



# Male Call

October 2011

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

[Map of Services for Christchurch Men](#)



Another useful map is:

[Canterbury Community Gardens Map](#)

## Men's Groups Listing

**MensLine Support Group:** open, facilitated, weekly men's group, 21 years' experience. Tuesday night 7:30-9:30 at Christchurch FREE | **(03) 365 4239**

**MensTrust:** Men's groups, men's weekends and events [menstrust.org.nz](http://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](http://mkp.org.nz) | Graeme Withell 0274735018

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

**Hei Hei Men's Group:** meets at St. Aidans Church 126 Hei Hei Road

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

## News

### Health Course says Wait to Men



Username:   
Password:

[what is Appetite for Life?](#) [recipes](#) [how to join a course](#) [10 steps to a healthier weight](#) [contact us](#)

**Beef Hotpot**  
A family favourite "stew" that can be cooked in a casserole dish or crockpot. Make extra and freeze.

[recipe](#)



**Pea Pesto**  
This will become a favourite recipe: great colour, great taste and so easy to make!

[recipe](#)

Annie found her Appetite for Life



Welcome to Appetite for Life.

The Canterbury District Health Board [Appetite for Life](#) Course serves 1,000 patients and is in its sixth year. The course is for women only with lifestyle issues that are leading to a significant health condition (heart disease, diabetes...).

At a recent meeting between the Canterbury Men's Centre and the CDHB the Funding and Planning team said they are developing a course to meet comparable needs of men. They expect any such course to be available from July 2012 should they come up with an adequate business case.

The rumour is that some men have taken an individual complaint about the issue to the Human Rights Commission and we'd like to acknowledge those that have taken this courageous step.

(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](http://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  
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](http://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

## Father and Child Trust Vacancy: Christchurch Coordinator



"We are looking for a new Coordinator in Christchurch

This is a permanent, part-time (20 hrs/wk) position based at our office in Hereford Street. We need a very well-organised person, preferably with experience in community funding, with an eye for deadlines and detail. Good computer and English language skills are a must, and some experience in accounting and/or financial management and/or small project management an advantage.

As we are here to help fathers and their children, a good understanding and preferably first-hand experience of parenting are as important as genuine empathy for dads. Applications close **Sun 9 October 2011**

We envisage employment to start 17 or 24 October 2011

For more information please contact Harald Breiding-Buss at (03) 982  
2440, [harald@fatherandchild.org.nz](mailto:harald@fatherandchild.org.nz)

Email your application to [jobs@fatherandchild.org.nz](mailto:jobs@fatherandchild.org.nz)

or post to: PO Box 26040, Christchurch.

<http://fatherandchild.org.nz/christchurch/vacancy-christchurch-coordinator/> "

## Eldernet Rocks!

Use of the Eldernet site has shot up in recent months, and not just for men's sheds. If your service provides for older people then be sure to get on board with Eldernet.

**Eldernet Team** [team@eldernet.co.nz](mailto:team@eldernet.co.nz) to me



There have been 648 page views for **Men's Shed Hub** in the last 12 months.  
Below are the statistics for your **Eldernet** listed services.

- [Community Groups](#) Total: **648** page views

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](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 [fatherandchild.org.nz](http://fatherandchild.org.nz) | (03) 982 2440

**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

**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](http://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

32	23	11	20	72	69	56	43	61	98	96	67
Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
2010			2011								

Yours,  
The Eldernet Team  
<http://www.eldernet.co.nz/>

## Events:

### Network meeting for Men Working in Social Work/Health/Education/Employment



An informal men's network group meeting second Thursday of each month. Purposes defined for the group early are:

- 1) Peer support, social contact, living well in your role
- 2) Collaboration between agencies and other professionals working with men/boys
- 3) Political change and advocacy
- 4) Learn about available services for men/boys and disseminate info about them to the group and their associates, networking
- 5) Education and training about working with/for men/boys

**When:** second Thursday of the month, 12:00 to 1:15

**Where:** Check with us.

**What:** a new focus each month, so get on the mailing list to be informed

**Bring:** your lunch, we provide the cuppa

To receive an invite to this group, contact Christa Peck of the Canterbury Men's Centre, [christa@canmen.org.nz](mailto:christa@canmen.org.nz) or phone 940 0487



**Where:** 403A Worcester St, <http://www.mherc.org.nz/>

**When:** Thursday 27<sup>th</sup> October, 12:30- 2:15

**What:** Bring your lunch. We supply the cuppa and some fruit. The first 15 minutes is a cuppa.

**Focus:** None.

### Men on a Mission Course:

The Men on a Mission course starts on Monday 31 October. Start time 12.30 and finish time 3.30pm. This course is great **for men that are feeling isolated** in the community. Includes a light lunch. Call the Salvation Army Hope Centre at 3668128 or Christchurch Methodist Mission 366 6745 for more info.

