

Male Call



January 2009

Coming Events/Courses

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[Services for Canterbury Men \(e-mail us for the flyer with the info listed below\)](#)

Join a Men's 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

Welcome to Simon



Thanks to a generous donation by the outgoing Minister of Social Development, Ruth Dyson, we have been able to hire Simon Gurnsey for two days per week to manage our admin and some of the drop in support.

Simon Gurnsey is an experienced small business administrator and group worker. He recently worked at

the Depression Support Network running groups, and in particular was instrumental in forming their men's group.

He is also well-known in the men's community for his work as a psychodrama facilitator with MensTrust.

Simon has trained in psychodrama since 1989 and is planning to complete his psychodrama certification as a somatrist.

He is a playback theatre actor, conductor and trainer. Simon has 6 children and 8 grandchildren, the grandchildren range in age from 1 to 11. He lives on a native bush covered small holding with llamas and geese grazing the remaining grassy bits.

Our Doors are Open!

We have been doing some one-on-one support for the past year and have capacity for more, so get referring!

Guys we have helped so far include;

- Men leaving violent relationships
- Men dealing with grief
- Men trying to find the next step

365 4239

MensTrust: men's groups, men's weekends/events, see www.menstrust.org.nz or phone 03 940 9477 or try www.mensgroups.org.nz

Mankind Project: a group offering leadership training in personal, interpersonal and cultural levels phone 021 475 900 www.mkp.org.nz

Promise Keepers: Christian Men's Groups see w3.promisekeepers.org.nz/christchurch.html

Problem Gambling Foundation: Weekly men's support group, contact the PGF at 03 379 2824 for more info

Depression Support Network: Weekly men's group at [DSN Men's Group](#)

Men's Health:

Menz Medical: for all health needs 158 Fitzgerald Ave. www.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 www.survivor.org.nz
03 377 6747

Father and Child Trust: on-going support and education for fathers, groups/courses/talks/ and a superb magazine www.fatherandchild.org.nz
03 982 2440

Men working on depression
Father's separating and wanting basic info
Men trying to sort out health issues/weight loss

If you look at your client and think "this guy needs to talk to another guy about this", then that is where we come in. No referral form, but if you and your client think it would be useful to chat with us first then please do so.

Café Conversation about Men and Boys

Cafe Conversations



WHAT'S HAPPENING TO MEN AND BOYS?

Tuesday February 10, 2009

Oceans Café New Brighton Mall
6 pm for a meal (\$12.00 - \$16.00 ind. coffee}
7 pm Speakers Panel

Speakers:

Jeff. Gage PhD. Lecturer in Health Science
"Men in the Making: A Life Course Perspective on Men's Health"

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 info 03 940 9487

Home and Family Society: support for dads/men and step-families
www.homeandfamily.net.nz
03 379 5645

Men at Work a 3 week course for men seeking to enter/return to/move inside the work force contact Tony at Kingdom Resources
03 332 1700

Education:

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

Men in Pinnies, cooking course, Papanui High,
www.papanui.school.nz/course/

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
www.hewakatapu.org.nz
03 373 8150

Stopping Violence Services: group and individual counselling
www.angermanagement.org.n

Mark Richardson B.Ed. School Principal, Youth Worker, father of two boys

A night for men and women to focus on the needs and aspirations of the males in their families and communities.

Enquiries: Don or Olive, Koha or donation appreciated
(03) 388 6882 rolwands.don@paradise.net.nz
Sponsored by a combined group of New Brighton churches.

Men in Pinnies (Cooking for Men Course)

Hey guys no skills in the kitchen? If you would like to create tasty yet simple meals for yourself or the family, then this course is for you. No previous experience necessary; you will learn to prepare nibbles, soups, main and desserts as well as tips of where and how to shop for ingredients.

Tutor Jenny Wilson
Venue Papanui High School
Time Tuesday 7-9 pm
Starting Date 10 February
Course Length 8 weeks
Course Fee \$55
Course Number 212/1
Requirements Nil
Additional Costs Cost of ingredients each week
[Enrolment Form](#)

Barbecuing for Blokes Course

Come and join this class and be welcomed into the wonderful world of Barbecuing. Over the six weeks we will cook BBQ whole chicken with beer, various meat cuts with a selection of marinades. You will also learn how to cook hamburgers to perfection, barbeque vegetables and fish.

