



Male Call

February 2011

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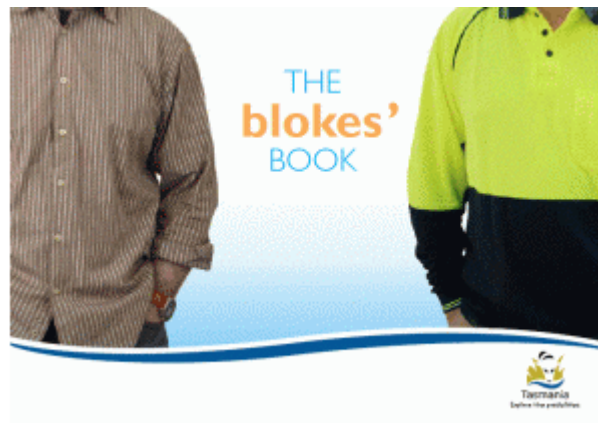
[Map of Services for Christchurch Men](#)

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The Blokes' Book

The Canterbury Men's Centre has received EQC funding to produce and print a men's health booklet for Canterbury. The expected release is mid-March, with 20,000 copies (!) being printed.

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 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 has started taking counselling students. David Goldsmith will be available from Feb-December 2011 to see clients weekly at no charge. Contact donald@canmen.org.nz 03 940 9487 for more info.

About David:

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?

***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

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.

MensLine Weekend Feb 25th-27th 2011

Where: The Vicarage, Governors Bay

When: 7.30pm Friday 25th February to noon on Sunday 27th February 2011

Cost : \$100.00 - paid to MensLine c/- 141 Hereford St or to Peter Moore or Jeff Clark, by Thursday 24th February 2011. (This is a nonprofit event-all proceeds go towards food and accommodation). More info at www.mensline.net.nz

MensTrust Weekend Events for 2011



Weekend men's events in a therapeutic context (psychodrama), preceded by an optional six week evening series. www.menstrust.org.nz

Boots and All Autumn: Evenings: 3, 10, 17, 24, 31 March, 7 April.

Weekend: 8 April to 10 April 2011. At Journey's End, North Loburn

Boots and All Spring: Evenings: 25 August. 1, 8, 15, 22, 29 September.

Weekend: 30 September to 2 October 2011. At Journey's End, North Loburn

News and Comment on Men's and

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 Matthew Currie (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)

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

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

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 with the message or subject line "Please add to men's/fathers' list".

Men on a Mission Programme 7th / 14th Feb

For any men feeling **isolated** in the community.

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@vmsi.org.nz
or The Salvation Army Hope Centre ph 366 8129 jeff.jones@nsof.salvationarmy.org

Group for Men in Waimakariri Area

The EQC is providing funding for men of the Hurunui area to be part of a series of meetings about managing personal stress. Though the current one has already started more courses will come be coming.

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

MEN DEALING WITH STRESS



got stress?

A completely **FREE** 16 hour (8x 2 hour sessions) programme, available to men in Kaiapoi, Rangiora and surrounding areas.

The only criteria are that you believe you would benefit from involvement and can commit to the 6-8 pm Wednesday night sessions. Whatever your situation we will make it work for you.

The **first course** is planned to start at a venue in Kaiapoi on the 26th of January, if we can get participants confirmed. There will be three courses in all with a maximum of eight participants in each course.

Don't let the recent pressures add to your burden, take advantage of this recovery - focused support and contact Knowledge to Grow on **03 312 5759 - NOW**

Green Prescription Guys Going for it



Green Prescription is keen to support men in the Canterbury area to use physical exercise as a means to address mental and physical health issues. If you know any men who want to get more involved in exercise see

http://www.sportcanterbury.org.nz/content/e2smarty_category/1/68/49/

START: Sexual abuse counselling 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



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 faciliating maori mens groups around interpersonal violence. 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

Daryl Gregory
Managing Director
He Waka Tapu Limited
161 Pages Rd,
Po Box 150-37
Aranui
Christchurch,
03-3738150
021-379895
www.hewakatapu.org.nz

The Canterbury Men's Centre

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

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)

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 events
- **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

They also run the following web sites and welcome suggestions:

- www.canmen.org.nz –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 posters and flyers relevant to male clients



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

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



National

Traditional Australian Cure for... Sleep Apnoea?



Now men have an excuse to play the didgeridoo at one in the morning. It's found to cause improvements in some people with sleep apnoea.
<http://www.bmj.com/content/332/7536/266.abstract?sid=5ea08297-f8e2-4e55-8425-14a5dd3c9b6c>

Controversial Commercial



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 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

An advertisement for a new product on the market called a self-lowering toilet seat is advertised showing a man as a dog.

<http://www.youtube.com/watch?v=WX3oDpKBlzM>

Cancer Society Men's Health Site

Some interesting work by the Cancer Society designed with the aim of giving men messages about healthy lifestyle.



<http://www.getthetools.org.nz/>

Follow the Money...

A great site for social service managers wondering how MSD money is spent around the different parts of Christchurch/NZ.

<http://www.contractmapping.govt.nz/>



Fathers Key to Reducing Child Abuse/Neglect



Peter Dunne of United Future argues we need to support fathers to be more involved following family separation if we want to reduce child abuse and neglect in New Zealand.

