



THE
blokes'
BOOK

Shake the
Quake!



CANTERBURY
MEN'S CENTRE

About the Blokes' Book

The Blokes' Book has been produced in Canterbury following the earthquakes of 2010/2011. It aims to make it easy for men to find relevant health and social services.

The Canterbury Men's Centre created this booklet. When we say "blokes", we mean men, acknowledging there are many kinds of men.

Quakes come in many forms and we hope that whether yours is an 'earth' based one, a family one, or any of a range of other varieties that this book will be useful to you and men that you know.

Special thanks for funding provided by the Ministry of Social Development's Canterbury Earthquake Community Response Fund. And we would also like to acknowledge and thank the Department of Health and Human Services of Tasmania for the foundation art work for this edition.

To order further copies of this book contact us

The web version of this guide is most up-to-date.
Visit: www.canmen.org.nz/services/blokes-book/



Cost?
Almost all the services in here are free.

We'd like to do a great job with this book. If you believe that we have omitted an important item, given incorrect information or if you would like to be included in the next edition, please contact the Canterbury Men's Centre at 03 940 9487, or blokesbook@canmen.org.nz. An online version of this booklet can be found on the Canterbury Men's Centre's web site at : canmen.org.nz

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Heart
Foundation

KNOW YOUR
NUMBERS

www.knowyournumbers.co.nz

How old is your heart?

Heart disease kills over 3,000 New Zealand men on average each year.*

Know your numbers, don't become one.

The Heart Foundation has launched an online tool to help everyday New Zealanders gain a better understanding of their heart health.

Know Your Numbers works by evaluating an individual's personal heart health story, and then uses this information to predict their current 'Heart Age' and future risk of a heart attack or stroke.

The website also provides a six week, individually tailored heart health plan designed to set people on the path to better heart health by guiding them through some important lifestyle changes.

"Our online tool at www.knowyournumbers.co.nz calculates a person's current and future heart risk using two of the most important numbers you'll ever need to know – your blood pressure and cholesterol ratio," explains Stewart Eadie, Heart Foundation Cardiac Care Manager.

"These numbers, in conjunction with your heart story – which includes information such as your age, ethnicity, smoking and family history – offer striking insight into how healthy your heart is and the effect that lifestyle is having on your body."

Mr Eadie says *Know Your Numbers* can still be used by people who do not know their blood pressure or cholesterol, however the results won't be personalised and

the heart health plan will contain more generalised heart health information.

"To get full benefit from the *Know Your Numbers* website we encourage people, particularly those already at an increased risk of developing heart disease, to visit their GP for an accurate blood pressure and cholesterol reading."

The Heart Foundation and University of Auckland would like to acknowledge the Telecom Community Connection Programme and Unilever for supporting the development of the *Know Your Numbers* project.

For further information and resources please contact:

Heart Foundation, 242 Manchester St,
Christchurch Phone 03 366 2112
www.heartfoundation.org.nz

*Source: Mortality and Demographic Data 2006: Ministry of Health

Turn the corner...

Help, where do I start?

Crisis? What bloody crisis...?

If you've really hit the wall these are the contacts you are going to want to know about. Alternatively you can check the contents page and look up the specific section to match your need.



Emergency Police/Ambulance/Fire is 111
Lifeline 24 hrs:

03 366 6743 or 0800 543354 0800 lifeline

Psychiatric Emergency Service:

1st Floor, 74 Oxford Terrace, Christchurch
0800 920 920 or 03 364 0482

Mental Health Crisis Team:

Christchurch 0800 920 092
Ashburton 0800 222 955
Timaru 0800 277 997

**Single Point of Entry for Adult Community
Mental Health Services:**

03 337 7969

Victim Support:

03 363 7643

Child Youth and Family:

0508 326 459

National Depression Support Line:

0800 111 757

Family Violence Coordinator (Police):

03 363 7400

Alcohol Drug Helpline:

0800 787 797

Gambling Helpline:

0800 654 655

All the Info:

There are heaps of options for men in Canterbury when it comes to community support and health services. If you can't find what you want in this booklet, we suggest you try one of the 'big doors' below.

