



## Canterbury Men's Centre Chairman's Report June 2011

Here we are already in our third year of operation and despite the disruptions to all our lives with the events of September and February our management team has put in a sterling effort to keep the Men's Centre up and running with minimal disruption to the services we provide.

After being made 'homeless' through the loss of our office at Community House our staff have creatively found ways & means to continue our work of being of service to men and their families in the Canterbury Region.

This creativity has included working from home, using the internet and mail outs to achieve the tasks that need to be done as well as getting out and about in the community.

The Board of Trustees have in between meetings at a Board Members home managed matters such as the passing of resolutions electronically.

So despite these practical disruptions to the way we work there have still been some outstanding achievements over the past 12 months.

These accomplishments are detailed in the Managers Report and include:

- Drop in referral / support for men
- Support for men and boys in the broader social spectrum
- Informing Health and Social Agencies about the specific needs of men & boys
- Support for other Social Services

Other projects that are particularly worthy of note are:

Support efforts around the earthquakes

Blokes Book

(An outstanding and highly valued resource for men and those who love and/or want to support them)

- Munted Mates  
(A fortnightly group for men and women over in the eastern suburbs)

Other initiatives include:

- A Social Work student placement
- A Community Max placement worker
- The regular Male Call newsletter
- The development and distribution of flyers for Fathers & Separation and Men's Sheds. Also, the support for the initiation of 9 sheds in the Canterbury area in the last two years
- Men's Health Week

- Tane Ora
- The regular Men In Social Services Group

I would like to take this opportunity to thank Donald and Simon for their passion and commitment to this work it is primarily through their concerted efforts that the Canterbury Men's centre is held in such high regard throughout our community. In particular I would like acknowledge the manner in which they have used their initiative in keeping this agency viable especially when things got a little bit tight financially.

I wish to thank my fellow Board of Trustees for their guidance and direction and support. Also for the time and effort they voluntarily give to the governance the Canterbury Men's Centre.

Finally on behalf of the Board of Trustees I would like to express our heartfelt gratitude to all those funders who have supported us and which without such support we would be unable to provide these invaluable services to the Men of Canterbury and their families.

Dennis Valentine  
Chairman, Canterbury Men's Centre

# Canterbury Men's Centre Manager's Annual Report June 2011

---

## **Our Place in Christchurch/Canterbury's Social Outcomes:**

The Canterbury Men's Centre is accountable to our funders and the people of Canterbury for making real improvements in the lives of men/boys and those they relate to.

**We provide drop-in/referral support for men.** The men that come to us aren't "shopping" for information, as we had expected. They are dealing with a crisis and need a person to talk to immediately about: housing, medical conditions, trauma, grief, and separation. We typically meet them once then refer them on to appropriate supports. Many of them don't wish to continue with any further services as they have received the support and information they wanted while at our agency. According to different informed sources help seeking behaviour by men is growing, but the pattern of 'too little too late' (compared with women) is still very clear. We hope our presence addresses some of this deficit, and opens men up to other healthy behaviour.

**We support the broader social sector's provision for men and boys.** We promote and support initiatives such as the Methodist Mission/Salvation Army "Men on a Mission" group. We produce a monthly e-newsletter for male related services/courses to inform community workers (Male Call). We provide special support for other agencies that focus on men. We also support one off events that have men as their focus. We provide a listing of services for men and boys and promote it through a range of avenues.

**We inform social and health systems about the needs of men and boys.** I am actively providing information through my participation on the Partnership Health Canterbury board, the Christchurch Council of Social Services, and the CDHB's Consumer Advisory Council. Simon and I both attend functions that on balance with our other priorities would make a difference to male outcomes.

**We bolster services that support men and boys.** Father and Child Trust, Male Survivors of Sexual Abuse, the Men's Advocacy Network, Mensline, MensTrust, Tracks, and the Men's Sheds groups have all expressed their gratitude for our support and are keen to see us to continue in our current role.