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**

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:

<http://www.scoop.co.nz/stories/PA1012/S00056/dads-key-to-winning-the-war-on-child-neglect.htm>

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; 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 for the 'Postgraduate Diploma in Health Sciences (Men's Health)' at the University of Canterbury. It features the University of Canterbury logo at the top right and the Health Sciences Centre College of Education logo at the top left. The title 'Men's Health' is prominently displayed in a red banner. Below the banner is a photograph of a man lifting a child into the air. The text on the flyer describes the course as a two-year program (2011-2012) that provides an opportunity for men to focus on, and explore the health of, boys and men in a variety of contexts. It mentions that the course is suited to anyone working with men, particularly in healthcare, social work, sport and recreation, welfare, education and community group settings. The flyer also lists the course content, which includes a life-course perspective and critical examination of influences contributing to the health and wellbeing of boys and men. It mentions that the course is delivered as three, two-day blocks in March, June and August plus on-line learning. The flyer provides contact information for Dr. Jeffrey Gage and the Health Sciences Centre Administrator, including email addresses and phone numbers. The website www.health.canterbury.ac.nz is also listed.

Drowning Report

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



Water Safety New Zealand does a breakdown of the 2010 stats. In short, declining death rate, predominantly male.
<http://www.watersafety.org.nz/assets/newsAndMediaReleases/Drowning-Report-2010-Provisional.pdf>

International

Australian Men's Shed Conference



August 21 - 23, 2011 Brisbane Convention & Exhibition Centre

This conference will showcase the growth and spread of men's sheds throughout Australia and the world highlighting the importance of sheds and the contribution sheds make to men and their communities.

Click here for more information or ring 02 9954 4400 or visit the website www.dconferences.com.au/mensshed

Australian Men's Health Gathering 2011 September 19 - 22 Perth

The Gathering will incorporate the 6th National Aboriginal & Torres Strait Islander Male Health Convention, the 5th National Men and Family Relationships Forum and the 9th National Men's Health Conference.

The Gathering will bring together health professionals, including general practitioners, specialists, nurses, allied health workers, counsellors, social workers, mental health workers, youth workers, academics, policy makers, health promotion and public health practitioners, community developers, men's health and welfare organisations, researchers, and health educators from across Australia. It is estimated that approximately 600 delegates will attend the Gathering throughout the four days.

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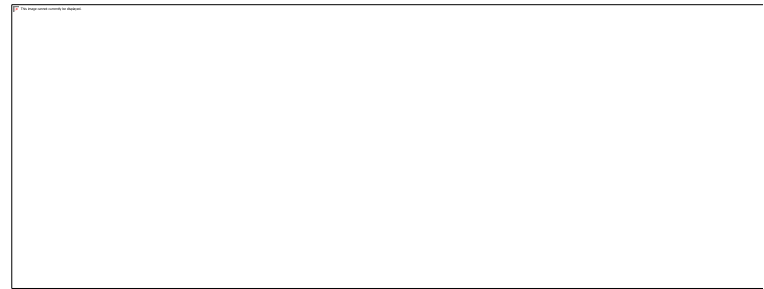
Simon Gurnsey
Office Coordinator

simon@canmen.org.nz

The National Men's Health Gathering is the most important event for people interested in improving male health in Australia and it only happens once every two years. If you work in the area or are keen to increase your skills and knowledge in the men's health and wellbeing field you should attend.

EARLY BIRD REGISTRATION IS NOW OPEN.

<http://www.cvent.com/EVENTS/Info/Summary.aspx?e=2b7cc7f5-b090-4005-87d7-42933cd22f40>



Foundation for Male Studies Int'l Conference

"On April 6, 2010, the foundation is having their *Second Annual Conference on Male Studies, Looking Forward to Solutions*. This global web-broadcast conference will gather scholars representing a wide range of academic disciplines including anthropology, education, history, medicine, politics and psychology – and have them present captivating findings at the New York Academy of Medicine. The current condition of males as well as real-time solutions will be laid out to a live audience in over 10 countries. Moderated by Guy Garcia, an award-winning journalist, novelist and multimedia entrepreneur, and author of *The Decline of Men: How the American Male is Tuning Out, Giving Up, and Flipping Off His Future*, this conference promises to capture the interest of many professionals including professors, students, physicians, psychologists, politicians, health care specialists, authors and educators.

Please visit the foundation's web site at <http://www.malestudies.org> to learn more about us, and about the conference at <http://www.malestudies.org/events.html>.

Interested individuals can register for the conference online with [this link](#), and I will be grateful if you can help me circulate this and increase our participation.

Dr. Jeff Gage **Working Class Masculinity and Health Practices**



Research undertaken in the U.K explored the interaction of social class, gender and health practices between two groups of working class men. Although findings revealed an overall ‘masculine ideology’ individual masculine behaviours were dependent on personal social contexts. Paid employment, for example, provided opportunity to present themselves as ‘proper men’ by fulfilling the provider role. In employment settings however, some men deliberately took health and safety risks to gain status among their peers whereas others had little control over their exposure to workplace hazards. The author argues that men’s health research should focus not only on masculinities but also the affect of personal circumstances on gendered health beliefs and practices.

Dolan, A. (2011, January 17). ‘You can’t ask for a Dubonnet and lemonade!’: working class masculinity and men’s health practices. *Sociology of Health & Illness*. Retrieved January 27, from <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-9566.2010.01300.x/pdf>

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

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