

Male Call



September 2009

Coming Events/Courses

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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)

Join a Men's

Boys Day Out

Father and Child Trust will be the community agency that benefits

from a "Sheep Race" at this year's Boys Day Out event http://www.newzealand.com/travel/media/press-releases/2009/7/events_sheep-racing-in-methven_press-release.cfm .



Come along and support this fun, "guys" time. Saturday 5th of September. <http://www.boysdayout.co.nz/>

Blue September

The Prostate Cancer team are doing another Blue September. Find out more about what is happening at www.blueseptember.org



Vote for Father and Child Trust

Father and Child Trust are again shortlisted as a charity worthy of winning \$15,000 on the Sovereign Sunshine web site www.sovereignsunshine.co.nz <<http://www.sovereignsunshine.co.nz>>- They only have

Group?

MensLine Support Group:

open, facilitated, weekly men's group with 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/events, see

<http://menstrust.org.nz> or phone 03 940 9477 or try <http://mensgroups.org.nz>

Mankind Project: a group offering leadership training in personal, interpersonal and cultural levels phone 021 475 900

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

Promise Keepers: Christian Men's Groups see

<http://promisekeepers.org.nz/chch/>

Problem Gambling

Foundation: Weekly men's support group, contact the [PGF](#) at 03 379 2824 for more info

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.

<http://menzmedical.com>
03 981 8181

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>

to beat five others (equally worthy ones). Last time they finished third - here's another chance. So please tell all your friends, acquaintances and distant relatives to vote for them.

Aldred and Oxford Community Mens Shed Fundraiser



Oxford Community Men's Shed Trust
Spring Cruise 2009
6th September
Cost: \$10 per car, \$5 per motorcycle.

to the establishment of the Oxford Community Men's Shed.
tion: 9am-10am at the Hawke Street Car Park
New Brighton.

All entrants will go into a prizes draw.
The draw will take place at 1pm on the site of the proposed Men's Shed.

The short cruise will take in the foot hills of North Canterbury approximately 60km finishing at the Oxford Pearson Park Oval.

Farmers Market **Craft Market**
Hot Food Stall

All that Oxford Can Offer
Local Restaurants
Gift Shops
Local Museum

What is a Men's Shed:
Men's sheds are being established to meet a need in many communities throughout N.Z. These sheds provide for men's friendship, health and well-being in conjunction with regular and supervised hands on activities in a group setting in a shed-type space for both individual and community benefit.

The Aldred Community Mens Shed is also having a fundraising Garage Sale on Saturday 5 September 9 am - 2 pm at Aldred

corner of Nancy Avenue and Knowles Street. Everyone welcome. All donations for the garage sale gratefully received. For collection of goods or to arrange drop off please phone Bill Percy 980-9538 or Bill Delaney 385 9828 or John Boxall 3562855

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>

0 3 982 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

Education:

Uni. of Cant'y **Men's Health** HLTH451, 0.25 fte starts in Feb 2009

Youth:

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

Rata Counselling (see counsellors below)

Stopping Your Violence:

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

<http://hewakatapu.org.nz>

03 373 8150

Stopping Violence Services: group and individual counselling

<http://angermanagement.org>

Spirit of Adventure Father and Son Cruise

Father & Son weekend 17-18 Oct 2009

http://www.spiritofadventure.org.nz/home/day_sail_schedule.html

Yo ho ho...



\$580 father and son (sons 13-19 years)

Bookings: 09 373 2060

info@spiritofadventure.org.nz

A Special Day for Gay Indian Men

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g.nz
03 365 6266

The Goal's Centre: One-on-one programme
<http://goalscentre.co.nz/>

STOP Services Trust: programmes for men and boys to stop their sexual offending <http://stop.org.nz>
03 374 5010

Experiencing Violence?

Contact us at 03 940 9487 to discuss options

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

July 2009 a 150 year old law punishing men in India for "carnal intercourse against the order of nature" was rescinded. A great day for human rights and human dignity.

<http://www.undispatch.com/node/8537>

Single Sex Schools Good for Boys: NZ Research

Recent local research found that boys did slightly better than girls on average in single sex schools, while they fare significantly worse than girls in the mixed school system. Though this is one piece of research, it is the opposite of findings in previous decades.

<http://www.medindia.net/news/Only-Single-Sex-Schools-Enable-Boys-To-Perform-Better-New-Zealand-Study-56762-1.htm>

Some say the focus on course work instead of an exam format is the main issue.