www.familyservices.govt.nz

Heartland Services: a great starting point for community services

Aranui 03 964 9061, 37-45 Hampshire Street

Hornby 03 961 9248, 25 Shands Road

Akaroa 03 304 8659, 39 Rue Lavaud

Citizen's Advice Bureau:

For all of Christchurch 0800 367222

Christchurch North CAB 03 359 8090

Christchurch West CAB 03 349 5236

North Canterbury CAB 03 313 8822

South Canterbury CAB 03 687 7362

www.cab.org.nz/acabnearyou/christchurchcity

www.cab.org.nz/acabnearyou/christchurchnorth

www.cab.org.nz/acabnearyou/christchurchwest

www.cab.org.nz/acabnearyou/northcanterbury

www.cab.org.nz/acabnearyou/southcanterbury

Healthline: 24 Hours service is staffed by registered nurses who can assess health needs and give advice on the best level care. Phone 0800 611 116

Web Health: www.canterbury.webhealth.co.nz 0800 webhealth

Canterbury Men's Centre: 03 940 9487, www.canmen.org.nz

Mental Health Education and Resource Centre:

03 365 5344 - Rural freephone 0800 424 399 www.mherc.org.nz

CINCH: A listing at the library of clubs, organisations, and courses

<http://christchurchcitylibraries.com/Forms/CINCH/>

Age Concern: 03 366 0903 or 0800 803 344, www.ageconcerncan.org.nz



Physical *health*

Have a doctor... and use them!



“With some fellas – say, with heart, prostate or skin cancer – they leave it too late, when a check up at the doc’s would have picked it up.”

Dave 32, nurse

Find a GP at www.webhealth.co.nz or at the front of the White Pages, or ask a mate who they use

Phone Healthline 0800 611 116 for free 24-hour advice within NZ

Do The Basics

General Checkup: Age 0 - 29, every five years. Family history? Every two years. Ages 30 - 39 every two years. 40+, annually. Use the form on page 35

Dentist: Every year

Hearing Test: Every 5 years, more if things have changed

Eyes: Glasses every 2 years, contacts yearly. See an optician for an initial assessment to screen for health issues

Smoke: Don't. If you are, then stop

Sleep: More than 7 hours, avoid shift work

Food: 5 plus fruit and veges every day, (not chips!)

Exercise: 30 minutes 5 times per week minimum. Reduce overall sitting time

Drinking: No more than 6 standard drinks in one day, 21 in one week. Max. 1 standard drink hour. Eat food while drinking

Mates: Spendtime with them, and look out for them. Healthy mates make it easier for you to be healthy

Wash Your Hands: For at least 20 seconds and dry them for 20 seconds, or use an alcohol-based hand rub. Do it before preparing food and eating or smoking; after coughing, sneezing, wiping children's noses, visiting the toilet or changing nappies

Weight Loss for Men

Take Control: Prevent the catastrophe by putting a line in the sand today

Get Active: The journey to permanent weight loss is an active one

Eat Well: Eating well in our food swamped world means eating a little less

Persist: Even when you have a bit of a relapse in your eating and put some weight on, renew your resolve and get going again.

Enjoy Life: The answer lies in aspiring to be truly happy. That may sound glib but it is true.

(from book named 'Real Weight Loss: A practical guide to changing your lifestyle and achieving long-term weight loss' by Christchurch based Dr. Doug Sellman)



Exercise

Where to start?

Use the www.activecanterbury.org.nz to find the right exercise for you.



Keep putting it off?

Call 0800ACTIVE (22 84 83) or ask your GP about Green Prescription



Did you know stopping smoking is the single best way to improve your health, and to reduce your chances of getting several diseases?



Miscellaneous Health

Prostate Questions:

The Prostate Cancer Foundation answers questions about prostate issues and testicular cancer. Talk to the guys that have been thru it. Monthly group meetings, evenings the third Tuesday, and daytime the second Wednesday. Phone 0800 627 277, www.prostate.org.nz

Sexual Health:

Sexual Health Clinic, 33 St. Asaph St., 03 364 0485
Family Planning Clinic, 9 Washington Way 03 379 0514, www.familyplanning.org.nz

Vasectomies:

These cost \$350 - \$2,000 (!) though Work and Income has a special benefit for those with low income.

