

# Male Call



February 2010

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## Welcome Back !

The Canterbury Men's Centre is again open from 9-5 Monday to Thursday to support your work with clients. Call us to talk about resources and options or for support developng services for males. Contact us through any of the options at the bottom of this page.

## Sing Like a Bloke!

A popular choral leader is coming to town to get your inner bloke out!  
<http://www.themuse.org.nz/sing-like-a-bloke/> but hurry as it is on the 24<sup>th</sup> of January.



## Men Finding Work

Kingdom Resources is running their regular Men@Work programme **Monday 1 Feb to Friday 5<sup>th</sup>** February, 9-4. Call Tony for more info at 332 1700. This programme supports men to find their place in the workforce.





co-ordinator) 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 (Salvation Army) 366 8128 or John Coyle 366 6745 (Methodist Mission)

**Men Relating:** eight week course to develop respectful relationships, new communication skills and resolve conflict. Contact Relationship Services

Whakawhanaungatanga Ph: 03 366 8804

**Dad's Relating:** eight week course for dads wanting to parent better. Contact Relationship Services

Whakawhanaungatanga Ph: 03 366 8804

**Pascha Centre Men's Group:** A monthly facilitated men's group using intuitive therapy, 3<sup>rd</sup> Thursday of the month, 7:30 pm, at 165 Madras St., cost \$20, ph 374 2526 for more info

**Narcotics Anonymous:** Tue 7:30pm

*Southern Men's:* Bridge Aftercare, 27 Collins Street, Addington [Wheelchair Access]

[nzna.org/drugproblem/meetingslists.shtml](http://nzna.org/drugproblem/meetingslists.shtml)

**Problem Gambling:** The Problem Gambling Foundation meeting every Tuesday 6.30-8.30pm, 6 month commitment, Problem Gambling Foundation at 03 379 2824 for more information.

**Prostate Cancer Meetings:** third Tuesday of the month, Cancer Society, Manchester and Kilmore Street, 7:30 pm, access via side door off from the carpark. For men and family affected by prostate

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

**Step Ahead Trust:** for men with a mental illness that are independent and safe with

## Christchurch Movember Party Flicks



Movember seems to have had another successful campaign. You can find the pics of the Christchurch party at this link. Be very afraid!  
<http://www.flickr.com/photos/movemberphoto/sets/72157622864526008/>

## Journal of Primary Health Care Focus on Men



An interesting range of articles from a primary health care perspective.  
<http://www.rnzcgp.org.nz/jphc-december-2/>

themselves and others, contact Kevin Muir at [kevin@stepahead.org.nz](mailto:kevin@stepahead.org.nz)

## Men's Health:

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

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

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

**Family Planning:** for men's sexual health checks [Family Planning](#)

## Community Groups:

**Male Survivors of Sexual Abuse Trust:** one on one and group support for male survivors, in a safe environment, experienced staff <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 <http://fatherandchild.org.nz> 03 982 2440

**Men's Advocacy Network:** a monthly forum for men involved in the community linking with political rep's. First Friday every month, 11:45, 141 Hereford St. ph. us for more 03 940 9487

**Home and Family Society:** support for dads/men and step-families  
<http://homeandfamily.net.nz> 03 379 5645

**Men at Work:** a 3 week course for men seeking to enter/return to/move inside the workforce contact Tony at Kingdom Resources 03 332 1700

## Research Summarised for Canty Men

Sport Canterbury has compiled the research for Canterbury Men's health. You can find out what it says about your guys here. <http://nzmenshealth.org.nz/the-state-of-mens-health-in-canterbury-and-new-zealand-2009/> Good work Jonny!

## Include Dads Says a Families Commissioner

Recent research by the Families Commission prompted Gregory Fortuin to press community groups to be more proactive with fathers. <http://fatherandchild.org.nz/2009/12/include-dads-says-families-commissioner/>



## Are you a Cougar?



AirNZ has ruffled some feathers with a low profile internet campaign playing on the "Cougar" theme. [http://www.huffingtonpost.com/2010/01/19/air-new-zealands-cougar-a\\_n\\_427966.html](http://www.huffingtonpost.com/2010/01/19/air-new-zealands-cougar-a_n_427966.html) It's interesting that though the men in the ad are treated in a very demeaning way as well, the comment on-line in New Zealand and in the Press has focussed on the affront to women. An out of town men's advocate has commented saying "you just take it on the chin, don't you?!".