Tutor Barbara Cook
Venue Papanui High School
Time Wednesday 7-9 pm
Starting Date 11 February
Course Number 302/1
Course Length 6 weeks
Course Fee \$45
Requirements Nil

[z](#)

03 365 6266

The Goal's Centre: One-on-one programme
<http://www.goalscentre.co.nz/>
STOP Services Trust programmes for men and boys to stop their sexual offending www.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
www.canlaw.org.nz
03 366 6870

Union of Fathers: peer support with family court issues www.uof.org.nz
07 928 4323

Dads on the Air: Australian based podcasts for fathers
<http://www.dadsontheair.net/>

Recommended Counsellors:

Rata Counselling Centre
www.ratacounselling.org.nz
03 332 5388

Home and Family Society
www.homeandfamily.net.nz
03 379 5645

Petersgate Counselling Centre
www.petersgate.org.nz
03 343 3391

198 Youth Health (free for 10-

Additional Costs Cost of ingredients each week
[Enrolment Form](#)

Men's Health Post Grad Course in 2009

The University of Canterbury is running its HLTH 451 Men's Health course again in 2009.

This course is;

Extramural (two block courses of three days each, plus on-line collaboration/discussion groups)

0.25 fte, for one year

[HLTH451 Course Info](#)

Hei Hei/ Broomfield Men's Research

This research was conducted last year by Bernard McMillan of Stratagem with funding by the CCC.

Its intention was to investigate the recreational needs and aspirations of area men.

Thanks to the CCC for recognising and supporting this project. If you would like a copy of this report please contact us and we would be happy to forward it as we've had permission to do so.
[contact us](#)

Father's with Post-Natal Depression

Radio New Zealand's "Nine to Noon" talks about men experiencing post-natal depression. The research they refer to builds on other recent research showing that post-natal depression in men and women is more about the social upheaval and carer stress than hormonal changes.

http://www.radionz.co.nz/_data/assets/audio_item/0008/1798595/ntn-20081201-0925-Sad Dads-m048.asx

Men's Sheds

The third network meeting for those developing men's sheds is on **Wednesday 28 January, 2pm-3:30pm** at Presbyterian Support Services, 44 Bealey Ave. Please contact us if you want a copy of the previous minutes or wish to join the mailing list for this.

[contact us](#)

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
www.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

Dads Relating

Relationship Services is running their Dads Relating course for six weeks starting on Wednesday **25 February 2009**. Course cost is \$120. It's focussed on dads wanting to do a better job parenting. For more info contact Nina at Relationship Services Whakawhanaungatanga Ph: 03 366 8804 ninab@relate.org.nz.

Men Relating

Relationship Services is running their Men Relating course for six weeks starting on Tuesday **17 February 2009**. Course cost is free (dependant on funding) and runs for 6 weeks. It's focussed on men wanting to develop respectful relationships, new communication skills and resolve conflict. For more info contact Nina at Relationship Services Whakawhanaungatanga Ph: 03 366 8804 ninab@relate.org.nz.

The MISHES

The next Men in Social/Health/Education Services **monthly network group** details are below.

Where: Christchurch Community House, 141 Hereford St.

When: Wed 11 Feb 12:00-1:15 (Second Wednesday of Every Month)

Bring: Lunch, we will supply coffee/tea

Focus: Not chosen yet.

*We also have an informal cuppa on the Tuesday after the MISHES at 10:00 at Café de Fafo, 137 Hereford St.

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

You Tube Series About Men

This series is produced by a Men's Centre in America and runs for 24 episodes (so far) covering range of topics.

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

Links for Gay Men in Christchurch

<http://www.gaynz.com/community/gay-chc.php>

Resources for Working with Men and Fathers (Australia)

<http://www.newcastle.edu.au/centre/fac/publications-resources/index.html>

Dr. Gage on Men's Health

A Life-Course Approach to Men's Health

Men's Health is a rather non-specific term considering the many and varied aspects of health that affect men. In current research a life-course approach to the study of men's health is gaining in popularity. The life-course perspective recognises the relationship between events over time and the way in which these events influence health and illness throughout the lifespan. For example, the effects of behaviours early in life, such as poor diet, may have lasting impact on health later in life. Identifying the interconnectedness of decisions and behaviours over time is a first step toward identifying causal pathways for both health and ill-health.

