

Male Call



November 2009

New Directory of Services For Cant'y Men

We've put together an update of our Men's Services Directory and expect to do a big mailout over the next month. If you would like to receive some please be sure to e-mail us at info@canmen.org.nz and say how many you need. You can find the flyer at <http://canmen.org.nz/about/> or click on the images below for a view.



Events/Courses

November

[Triathlon for Men](#)

[Swimming Group for Blokes](#)

[Father and Son Camp 2009](#)

[Men at Work Course Running Soon](#)

[Aldred Men's Shed Community Meeting](#)

[White Ribbon Day - 25 November](#)

[Christian Camp for Men](#)

[Interested in studying Men's Health?](#)

[The MISHES](#)

In This Month's News

[Men with Erectile Dysfunction](#)

[Men's Health Flyers at CPH](#)

[Running a Course for Fathers?](#)

[Suicide Prevention Resources for Men](#)

[International Men's Day: November 19th](#)

[Families Commission is Following up on Fathers](#)

[Men Wanted for Research into Learning](#)

[Dr. 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/supportforantymen>
[Services for Canterbury Men \(e-](#)

November

The Cant'y Men's Centre Manager, Donald Pettitt is growing a mo' this year. For those of you men that want an excuse to explore your hirsute self then join the "Can Men" team at <http://nz.movember.com/register/>. We have 5 men so far.



Helping Men with Erectile Dysfunction

Pfizer Inc. has put together an interesting web site for those dealing with erectile dysfunction at <http://www.hardconversations.co.nz/> (note cut and paste this link into your browser) . It uses accessible video messages to get the info across to professionals as well as male

mail us for the flyer with the info listed below)

Join a Men's Group?

***Contact us to find a group that is right for you or your client. Also, see the map above.**

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: closed men's groups, men's weekends and events, see menstrust.org.nz phone 03 940 9477

ManKind Project: Open Meetings Tuesday nights Bring your authentic self to an evening of support and challenge, 021 475 900 mkp.org.nz

Addington Men's Group: regular Tuesday outings. Addington Community Cottage 338 1613

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

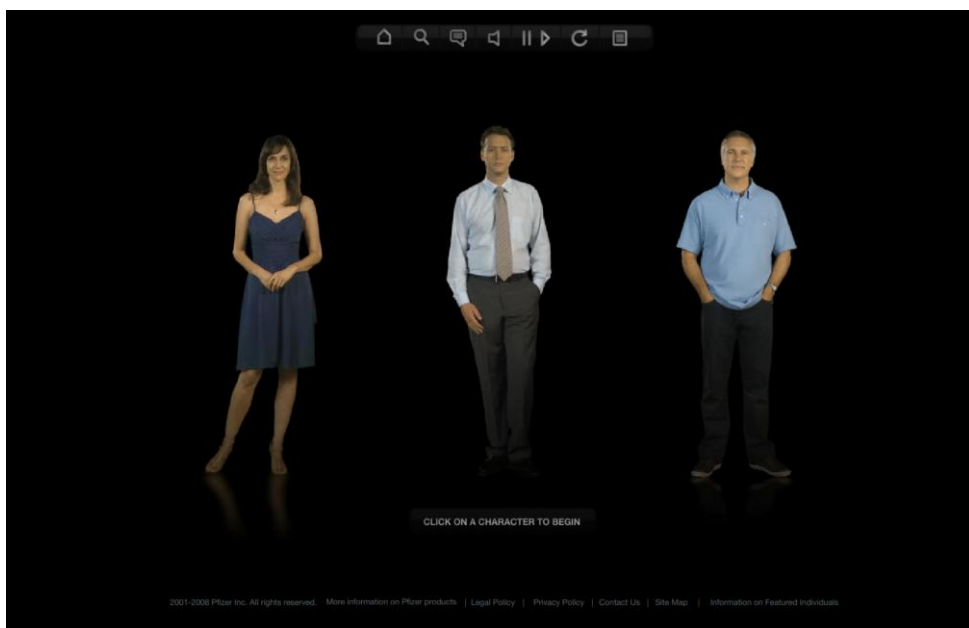
Hei Hei Men's Group: meets at St Aidans Church 126 Hei Hei Road (cnr Hei Hei & Buchanans Roads) on the second Friday of each month Phone Tracey Buunk (group co-ordinator) 342-5864

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:

and female listeners. They also have a dvd for health professionals.



Triathlon for Men

This event is for those more robust men out there! They have three events on their calendar with the second one occurring on 8th of November. <http://www.blokestri.co.nz/index.html>



Swimming Group for Blokes

Tuesday evenings at QEII, 6:30-7:30 there is a swimming group for men wanting to build their confidence from a basic level. It's exciting to see this development as men are often overlooked when gender is a focus for entry level to sports.

