



Male Call

December 2010

Local Events:

[Swimming Programme for Refugee Men and Boys](#)

[Men on a Mission Programme 7th/14th Feb](#)

[The MISHEES](#)

News:

[Salute to the Men of Pike River](#)

[Green Prescription Wants Feedback](#)

[Men's Health Bibliography](#)

[Canterbury Men's Centre Now on](#)

[Facebook](#)

[The Canterbury Men's Centre Projects](#)

National

[Ranfurly Beer and Dopey Men](#)

[Mantrol Ad: Men and Driving Safety](#)

[Is Green Prescription Gender Neutral?](#)

[Father and Child Trust: About Fathers and Separation](#)

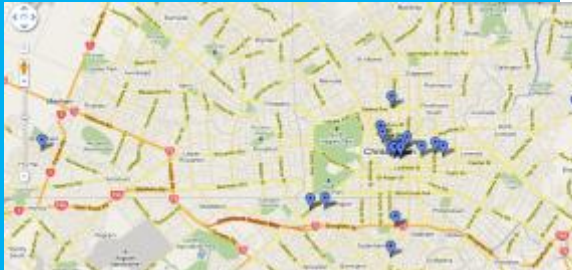
[Sorry Guys, Scholarships not for You Postgraduate Study in Men's Health](#)

[Book Review: Buddy System](#)

[Dr. Jeff Gage on Men's Health](#)

[Map of Services for Christchurch Men](#)

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



<http://tinyurl.com/supportforcantymen>
Services for Canterbury Men (e-mail us for the flyer with the info listed below)

WANT TO JOIN A MEN'S GROUP?

[subscribe](#) or [unsubscribe](#)

Salute to the Men of Pike River

The following letter was printed in the Press Friday 26th 2010. The Canterbury Men's Centre recognises the sacrifice these men made to create a better life for us all. Many men have reflected on their work career and thought "it could have been me".



Men on a Mission Programme 7th / 14th Feb

Christchurch Methodist Mission & The Salvation Army Hope Centre



Developing the strengths and skills of men

Gain opportunities and skills to discover your uniqueness, in fun and interactive settings. Includes life-skills classes, guest speakers and outdoor activities.

Next Series: Intro Session Monday 7th Feb 2011, 1:00 (one hour)

Starts: 14th Feb for 7 weeks, Mondays 12:30-4:00 pm

Contact: Christchurch Methodist Mission ph 366 6745 johnc@mmsi.org.nz
or The Salvation Army Hope Centre ph 366 8129 jeff_jones@nzf.salvationarmy.org

***Contact us to find a group that is right for you**

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 | **(03) 940 9487**

ManKind Project: Open Meetings Tuesday nights. Bring your authentic self to an evening of support and challenge. 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 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

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)

Swimming Programme for Refugee Men and Boys

The Christchurch Resettlement Services team have put together a swimming event for refugee men and boys

Men's Swimming Programme

For men and boys from refugee backgrounds

When: Saturdays 3.30pm – 5.30pm

Where: Centennial Sport and Recreation Centre

181 Armagh Street (between Manchester and Madras Streets)

Cost: \$3 – 16 years and over

\$2 – under 16 years

Contact: Lisa Logan Ph 335 0311 x25 / 021 023 63626 / lisa.l@crs.org.nz

Alastair White Ph 335 0311 x32 / 022 018 5502 / alastair.w@crs.org.nz



Green Prescription Wants Feedback About Involving Men



(The following is a request from the Green Prescription Area Manager)

Gender & GRx

Recent discussion about the gender split in GRx referrals, (30 male: 70 female) raised questions about the referral

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

Youth

Tracks: Turning Boys into Men, 5 day "Rites of Passage" events. | 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 | (03) 377 6747

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

START: Sexual abuse counselling

pathway and where this difference arose. Some key points of the discussion were:

- · The mean number of visits to a GP is significantly lower in males (3.5/year) than females (4.3/year)
 - · Any gender difference in the offering of a green script is unknown
 - · Males are significantly less likely to use a telephone helpline, hence the recent inclusion of face to face consults and group programmes should positively influence men's engagement with GRx in Canterbury
- "We look forward to hearing further comments you have on this matter, and will consider the benefit to be gained in offering a Be Active programme targeting males."

Linda Wensley

Physical Activity Manager

Sport Canterbury

Ph: 03 373 5036 | Fax: 03 387 0284

Web: www.sportcanterbury.org.nz



Men's Health Bibliography

A bibliography of research into men's health has been produced by social work student Silas Thielmann, under the auspices of the Canterbury Men's Centre. Take a look at your area of interest and see what is available at <http://nzmenshealth.org.nz/wp-content/uploads/2010/11/Canterbury-Mens-Centre-MENS-HEALTH-BIBLIOGRAPHY-Nov-2010.pdf>.