Try:

Menz Medical, 03 981 8181
Family Planning 03 379 0514, www.familyplanning.org.nz

Hearing:

The Hearing Assoc has an on-line test at www.hearinginfo.co.nz
LIFE Unlimited does free hearing tests, 0800 008 011

Erection Problems:

Erection problems point to physical, sleep and/or mental health issues. See your GP and seek out good advice

Hair Loss: Info about hair loss here www.hairlossguru.com

menshealthweek
TE WIKI HAUJORA TANE 2011

Visit www.menshealthweek.co.nz,
fill out a simple survey and find out
what your score is!

WHAT'S YOUR SCORE?

FIND OUT WHAT YOUR SCORE MEANS ONLINE NOW!

Men's Health Week is proudly supported by:

CALTEX **Pit Stop** **my** Registered Motor Station
you **AMANA TANE OHA**

Sleep *and snoring*

“I tried to laugh it off...

but she hated my snoring and I just got sick of being tired all the time.”

David, 68

Bad sleep and snoring are no joke.

It leads to 'bad moods', angry partners, difficulty concentrating and workplace injuries.

Long-term results include a higher risk of disease and early death due to

- * Heart disease
- * Diabetes
- * Obesity
- * Strained relationships
- * Erection problems

There are usually lots of effective ways to improve your sleep.

For options talk to your GP, or check out The Sleep Well Clinic 0800 22 75 33, www.sleepwellclinic.co.nz

Look after yourself. Look after others.

Few communities have experienced loss on the scale Canterbury has.

You will be feeling a range of emotions, sadness grief and numbness. That's a normal reaction to an abnormal event. We need to pull together as a community and help each other. Talk, listen, give practical advice, whatever it takes.

Look out for those who are finding it hard and don't be afraid to ask for help yourself. We are a tough bunch in Canterbury and we'll need to support each other to get through this. We can do it.

For help, call the official helpline on

0800 77 999 7

or visit canterburyearthquake.govt.nz



Community Mental Health Services

Single Point of Entry for Adult Community Mental Health Services:

0800 920 092 or 03 337 7969

National Depression Support Line:

0800 111 757

Lifeline 24 hrs:

03 366 6743 or 0800 543354

MHERC:

Free mental health library and resources. Find out what is out there for you.

03 365 5344 or 0800 424 399

South Island Advocacy Service:

Health and disability services consumer advocacy, free and independent service.

0800 377 766 or 03 377 7501



Mental Health - Community Groups

Psychiatric Consumers Trust:

Peer Support and Advocacy for people needing support with Work & Income, ACC etc, plus a social drop-in centre.

pctrust@xtra.co.nz | 03 366 8288

Step Ahead Trust:

Mens group for men with a mental illness that are independent and safe 03 389 4001

Depression Support Network:

Group and individual support with lots of different times
03 366 8083

Bipolar Support Canterbury:

284 Selwyn St
03 366 5815

Anxiety Support:

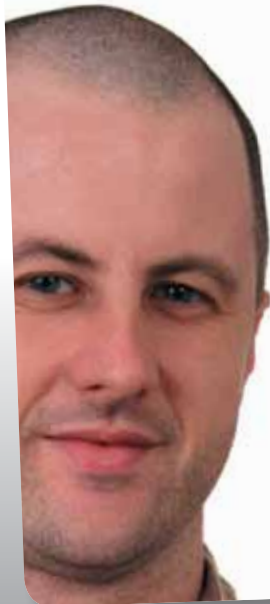
284 Selwyn St
03 377 9665



A place to stay...

Accommodation services

I'll be right mate. I'll just doss in the back of the ute



“When we busted up, I sorta lost the plot for a while, had nowhere to stay – in fact no one would put me up as I was just such a lost cause. Drinking and drugging, on such a downer, I was a mess. The Methodist Mission put me onto some accommodation support and other assistance. I'm slowly getting there now.”

Ross, 32

Christchurch City Mission:

275 Hereford St, 03 365 0635, open 7 days from 5.00 pm - 8.30 am to residents 17 years and over.

Addington Accommodation:

03 338 9770, Camping ground with powered sites and cabins.

Salvation Army – Addington Supportive Accommodation for Men:

03 338 5154 (24 hr), Night shelter and longer-term accommodation for men aged 18 - 65. Access interview on entry.

