



Male Call

November 2010

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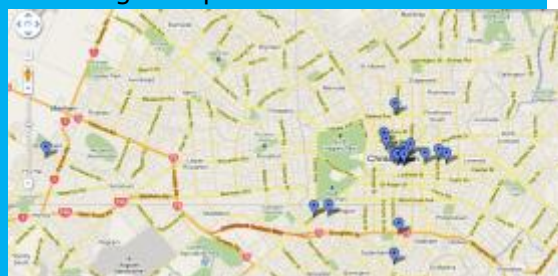
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Map of Services for Christchurch Men

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 \(e-mail\)](mailto:Services for Canterbury Men)

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

For those of you that use Facebook, check out the new Canterbury Men's Centre page on Facebook.



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

Map of Canterbury Community Gardens

The Canterbury Men's Centre thought to make the local community gardens more accessible for our clients and have put together the following map for all to use. <http://maps.google.co.nz/maps/ms?client=firefox-a&hl=en&ie=UTF8&msa=0&msid=107167069968175989052.000491f89d48f67e314da&z=10> . Click on the link above to find the community gardens closest to your clients. **Why Community Gardens?** Reduces isolation, gets people involved in their communities, and gets them eating healthy veges.

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 | 021 475 900

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

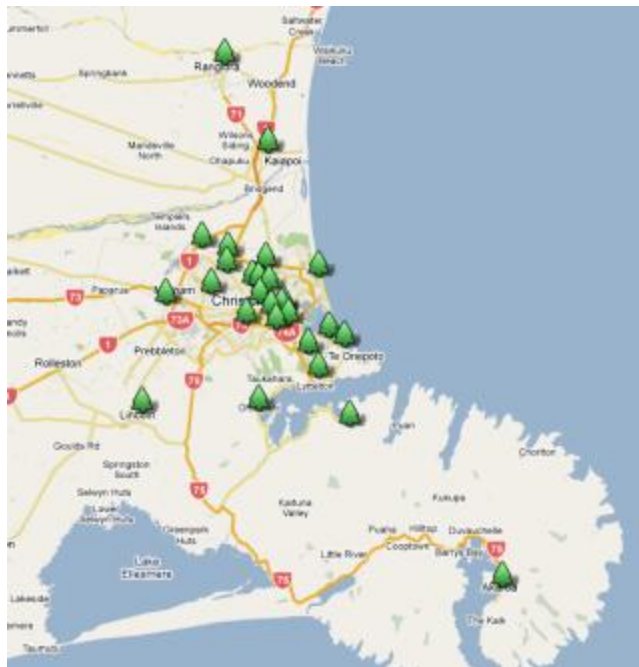
Sydenham Outings for Men: Tuesday afternoon 1-3, also day outing first Tuesday. Gold coin donation. Contact Liam | (03) 337 2731

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



Father and Child Projects



Families commission We recently held our first discussion panel in partnership with the Families Commission. We pulled together a group of Teen Fathers to discuss the topic "what best supports families to be the best they can be"? The feedback we received from these guys will certainly be useful to the Families commission when they start to lobby Government on making services more inclusive to fathers. If you are or were a teen Dad, get in touch with the Trust. We can offer you \$75 for 2 hours of your time if you would like to be involved in the next discussion panel.

Solo Dads Kids at School? Come along to our office on Friday mornings between 10.30 — 11.30am. Have a coffee, chill out and share your thoughts, skills and experiences with other guys. Sometimes it helps when you can talk to other people who know exactly what you mean and how you feel!

Parenting Support by Post Are you a father that would benefit from a course that could help you with child development and parenting? A course

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 \$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

that you can complete at home in your own time! If this sounds like you get in touch with Peter on 03 982 2440 .
1/369 Hereford Street
Christchurch City
(03) 9822440
enquiries@fatherandchild.org.nz

Plains FM Interviews Manager of Men's Centre

Donald Pettitt talks with Mornings host Ed Swift about the Canterbury Men's Centre.

http://www.accessradio.org/datafiles/201010282001201288249280-2010-10-28_donald_pettitt.mp3



November

Time to grow the mo' again for those of you that are so inclined. The Canterbury Men's Centre is forming a team though their staff have been informed by their partners that they aren't allowed to grow one of "those things". Last year's CMC Mo' team were treated to a few rounds of sedatives at the end of the event. To sign up, go to link http://nz.movember.com/donate/your-details/member_id/1241/ . Info about programmes and research they support at <http://nz.movemberfoundation.com/research-and-programs>



Heart Foundation Talk

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 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



This year's Sir David Hay orator, Professor Mike Daube, has played a leading role in public health, health policy and health advocacy in Australia, the UK and internationally since 1973. He is uniquely qualified to help us to think about the importance and power of investment in prevention.

Christchurch: **Thursday 11 November, 12.30-1.30**

Venue: University of Otago, Christchurch School of Medicine, Rolleston lecture theatre, 2 Riccarton Avenue, Riccarton

<http://www.heartfoundation.org.nz//index.asp?pageID=2145885419>

Bouquet to the Earthquake Commission

The following poster is a direct response to the Christchurch earthquake and encouraging men in help-seeking behaviour. (See Green Prescription in the National Section as well about the issue of advertising health to men).

