

Male Call



May 2009

Coming Events/Courses

[Men's Health Week <Put this in your diary!>](#)

[Men's Groups: the Movie
Christchurch Pride Week
15th-24th May 2009](#)

[Maori Men's Health
Conference June 2009
The MISHES](#)

In This Month's News

[Solo Dad's Wanted](#)

[Men's Sheds](#)

[Recruiting and Supporting
Male Volunteers](#)

[Hormone's, Boxes, Mice and
Men](#)

[Dr. Gage on Men's Health](#)

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
365 4239

MensTrust: men's groups,
men's weekends/events,
see <http://menstrust.org.nz>

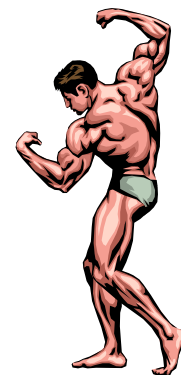
Solo Dad's Wanted

[Father and Child Trust](#) is doing research into the needs of
dads that are caring for their kids in either shared or full
custody situations. If you know any men that would be
interested please contact Harald.

harald@fatherandchild.org.nz

Men's Health Week <Put this in your diary!>

Come along to our Men's Health Week
celebration at Christchurch Community
House. A range of community based social
and health related agencies will be showing
off their work. Want to show off your
agency's work with men and we haven't
been in touch? Then contact us.



When: Monday 15 June, 2009

Time: 3-5 pm and 7-9 pm

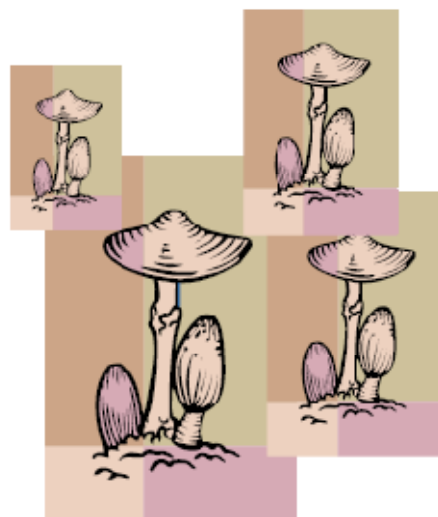
Where: Christchurch Community House, 141 Hereford St.,
in the Atrium

Cost: Free

Men's Sheds

"Like Mushrooms"
is the best way to
describe the Men's
Shed projects in
Canterbury. The
most recent
project under
consideration is in
Sumner. Others so
far in various
stages of
development are
based in

- Riccarton
- St Albans
- Hei Hei



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://.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](#)

Depression Support Network: Fortnightly support groups <http://depressionsupportnetwork.org.nz/>

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> 03 377 6747

Father and Child Trust: on-

- New Brighton
- Oxford
- Ashburton
- Selwyn District

Contact us if you want to know more, or to get on our mailing list for our monthly Men's Shed Hub meetings.

Men Seeking Employment

"Men @ Work" is a FREE twelve day course (three mornings a week), due to begin on 2 June 2009, for Men Re-entering the Workforce. The course covers a variety of topics including resumes and interview skills. This is an employment course specifically designed for men. For more information, call Tony on 03 332 1700

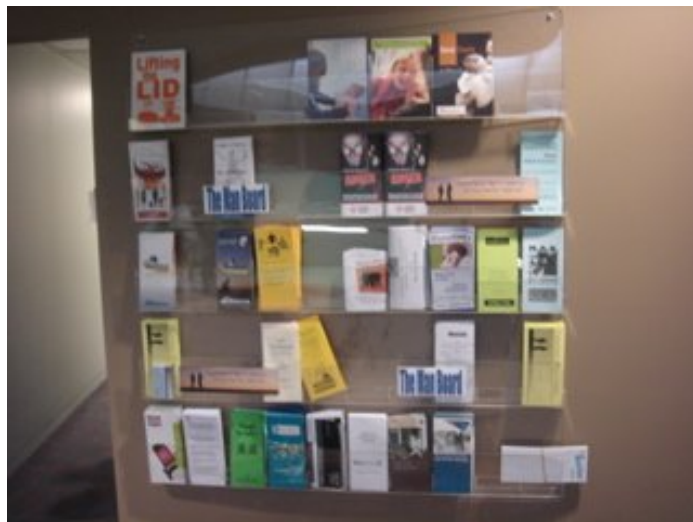
MensTrust Autumnal Men's Weekend

MensTrust's Autumnal Men's Weekend begins on Friday 15 May and concludes on Sunday 17 May at 5pm.