More than anything about 2010 I'd note that it has been rewarding to find that men are picking up the resources we hand out and seem to be acting on them. Agencies tell us clients reach them through our work, and that is something that may not have happened without our effort.

## Introduction:

We are acutely aware of the stress being experienced by many local families and communities. The earthquake of 2010/2011 came in the context of a broader economic recession that is only now settling fully in.

Our response to the current environment has been to continue with our existing approach, with the addition of two further projects: “The blokes’ Book”, and “Munted Mates” (More on this below).

## What do Simon and Donald do With Their Time?

The above chart shows an estimate of how we are spending our time, which in total is a 48 hour week. Health Sector work requires approximately 15% of our time and provides 7% of our income. This positioning has seen some benefits in the past year, with programmes resulting and new partnerships being formed (more details below). I see my role in health forums as one that will result in improved community outcomes for men and boys. If because I am on these panels more organisations are running effective programmes, in a more male inclusive way, then we are adding something useful to community outcomes by improving men’s health and their well-being.

## Staffing:

Simon Gurnsey and I are the principal workers at the CMC with me working 32 hours and Simon 16.

An interesting development this year has been our engagement with the Christchurch Polytech Institute of Technology’s social work programme. A student named **Silas Thielmann** was assigned to us for three months to do support for men that dropped in. In addition, he did a number of significant projects including;

- A bibliography of men’s health and well-being research in New Zealand.
- A review of the literature to provide a summary of the best practice model for the CMC work environment (see [www.nzmenshealth.org.nz](http://www.nzmenshealth.org.nz) for more info)
- A literature review of the two opposing viewpoints expressed inside the health system of the desirability of addressing male histories of sexual violation while engaged with the mental health system.
- Created a Canterbury Community Gardens Google map that has been accessed over 5,000 times to date

We were also able to access the MSD Community Max programme to acquire a student worker, **Tim Widdup**, for 6 months to do graphic design for us. This resulted in 5 different flyers, development of our logo and letterhead, a banner, a series of posters for the Father and Child Trust and a web site pointing to all the health resources in the New Zealand context that can be ordered by a range of suppliers (see [www.meninnz.org.nz](http://www.meninnz.org.nz)).

We expect to work with social work students in 2011, and also to extend to a student counsellors (currently happening).

## Funding:

It is a tight funding environment currently and we had to at one point decrease our hours to make up the shortfall. Despite this, I think we have done very well for a new agency and I believe that we are still able to fulfil our purpose in the foreseeable future. I’d like to thank the following funders for their support in 2010;

- Christchurch City Council
- Canterbury Community Trust
- Lotteries New Zealand
- Community Organisations Grants Scheme
- Southern Trust
- Alcohol Advisory Council
- Pub Charity
- Eureka Trust
- NZ Post Community Post
- United Way
- Ministry of Social Development

## Drop-in Support

We continued to spend approximately 20% of our time directly with men in 2010. Our intention is to increase this percentage as our focus on projects (men's sheds) are completed and board participation (CDHB and Partnership Health Canterbury) are reduced due to Donald's terms in these roles expiring. We don't do as much direct support for men due to the loss of our office, and rely on the phone to do most of our one on one work.

Our one on one work has relied on men's perceptions of us being a "male friendly" agency, with men referring other men to us. We use a peer based approach, sharing stories of other men leading into informing male clients about relevant services. Men that come to see us have been predominantly dealing with the following issues;

- Domestic violence as perpetrators, victims and more often as some combination
- Separation
- Depression, suicide and mental health issues
- Men interested just in what we do, and exploring men's groups
- Men leaving heterosexual lifestyles to explore gay ones

More men have turned up at our door and just "shopping", as compared with last year when they were more often at a point of crisis. We expect this would have increased in February of 2010 but for the earthquake.

## Promotion of Community Information to Men and Boys:

We distributed another 10,000 of our **Support for Canterbury Men** flyers related to social and health services for men in Canterbury, with limited effort (17,000 overall distributed so far). Community and Health workers as well as clients have demonstrated a sincere interest in these flyers requiring a fourth round of printing.