A poster with a white background and a black border. The top half has the text "Look after yourself. Look after others." in large, bold, black font. Below this, there are three paragraphs of smaller text: "As we recover from the quake, it's important to know that it's okay to ask for help.", "If you're feeling overwhelmed, talk to someone in your family, a good friend or neighbour.", and "If you're struggling to make ends meet, emergency financial help may also be available." Below the text is a photograph of an older man with white hair and a mustache. At the bottom of the poster, there is a small box with the text: "For help or advice call the Government Helpline on 0800 77 999 7 or visit canterburyearthquake.govt.nz New Zealand Government."

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.

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

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

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

When: Thursday 11 November 12:00-1:15

Bring: Lunch, we will supply coffee/tea

Topic: White Ribbon and men's violence toward women, led by Pete Darrell of Stopping Violence Services



Regular Groups Run/Supported by the Canterbury Men's Centre

Contact us for information about any of the following meetings.

The collage features three posters. The left poster is for 'Men's Sheds Canterbury' and 'HUB MEETINGS', showing a group of men in a shed. The middle poster is for 'Men in Risk Group', a regular meeting for professionals addressing male victims of domestic violence, with contact information for Donald Pettitt. The right poster is for 'THE MISHEES', an informal men's network group meeting on the second Thursday of each month, with a list of purposes and contact information for Donald Pettitt.

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 lawyers providing assessment and advice for a set fee. Could save you some grief. legaloptions.co.nz | (03) 365



National

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=dC1SSDVPcj1RlIxWWJaS05wVUtpZEE6MQ> .



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**

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

Criminal System Tougher on Men?



"A summary of international and national research shows that, in comparison to men, women generally receive less severe judicial outcomes (e.g. sentences) even when they appear before the court under seemingly similar circumstances. Such a finding leads to the questions: How do we interpret these differences between men and women? Is this disparity in criminal court outcomes just or unjust, warrant or unwarranted?"

<http://www.crime.co.nz/c-files.aspx?ID=12366>

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

Health Sciences Centre
College of Education

UC
UNIVERSITY OF
CANTERBURY
In Christchurch, New Zealand

Men's Health

Men's Health provides an opportunity for you to... and explore the health of boys and men in a variety of contexts... The programme provides opportunity for students to focus on... and develop specialist content leading to a specific area of men's health.

Course content focuses on the potential to enhance men's health in New Zealand... and an understanding of the range... The course will be suited to anyone working with men... welfare, education and community group settings.

Who should attend? The course is open to men and women... in health, education and health care... in New Zealand... and health care... in New Zealand.

Men's Health is one of a number of health sciences... in New Zealand... and health care... in New Zealand... and health care... in New Zealand.

The course is delivered as three, two-day blocks... in March, June and August... plus on-line learning.

For more 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

www.health.canterbury.ac.nz

White Ribbon Day 25 November

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

or

Simon Gurnsey
Office Coordinator
simon@canmen.org.nz

White Ribbon Day which aims to stop male violence against women is coming on 25 November. To find out what events are happening see <http://whiteribbon.org.nz/>



Hon. Muriel Newman on Separation and Children



Hon. Muriel Newman critiques the outcomes of current social policy on the issue of families going through separation.
“As a result of this winner-takes-all system, a quarter of all New Zealand children whose parents separate or divorce lose all meaningful contact with their non-custodial parent. A further 40 percent see that parent for only a few hours every month. This is a disastrous outcome for the children, the families, and society as a whole”.

<http://www.nzcpr.com/weekly252.htm#Send%20friend>

Boys Education Slips

stuff.co.nz

“Boys are lagging further behind girls in school achievement, with new results showing that a double-digit gender gap has opened up.

Education Ministry figures show that, in last year's National Certificate of Education Achievement, 50 per cent of girls passed level 3, but only 37 per cent of boys did. At level 2, 74.1 per cent of girls passed, and 65.7 per cent of boys”.

<http://www.stuff.co.nz/national/education/4205228/Boys-fall-further-behind-in-NCEA>

International

Teachers Have Lower Expectations of

Boys

[guardian.co.uk](http://www.guardian.co.uk)

“Girls think they are cleverer, more successful and harder working than boys from as young as four, a UK study has found. Boys come round to this view by the age of seven or eight and assume that girls will outperform them at school and behave better in lessons, research from the University of Kent shows”.

<http://www.guardian.co.uk/education/2010/sep/01/girls-boys-schools-gender-gap>

International Men’s Day November 19th

www.internationalmensday.com to find out more. There are no events planned yet for this day in Canterbury.

Oprah Winfrey Covers Male Childhood Sexual Abuse



200 Men Step Forward to Speak

About Childhood Sexual Abuse.


http://www.oprah.com/pressroom/Historic-Discussion-with-200-Men-on-Molestation_1

Dr. Jeff Gage Understanding Men’s Mental Distress



In a recent article, men’s wellbeing, emotional distress and help-seeking behaviours were reviewed in the broader context of masculinities. The author’s argue that little is known about the complex ways in which men internalise, interpret and act on emotional distress. Key literature is discussed providing interesting insights into masculine subjectivities and men’s self-management of their health. Recommendations are made for future directions in policy and research.

Ridge, D., Emslie, C., White, A. (2010). Understanding how men experience, express and cope with mental distress: where next? *Sociology of Health and Illness*, 1-15.



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