## NZ Families Commission Polls Fathers



The New Zealand Families Commission is following up their research into fathers with a poll focussing on the types of support that Kiwi fathers need. The results of this poll will complement their ongoing research into fathering. They hope to reach a broad range of fathers to do the poll and hope they pass it on to others. <http://www.thecouch.org.nz/poll/takepoll/87>

## Gay Men:

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

**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 (below)

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

## Youth:

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

**198 Youth Health** free services (Doctor, nurse, counselling) for 10-25 year olds 03 379 4800

(Also see **Q-Topia**, above and **Enabling Youth**, below)

## Stopping Your Violence:

**He Waka Tapu:** programmes to stop your violence against women and children [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

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

**The Goals Centre:** One-on-one stopping

## Boys, Watch out for your (Maternal) Grandma'

Interesting research indicating that across cultures and timescales boys do better when they rely on their paternal grandmother than when they rely on their maternal grandmother. This validates a model involving biological kinship, in which the boy does not share X-chromosome relatedness with his maternal g'ma. The same unhappy correlation wasn't found with girls.

<http://rspb.royalsocietypublishing.org/content/early/2009/10/27/rspb.2009.1660.full.pdf>

## What Happens When Men get Hit by Women in Public?

Staged for television in America, this video makes for some provocative viewing.

<http://www.youtube.com/watch?v=LIFAd4YdQks>

## You Know Someone that Recently Self-Harmed?

VICTORIA UNIVERSITY OF WELLINGTON  
*Te Whare Wananga o te Upoko o te Ika a Maui*



Robyn Langlands is a researcher at Victoria University of

Wellington studying why people engage in non-suicidal self-injury. She is looking for potential participants 16 years or older who have injured themselves in the past year to take part in the study. Participation involves filling in an online or paper survey which should not take longer than 45-60 minutes to complete. People who complete the survey will be entered into a draw to win one of two iPods.

Her comment on men is "Past clinical studies have tended to find that the rates of non-suicidal self-harm are higher among women than men. However, a number of recent community studies (e.g., among university students) have found very similar rates of self-harm among men and women. This has led some researchers to conclude that the gender disparity in prevalence may be due to women seeking help more frequently than men. Although the amount of research on this topic is steadily increasing, we still know very little about it including whether it really is more common in women than in men".

Contact her at [Robyn.Langlands@vuw.ac.nz](mailto:Robyn.Langlands@vuw.ac.nz) to receive a copy of his ethics approval and the scope of the study. Or complete the survey at <http://www.surveymonkey.com/s/BTKFQTD>

violence, 8 week course 366 4132

[goalscentre.co.nz](http://goalscentre.co.nz)

**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.

## Experiencing Violence?

**Police:** ask for Family Violence Coordinator at (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 Family Court:

**Christchurch Community Law Centre:** Free legal information and advice on family law issues and Court processes

<http://canlaw.org.nz>

03 366 6870

**Union of Fathers:** peer support with family court issues <http://uof.org.nz>

07 928 4323

**Dads on the Air:** Australian based podcasts for fathers

<http://dadsontheair.net/>

**Parenting Through Separation**

<http://justice.govt.nz/family/>

## Recommended Counsellors:

**Rata Counselling Centre**

<http://ratacounselling.org.nz>

03 332 5388

**Home and Family Society**

<http://homeandfamily.net.nz>

03 379 5645



## The MISHES

If you are a man working in the social work, health or education 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 11 February 12:00-1:15

**Bring:** Lunch, we will supply coffee/tea

Contact us to register your interest and to receive a reminder e-mail. [contact us](#).

## Menz Sheds National Conference

Menz Sheds are thriving in New Zealand and are planning their inaugural conference from April 9<sup>th</sup> to April 11<sup>th</sup> in Masterton. Contact Neil Bruce for more info. [nb001\\_wave@ihug.co.nz](mailto:nb001_wave@ihug.co.nz)



## Petersgate Counselling Centre

<http://petersgate.org.nz>

03 343 3391

**198 Youth Health** (free for 10-25 year olds)

03 379 4800

## Telephone Support:

**Alcohol Drug Helpline** (national service based in ChCh) 10 am- 10 pm 7 days 0800 78 797

**National Depression Support Line** 0800 11 757

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

**AIDS Hotline** 0800 802 437

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

**Lifeline** 24 hrs 366 6743, 0800 543354

**Mensline** (Auckland based) 6:30-10:30 pm 7 days 0800 MENSLINE (0800 636 754)

**Prostate Cancer Foundation** 0 800 627 277 [prostate.org.nz](http://prostate.org.nz)

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)

## Local Research into Men's Groups

Anglican care arranged this research with James Souter, a social work student, in 2006 and it has been placed on line. <http://nzmenshealth.org.nz/mens-groups-research-project/>

Men's Groups  
Research Project

*"What works for community based men's groups?"*

August – October 2006

Compiled by James Souter  
(Social Work Student, Family and  
Community 2006)

## Feeling Radical?

A few links for those of you that are curious about a more provocative discussion of men's issues. We don't necessarily support any of these views but provide you with access to them.

<http://mensnewsdaily.com/> is American based and acts as a clearing house for men's issues media. Among other things you can find the well written and attractively formatted MRm! magazine.