Feedback about our **web site** has been very flattering from a range of providers and male clients, though we do limited maintenance now that it is established. Our understanding of the research is that men are more likely to use computers to access community and health information and that this is an important doorway.

Our **Fathers and Separation** flyer has been very well-received and we receive regular phone requests for more.

Our **Men's Shed** flyer has also been very useful. We have so far distributed 1700 of them and need to print another edition. The various men's sheds have been using them for their own purposes, and the web site we maintain [www.menssheds.org.nz](http://www.menssheds.org.nz) has been useful at a regional as well as a national level by men to find their local shed.

**Male Call**, our monthly e-newsletter has hit saturation point locally with most community workers and many health workers knowing about it. It has been a useful vector for us to keep relationships fresh with most editions of the e-mail prompting a range of request from workers for either more information or for support to improve the outcomes for a particular male client.

The **Man Board** is a flyer stand outside our office which has 50 slots with relevant flyers about men's issues and groups and we find that the flyers often need to be restocked. This has of course been lost with Christchurch Community House.

We did a mail out of all of the above flyers along with a range of our partners in June 2010 and got a range of requests for further info from the 500 or so recipient agencies.

**Men's Health Week 2010** events at the Bailey's Pub on Cathedral Square was three nights of men's health talks. Turnout was poor, though the Tane Ora event (more below) and Sad Blokes: Men, Depression and Suicide course were very well subscribed.

"**The blokes'Book**", is a 36 page booklet pointing men to the doors for health and social services. We expected to print this in April of 2011 with MSD funding, however it will be completed by end of May, with 20,000 being printed

### **Support of Local Men's Groups:**

1. **MensTrust:** MensTrust was no longer viable as a separate agency. We have integrated them into the Canterbury Men's Centre as a committee, established a more vibrant e-newsletter and continue to advertise and support events as they are offered by various men inside the committee. This includes three men's weekends in 2010 year as well as the monthly Fire in the Belly group, attended by from 6-12 men that have been on a men's weekend.

2. **Father and Child Trust:** I am on the board and this keeps us working closely with each other to meet the needs of fathers. We advertise their events and produced a series of posters for them that met with significant success in the community.

3. **Male Survivors of Sexual Abuse:** We work very closer with their manager and staff and find that many of our clients benefit from a referral to this agency. Statistics show that between 10% and 25% of men experienced some sexual abuse in childhood and many of the men that present to us identify their early abuse as limiting their current mental health. We also helped this year with their IT systems and I provide occasional informal supervision to their staff.

4. **Mensline:** We refer men to the Mensline group and also support them by recommending men in the community to volunteer as group facilitators. We provide informal supervision to their chair, and have developed a vibrant new flyer to promote their work.

5. **Tracks:** Tracks was attempting to form a group to run boys transitioning to manhood events. The group ran a weekend for men that went well but didn't progress beyond this point. They have ceased this effort for now.

6. **Men's Advocacy Network:** We promote these meetings to men that have an interest in political/social change.

7. **Men on a Mission:** Run by the Salvation Army and The Christchurch Methodist Mission this group comes to the CMC for one of their sessions in which I talk about local services for men and boys. The tutors tell me that the men make very positive comments about the visit. We also promote their effort in a range of ways.

**Munted Mates:** Munted Mates is a fortnightly group for men and women in the east end of Christchurch that are living with damaged homes. We use our capacity to coordinate groups to see that the social need of those that are dealing with insurance/eqc and rebuilding/repair issues have a chance to vent and network with others. The group has run four times so far, averaging 12 attendees and it seems to be growing as word of it has gotten out.

## Engage with Health/Social/ Education Systems

I attend a monthly meeting at the CDHB Consumer Panel as a men's health representative. In this role I attended three CDHB Xceler8 programmes in which hospital leadership staff get exposed to consumer comments. I supported the process of deciding the Neurosurgical Service for the south island in my capacity as a PHC Community representative as well as in my CDHB role.

