



manAlive

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

WINTER 2008

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Two years ago Man Alive began a process of strengthening its governance structure. This project culminated on 1 July 2008 with the Man Alive Charitable Trust becoming operational. This is an exciting time for the agency as we continue to place greater emphasis on accountability, professionalism and results. Thanks to all those who contributed to this transition. We are still seeking trustees with particular skills in marketing, public relations and advocacy. If you or someone you know possesses these skills and you are passionate and interested in getting involved in the work we do, let me know!

Following the successful pilot of Men in Relationships at the end of 2007 we have completed a further programme in East Manukau and are now bringing it to Waitakere in 2008. The programme runs for 12 weeks and works with a number of themes such as anger management, stress management, family communication, team building and equal relationships, self-esteem and fathering skills. Contact us for details.

We are committed to constantly reviewing how to do things better. This was validated at our recent independent clinical audit where 'significant improvements' were noted. We are working hard to ensure we serve our community in the best way possible. But we remain reliant on your support to remain relevant. Thanks.

Chris Davidson
Chief Executive

SPOTLIGHT

In this issue we turn the spotlight onto John Burnett, Man Alive Counsellor and Group Facilitator:

I joined Man Alive in March this year having moved to Waitakere City with my family from Palmerston North. I'm married with four great boys and am forever striving to be the best husband and dad I can be!

My interests include parachuting and barefoot waterskiing (for which I have represented New Zealand) and I have been flying hang gliders for the last three years, whenever the wind blows!

My role at Man Alive involves counselling and facilitating groups. I have led the Men's Change and Support Group since March this year and enjoy seeing the huge personal growth and development in the men who attend this group.

I have been involved in counselling, group and growth work for about eight years. My passion flows into my work when I am passing on knowledge and new ways of being for men to take into their lives.



John Burnett (not in a new Man Alive counselling initiative!)

FOCUS ON RESEARCH—WAITAKERE FAMILY VIOLENCE COURT

The success of the Waitakere Family Violence Court is in large part due to the collaboration between the Court and the community sector. Man Alive plays a key role in this collaboration through its attendance each week at the Court and the provision of our Living Without Violence programme.

Massey University began researching the Waitakere Family Violence Court in 2006. The findings of its evaluation so far show the Court is meeting international best practice. The researchers are currently working on an evaluation specifically of Man Alive. Refer below for details of how to find the research currently completed.

In particular, the research suggests that:

- The Court is working
- Women are getting the support they need through the collaboration between the Court and the community
- Men's programmes do result in changes

Massey's first two research reports, a preliminary report and statistical description, can be found at:
<http://psychology.massey.ac.nz/news/psych-news.htm>

Massey's latest report "Responding Together: An Integrated Report Evaluating the Aims of the Waitakere Family Violence Court Protocols written for the Ministry of Justice can be found at:
www.justice.govt.nz

COMMUNITY CORNER

'Disabled Men and Fatherhood' research study

For many people, being a parent is considered to be one of the defining aspects of one's life. The NZ Disability Strategy (2001) focuses on supporting families and disabled parents, but it fails to mention disabled fathers at all...

Researchers from AUT University, working alongside Diversityworks Group, are leading a study exploring disabled men's perspectives on parenting and issues they would like addressed.

They would like to talk to men living in greater Auckland, who:

- are aged 18 years or over,
- live with a physical and/or sensory disability, and
- have a youngest child under the age of five.

If you would like to take part in this study, please contact the researchers by 31 August 2008:

Free Phone number 0508 BEING-A-DAD (0508 234-642)

Marta Leete:

Phone: (09) 921 9154

Email: mleete@aut.ac.nz

New Parenting Website

Stuck on how to deal with a parenting issue? The Families Commission has launched a new website for parents that offers hints, tips and links to organisations on a variety of parenting topics. Drop in for ideas on how to deal with moody teenagers through to keeping the kids busy on a rainy day.

<http://www.nzfamilies.org.nz/parenting/>

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.

Dad's Alive

How do I protect my kids from this scary world? How do I teach them respect? For ordinary guys who just want to be a better Dad.

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

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:

- Southern Trust
- Manukau City Council
- Chisholm Whitney Family Charitable Trust
- United Way

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.