

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 | (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

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 (cnr Hei Hei & Buchanans Roads)

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

News

Canterbury Health Course Excludes Male Participants

The Canterbury based **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...).

The Canterbury Men's Centre asks your help in taking action on ensuring men have access to such a significant programme. <http://canmen.org.nz/services/mens-health/afl-course-excludes-men/>

THE PRESS, Christchurch

19/2011 THURSDAY

CANTERBURY DISTRICT HEALTH BOARD

Dismay at refusal to let men take health course

Amy Glass
amy.glass@press.co.nz

A Christchurch man says the Canterbury District Health Board's (CDHB) refusal to allow men access to a personal health course is discriminatory.

Don Rowlands, 62, complained to the Human Rights Commission after he was not allowed to use the Appetite for Life programme, which aims to improve lifestyle and eating habits.

Rowlands was diagnosed with dangerously high blood pressure last year and was told he needed to lose weight.

His doctor recommended he complete the Appetite for Life course, which is run by the board. "A letter came back telling me I wasn't accepted because men weren't eligible. They suggested I pay for a dietitian."

He said he could not afford

a dietitian, and he didn't think the board was "being reasonable".

"Diets aren't as useful as approaches to understanding food and lifestyle strategies."

Rowlands complained to the Human Rights Commission, and the dispute went to mediation.

After offers of exercise and nutrition programmes, which were not starting for months or were already full, Rowlands was offered a weekly pilot course for men.

However, the course is yet to become available to men.

"I want men to be able to access the course. Men with diabetes and heart issues, they could greatly benefit from this course, especially men on low incomes who can't afford a private dietitian. It is important for a doctor to have a place to send them," he said.

Canterbury Men's Centre

manager Donald Pettett said the board had been "flat-footed" on the issue.

"Men have the worst health-related behaviours, the worst health outcomes, and the health system rarely decides to focus on us as a group," he said.

It was ironic the health system had consistently focused on women for health programmes when they had the best health outcomes and health-related behaviours, he said.

"Men deserve equitable access to healthcare services, and especially at this time in Canterbury we need them to be healthy," he said.

Christchurch GP Rob Williams, who runs Menzmedical, which offers male-specific services, said he was surprised the board would run a programme catering for adult women.

"[Being overweight] is a

universal problem - not just confined to women," he said.

If the programme was funded by taxpayers, it should cater for all overweight people, not just women, he said.

CDHB planning and funding general manager Carolyn Gullery said the health of the entire population, including men, was a priority for the board.

"There are ... initiatives in Canterbury that already address men's risk and protective factors. We do not expect such programmes to fit the needs of women, nor suggest they participate in them."

The Appetite for Life course had not been tested with men and adapting it for them would require big changes, she said.

The Appetite for Life project team would decide this month if it would accept men, she said.

Christchurch Community House Scheduled to Come Down

Many groups that previously were in CCH will be sad to see the building come down as scheduled in September. MensTrust, Male Survivors of Sexual Abuse and the Canterbury Men's Centre as well as many others lost a great resource. May she rise again soon!

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 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.

'What about the fathers?' Presented by Teen Mothers



Teen mothers from Kimihia Parents' College will give a public talk about their experiences with the fathers of their children.

Time Thursday, September 15 • 12:00pm - 1:00pm,

Location Kimihia Parents' College, 521 Ferry Rd

Created By The Collaborative Trust

<https://www.facebook.com/pages/The-Collaborative-Trust/154316004638305?sk=wall> .

Alice McLean, Coordinator, The Collaborative Trust, Mobile: [021 767 975](tel:021767975)

Green Prescription Position

Green Prescription Patient Support Person

Are you passionate about supporting others to lead active healthy lives?

Sport Canterbury is looking for a dynamic, enthusiastic individual to join our Green Prescription team in Christchurch

As a GRx Patient Support Person you will be responsible for:

1. Contacting patients referred to GRx and over a series of consultations coach and support them to engage in lifelong physical activity.
2. Delivering GRx community based wellness programmes.

The ideal candidate will have:

- Experience working in the exercise sector, and knowledge of exercise prescription in special populations
- Experience in the facilitation of groups, and delivery of group exercise sessions
- An understanding of the health benefits of physical activity
- Empathy with the exercise needs and motivations of inactive adults
- Excellent oral and written communication skills
- A high level of motivation, and be well organised
- An ability to work as part of a team
- Able to work flexible hours
- Competency with email, word and basic database entry

For a detailed Job Description and Application Form please email louisem@sportcanterbury.org.nz or phone 03 373 5057.