Accommodation \$50 all up The weekend is being held at Leigh Lodge - Journey's End campsite, North Loburn. The Lodge has been a great venue for many Men's Events and you will find it to be very warm and welcoming.

Call Adam on 03 3288463/0210407411 to register your interest or for more information, or email: admin@menstrust.org.nz. <http://menstrust.org.nz/>

The Man Board



We've got a board full of pamphlets/info for men. It's on the first floor of our building, just outside our office area. We'll keep it stocked up with your flyers so pop up occasionally and see if you are up there. Or come and see

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 ft 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



wrote "The Hokey Pokey", died peacefully at age 93. The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.

what is there for men in Canty.

In Memoriam

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person, which almost went unnoticed last week. Larry LaPrise, the man who

Recruiting and Supporting Male Volunteers

(provided by Volunteering Canterbury from their newsletter)

This topic was discussed with Donald Pettitt of the Canterbury Men's Centre at a recent (all female) meeting of the Volunteer Co-ordinators' Network.

We noted that men are educated and socialised to earn money and be providers, which means that undertaking voluntary work comes less naturally to them than to women.

In general, male volunteers:

- Are hugely resourceful
- Prefer one-off events to a long term commitment
- May not recognise their own social isolation
- Will often stand rather than sit

To enhance our recruitment and support of male volunteers we need to:

- Create a male-friendly environment
- Ensure our name is inclusive, and not off-putting
- Offer active physical tasks, such as sporting activities
- Give clear brief instructions (brevity is a sign of respect)
- Have a good structure with plenty of opportunities for debriefing
- Avoid trying to match men with traditional female roles
- Ensure there are other men around to provide male support
- Beware of a tendency for them to over commit themselves
- Take care with the language we use, e.g. talk about 'sharing actions with others' rather than 'building relationships'
- Watch that they stay 'on track'

Stopping Violence Services: group and individual counselling
<http://angermanagement.org.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>

- Give them one task at a time
- Feed them
- Remember that a male perspective helps bring balance to our organisations
- Make sure they're informed about the whole range of the organisation's operations – they may well volunteer for further tasks.

Hormone's, Boxes, Mice and Men



This brief article talks about recent hormone research into gender difference and goes some way to explaining why men and boys act like men and boys.

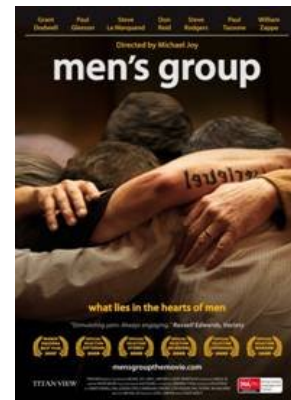
<http://www.stuff.co.nz/national/health/2321688/Hormone-sorts-men-from-boys>

Men's Groups: the Movie

This movie may be still showing so try

<http://www.rialto.co.nz/vistait/village/Default.aspx?Control=Sessions&CinemaID=R04> .

You can listen to the Radio NZ review of this on Kim Hill at
<http://www.radionz.co.nz/national/programmes/saturday/20090418>

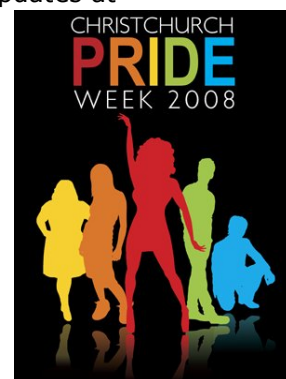


Christchurch Pride Week 15th-24th May 2009

Check the website for programme updates at
<http://chchprideweek.org.nz/>

FRIDAY 15th MAY:
Pink Health Otautahi
Through The Rainbow Coloured Glasses DVD and Pink Pages
Launch @ Archers
Womans Night?, TBC

SATURDAY 16th MAY
Uni Q Party 'inferno'
Ice Skating



03 379 5645
Petersgate Counselling
Centre
<http://petersgate.org.nz>
03 343 3391
198 Youth Health (free for
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

SUNDAY 17th MAY
Candlelight Ceremony, Family Day
COOL (Collective Of Older Lesbians-35 plus)
12 noon at the Avon Loop Cottage, Hurley Street. Bring
your own lunch - tea and coffee provided. Contact: Helen
and Noreen 332 5223

MONDAY 18th MAY
Erotic Writing Workshop
GayNZ.com's Christchurch Forum Meet-Up @C1 cafe 7pm

TUESDAY 19th MAY
Pool night
Speed Dating

WEDNESDAY 20th MAY
Quiz night, Legends, Bedford Row

THURSDAY 21st MAY
Qtopia Bingo!