<http://www.blokestri.co.nz/swimming.html>



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, 3rd 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

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 themselves and others, contact Kevin Muir at kevin@stepahead.org.nz

Men's Health:

Menz Medical: for all health needs 158 Fitzgerald Ave.
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

Father and Son Camp 2009

This event is from the Waimakariri Youth Development programme. Info below.

Dates: 6 DECEMBER - 12 DECEMBER 2009

The Waimakariri Youth Development programme is taking referrals for our Father and Son Programme at the Burnham Military Camp, for young males and fathers to take part in the week long course. The course is a life skills course, it is challenging, physical and conducted using military techniques by professional and qualified staff. Pushing participants to their limits and building relationships. Fathers and sons will participate equally in all activities.

We can take young males 14 > 16 yrs. For those in Youth Aid this programme can be a requirement for FGC outcomes or alternative action outcomes, as we will fit into most time frames for outcomes to be completed. However it does not have to be, you may have families that are really keen to participate, feel free to refer them.....

Programme costs are fully funded.

note*

Participants to cover any cost incurred for transport to and from Burnham Military Camp.

Send completed referral to Llew Timpson, P.O.Box 5, Rangiora Please include a brief history of the young person being referred, ie why the referral is being made, FGC outcomes etc, Preference will be given to referrals from the Waimakariri, followed by Canterbury, South Island, North Island.

This **does not** preclude referrals from North Island agencies being considered.

It is the responsibility of the referrer to make sure all participants have all the required gear.

For any information on this programme please contact us.

Llew Timpson on 03 313-5743 or 027290-1574
Llewelyn.Timpson@police.govt.nz

Jeannette Adams 03 313-6167
Jeanette.Adams@police.govt.nz

Men's Health Flyers at CPH

Community and Public Health have a limited number of men's health flyers available at their outlet on Chester St. They are a good place to visit to pick up a range of info about public health issues for your clients. More about them at <http://www.cph.co.nz/Files/Stocklist.pdf>.

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

Gay Men:

New Zealand Aids Foundation:

Free counselling, a range of events and info at nzaf.org.nz

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 (below)

Q-topia: Events/support for gay youth, ph. 021 175 3631, qtopia.org.nz

MEN'S HEALTH

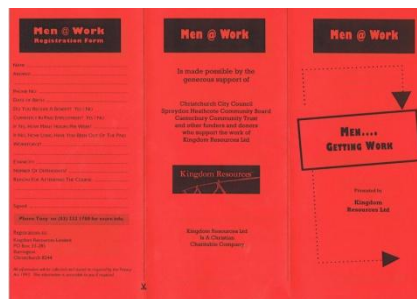
Note: Family Planning resources are restricted to **10 copies per month**. Please contact them directly for larger quantities

Pamphlets

CHIC Code	Title	Supplier/Code	Type
MEH 11	A Man's Guide to Personal Plumbing	CS	Pamphlet
MEH 1	Men and Depression	MHF	Pamphlet
MEH 4	Prostate Cancer	CS	A4 Fact Sheet
MEH 3	Prostate Problems	CS	A4 Fact Sheet
MEH 5	Testing for Prostate Cancer	HP3795	DLE Booklet

Men at Work Course Running Soon

This free course for men seeking employment is run by Kingdom Resources. It's a nine day course, three mornings a week, starting 23 November 2009. Contact 332-1700 for more info or e-mail kr@kingdomresources.org.nz .



Running a Course for Fathers?

This new resource put together by the NZ based Fatherhood Foundation may be useful to any groups doing work with fathers. <http://fatherhoodfoundation.org.nz/resources/great-fathering-course.htm>



Youth:

Tracks: Turning Boys into Men, 5 day "Rites of Passage" events 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

03 373 8150

Stopping Violence

Services: group and individual counselling

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 violence, 8 week course 366 4132

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 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:

Suicide Prevention Resources for Men

Check out the Mental Health Foundation's web site for info about suicide and a flyer about male depression at

<http://www.mentalhealth.org.nz/shop/listing/view/3/>



Aldred Men's Shed Community Meeting

This invite is for men in St. Albans to become involved in running this shed.

ALDRED MEN'S SHED



P u b l i c M e e t i n g

When? : Thursday 26 November 2009

What time? : 7.30 pm

Where? : St Albans Uniting Parish
Cnr Nancy Ave and Knowles St

To establish a community Men's Shed "a place where men can go to have a yarn, share skills and spend time with other men while working."

Koru Men's Group

A local group for men leaving heterosexual relationships for gay lifestyles is operated out of the Cant'y Men's Centre. Please contact us for further info about this.

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

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 787 797

National Depression Support Line 0800 111 757

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



Koru Men's Group

A monthly social meeting over a cuppa or beer for Gay or Bisexual Men who are leaving or have left Heterosexual relationships.

If you prefer we can meet you privately beforehand to tell you about the group or to accompany you to your first meeting.

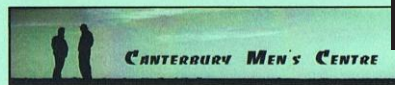
5.30-7.00 first Tuesday of the month

Please contact us to find out more and register your interest.