It is thought that at certain "sensitive" times during the life-course men (and women) may be more receptive to acknowledge and change health behaviours. Recognising these events and the times at which they occur is important both for promoting health and reversing the effects of disease. For example, there is research evidence to suggest that becoming a father is a sensitive period that motivates some men to address health behaviours such as quitting smoking, exercising more often and wearing seatbelts in the car.

Dr. Jeff Gage is the convener of a post-graduate course in Men's Health at Canterbury University. He can be contacted at

jeffrey.gage@canterbury.ac.nz

The New Zealand Medical Journal and Men's Health

Two recent articles about NZ Men's Health in the NZMJ.

<http://www.nzma.org.nz/journal/121-1287/3402/>

<http://www.nzma.org.nz/journal/121-1287/3418/>

Life Ain't What it Was...

The following essay was written by John Patterson about his life course as a man. Thanks John for this contribution.

Life Ain't What It Was

Men and Ageing – J.P.'s Personal View

When you are asked to give your personal views on men and ageing it gives you the opportunity to look back and see how things have changed from your earliest memories to the present day. Just thinking about this makes you realise there are some things we should all do from time to time. If you forget where you have started from how can you tell if you have progressed and if you have made any worthwhile changes to the way we live now?

Each person's view and experience of the world is unique because each is born at a different time making their individual history different to that of every other person

Well, I have been asked to give my view so where do we start?

The topic is Men and Ageing and ageing starts at Day 1. So let's start back there.

I was born in a coal-mining village on the banks of the river Tyne, west of Newcastle in the northeast of England. These were the Depression years just before the war. I started school at the same time as someone else started the Second World War and I think this is probably the reason why I received practically no formal education. As the able-bodied teachers were called up for war duties they brought back retired school Ma'ams that, looking back, just really baby-sat for the duration of the war.

After the war we were taught by ex-service men who were given a few weeks training before they became teachers. You can see that it wasn't the best environment to receive any kind of formal education. I can't remember ever being given homework to do, which is just as well because I doubt if I would have had any time to do any of it.

Most men in the village worked down the pit and all the miners got their coal, for domestic use, free. My father was one of the few men who didn't work down the pit so we had to buy our coal and money was in very short supply. After school one of my jobs was to go to the local rubbish tip with two buckets and fill them with cinders which we would mix with our own coal to help make our ration go further. We also kept rabbits and I had to collect the dandelions, dock leaves, milky tares etc. to feed them. I had a big box on two pram wheels with two handles to push it along and I would fill this with the rabbit food. We used to show the rabbits at village shows around the district. When the rabbits grew older we would kill them and this put meat on the table. My mother cured the skins from which she made fur-backed mittens and then she sold them. Nothing was wasted.

A friend of mine used to collect waste wood from a factory where his father worked and the two of us chopped the wood up into sticks for lighting the fire. We used to bundle them up, tie wire around the bundles to sell around the houses. Every Saturday morning I used to help the local greengrocer as he went around the village selling his greengrocery from his horse and cart. I didn't get paid for helping him but he did let me have the horse and cart on the Saturday afternoon, which we used to sell our bundles of firewood around the village. This is how I was able to make my contribution to the family funds. I was around 9 or 10 at the time.

I became a good cobbler, my dad bought me a cobbler's last and all the tools needed and I used to mend all the shoes for the family. I then started to mend shoes and boots for the neighbours.

My last year at school I got a paper round. I delivered the morning papers before I went to school and when school finished I collected the evening papers and delivered them on the way home. So the day started at 7am with the papers, then school, deliver the evening papers, get home around 5.30, have tea then start on the rabbits etc. This was six days a week. For my paper round I was paid the handsome sum of ten shillings a

week of which my mother took seven and sixpence.

When I left school most of my classmates went to work at the local pit, which was the norm in those days, but I got a job as an apprentice joiner with a building firm in Newcastle. I got the job because as well as all of the other jobs I used to do I helped the local builder when I could. I loved that. He recognised my potential skills at this early age and got me the apprenticeship.