Silas commented after producing it that "we were surprised at how much research has been done into New Zealand men; though still found some glaring gaps".

Canterbury Men's Centre Now on Facebook

Follow us on Facebook.



<http://www.facebook.com/pages/Canterbury-Mens-Centre/117809378272559>

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 | (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 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 | 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

The Canterbury Men's Centre Projects

The Canterbury Men's Centre runs quite a few projects. In case you want to be included in any of the following, please contact us at info@canmen.org.nz.

- **Mens Sheds** - shared community locations for men to work on a personal practical project
- **Tane Ora** - Maori Men's Health monthly meeting
- **MensTrust** - men's personal development events including men's groups, weekends and more
- **Men in Social/Health/Education/Employment Services Network** - monthly lunch network meeting
- **Men in Risk group** - for social workers/health workers interested in working together to address male victims of domestic violence

We also run the following web sites:

- www.canmen.org.nz – our home site for men to access local services
- www.menstrust.org.nz – the MensTrust site for men's personal development
- www.menssheds.org.nz – for info about local and national men's sheds
- www.nzmenshealth.org.nz – a collection point for research in nz focussed on males
- www.meninnz.org.nz – a place to order material relevant to male clients

The image shows three flyers from the Canterbury Men's Centre. The left flyer is titled 'HUB MEETINGS' and describes a regular group for people and agencies developing men's sheds. The middle flyer is titled 'Men in Risk Group' and describes a regular meeting for professionals addressing the issue of Male Victims of Domestic Violence. The right flyer is titled 'THE MISHEES' and describes an informal men's network group meeting every Thursday.

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

Stopping Violence Services: group and
individual
counselling 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 | (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 | (03) 374 5010

Stopping Their Violence

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



Tane Ora
A Monthly Meeting for those interested in
improving Tane Ora/Maori Men's Health.
Meeting 3rd Wednesday of the month, 3 pm.
For more info contact:
Tahu Stirling Tahu.Stirling@cdhb.govt.nz
Wayne Smith WayneS@rcpho.org.nz
Donald Pettitt donald@canmen.org.nz

CANTERBURY
HEALTH CENTRE
Canterbury
District Health Board
RURAL
CANTERBURY

The MISHEES

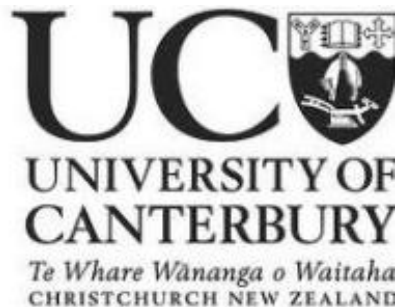
If you are a man working in the social work, health, education or
employment sector then this group is for you. Details of the next Men in
Social/Health/Education Services monthly network group are below.

Where: 141 Hereford St. (in the ground floor committee room)

When: Thursday 9 December 12:00 -1:15

Bring: Lunch, we will supply coffee/tea

Topic: Researching Men's Health: Dr. Jeff Gage, lecturer for the Men's
Health 451 paper from University of Canterbury discusses what is
happening in the area of men's health research.



National

Ranfurly Beer and Dopey Men

Ranfurly Beer has been running a playful series of commercials showing
men as animals. <http://www.youtube.com/watch?v=Osp9dzbk8>

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 | (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

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes. canlaw.org.nz | (03) 366 6870

Legal Options: Experienced family

Ranfurly Man Park - Frontier Lager Beer Ad

3xpresso0 1 videos 



0:09 / 0:45 360p   

 Like  


7,034

Mantrol Ad: Men and Driving Safety

An ad by NZ Transport attempting to engage men and road safety. <http://www.youtube.com/watch?v=JDEWjoIGs8I>

NZTransportAgency 31 videos 



1:00 / 1:00 360p 

 Like  

4,

NZTransportAgency | November 09, 2010
Road safety advertisement.

lawyers providing assessment and advice for a set fee. Could save you some grief. 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 | 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/meetingslists.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

Is Green Prescription Gender Neutral?

There has recently been some criticism of the Green Prescription programme flyer for not equally targeting men. Green Prescription is a referral process and programme designed to get people active and has no brief to prefer either gender. Men are low users of this programme at 33% overall.

The main flyer is at [http://www.moh.govt.nz/moh.nsf/Files/grx/\\$file/grx-need-help-english-leaflet.pdf](http://www.moh.govt.nz/moh.nsf/Files/grx/$file/grx-need-help-english-leaflet.pdf)

We invite your feedback, and we will forward it to local and national people involved in this programme. Fill in this short form

<https://spreadsheets.google.com/viewform?formkey=dC1SSDVPcj1RllxWVJaS05wVUtpZEE6MQ>.