Applications along with a covering letter close 5.00pm, on Monday 5th September 2011.

Please address applications to:
GRx Patient Support Position
Sport Canterbury
P O Box 2606
Christchurch 8140



| (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

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 | (03) 981 8181

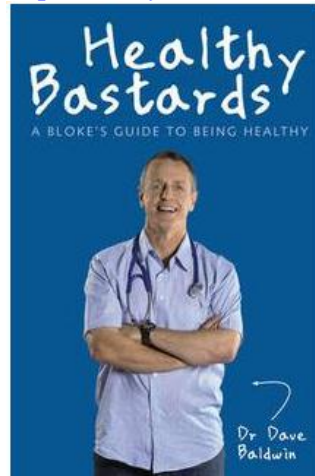
Hearing Therapy Services: Free hearing tests | 0800 008 011

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

Healthy Bastards

The Cant'y Men's Centre has two copies of the men's health DVD, "Healthy Bastards". If you have a bunch of (or are a bunch of) men that live closer to the edge then this seems to be an appealing production. Sample video at; <http://www.youtube.com/watch?v=FhAj-BezQvE>



North and South Celebrates Men

This letter from the Canterbury Men's Centre about health and social services and gender was supporting and responding to the April 2011 edition of North and South Magazine.

Improving Men's Lot

It's great to see men celebrated in the media, and I hear people on Christchurch streets talking about their appreciation of men.

Although the cover picture for *In Praise of Men* (May) shows the classic fire fighter-rescuer, it's the guys pumping out our blocked sewage system at 2am and filling in the potholes who are getting the cheers for now.

One of the things I like about men is they are less inclined to blame the system for how things turn out. Ironically, that strength has left them unwilling to challenge those systems when they are providing inadequately for them. And with men having comparatively worse health, social and educational outcomes than women, it is arguably time to look at how the game can be changed to improve men's lot.

Women have been privileged over the past two decades to have access to a range of women's centres and female health centres around New Zealand. They are wonderful institutions but, again, I point to the need for similarly-funded doorways for men – given our outcomes.

There is a range of health programmes, flyers, information outlets and health promoters, all funded by our health dollar, to see that women are adequately cared for. Many of those programmes that are meant to be gender-neutral, such as Green Prescription, put a woman's face to their promotional material and programme design, resulting in a low uptake by men.

In the area of education, there are more than 100 women-only scholarship

programmes. There are female-only courses in institutions with the aim of giving women a second chance, and this is despite post-secondary institutions experiencing 2:1 ratios in favour of women.

We don't have a Ministry of Men's Affairs, and most men wouldn't want one. The only institution at a national level that could address some of these ongoing disparities is the Human Rights Commission and, despite some limited acknowledgment of the situation, it has chosen not to act and instead focuses wholly on gender issues that improve the lot of women.

I have a son and a daughter. I've seen the statistics; I know the pathways. My daughter will be OK but I'm worried for my son, and all our boys.

A time of appreciating men, as is happening now in Canterbury, is great but I ask that we step up to our responsibility at a national level to make things happen for all our boys.

Make an appointment and ask your local MP what they are doing to improve men's outcomes. Write letters to the editors.

If there is a course for women in your area, get a man to sign up for it and support him to use the Human Rights Commission to ensure this is possible.

Come up with your own approach, but do it for our boys and the general good, and do it because gender equity is for everyone, not just women.

Donald Pettitt, manager, Canterbury Men's Centre

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 | (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 | (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

Events:

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

THE MISHEES

"Men in Social/Health/Education/
/Employment Services"



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 Donald Pettit of the Canterbury Men's Centre, donald@canmen.org.nz or phone 940 9487



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

When: Thursday 15th September, 12:30- 2:15

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

Focus: We will be discussing the exclusion of men from the **Appetite for Life** course.

Boots and All Spring Weekend



Men's Psychodrama Event, 30 September to 2 October. 7pm Friday to 4pm Sunday. Enrol by 23 September. At Journey's End, North Loburn, Canterbury
Group leaders: Simon Jones and Simon Gurnsey

This men's weekend is a chance for men to get together with other men and get real with each other. Life in Christchurch has been pretty stressful so here is a chance to recover, recuperate and make some sense of what has been happening.