Search on-line for more options:

<http://resources.ccc.govt.nz/files/NoFixedAbodeDirectory-docs.pdf>

Making sense of **your dollars**

Financial Help

“When I was made redundant, we were left with big bills and a mortgage. Food parcels, quake relief, and some counselling services were useful.”



Mark, 55

Budget Advice, sort out your finances/loans with:

Christchurch Methodist Mission
03 366 6745

Catholic Social Services
336 Cashel St Christchurch
03 379 0012

Christchurch Budget Service Inc
Christchurch 03 366 3422
www.budgetservices.co.nz

Kingdom Resources
300 Lincoln Rd Addington
03 332 1700
www.kingdomresources.org.nz

Supergrans
65 Hampshire St Christchurch
03 388 6415
www.supergrans.org.nz

Other Help:

Gambling Helpline:
0800 654 655

Oasis Centre for Problem
Gambling
03 365 9659

Foodbanks:

Anglican City Mission
275 Hereford Street
03 365 0635

Linwood Salvation Army
177 Linwood Ave
03 389 3723

Catholic Social Services
336 Cashel St
03 379 0012

St Vincent de Paul
265 Stanmore Rd
03 389 7484 ext 1

Kaipoi Community Services
196b Williams St, Kaiapoi
03 327 8945

Delta Community Trust
105 North Avon Road,
Richmond
03 389 0212

“It got so I didn’t check the post

box

just in case there was another Family Court letter. It was good to get some free legal advice on where I stood, on my property settlement and kids’ custody stuff.”

Henry, 42



“I was scared and out of my depth

with the Family Court and the IRD. All I wanted was a fair share of time with my kids.”

Angus, 33

Community Law Centre:

Free legal information and advice on all legal issues including family law and other court processes.

www.canlaw.org.nz | 0508 CANLAW (226 529)

Legal Aid:

For two main types of legal aid - Civil/Family and Criminal

www.lsa.govt.nz | 03 363 6500

Family Court Coordinators:

Support to learn about Family Court processes

Christchurch 03 345 5381

Rangiora 03 311 8060

Ashburton 03 307 9060

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

Community... *be part of something*



“It’s great to feel relevant again...”
Bob, 66

Men’s Groups used to be a normal part of the life of a kiwi male; the Lions, Workingmens Clubs, Freemasons etc. If you are missing something and want to make a men’s group your ‘new normal’ call the Canterbury Men’s Centre to learn what is out there. Canterbury Men’s Centre 03 940 9487 or look under www.canmen.org.nz/supportformen



Canterbury Community Gardens

Get some free veges, a warm cuppa and a day out in the garden. Find your local community garden on line at: <http://canmen.org.nz/community-gardens.html>

Volunteering

Helping others and becoming involved in your local community can pull you out of a rut. There are a lot of groups looking for men to help out.

Volunteering Canterbury www.volcan.org.nz
03 366 2442 or 0800 865 268

Men’s Sheds are popping up all over Canterbury, and they’re not just for old chippies. Spend time working on a practical project of your choice and spend some time with other men.

See www.menssheds.org.nz or call 03 940 9487 to find your local shed.

Rangiora OXFORD New Brighton ST. ALBANS
HEI HEI RICcarton Kaiapoi Rolleston
OXFORD New Brighton ST. ALBANS HEI HEI
RICcarton Kaiapoi Rolleston Rangiora
Rangiora OXFORD New Brighton ST. ALBANS
HEI HEI RICcarton Kaiapoi Rolleston

Habits and addiction



**“ I do A.A. on Tuesday,
N.A. on Thursday and
G.A. on the weekend.**

Six cups of coffee, a pack of ciggies, a stick of pot and about four beers for dinner. No, I don't have a drug problem mate.”

Johnno, 28

If you're struggling with a destructive habit, like gambling, smoking, drugs or alcohol, you don't have to deal with it alone. There is support available to help you break the cycle of addiction or dependency.