<http://www.dailymail.co.uk/femail/article-1205106/The-REAL-gender-gap-scandal-Why-boys-true-victims-discrimination.html>

Tracks: Boys Rites of Passage to Manhood

Tracks is based in Takaka and runs weekend events supporting boys to learn about manhood, with the help of men. A local group is forming to run these weekends and is looking for local men to take part. See the info below if you are interested. This event is about 45 minutes north of Christchurch.

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, 7days 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

<http://prostate.org.nz>

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

GOOD MEN MAKE TRACKS



TRACKS
'Strong healthy men and families through community rites of passage for boys'

TRACKS is seeking **GOOD MEN**, men who are prepared to stand for themselves, their families and communities, men who can serve as leaders, elders and mentors for boys becoming young men. As well as men to help staff our 5 day camps.

Boys have all that they need – physical strength, pragmatism, intelligence, intuition, a strong spirit and their own unique genius. What they lack is life experience to enable them to make informed decisions. As men we can afford them perspective, reassurance and inspiration, simply by being authentic, offering ourselves as mentors and sharing the real, honest stories of our lives. Helping facilitate a healthy transition from boy to man-(see diagram.)

You can make a difference just as you are. Your doubts, anxieties and concerns are all the real stuff of living manhood.

Experience our rite of passage yourself or learn how to do it in a contemporary and exciting form for boys and for society. Those who are interested there is the opportunity to volunteer some time to support our camps. This work provides a unique doorway into a world that is recognised, heard and accepted. It's fun, challenging and innovative; so show us who you are and learn that you're a **GOOD MAN** that you are vitally important to your family especially to the next generations coming through.

For more info on this weekend course please register please contact:

ADGE: 03 525 8778 or JIM: 03 525 964

WHAT TRACKS MEN SAY

"It's the most significant thing I do in my life"

"Vitaly important for the wellbeing of young men"

"I grow enormously through being involved in this work"

"It increases my capacity to be a better father & husband"

HEALTHY MALE TRANSITION

BOY PSYCHOLOGY

- SEEKS ACKNOWLEDGMENT
- POWER IS FOR ME
- CENTRE OF THE UNIVERSE
- I WILL LIVE FOREVER
- RULED BY EMOTIONS
- NO RESPONSIBILITY FOR ACTIONS
- WANTS A MOTHER

HEALTHY MAN PSYCHOLOGY

- HAS A MISSION
- POWER IS FOR SHARING
- PART OF THE UNIVERSE
- I AM MORTAL
- STANDS WITH EMOTION
- FULL RESPONSIBILITY FOR ACTIONS
- SEEKS RELATIONSHIP WITH THE FEMININE

RITE OF PASSAGE

13th – 15th NOVEMBER
JOURNEY'S END

FOR FURTHER INFO OR TO REGISTER: – 03 525 8778

info@tracks.net.nz www.tracks.net.nz





The MISHES

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 10 September 12:00-1:15

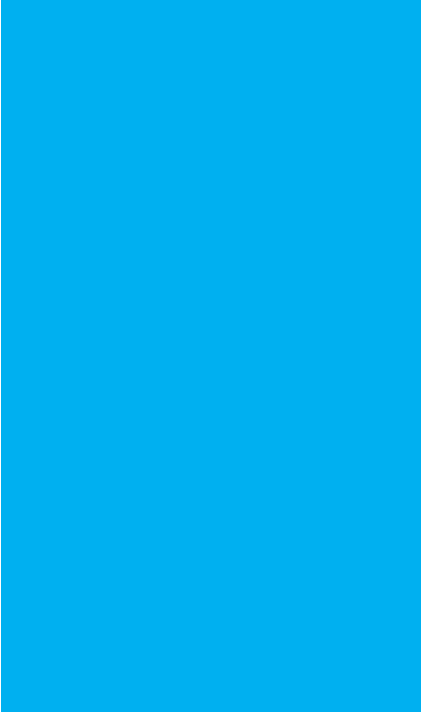
Bring: Lunch, we will supply coffee/tea

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

Dr. Gage on Men's Health

Lifestyle Change and Erectile Dysfunction

Erectile dysfunction is a specific men's health issue for which pharmaceutical treatment has been prominently advertised. However in a recent study researchers' focused on the effects of lifestyle change as a means to improve erectile dysfunction. Participants were randomly assigned to one of two groups, receiving either general information about healthy food choices and exercise, or a



structured programme to improve their diet, reduce weight and increase physical activity. Results indicated a strong correlation between the lifestyle intervention programme and improvement of erectile function after two years. Although this study should be viewed in the wider context of risk factors for erectile dysfunction it provides opportunity for men to consider potential interactions between their lifestyle and health.

Esposito, K., et al. (2009). Effects of intensive lifestyle changes on erectile dysfunction in men. *Journal of Sexual Medicine*, 6, 243-250.