Father and Child Trust: About Fathers and Separation

Kathryn Ryan on Nine to Noon, National Radio, interviews Harald Breiding, General Manager of the Father and Child Trust. They discuss separation processes and the role changes that are required for fathers.

<http://fatherandchild.org.nz/2010/11/radio-nz-interview-on-parenting-for-separated-fathers/> (20 minutes)

Sorry Guys, Scholarships not for You

A recent review of the Breakout database (available through our public library) showed there are 100 different programmes, some with more than

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 | (03) 379 1953

Gay options in Christchurch:
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 | 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 | (03) 332 5388

Home and Family Society:
homeandfamily.net.nz | (03) 379 5645

Petersgate Counselling Centre:
petersgate.org.nz | (03) 343 3391

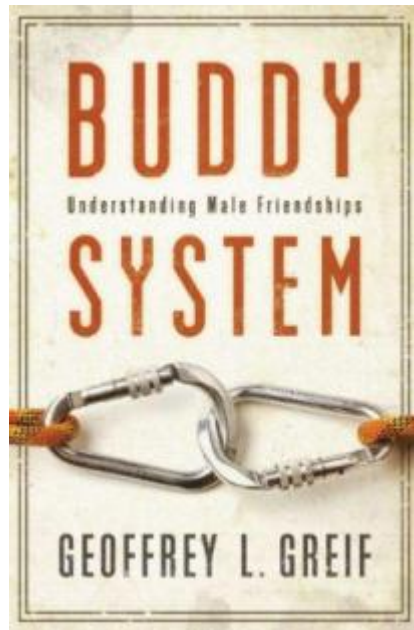
Donald Pettitt
Manager
Canterbury Men's Centre
141 Hereford St.
Christchurch
03 940 9487
donald@canmen.org.nz

one scholarship exclusively targeting women. There are no scholarship programmes for men exclusively in New Zealand.

It could be interesting as men test these scholarships under our Human Rights legislation as these can only be sustained in the case where one party is a clear minority, a case difficult to make in the current climate except in a few post-secondary fields.



Book Review: Buddy System



Geoffrey L. Greif produces a summary of his research into men's health based on a survey of 400 American men. He concludes that for this grouping there are four different types of friends for men;

1. Must - must share important news with them
2. Trust - Will share with them if he bumps into them
3. Rust - An old friendship that takes up where it left off
4. Just - A limited friendship, relatively new

A compelling read, with some interesting similarities and differences between men and women being part of the book. (borrowed from MHERC, but available at <http://www.ziwi.co.nz/ingram-buddy-system-p-7733.html>)

Postgraduate Study in Men's Health

The University of Canterbury Health Sciences Centre offers a postgraduate course in Men's Health. This paper is suited to anyone working with men;

or

Simon Gurnsey
Office Coordinator

simon@canmen.org.nz

particularly in healthcare, social work, sport and recreation, welfare, education and community group settings. Course content is underpinned by a life-course perspective and critical examination of influences contributing to the health and wellbeing of boys and men. Teaching methods are flexible to accommodate the needs of local and distance students. The course is delivered as three, two-day blocks in March, June and August plus on-line learning.

For further information contact:

Dr. Jeffrey Gage at Canterbury University

Email: Jeffrey.gage@canterbury.ac.nz

Telephone: Christchurch 366-7001 ext 7403

or Health Sciences Centre Administrator

healthsciences@canterbury.ac.nz

Telephone: Christchurch 366 7001 ext 8691

Course starts in Feb 2011

The flyer is titled 'Men's Health' and is from the University of Canterbury. It describes a program for men's health that offers three levels of qualifications: a Certificate, a Diploma, and a Bachelor's degree. The program is designed for men who are interested in health and wellbeing, and it includes practical experience. The flyer also provides contact information for the Health Sciences Centre Administrator and the website www.health.canterbury.ac.nz.



Dr. Jeff Gage Challenging Assumptions about
Men's Health and Wellbeing

What men believe about their health may not correspond with societal expectations. This is the focus of a study examining laymen's perceptions of

the relationship between masculinity and health. Interviews with a variety of men highlighted a dynamic process of decision-making about health related behaviours. Robertson (2006) described this as the 'don't care/should care' dichotomy. Men's decisions about health were influenced by hegemonic masculine ideals but were also mediated by significant life-course events such as becoming a father. In this article Robertson presents a conceptual model of how men position themselves within or outside hegemonic masculine identities to negotiate a healthy balance between control and risk.

Robertson, S. (2006). Not living life in too much of an excess: Laymen's understanding health and wellbeing. *Health: An Interdisciplinary Journal for the Social Study of Health, Illness and Medicine*. Sage Publications.

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

[To top of page](#)

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