Alcohol Drug Helpline:
(national service based in ChCh) 10 am - 10 pm 7 days
0800 787 797

Gambling Helpline:
0800 654 655 7 days 24 hours

Quit smoking:
call 0800 778 778, or ask your G.P. about one of the many options

Narcotics Anonymous:
Tue 7:30pm Southern Men's: Bridge Aftercare, 27 Collins Street, Addington
www.nzna.org/drugproblem/meetingslists.shtml

Sex Therapy New Zealand:
Counselors | 0800 739 843

Overeaters Anonymous: 12 step programme for people dealing with compulsive eating, anorexia, bulimia, obesity and overeating. No membership fee. 03 365 3812

Active Recovery Centre: drop-in support for people in recovery 03 366 6661

Al-Anon: (Alcoholics Anonymous fellowship for family members and friends of alcoholics) phone 03 377 2219 to find your local meeting. Also try their 'Men's Steps' group



WE'RE MATES RIGHT?

However you do it, tell them to ease up on the drink.

For information on how, visit www.alac.org.nz or call the Alcohol Drug Helpline on 0800 787 797 to talk.



Sorting it out and **counselling**

These have been extremely difficult times for most of us. Common experiences include: poor sleep, irritability, nervousness, unpleasant dreams, loss of energy, feelings of tiredness and a wide range of emotions including anger, guilt or sadness. Our kids and partners are struggling too.

If you are concerned about yourself or a family member or a friend, call: Special Helpline 0800 777 846. They offer immediate advice and support or may connect you with people that can.

Counselling:

Canterbury Men's Centre

03 940 9487

Free Counselling for Men

Family Court Coordinators:

Arrange free couples counselling

Christchurch 03 345 5381

Rangiora 03 311 8060

Ashburton 03 3079060

Relationship Services:

03 366 8804 or 0800 relate

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

“Things were pretty bad

when we went to get help. They helped us with the practical hassles and the communication—that was the problem.”

Grant, 32

Men's Groups

Mensline:

Find out what other men are doing to get the most out of their relationships. A facilitated men's group meeting every week on Tuesday night, 7:30 pm.

Info: 03 365 4239 www.mensline.net.nz

MensTrust:

Weekend and other events for men
03 940 9487 www.menstrust.org.nz

Dads *and fathering*

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

Family Court Coordinators:

Free couples counselling, support to learn about FC processes. Christchurch 03 345 5381

Separation (also see all of the above)

Parenting through Separation: Two 2 hour sessions that coach you on how to separate well. Lots of different times and places so call 03 962 4000

Family Court Consumers Trust: For a self-litigant before the Family Court | 03 348 9047 aneilson@xtra.co.nz

Christchurch Community Law Centre: Free legal information and advice on family law issues and Court processes.

www.canlaw.org.nz | 03 366 6870

Dad's are great



Legal Options: Experienced family lawyers providing assessment and advice for a set fee. Could save you some grief.

www.legalloptions.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

www.uof.org.nz 07 928 4323

Parentline: 0800 657 27368

Tāne Ora

Matariki: time to prepare, to learn, to share ideas, and to celebrate the future.



He Waka Tapu:

Offering support to individuals and their Whanau around dealing with issues of inter-personal violence and anger. We also offer a range of health/addiction services that can help you with practical lifestyle changes.

‘Me mahi tahi tatou mo te oranga o te whanau’

‘Working together for the wellbeing of the whanau’

Ph: 03 373 8150, 161 Pages Road Aranui

Otautahi /Christchurch

Want Maori Mental Health Services?

You have to get referral through Single Point of Entry for Adult Community Mental Health Services 03 337 7969

Te Puna Oranga Whanau Trauma Line.

Stressed by the earthquake? Family troubles? Financial stress?

For a safe and confidential korero 0800 222 042

Pacific Island Men

Health Services and More

Pacific Trust Canterbury,
Much more than a doctor/clinic
03 366 3900

Tangata Atumotu Trust, 03 381 1181
Help with Diabetes, Heart Disease, Asthma, Respiratory
Ailments and Palliative Care

Community Services and More

Pacific Island Evaluation,
369 Wilsons Road, Waltham
03 365 1458

Pacific Young Parents and Youth Support Service
349 Woodham Rd
03 386 2159

Canterbury Fiji Social Services Trust,
40 Hillary Crescent, Upper Riccarton
03 942 9498



Culturally and *linguistically diverse community*

Need an interpreter?