Phone 03 940 9487, 021 0250

Email canmen@inspire.net.nz

Christchurch Community House
141 Hereford Street



Building Happy Healthy Men



ember

can watch out for what is
web site at

Christian Camp for Men

An interesting looking camp for Christian men running the weekend of 6 Nov 09. See

http://www.promisekeepers.org.nz/ss_nx_144/display.php?List=72&N=228.



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

or

Simon Gurnsey
Office Coordinator
simon@canmen.org.nz

International Men's Day: November 19th

<http://www.internationalmensday.com/>

Hey, it only comes once a year, so take a guy you like out to coffee or send them a hello on that day.



Interested in Studying Men's Health?

The University of Canterbury, Health Sciences Centre, offers a postgraduate course in Men's Health as part of the Postgraduate Certificate and Master's Degree in Health Sciences. The course provides opportunity to focus on, and explore the health of boy's and men in a variety of contexts underpinned by generative and life-course perspectives. The course is available to students nationally. It is run as three, two-day block courses in combination with online learning. If you would like further information please contact Philippa Drayton (philippa.drayton@canterbury.ac.nz) phone: 366-7001 ext 8691 or Dr. Jeffrey Gage (Jeffrey.gage@canterbury.ac.nz) or visit the Health Sciences website at <http://www.hsci.canterbury.ac.nz/>

Families Commission is Following up on Fathers

The Families Commission has been doing some novel research into the needs of fathers in New Zealand appears to be supporting the development of a more father inclusive approach by NGO and health agencies. You can read more about their work at: <http://www.familiescommission.org.nz/news-events/family-voice-september-2009>



Focus on fathers

As part of its work on supporting couple relationships the Commission and has been putting a particular focus on fathers.

Our study *Pathways Through Parental Separation*, funded by the Commission's Innovative Practice Fund, examined discussions with 20 non-resident fathers to find strategies for supporting fathers through the process of separation.

A group of separated fathers who experienced grief and frustration when they were no longer able to live with their children, told researchers that community services do not provide the help they need. The men also identified a need for strategies to create and maintain a

changed relationship with their children's mother and to redefine their parental role. While the men in this study are not representative of all separated men, their experience is supported by international literature and adds to the information the Commission is building on fathering and separated parenting.

Early this year, the Commission carried out a telephone survey of 1700 fathers, and a literature review. The research gives us a better understanding of fathers' support needs. The objectives of the research were to explore the roles that fathers play; the way these roles may have changed since the last generation; where fathers get their support and what support they need; and what helps and hinders fathers. The outcome of this research will be released later this year.

Recently, the Commission has also facilitated meetings to consider how to foster support for fathers, culminating in a workshop (attended by 20 representatives of agencies) to decide whether there should be a national network of organisations that work with fathers. Attendees included representatives of government departments and the major NGOs involved in family services.

It was unanimously agreed that a network should be established to support existing family service organisations and services to work with fathers and to encourage activities in support of fathering. The Commission is continuing to support the establishment of the collaborative network.

Men Wanted for Research into Learning

A local researcher is looking for men aged 16+ to take part in a short interview about their learning styles. Matthew Walters has been working with a team from the University of Canterbury developing a book entitled Gender, Masculinities and Adult Education. He is looking for men aged 16+ to interview for a chapter of this book which will focus on a small qualitative study of Mens perceptions of learning.

The chapter has a working title of 'Exploring men's perceptions of learning'. It is a larger study of a small pilot study already conducted in early 2008. The interview will take between 15 – 25 minutes and will be a set of simple questions explore historical participation and attitudes/perceptions towards learning. If you know a man that Matt could interview please contact Matthew@actis.org.nz

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. (see the whiteboard as you step in the door for a room number)

When: Thursday 12 November 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](#).

Dr. Gage on Men's Health

The State of Men's Health

Although awareness of men's health continues to gather momentum internationally, progress toward significant recognition and health outcomes has some way to go. According to the Editor-in-Chief and Section Editor of the *Journal of Men's Health*, greater efforts need to be made to reduce health inequalities for men, specifically in relation to the effects of poverty, undereducation and unemployment. So how well is men's health being addressed in NZ? In a recent review of policy and progress on men's health across 11 countries, New Zealand was described as paying little, or ad-hoc attention to men's health, and lacking a framework and strategic approach to men's issues. So where to from here? The NZ authors make an insightful observation that men's poor health statistics are not yet seen to be inequitable or unfair. This may be a good place to start.

Meryn, S., & Shabsigh, R. (2009). Men's health: past, present and future. *Journal of Men's Health*, 6 (3) 143-146.

Wilkins, D., & Savoye, E. (2009). Men's health around the world. A review of policies and progress across 11 countries. Retrieved from: http://www.emhf.org/index.cfm/item_id/695/CFID=46863476&CFTOKEN=18578251/