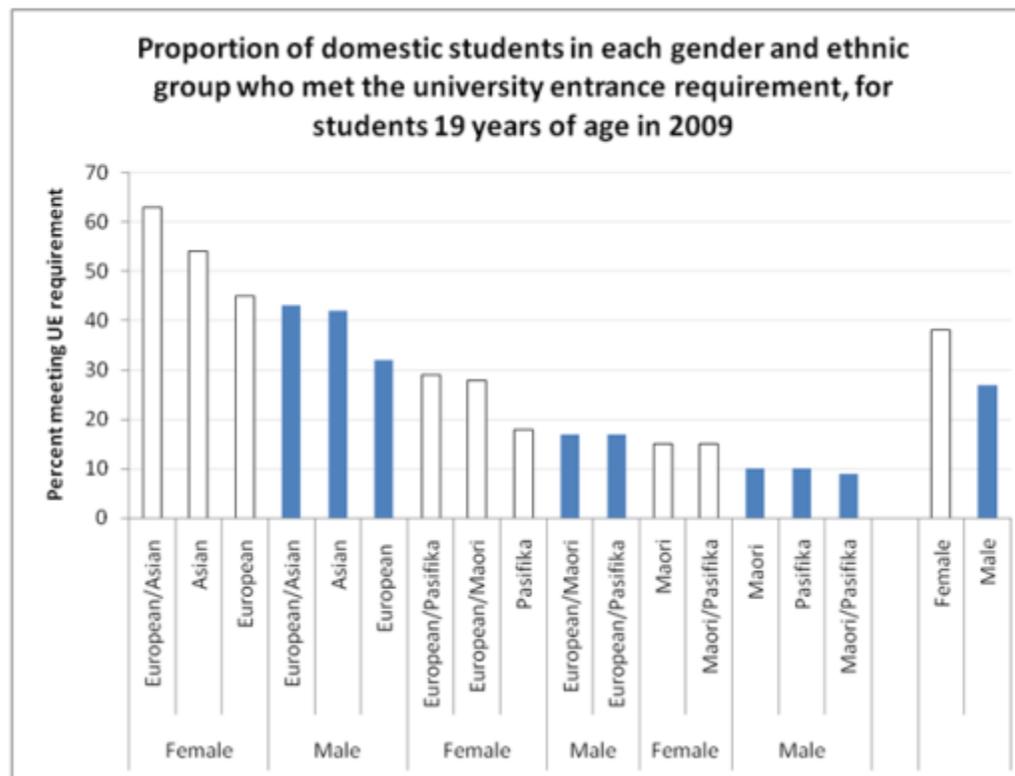
**Hearing Therapy Services:** Free hearing tests | 0800 008 011

**Sexual Health/Family Planning:** Free sexual health assessment, birth control, treatment, advice and counselling. 33 St Asaph St. | (03) 364 0485

**Prostate Cancer Foundation:** meeting third Tuesday of the month, Cancer

Ruth Fitzgerald [ruth.fitzgerald@otago.ac.nz](mailto:ruth.fitzgerald@otago.ac.nz)

## University Entrance Stats



Alarming stats showing gender and ethnic inequity. Supplied by Paul Callister, drawn from Ministry of Education data

Society, Manchester and Kilmore Street,  
7:30 pm, access via side door off from  
the car park. For men and family affected  
by prostate problems. [prostate.org.nz](http://prostate.org.nz) |  
**0800 627 277**

## Mental Health

**Step Ahead Trust:** Men's group for men  
with a mental illness who are  
independent and safe with themselves  
and others, contact Kevin Muir at | **(03)**  
**389 4001** [kevin@stepahead.org.nz](mailto:kevin@stepahead.org.nz)

**National Depression Support Line:** |  
**0800 111 757**

**Lifeline 24 hrs.:** | **(03) 366 6743** or **0800**  
**543354**

**Psychiatric Consumers Trust:** Offers  
Peer Support and Advocacy for people  
needing support with Work & Income,  
ACC or other services and a social drop-  
in centre. [pctrust@xtra.co.nz](mailto:pctrust@xtra.co.nz) | **(03) 366**  
**8288** Call for open hours

**South Island Advocacy Service:** | **0800**  
**377 766** or **(03) 377 7501**

## Stopping Your Violence

**He Waka Tapu:** programmes to stop

## International

### Men in Nursing

A commercial has been spotted on NZ television supporting men to enter nursing. If anyone spots it on line, then please forward it to us. In the meantime, this from the United States might be relevant  
<http://www.youtube.com/watch?v=3rBEkKDC-2c>

### Dr. Jeff Gage: Stay-at-Home Fathers



Authors of a recent American study sought to clarify men's experiences of being stay-at-home fathers. More than two hundred men responded to an online survey measuring levels of social support, life satisfaction, reasons for choosing to stay at home and perceptions of stigmatisation. Findings revealed the majority of men chose to stay at home for economic and pragmatic reasons. Almost half reported they had experienced stigma-based incidents, primarily related to gender discrimination and ignorance of the role. These men were also more likely to have lower levels of social support highlighting the importance of appropriate support networks for men in non-traditional roles.

Rochlen, A.B., McKelly, R.A., & Whittaker, T.A. (2010). Stay-at-home fathers' reasons for entering the role and stigma experiences: A preliminary report. *Psychology of Men & Masculinity*, 11 (4), 279-285.