I am on the Partnership Health Canterbury Board as a community representative. In this role I was able to broker a series of Senior Chef Courses in which 70% of the attendees were male. Unfortunately, the Ministry of Health has chosen to fund this programme and it appears that women will benefit mostly from this. This is ironic as the women that are alone and not eating well are usually in this position due to their men dying younger, but the irony appears to have been lost on the CDHB.

I am the men's sector representative on the Christchurch Council of Social Services.

I supported a national e-mail exchange inside the Green Party in forming a Green Men's Policy. This was in a facilitator role and work was completed on this and forwarded to their policy advisors for further work. I have also had preliminary discussions with a Labour Party MP that is interested in proposing a Labour Men's Health Policy, as well as a National MP.

## Men's Sheds:

Our work to support the Men's Shed movement has been very rewarding this year with the three sheds opening in 2010 **Aldred Men's Shed**, **St. Ninnian's Riccarton Menz Shed** and **Rowley Menz Shed**. The earthquake of Feb 2011 set all of these back but they have reopened or intend to reopen soon. Three other urban sheds are in development in **Redcliffs/Sumner**, **New Brighton Menz Shed** and **Hoonhay**. Four other sheds are under development in rural Canterbury **Kaiapoi Menz Shed**, **Rangiora Menz Shed**, **Oxford Menz Shed** and **Rolleston** that we support. We produce and distribute the flyers, run a monthly meeting for all people developing sheds, talk about the sheds at events, and help men find their local shed.

## Men in Risk:

This monthly group was for social workers and agencies concerned about **male victims of domestic violence**. Nationally, 8% of police arrests involve female perpetrators with a male victim. This project was closed down due to lack of participation.

It has however lead directly to the training of a group of Lifeline counsellors that are focussed on male victims. It could also have been part of the development of recent police lead groups that are considering support for men involved with domestic violence around Christchurch and North Canterbury.

## **Tane Ora:**

The Tane Ora: Maori Men's Health event in June 2010 during Men's Health Week was considered by all parties to be very successful with over 60 attending. Two of the key members asked to continue meeting monthly with me with the aim of developing further projects.

## **Men in Social/Health/Education/Employment Services**

This group has been running for 30 months and is a monthly catch up place for male workers. There is usually a speaker from amongst the group or we bring someone in from outside. 90 men are on the contact list with 12-20 attending each month. Most of the men that attend are very experienced social and health workers and express a warm belief in its importance to their work. This group is on hold for now until we have rooms and people find it easier to access a central location.

## **Koru Men's Group**

We formed this group for gay men leaving heterosexual relationships in conjunction with the New Zealand Aids Foundation and Richard Tankersley. Lack of numbers resulted in the group deciding to close and merge with the "Bears" social group.

## **Speaking/Promotion Events**

I have lost much my diary in the February earthquake, also can recall the

- Mitre 10 Mega Hornby Father's Day Event
- CPIT Nursing Course presentation
- White Ribbon Events- MiSHEES and with ACTIS
- Plains FM- Mental health and men
- WEA Talk- Community Services for Men
- International Nurses Day stand
- Refugee Men's Hui stand
- Older Person's Day Stand

I also attended a number of staff meetings with NGO's around Christchurch to talk about services for men.

All in all, a solid body of work for an agency in its third year.

Best wishes

Donald Pettitt

Manager

# Canterbury Men's Centre Incorporated

## 2010 Financial Statements

<b>Address</b>	Canterbury Men's Centre 141 Hereford Street Christchurch 8001
<b>Trust Board</b>	Dennis Valentine, Chris Jones Peter Darrell Don Rowlands
<b>Bankers</b>	SBS Bank
<b>IRD Number</b>	97-007-748
<b>Charities Registration Number</b>	CC10647