FRIDAY 22nd MAY
Fantasy Ball(Tickets \$20 presale) 8pm @ legends (more
info soon)

SATURDAY 23rd MAY
Car Rally

SUNDAY 24th MAY
Dinner and Movie night, TBC
For more information, please email minerva84@gmail.com

All week: Queer Takes: Art Exhibition, Qwiqcorp, 155 High
St
For more info contact Warren Robertson 355 3888

Maori Men's Health Conference June 2009

The inaugural National Māori Mens Health Conference will
be held in Blenheim on the 17th-19th June 2009 at the
Marlborough Conference Centre. Our manager Donald
Pettitt will be going, in case anyone else wants to share
transport and the opportunity to reflect on the conference.

Distinguished keynote speakers include:

- Professor Kekuni Blaisdell of Hawaii
- Dr Mark Wenitong of Australia
- Moana Jackson
- Naida Glavish
- Dr Rhys Jones
- Awanuiarangi Black

The theme of the conference will be addressing "Ko Wai
Au", so be part of the solutions and join us in addressing
Tāne Ora.

For further information and to register check out the website <http://taneora.co.nz>

The MISHES

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

Where: 141 Hereford St. (see the whiteboard as you step in the door for a room number)

When: Wed 13 May 12:00-1:15

Bring: Lunch, we will supply coffee/tea

Focus: What's next for the MISHES

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

MONEY & RELATED MATTERS

- a four-week course at the Canterbury WEA, 59 Gloucester Street

All welcome! Starts Tuesday 9 June, 1.30 – 2.30 pm.
Cost: \$13

9 Jun Trying to invest wisely in the current climate
- Richard Cottrell, Lawyer

16 Jun Changes to Enduring Power of Attorney -
Margaret Morrison, Education Co-ordinator, Community Law Canterbury

23 Jun Elder Abuse: It's not o.k. -
Lynne Gibbons, Age Concern

30 Jun Retirement Villages: some financial and legal considerations - Leo Steel, Lawyer

To enrol or for further information, please phone 366 0285, email:

cwea@xtra.co.nz, website:

<http://cwea.org.nz>

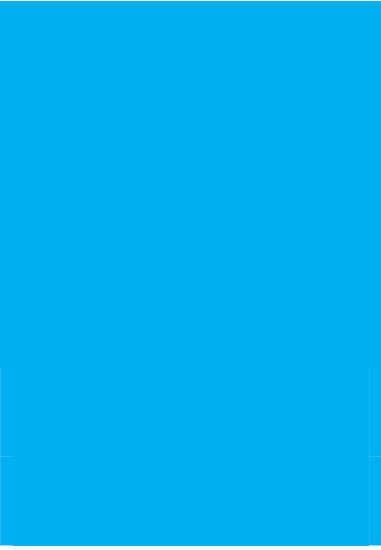


Dr. Gage on Men's Health

Dual benefit from physical exercise?

Many men enjoy the physical health benefits of exercising and the camaraderie of being involved in team sports. In a recent study in the International Journal of Men's Health, researchers also explored the possibility that physical activity could improve the psychological health of men recovering from serious mental illness. Using a case study method, participants described how their enthusiasm for sport lifted their mood, improved concentration and provided opportunities for social engagement.

In New Zealand, former All Black John Kirwin has been very successful in highlighting the importance of men's



mental health which can sometimes be overshadowed by a focus on the physical body. In a country where sport is an integral part of the lives of many men, this study identifies the potential for physical activities to not only promote physical health but also to aid in the recovery of those suffering serious mental illness.

Carless, D. & Douglas, K. (2008). The role of sport and exercise in recovery from serious mental illness. *International Journal of Men's Health*, 7 (2), 137-156.