This was 1951 and that was when my education started because being an apprentice in those days meant you had to attend evening classes. This was the first time that I met teachers who actually knew how to teach and I thought this was marvellous. It just meant that I had much longer days. I had to get up at 6.30 in the morning, catch the 7 o'clock bus to Newcastle, then run through the city to make sure I was at the joiner's shop before 8 o'clock. If you arrived at five minutes past eight you lost a quarter of an hour off your wages. I finished work at 5 o'clock, got the bus home, had my meal, washed and changed and caught the bus back to Newcastle again to attend evening classes and caught the last bus home at night. This was 4 days a week, Friday night was free. In those days there was no morning or afternoon tea at work, there was only one break at lunchtime. Saturday morning was a normal workday. Sunday was our only day off and we only had one week for our annual holidays. We were all in the union but looking back I sometimes wonder why. However I suppose the working conditions we had were much better than our parents had when they were the same age.

In 1957 I reached the ripe old age of twenty-one and in those days that was the age when you became a man and it was the age when you finished your apprenticeship and became a fully qualified journeyman. At long last I was in a position where I could go out into the world and start earning some real money, or so I thought.

On the day of my birthday I was going through all my birthday cards when I found an envelope marked OHMS. The letter inside said I was to

appear at RAF Cardington to start my two years national service in the Royal Air Force. My first week's pay was ten shillings, which rose to the dizzy heights of twenty-eight shillings a week. I served my two years in the RAF police, which taught me a great deal on how to cope with life in the years which came after. I met Anne when I was seventeen and we wanted to get engaged before I went into the forces but her father said we should wait until I finished my time and see how we felt then.

I left the RAF in 1959 and we married in 1960 and this is when life really started to change. The world was starting to get over the ravages of the war and a boom started in the construction industry. Bomb damaged buildings had been deared. We began slum clearing and were about to start building a New Britain. I was a twenty-four year old tradesman and I was in at the start.

In the next few years there was that much work going on we literally hired ourselves out to the highest bidder. My daughter was born and soon after we had a son. I worked my way through the trades and soon became site manager running large building contracts with many men working under me. Wonderful days. I branched out on my own and started a joinery factory, which became quite successful. Away from work my brother and I entertained all over the north of England, singing, cracking jokes and general entertainment. But in the midst of all of this I seemed to spend a lot of time with the people who still couldn't benefit from the boom that was happening to the rest of us. That gap between the haves and have-nots was beginning to show its ugly head, which gave me great concern even back then. By the start of the 1970's the 60's boom time, flower power, and love your fellow man era started to fade. There were more industrial strikes, more protests, more anger and my family and I decided it was time for a big change.

In 1974 we came to New Zealand. We went to Invercargill where I had a contract to build houses for the newly completed Bluff Aluminium Smelter. New Zealand was changing rapidly at the time. There was a change of government, Rob Muldoon

became Prime Minister, the oil shock hit, we had a series of wage freezes and price freezes and New Zealand's standing in the rich list in the OECD began to slide down hill. I took a job as Building Supervisor with the Department of Lands and Survey covering the whole of Southland and Otago. During that time I became Chairman of the Southland section of the Public Service Association (PSA).

We had a change of government again in 1984, which brought in the Rogemomics era, which brought about the massive restructuring of the state service sector. I was involved up to my neck with all the negotiations that went on in 1986, which led to one of the largest lay-offs that this country has seen when around 6000 state servants lost their jobs on March 31 1987. I was asked to join the Social Impact Unit, which the government set up under the State Services Commission to help individuals and communities affected by the restructuring. This was a new experience for most people living here, unlike Tyneside where I was born where unemployment has been the norm for generations.

At first I worked mainly with ex-forest workers from the Forest Service and coalminers from the State Mines and these were mostly men brought up very much the same way as I was where the roles of men and women were clearly defined. The men were the breadwinners, the women looked after the family. Quite a number of these men whose wives had a job absolutely hated that. They would have honestly preferred their wives to leave their jobs rather than (in their minds) be dependent on women. This was not the natural order of things and I have seen this happen time and time again over the years working with men from all backgrounds.

The impact on the identity of older men whose ability to earn an income is a great source of status and reward. The cultural and structural barrier has not permitted men to develop an investment in family and domestic life equivalent to their paid job.

Here is an example of these men/women roles.