**Canterbury Men's Centre**  
**Statement of Financial Performance for year to 31 December 2010**

<b>2009</b>		<b>2010</b>
<b>TOTAL</b>	<b>Bank Interest</b>	\$ 334.21
\$ 10,000.00	Canterbury Community Trust	\$ 15,000.00
\$ 12,500.00	Christchurch City Council	<b>\$12,700.00</b>
\$ -	Community Max (WINZ)	\$ 9,874.06
\$ -	Donations	\$ 9,611.46
\$ -	Grant United Way	\$ 5,000.00
\$ 3,000.00	COGS	\$ 3,000.00
\$ 16,900.00	Lottery Commission	\$ 17,500.00
\$ -	Menstrust Incorporation (NETT)	\$ 23.64
\$ 5,416.88	Other Grants	\$ 4,935.56
\$ 3,927.78	PHO Board Remittance	\$ 5,200.00
\$ 80.00	Service Delivery: Events, workshops	\$ 791.30
\$ 51,824.66	<b>Total Income</b>	<b>\$ 83,970.23</b>
 <b>Expenses</b>		
\$ 983.61	A.C.C. Expenses	\$ 957.47
\$ 880.00	Accounting	\$ -
\$ 5.00	Bank Fees	\$ 2.50
\$ 311.40	Books and Resources	\$ 90.28
\$ -	Computer Expenses	\$ 1,086.31
\$ 490.20	Conferences & Travel	\$ 1,170.47
\$ 490.00	Depreciation	\$ 929.00
\$ 66.99	Dues & Subscriptions	\$ 74.87
\$ 373.47	Electricity	\$ 715.47
\$ -	Events Expenses	\$ 1,625.04
\$ 36.48	General Expenses	\$ -
\$ 699.51	Network Meetings	\$ 5,271.44
\$ 391.09	Office Supplies	\$ 245.84
\$ 143.85	Postage and Stationary	\$ 90.22
\$ 812.97	Printing & Photocopying	\$ 3,927.26
\$ 1,302.82	Publicity	\$ 329.00
\$ 752.25	Rent	\$ 1,128.99
\$ 637.23	Staff Mileage & Parking	\$ 505.27
\$ 2,048.89	Staff Training & Supervision	\$ 1,678.26
\$ 1,670.07	Telephone, Fax & Internet	\$ 1,331.60
\$ 130.39	Volunteer Expenses & Recognition	\$ 153.61
\$ 833.28	Wages Employer Contribution	\$ 624.90
\$ 42,933.85	Wages	\$ 55,058.49
\$ 55,993.35	<b>Total Expenses</b>	<b>\$ 76,996.29</b>
\$ (4,168.69)	Surplus (Deficit) for Year	\$ 6,973.94

**Canterbury Men's Centre  
Statement of Financial Position  
As at 31 December 2010**

<u>2009</u>		<u>2010</u>
	<b><u>Current Assets</u></b>	
\$ 45,344.94	SBS Cheque Account	\$ 14,487.75
<b>TOTAL</b>	<b>SBS Call Account</b>	<b>\$ 39,182.58</b>
\$ -	Petty Cash	\$ 270.50
<u>\$ 35.00</u>	Accounts Receivable	<u>\$ -</u>
<u>\$ 45,379.94</u>		<u>\$ 53,940.83</u>
<u>\$ 538.00</u>	Fixed Assets as per Schedule	<u>\$ 1,549.00</u>
<u>\$ 45,917.94</u>	<b>TOTAL ASSETS</b>	<b>\$ 55,489.83</b>
	<b><u>Current Liabilities</u></b>	
\$ 1,366.78	Accounts Payable	\$ -
\$ 2,283.53	<u>GST Payable</u>	\$ 2,221.25
<u>\$ 3,650.31</u>	<b>TOTAL LIABILITIES</b>	<u>\$ 2,221.25</u>
<u>\$ 42,267.63</u>	<b><u>NET ASSETS</u></b>	<u>\$ 53,268.58</u>
	<b>Represented By :-</b>	
	<b><u>ACCUMULATED FUND</u></b>	
\$ 49,864.36	Accumulated Fund Bgt Fwd	\$ 46,294.64
<u>\$ (3,569.72)</u>	Surplus (Deficit) This Year	<u>\$ 6,973.94</u>
<u>\$ 46,294.64</u>		<u>\$ 53,268.58</u>