Enrolment: \$250 (includes food and accommodation). There are some reduced fee places available. email: simon@canmen.org.nz <http://menstrust.org.nz/>

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 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

Christchurch Community Law

Centre: Free legal information and advice on family law issues and Court processes. canlaw.org.nz | (03) 366 6870

Oxford Menz Shed Trust Spring Cruise

Oxford Community Men's Shed Trust

Spring Cruise 2011

Sunday 2nd October

Cost: \$10 per car

Proceeds to the establishment of the Oxford Community Men's Shed.

Registration: 10am-10.30am at the Yalhurst Tavern West Coast Road.

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

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

Experience
OXFORD

Local Art Gallery,
Local Restaurants,
Gift Shops,
Local Museum,
Craft and Farmers Market
Children's Market

Plus a wide range of family Entertainment.

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. The community shed will become the focal place for both individual and community benefit.

For further details phone Trevor on 039604919

Men's Weekend Event, 25-27 November

This weekend will be self-lead with the organisers supporting the group to define its interests on the first night.

Cost: Not clear yet but low cost

Where: Leigh Lodge, Journeys End Camp, North Loburn

When: Fri night to Sunday afternoon, 25-27 November

Contacts: Gordon Hamblyn 021 0773565 Gordon.hamblyn001@cyf.govt.nz, and Paul Scott 022 0253136

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

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

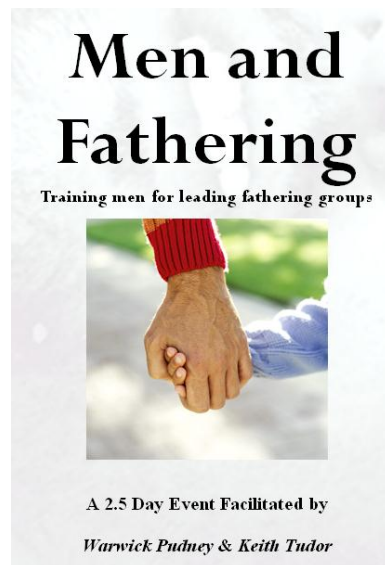
Overeaters Anonymous: 12 step programme for men and women dealing with compulsive eating, anorexia, bulimia, obesity and overeating. Six meetings per week, no membership fee. | (03) 365 3812

National:

Fathering Course for Those Working with Fathers

Auckland training for those working with fathers. 17th to 19th November.

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



Child Support Laws Change

“The way child support is calculated will be changed to reflect the actual cost of raising children today, the degree of shared care between parents and the income of both parents, Revenue Minister Peter Dunne announced today.

The changes include the reduction in the number of nights a year used to determine shared care being reduced from 40 percent to 28 percent of nights”.



<http://www.3news.co.nz/Dunne-outlines-child-support-law-changes/tabid/419/articleID/222908/Default.aspx>

Active Recovery Centre:

| (03) 366 6661

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

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

info@canmen.org.nz

or

Simon Gurnsey

Office Coordinator

simon@canmen.org.nz

White Ribbon day in November

JOIN THE
WHITE RIBBON RIDE

SHOW YOU'RE AGAINST VIOLENCE TOWARDS WOMEN

19-26 NOVEMBER 2011
MORE INFO @ whiteribbon.org.nz

NORTH AND SOUTH
NATIONWIDE ROUTES

IN ASSOCIATION WITH:
SUPERVISION PULISS, PAPAINGA DEFENCE FORCE, IT IS OK TO ASK FOR HELP, FAMILY, TE PUNI KOKIRI, FAMILIES COMMISSION

While many dads woke up to presents or breakfast on Father's Day, one group of men met in Blenheim to prepare for the White Ribbon Ride as part of the White Ribbon Campaign to end violence towards women.

More info at www.whiteribbon.org.nz/2011/09/02/3037

The ride will be in Christchurch region on Thur 24 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>

International:

A bit of Guy Humour

This video named “36 hour Cialis” is recommended only for those with a more robust sense of adult humour. <http://www.youtube.com/watch?v=NVFjEPY4mls>

Dr. Jeff Gage:

Faith-based Health Beliefs



In a recent American study, focus groups were facilitated with men from four faith denominations to explore health beliefs and behaviours. Men identified five themes which included fears, health promotion, influence of spouse, aging and church-based influences. Participants predominantly focussed on physical health in all categories except church-based influences when they were willing to discuss emotional and functional support received from their church communities. The authors describe and discuss findings in the context of learned masculinity scripts.

Gast, J. & Peak, T. (2011). “It used to be that if it weren’t broken and bleeding, I would never go to the doctor”: Men, Masculinity and Health. *American Journal of Men’s Health*, 5(4) 318-331.

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