When my children were still quite young living in England and we visited my parents for afternoon tea, it was expected that my daughter, as young as she was, would help with the washing up but not my son. This is the way it was. For men to wash up, help with the ironing or cooking didn't happen in many households. Men grew the vegetables in the garden, did the repairs around the house etc. and went to the Working-men's Club, which were strictly men only.

And then women began to change things, which many men found difficult to take, and some still do. I began to realise the way things have changed when my own daughter became pregnant. Christine and her husband Mark attended the pre-natal classes at the Parenting Centre and they would call in to see my wife and I after each meeting to tell us what they had been learning. I used to listen to what they were saying and I remember often thinking – *"Is that what happens? – I didn't know that."*

So here I was being taught the facts of life from my own daughter and son-in-law. But looking back at the time when my wife was first pregnant there wasn't any classes to go to at all. All I was told was that my wife was pregnant and she was going to have a baby somewhere down the track and that was it. I'll never forget the day when my wife went to the Maternity Hospital; I was left at home, not having a clue what was happening. In those days fathers were kept as far away as possible. You had done your bit nine months ago and whatever happens after that is nothing to do with you. That was made abundantly clear by doctors, nurses and midwives. Eventually the phone rang and a woman's voice said, "Your wife has given birth to a baby - visiting time is between 6.30 and 7.30 this evening" and then rang off. So there I was left holding the phone shouting, "A baby what??" with no one at the other end. All I knew was that visiting time was 6.30 so I thought I would get there at 6 o'clock and get in early. But I soon found that it was easier to break into Durham Prison than to get through the doors of the maternity hospital before 6.30. The doors finally opened and a whole lot of new dads pushed their way through to meet their new baby

boy/girl? I can't remember how many beds there were in the ward but there was a row of beds down one side and a row down the other. I went down the rows of beds looking for my wife along with all the other dads and found her at the far end of the ward and then I realized there weren't any babies in the ward at all. The mums were not allowed to have their babies in the ward during visiting times. I'm not sure what the authorities thought all us wicked fathers would do to the new born babies but there was no way they would let us near them.

After about a quarter of an hour a bell rang and a nurse entered the ward and shouted "Daddies to see the babies" and we all went out and formed a queue up the corridor to where the nursery stood at the far end. As each of us came to the nursery door we had to call out our name and a baby in a cot was pushed in front of us and this is how I was introduced to my new daughter. For all I knew they could have had the same baby left at the doorway for all us, we wouldn't have known if they had. I am telling this story and ask the question is it any wonder that us dads didn't change nappies or bath the babies in the way that fathers do with newborn babies now? That was women's work but thank God that has changed. But a lot of us older men haven't.

So back to the changes of the 1980s. It was the men brought up this way who seemed to have the biggest difficulty with what was happening. They had been thrust into an environment, not of their own choosing, which was completely foreign to them and found it very difficult to cope with. The women were much more practical, much more flexible and far quicker to grasp the reality of the situation they were in. Status seems to play a much greater part in the life of a man than it does in a woman. At that time I think the biggest problem New Zealand had was the fact that up until then New Zealand didn't have any problems. The people we were seeing had come through 25-30 years of full employment with no worries about where future work was coming from and virtually overnight this all changed and I have been working with these changes ever since.

From there I started the Southland Employment

Resource Centre, which led on to the establishment of Mature Employment Services, which in turn led onto the establishment of the Third Age movement.

Even now I am still seeing men having difficulty in accepting the changing role of men and women. These changes have occurred because women got together and made it happen. I'll give you a few instances – just look at the uproar from women over the cervical cancer debate. Women have marched, protested and lobbied for free mammograms for breast cancer, and for screening programmes for cervical cancer but the same kind of protests and awareness raising for the equivalent screening for prostate cancer has been deafening by its silence.

Why is this? Do men still not want to be seen as vulnerable? Are we still here as the protectors of the female sex? Women and children first off the sinking ship, the men go down with it? Even I find it strange seeing women working in the construction industry. My years in the industry were 100% male. I also find it hard to understand how women can be in front-line positions in the armed forces, so I suppose we are all products of where we came from and how we were brought up.