### Father and Child Presents at Kimihia Parents College



Street, 7:30 pm, access via side door off from the car park. For men and family affected by prostate problems. [prostate.org.nz](http://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 | (03) 389 4001

**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](mailto: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](http://hewakatapu.org.nz) | (03) 373 8150

**Stopping Violence Services:** group and individual counselling [angermanagement.org.nz](http://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](http://goalscentre.co.nz) | (03) 3664132

**STOP Programmes:** Treatment/therapy for men/boys

"Collaborative's next seminar is to be held on Thursday 27<sup>th</sup> October at Kimihia Parents' College, at 521 Ferry Rd (opposite Woolston School). 'Depending on dad' will be presented by Harald Breiding-Buss from the Father and Child Trust. Please come along and bring your lunch, and pass on to your networks. All we ask is a gold coin donation so we can continue to run this series. Also, if you use facebook, please share the love and 'like' our page, to keep updated with events (like our seminars) and training opportunities <https://www.facebook.com/TheCollaborativeTrust>."

## Welcome to the Kaikoura Men's Shed

Opening 12<sup>th</sup> October.



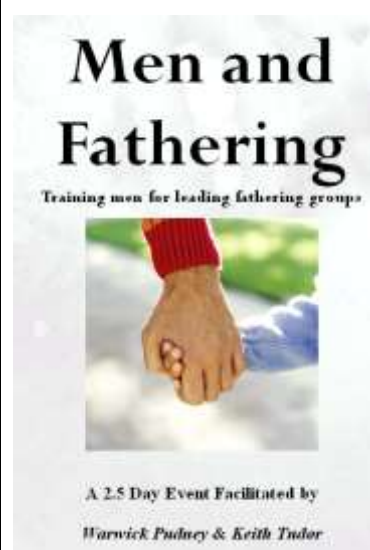
<http://menssheds.org.nz/canty-sheds/kaikoura-mens-shed/>

## National:

### Fathering Course for Those Working with Fathers

Auckland training for those working with fathers. 17<sup>th</sup> to 19<sup>th</sup> November.

<http://canmen.org.nz/wp-content/uploads/2008/11/V.6-Pamphlet-Father-manside-e.pdf>



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

### 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](http://fatherandchild.org.nz) | (03) 982 2440

**MensLine Support Group:** (See Men's Groups above)

### 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](mailto:aneilson@xtra.co.nz)

### Christchurch Community Law

**Centre:** Free legal information and advice on family law issues and Court processes. [canlaw.org.nz](http://canlaw.org.nz) | (03) 366

## Closeup Interview of Ray Woolf about Prostate Cancer

Ray is about to star in the musical Anything Goes at The Civic in Auckland (Starts Sept 29). [Early detection key to tackling deadly disease \(4:40\)](#)

## Family Court Review Enters Next Stage

<http://www.justice.govt.nz/publications/global-publications/f/family-court-review-public-consultation-paper/publication>

## White Ribbon day in November

The poster features a first-person perspective from a motorcycle rider on a winding road. The motorcycle's handlebars, mirrors, and speedometer are prominent. A white ribbon is pinned to the handlebar area. The text 'JOIN THE WHITE RIBBON RIDE' is written in large, bold, white letters. Below this, it says 'SHOW YOU'RE AGAINST VIOLENCE TOWARDS WOMEN'. The dates '19-26 NOVEMBER 2011' and the website 'whiteribbon.org.nz' are also included. A circular logo on the right shows a map of New Zealand with the text 'NORTH AND SOUTH ISLANDS' and 'NATIONWIDE ROUTES'. At the bottom, there are logos for 'BUDER PUBS', 'IF IT'S OK TO ASK FOR HELP IT'S NOT OK', 'FAMILY COURT', 'Te Puni Kōkiri', and 'Families Commission'.