At the time of booking with any agency, ask them to arrange for an interpreter through:

Interpreting Canterbury 0508 INTERPRET (468 377) for 24hr face to face or phone interpreting

OR

Language Line 0800 656 656 for phone interpreting, business hours

These services are free of charge in most cases. Ask the agency to tell you.

More Info:

Get the Christchurch City Council 'Migrants guide to Christchurch' (try 03 941 8999 or go to the library) available in several languages on line or in hard copy www.ccc.govt.nz/homeliving/informationformigrants/index.aspx

Community Agencies:

Christchurch Resettlement Services 03 335 0311

Assist men of any age with practical resettlement needs as well as mental health support, advocacy, support with other organisations – bilingual workers available

Refugee Services Aotearoa 03 339 0483

Welcome and support new refugee families to Christchurch



Rural Men



If you can't find what you want in the other pages, try your local services. You could start with these guys:

Rural Canterbury PHO 03 357 4970 or 0800 800 743

Then try:

North Canterbury

North Canterbury Citizens Advice Bureau

141 Percival Street, Rangiora, 03 313 8822

North Canterbury Rural Support Trust

0800 277 845

Heartland Service Centre

Kaikoura 3/78 Beach Road, 03 909 9292

Family Works, Community Support

258 High Street, Rangiora, 03 313 8588

Oasis Centre for Problem Gambling

03 365 9659 (Rangiora/Kaiapoi)

Problem Gambling Foundation

0800 664 262 (Kaikoura/ Ashburton/ Timaru)

Wellbeing North Canterbury, Support for Families

7 Albert St, Rangiora, 03 310 6375

Family Support Agency

War Memorial Building, Albert Street, Rangiora

03 313 3377 or 0800 101 871

Oxford Community Trust

37 Main St, Oxford, 03 312 3006

Mid- Canterbury:

The Society of St Vincent de Paul

86 Victoria St, Ashburton, 03 307 0107

Mid Canterbury Rural Support Trust

0800 787 254

Family Works, Trevor Wilson Centre

215 Tancred Street, Ashburton, 03 308 5868

Depression Support Network

03 366 8083 (Ashburton)

Ashburton Community Alcohol and Drug Services

03 308 1270 (These guys link to Oasis Gambling as well)

Heartland Service Centre

39 Rue Lavaud, Akaroa, 03 304 8659

South Canterbury:

South Canterbury Citizens Advice Bureau

27 Strathallan Street, Timaru,

03 687 7362

South Canterbury Rural Support Trust

0800 787 254

Heartland Service Centre, Fairlie

Fairlie Resource Centre, 64 Main Street

03 685 8496

Heartland Service Centre, Twizel

Twizel Resource Centre, Mount Cook Street,

03 435 0687

Heartland Service Centre, Waimate

The Resource Centre, 75 Queen Street,

03 689 6226

Family Violence

Sometimes you get stuck...

Stopping Your Violence

He Waka Tapu:

Offering support to individuals and their Whanau around dealing with issues of inter-personal violence and anger. 'Me mahi tahitatu mo te oranga o te whanau' 'Working together for the wellbeing of the whanau'

www.hewakatapu.org.nz | 03 373 8150

Stopping Violence Services:

Group and individual counselling

www.angermanagement.org.nz | 03 365 6266 (also see our youth section)

The Goals Centre:

One-on-one stopping violence, 8 week course.

www.goalscentre.co.nz | 03 366 4132

STOP Programmes:

Treatment/therapy for men/boys who've sexually abused/offended and for boys with sexually harmful behaviours. Support/education for family members.