Dr. Jeffrey Gage is a Registered Nurse and Lecturer at the Health Sciences Centre, Canterbury University. He teaches Health Promotion and Men's Health and his primary research interests are fathering and family health. Contact: [Jeffrey.gage@canterbury.ac.nz](mailto:Jeffrey.gage@canterbury.ac.nz)

your violence against women and children for Maori men and men with Maori whanau [hewakatapu.org.nz](http://hewakatapu.org.nz) | (03) 373 8150

**Stopping Violence Services:** group and individual counselling [angermanagement.org.nz](http://angermanagement.org.nz) | (03) 365 6266 (also see our youth section)

**The Goals Centre:** One-on-one stopping violence, 8 week course.  
[goalscentre.co.nz](http://goalscentre.co.nz) | (03) 3664132

**STOP Programmes:** Treatment/therapy for men/boys who've sexually abused/offended and for boys with sexually harmful behaviours. Support/education for family members.  
[stop.org.nz](http://stop.org.nz) | (03) 374 5010

## Stopping Their Violence

**Police:** call Family Violence Coordinator | (03) 363 7400

**Cant'y Men's Centre:** (03) 940 9487 to discuss options

**Father and Child Trust:** | (03) 982 2440

**Victim Support:** | (03) 363 7643

**Child Youth and Family:** | 0508 326 359

## **Fathers and Separation**

*\*Also, see the Cant'y Men's Centre flyer "Fathers and Separation"*

**Father and Child Trust:** on-going support and education for fathers, groups/courses/talks/ and a superb magazine. [fatherandchild.org.nz](http://fatherandchild.org.nz) | (03) 982 2440

**MensLine Support Group:** (See Men's Groups P.T.O)

**Parenting through Separation:** Two-2 hour sessions that coach you on how to separate well. Lots of different providers in Cant'y so call the Family Court for more info | (03) 962 4000

**Family Court Coordinators:** free couple's counselling, support to learn about FC processes  
| (03) 962 4000

**Family Court Consumers Trust:** If you are not using a lawyer and are applying to the Family Court | (03) 348 9047 or

contact [aneilson@xtra.co.nz](mailto:aneilson@xtra.co.nz)

### **Christchurch Community Law**

**Centre:** Free legal information and advice on family law issues and Court processes. [canlaw.org.nz](http://canlaw.org.nz) | (03) 366 6870

**Legal Options:** Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief. [legaloptions.co.nz](http://legaloptions.co.nz) | (03) 365 8280

**Blended Families:** weekly step-parenting group at WEA, first Monday each month, 7:30-9:30, call Don or Wendy on | 027 688 2061

**Union of Fathers:** peer support with family court issues [uof.org.nz](http://uof.org.nz) | 07 928 4323

**Parentline:** | 0800 657 27368

## **|| Addictions**

**Alcohol Drug Helpline:** (national service based in ChCh) 10 am - 10 pm 7 days | 0800 787 797

**Narcotics Anonymous:** Tue 7:30pm  
Southern Men's: Bridge Aftercare, 27  
Collins Street,  
Addington [nzna.org/drugproblem/meeti](http://nzna.org/drugproblem/meeti)

[ngslists.shtml](#)

**Problem Gambling:** The Problem Gambling Foundation men's group meeting every Tuesday 6:30-8:30pm, 6 month commitment, Problem Gambling Foundation.

For more information | **(03) 379 2824**

**Gambling Helpline:** 0800 654 655, 7 days 8am-10 pm

**Sex Therapy New Zealand:** Counsellors | **0800 739 843**

**Overeaters Anonymous:** 12 step programme for men and women dealing with compulsive eating, anorexia, bulimia, obesity and overeating. Six meetings per week, no membership fee. | **(03) 365 3812**

**Active Recovery Centre:** drop-in 213 Tuam St. , 9-3 Mon/Tues/Wed, 9-late Thurs/Fri/Sat | **(03) 366 6661**

## Gay Men

**New Zealand Aids Foundation:** Free counselling, a range of events and info. [nzaf.org.nz](http://nzaf.org.nz) | **(03) 379 1953**

**Gay options in Christchurch:**

[gaynz.com/community/gay-chc.php](http://gaynz.com/community/gay-chc.php)

**Koru Men's Group:** For men leaving heterosexual relationships, contact the Canterbury Men's Centre. Flyer [here](#)

**Q-Topia:** Events/support for gay youth  
[qtopia.org.nz](http://qtopia.org.nz) | 021 175 3631

**Outline NZ (for gay men):** | 0800  
OUTLINE

**AIDS Hotline:** | 0800 802 437

**Gayline:** | (03) 379 4796

## Recommended Counsellors

**Rata Counselling Centre:**  
[ratacounselling.org.nz](http://ratacounselling.org.nz) | (03) 332 5388

**Home and Family Society:**  
[homeandfamily.net.nz](http://homeandfamily.net.nz) | (03) 379 5645

**Petersgate Counselling Centre:**  
[petersgate.org.nz](http://petersgate.org.nz) | (03) 343 3391

Donald Pettitt

Manager

Canterbury Men's Centre

141 Hereford St.

Christchurch

03 940 9487

[donald@canmen.org.nz](mailto:donald@canmen.org.nz)

or

Simon Gurnsey

Office Coordinator

[simon@canmen.org.nz](mailto:simon@canmen.org.nz)