



*Awakening the Unique Spirit of Men to Build Communities that Work for Everyone*

## **NEWSLETTER - SPRING 2009**

11 Edmonton Road  
Henderson  
Ph 835 0509  
[www.manalive.org.nz](http://www.manalive.org.nz)

---

An organisation needs to constantly reflect on how it can achieve its vision. Central to Man Alive's vision is working with men to build communities that work for everyone. We know we can't do this in isolation. Significantly, we have begun discussions with Viviana and Waitakere Abuse and Trauma Counselling Service to consider how we might achieve this together.

You may have received the community release on 14 September announcing we are in conversation with these agencies to consider a range of options from closer collaboration on specific projects through to merging the agencies. It is exciting to consider the huge benefits that could come from these discussions, including an ability to work with family violence incidents in a more coordinated way from the start of the process through to its conclusion, enhancing our ability to work with whanau and the synergies that can come from combining our respective clinical strengths.

Man Alive was formed to promote through education, therapy and advocacy the well-being of men, male youth and boys. Our commitment to this ethos will underlie what we bring to the discussions. Whatever final form we arrive at, a more unified and holistic approach to working with families and communities can only help us to achieve our broader vision. In my view, its time we got really serious about working together in meaningful ways and the immediately positive community response to this initiative suggests the time is right.

We will be holding a meeting at Man Alive at 6pm, Friday 23 October. You are welcome to attend to hear more about this project.

Chris Davidson  
**Chief Executive**

---

### **IMPORTANT ANNOUNCEMENT FREE ASSESSMENTS AND SUBSIDISED COUNSELLING**

Man Alive will be offering free assessments to self-referring men beginning 1 October.

We have recognised for some time that our services were difficult to access for some, but funding restricted our ability to address this. However, we have established a limited fund with the aim of Man Alive not needing to turn a client away for financial reasons.

In the first instance, clients will be offered a free assessment. Following the assessment, and depending upon needs, ability to pay and other funding available, a further subsidy may be available to assist with ongoing group programme, counselling or other forms of support.

## SPOTLIGHT

*In this issue we turn the spotlight onto Carl Chapman, Man Alive Youth Counsellor:*

Giddy, my name is Carl Chapman.

I joined the Man Alive youth team at the end of last year. The "Boy's Alive" group work is a realised dream for me fulfilling a passion for working with youth; supporting boys with behavioural difficulties, relationship challenges and self esteem issues.

I am the father of three beautiful children; Jessica, Jacob and Michaela, who are a constant source of joy and many challenges as I share their journey through the teenage years. My interests include meditation, chi kung, yoga tai chi and kung fu.

My inspiration for working with youth has been my relationship with my children and their friends. A defining moment for me was taking my son Jacob on a trip to the South Island; kayaking round Abel Tasman national park, caving just outside of Greymouth and swimming with the dolphins at Akaroa. We had a blast and it formed a whole new dimension to our relationship.

I am driven to help boys and young men through supporting their needs, building their confidence and realizing their potential. I am thrilled to be part of the team at Man Alive and I look forward to offering our services to our wonderful young men and boys.

*(For more information on our youth programmes, contact our Youth Team on 835 0509)*



## OUTCOMES

It is hugely rewarding reading the evaluation comments from the men who complete our programmes, we thought we would share some of those comments in this issue:

*manAlive*



*This has been a very good experience for me, helped me a lot about making the right decisions and I think I can keep it up, I have also been helping my mates;*

*My kids have enjoyed the changes in me. So has my partner. Its opened my eyes and my heart more to know that I would love to spend the rest of my life with them and to treat people how you would like to be treated;*

*The group is definitely making me more accepting of other people, situations etc, where previously I would have lost it. It is definitely helping to balance my life;*

*My children and wife are happier because they feel I am more aware of my emotions and can see a better man;*

*Great group and the facilitators are always happy to help us. I have learnt lots to help in my life and future relationships;*

*The programme has made me awake and aware to my attitude and lifestyle. It really works.*

## **IN BRIEF**

### **MAN ALIVE OFFERS THE FOLLOWING SERVICES**

#### **Living Without Violence and Te Ara Taumata Ora**

A unique approach to non-violence courses. Our programmes will not blame, shame or judge men, however they will be encouraged to take responsibility for their violence and understand there is no excuse for abuse.

#### **Individual Counselling**

All men have times when they 'hit the wall' ... we're here to help them move through it. Counselling for men by men and family and couple counselling.

#### **Youth programmes**

Boys Alive, an action packed group programme and one-on-one counselling. Helping youth understand and develop personal responsibility.

#### **Men in Relationships**

A 12 week course that could change your family and work life. A course designed to help you deal with stress and conflict. It will help you come closer to your family. Programmes in Manukau East and Waitakere.

#### **Mens Change and Support Group**

An open, easy-going group of ordinary guys who have had crisis and change in the past, helping men who are going through hard times now.

#### **Room Hire**

Man Alive is based in Cranwell House, situated in park like grounds in the central Henderson shopping area. There is extensive parking across the road and we are a two minute walk to Westcity, Westwave and the Henderson shops. We offer a range of room options at affordable rates to community groups, including our new 'Garden Room' which is separate to our main building.

***For further information on any of the above, please phone us on 835 0509 or email [info@manalive.org.nz](mailto:info@manalive.org.nz)***

## **THANKS TO OUR SUPPORTERS!!!**

The great work our team has been doing has been made possible through the generous support of the community, including recent grants from:

- JR McKenzie
- Waitakere City Council
- Waitakere Licensing Trust

## **DONATIONS**

Thanks for supporting Man Alive. Our programmes help many men and families in our community work through some of their toughest times. Please contact us for information on how to further help us in our work.