www.stop.org.nz | 03 374 5010

Stopping Their Violence

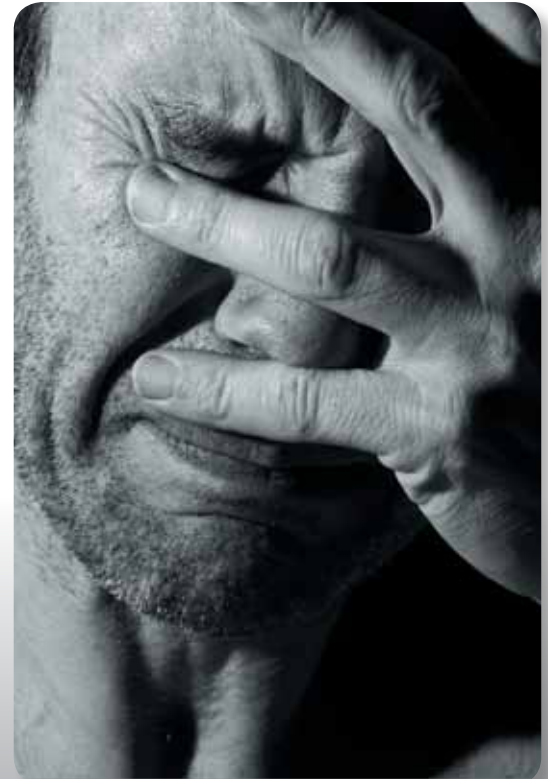
Police: call Family Violence Coordinator | 03 363 7400

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



Older *and wiser*

Age Concern Canterbury:

Home help services, advocacy, health, outings, visitors, information and education for the over 60's
03 366 0903 or 0800 803 344

www.ageconcerncan.org.nz

NZ Superannuation and extra financial assistance:

0800 552 002

www.workandincome.govt.nz/individuals/65-years-or-older/

Super Goldcard Centre:

0800 254 565

www.supergold.govt.nz

Health and Disability Consumer Service:

For a problem with a health or disability service call an advocate
03 377 7501

www.hdc.org.nz

Greypower National Office:

0800 473 979

www.greypower.co.nz



Get it On! Great Sex and Safe Sex for gay and bisexual men: www.getiton.co.nz

New Zealand AIDS Foundation: 03 379 1953 | www.nzaf.org.nz



NEW ZEALAND AIDS FOUNDATION
Te Tūāpapa Mate Āraikore o Aotearoa

HIV testing; counselling for gay and bisexual men and people living with HIV/AIDS and their significant others. Free condoms. Cheap lube.

Christchurch Pride Week: www.chchprideweek.org.nz

Q-Topia: Christchurch Queer youth network: 021 175 3631 | www.qtopia.org.nz

Bears Christchurch: Gay men's social group: bears.chch@gmail.com

Pink Pages: Gay, Lesbian, Bisexual, Intersex and Trans Directory of Queer and Queer friendly services in Christchurch. Available from Community Health Information Centre
310 Manchester Street, Christchurch 03 364 7844

Transgender/Intersex - call Agender: 03 940 9473



Youthline:

Youthline, 0800 37 6633. Free text 234. Available 24/7 for information and support. Any issue, any time

“I’m in trouble with the police and need some advice”

Community Law 03 366 6870 www.youthlaw.co.nz

“I’ve got sexual feelings for other guys”

Outline 0800 688 546

Q-Topia 021 175 3631

Rainbow Trust 03 379 7879

“I’m a dad *?!&!”

Waipuna 03 386 2139

Father and Child Trust 03 982 2440

“I’m having a hard time because of my drinking and what I’m smoking”

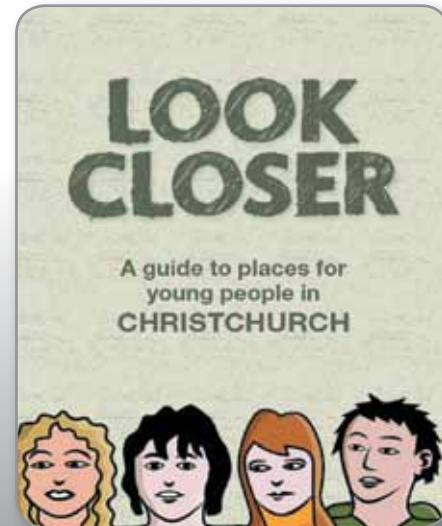
Alcohol Drug Helpline 0800 787 797

He Waka Tapu 03 373 8150

Quitline 0800 778 778

The ‘Look Closer’ Booklet

at www.familyservices.govt.nz





C'mon guys, we need to keep an eye on what's happening under the bonnet.

We need to make sure we prevent any leaks, check the taps, flush the pipes and generally keep ourselves well maintained. That's why the Cancer Society is encouraging blokes like you to stay well.