I started school at the beginning of the 40s, started work at the beginning of the 50s, got married at the beginning of the 60's came to NZ at the beginning of the 70's started MES at the beginning of the 90' and started the third Age Centre at the beginning of the naughties

Looking back, I believe the best decade was the 1960s and the worst was the 1990s. We went from a time of looking out for each other to a decade motivated by greed and self-interest, win at all cost, it does not matter how you win, just win. Thank God that seems to be changing but many people have had to suffer unnecessarily because of this. One of the big changes that has occurred that really worries me is the use of drugs among young people. People of my age had never heard of drugs when we were growing up and I often wonder what sort of world are we creating

for my grandchildren.

We now have the ability and the technology to make this century the greatest period in the history of the human race but only if we can find ways of sharing the benefits of all this technology among everybody. We have to recognise the collective value of every person no matter what age, race, religion etc. Everyone has a valuable contribution to make to the society in which they live.

We seem to have created a society that has become too busy to take time off to think. We all seem to be trying to keep up with the ever-increasing output from the ever-increasing power of the computer. We are rapidly becoming slaves of our own creation. Nothing could be more stupid than that. Both the Mums and the Dads, or so I'm told, have to work full-time now to make ends meet. While they are doing this there is not a lot of time left to spend with the children. Babies are left in the crèche and older children left in their rooms, surfing the net or whatever they want to do. It's not very common to see families having their main meal of the day sitting around the table having that quality time together.

If the younger generations haven't got the time to think then they should start listening to the older generations who have the time, and start valuing that expertise and wisdom which only comes with the years. The older generation should also be looking at what we can give back to the younger generations, how can we best continue making our contribution to society.

I think it would be a good idea to call a national conference for older people to debate what we can give back and how.

When I am talking about older people in this context I am talking about the Third Age. The Third Age is that period of increasing freedom from the structures of work and a family with dependent children and preceding what for some is a period of increasing dependency which has been termed the Fourth Age. Many people argue that government and society should recognise that the Third Age and the Fourth Age have distinctly

different priorities. As I have said many times before people are living longer and healthier lives than in any other time in history so why do politicians and policy writers continue to lump the Third and Fourth Ages together? Is it because nearly all politicians and policy writers are still in their Second Age and haven't yet realized that the vast majority of older people fall into the relatively new, physically fit, independent and active Third Age?

I also want to make it very clear that the term Third Age is not a euphemism for age or for retirement or another name for senior citizens. It is a new way of life, one with more choices and a chance to do something different.

I think the next fifty years will be the most exciting time ever and I would like to think that I can stay around to see a lot of it happen.

Things are changing all around us now and often we don't notice. Here is a little snippet of information I picked up in Britain last year. Did you know that over there now there are more people working in Indian restaurants than in coal mining, ship building and steel manufacturing combined. When I left school nearly all the work was down the pit, in the shipyards or in the steel works and all the Indian restaurants were in Bombay.

The changes in the last 50/60 years have been enormous but they are nothing compared to the changes which will occur during the next 50 years. We are living in a world which is continuously and rapidly changing. As well as economic and technological development, we all have to manage the impact of social and demographic changes. All of us, and particularly politicians and policy makers, have to make some choices, we either wait until these changes occur and then react, or we anticipate them and manage them effectively.

THE CHOICE IS YOURS

Before I finish I just want to tell you this little story about change. When Anne and I were in Britain last year we visited Beamish Open Air Museum in Co Durham near where I was born. They have built a Victorian

to wn there with tramcars running through the streets and they have also recreated a coalmining village. There is a row of pit houses with a village school and the pit, which you can still go down and see how things were done. Anne and I were in one of the houses and there was a young lady dressed in period clothes of around the early 1900's making a proggy mat. Everybody used to make their own mats, they cut old clothing into strips and pushed it into the weave of sacking with a sharp pointed hand tool. The lady was making her mat holding it on her knee. Anne told the young lady that every household had a set of mat frames which were four pieces of wood and the sacking was stretched across these with two wooden pegs at the end to keep it all tight and that is how they made their proggy mats. The young lady said "Have you read a lot about this period?" and Anne said, "No, not really, I was there". How times have changed!

We were walking up the hill from the village towards the Victorian town and we stopped to look down over the village and Anne said, "Isn't it strange coming all this way back and having to go to a museum to see where we used to live." Now when I visit Canterbury museum I keep moving because if I stand still I could end up in one of their class cases.

So, there you have it, "Life Ain't What It Was" and it will never be the same again.