The ride will be in Christchurch region on Thur 24 November in the afternoon, and for most of Friday 25 (White Ribbon Day). The schedule can be found here: <http://whiteribbonnz.files.wordpress.com/2010/07/south-island-draft-itinerary-aug-9-2011.doc>

6870

**Legal Options:** Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief. [legaloptions.co.nz](http://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](http://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](http://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

# International:

## November 19th: International Men's Day



<http://www.international-mens-day.com>

## Another Good Reason to go for a Walk

The impact of brisk walking on prostate cancer progression was examined in 1,455 men diagnosed with clinically localised prostate cancer. Men who walked briskly for at least 3 hours a week had a 57% lower rate of prostate cancer progression than men who walked at an easy pace for less than 3 hours a week.

A brisk pace was found to be better than an easier pace regardless of the time spent walking. Regular brisk walking after diagnosis of clinically localised prostate cancer may therefore inhibit or delay progression of the disease. <http://tinyurl.com/3nc2z5s>

## Do Māori and Pacific Islander men present with more advanced prostate cancer than European New Zealand men?

This retrospective audit analysed data from the Auckland Hospital Urology Service database of all men presenting there for a first prostate biopsy in 2005 and 2006. The study aim was to determine whether Māori and Pacific Islander men in Auckland present with more advanced prostate cancer at diagnosis than New Zealand European or European men. Ethnicity was coded from self-identification codes on hospital databases. No appreciable difference was observed when Māori and Pacific Islander men were compared with European men for median PSA level (13.30 vs 12.55 ng/mL); median Gleason score (7 and 7), mean Gleason score (7.0 vs 6.9) or the proportion of Gleason Score 7 or 8–10. Likewise, the rates of metastatic disease did not differ at presentation (11.5% vs 7.8%). However, there appeared to be a significant difference in the proportion of Māori and Pacific Islanders presenting with palpable disease compared with European men (67.2% vs 53.3%;  $p=0.042$ ). The crude population biopsy rate per 100,000 was similar for Māori and Pacific Islander and European men (560 vs 547).

Comment: An important study given the significant inequalities in survival rates for prostate cancer between Māori and non-Māori. Interestingly, whilst 'late

**Active Recovery Centre:**  
| (03) 366 6661

**Gay Men  
New Zealand Aids  
Foundation:** Free counselling, a  
range of events and info.  
[nzaf.org.nz](http://nzaf.org.nz) | (03) 379 1953

**Gay options in  
Christchurch:** [gaynz.com/communi  
ty/gay-chc.php](http://gaynz.com/communitv/gay-chc.php)

**Q-Topia:** Events/support for gay  
youth [qtopia.org.nz](http://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](http://ratacounselling.org.nz) | (03) 332  
5388

**Home and Family Society:**  
[homeandfamily.net.nz](http://homeandfamily.net.nz) | (03) 379  
5645

**Petersgate Counselling Centre:**  
[petersgate.org.nz](http://petersgate.org.nz) | (03) 343 3391

Donald Pettitt  
Manager  
Canterbury Men's Centre  
141 Hereford St.  
Christchurch  
03 940 9487  
[info@canmen.org.nz](mailto:info@canmen.org.nz)

or

Simon Gurnsey  
Office Coordinator  
[simon@canmen.org.nz](mailto:simon@canmen.org.nz)

presentation' is considered to be a major contributing factor to survival disparities between Māori and non-Māori, these findings contest its occurrence. A review of treatment rates by ethnicity is required. *Reference: BJU Int. 2011;107 Suppl 3:27-32.* <http://onlinelibrary.wiley.com/doi/10.1111/j.1464-410X.2010.09988.x/abstract>

## Dr. Jeff Gage:

Body Image and Self-Concept of Men with Acquired Spinal Cord Injuries



In this study, qualitative data from 64 men were analysed to describe their experiences of living with an acquired spinal cord injury. Researchers' identified three major themes related to body image and self-concept which were; changes in self and body, interactions with the public and decisions and actions people take. The discussion is centred on issues of gender identity and masculinity. The majority of participants strongly associated with traditional masculine ideals and focused on the limitations of disability. A few however, described positive adaptation which raised an interesting question about the extent to which disability might precipitate positive life changes for some men.

Sheldon, A.P., Renwick, R., & Yoshida, K.K. (2011). Exploring body image and self-concept of men with acquired spinal cord injuries. *American Journal of Men's Health*, 5, (4) 306-317.

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](mailto:Jeffrey.gage@canterbury.ac.nz)