Don't delay – check out the toolkit today!

www.getthetools.org.nz



Cancer Society
Te Kāhui Mātepuhupuku
o Aotearoa

NOVEMBER
PROUD PARTNERS

ANY CANCER, ANY QUESTION
0800 CANCER (226 237)
Cancer Information Helpline

Men's health – It doesn't hurt to **check**

Health statistics for men are not impressive

Health issue	Men <input checked="" type="radio"/> Women
Who dies younger?	<input checked="" type="radio"/> Men <input type="radio"/> Women
Who's more likely to be diagnosed with cancer?	<input checked="" type="radio"/> Men <input type="radio"/> Women
Who's more likely to die of cancer?	<input checked="" type="radio"/> Men <input type="radio"/> Women
Who's more likely to die of diabetes?	<input checked="" type="radio"/> Men <input type="radio"/> Women
Who's more likely to die of heart disease?	<input checked="" type="radio"/> Men <input type="radio"/> Women
Who puts off seeing their doctor, even when they're sick?	<input checked="" type="radio"/> Men <input type="radio"/> Women

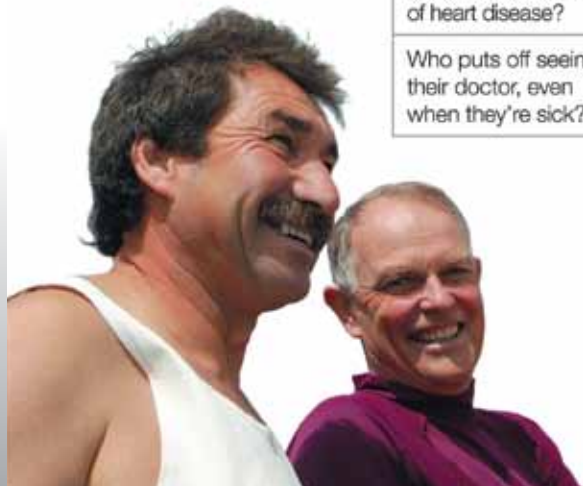
So what can you do?

Making some small changes now can make a big difference!

- **If you smoke: stop smoking!** Tobacco is the leading cause of cancer and increases the risk for other diseases such as heart disease.
- **If you don't exercise: do some!** You don't have to be a marathon runner! Even small regular amounts, such as a brisk 30 minute walk, makes a difference.
- **If you're overweight and your diet's not great: watch what you eat!** Eating a low fat diet with lots of fruit and vegetables can help to lower your risk for some types of cancer as well as helping to keep your weight in a healthy range.
- **If something's not right: get it checked!** If you notice something out of the ordinary for your body that lasts a couple of weeks, get it checked out. If it is something that needs treatment the earlier you catch things the greater the chance for successful treatment.

Knowing your family health history is important as in some cases it can increase your risk for certain cancers and other conditions.

Use the checklist overleaf to help work out whether you need to talk with your health professional about your health.



How would your family cope?

How would your family cope if you suddenly developed a serious health condition?

- 1 To find out about your health risk factors, fill out this simple scorecard.
- 2 Visit your health professional to talk about your risks if you have checked 'yes' or 'don't know' to two or more risk factors.



	YES	NO	DON'T KNOW
Are you aged 50 years or over?	<input type="radio"/>	<input type="radio"/>	
Are you a smoker?	<input type="radio"/>	<input type="radio"/>	
Are you overweight?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you exercise, on average LESS than 30 minutes most days?	<input type="radio"/>	<input type="radio"/>	
Do you have more than 3 alcoholic drinks a day? <small>(or a total of more than 21 drinks each week)</small>	<input type="radio"/>	<input type="radio"/>	
Do you have high blood pressure?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you have fair skin, moles or dark freckles?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you get depressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you, or a close family member, have a history of cancer?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you, or a close family member, have a history of diabetes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you, or a close family member, have a history of heart disease?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you, or a close family member, have a history of stroke?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is it two years or more since you visited a health professional?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Check out your health risk factors

If you check 'yes' or 'don't know' to two or more of these risk factors then it's time to get yourself checked out. How hard can it be?

If you don't know your family history or about your own health then now's the time to try and find out. And while you're at it tell your family and your mates about the challenge-it could make a difference!



With thanks for the support of the following organisations:



Order more free 'blokes' Books' at:

blokesbook@canmen.org.nz or phone/text 03 940 9487, 021 0250263 |

