



Rotary Club of Christchurch South Inc.

P O Box 12-243, Christchurch 8023, NZ.

SERVICE ABOVE SELF



Bulletin

#21 for 20 November 2024

Tonight: Matthew Steans ‘The Yarns Men – creating opportunities for men to experience life through good conversation.’



Matthew Steans, Chief Yarns Man, spoke to us about the organisation called The Yarns Men. He distributed the yarns conversation card. Good Yarns. Better Days. On the back it says, this card has been given to you to encourage a good conversation with a friend, family member or a random person.

Here are some questions to ask:

1. What have you struggled with in the last week?
2. What do you want to work on in the next week?
3. What are you proud of?
4. What gives you hope?

The Yarns Men, a registered Charity, was formerly Hope Upstream Charitable Trust based in New Zealand. Their mission is to create opportunities for men to experience life through good yarns.

Their goal is to work with every working age man in Christchurch over the next two or three years. I’m personally not sure if this is achievable, however they aspire to create zero suicide communities. It’s important to note that we need to say death by suicide not committed suicide.

It is a concern that 50% of attempted suicides are working age men, the majority having experienced a relationship breakdown in the 12 – 48 hours prior. They have used Truwind Research First to measure the success of the organisation. In 2024 they created opportunities for 600 yarns and hosted 23 events.

The Yarns Men are planning a pilot programme in collaboration with Pegasus Health and four Medical Centres in St Martins for socially prescribed yarns. This means health care workers will connect patients to a range of non-clinical or medical services in the community to improve both health and wellbeing.

They have also started a new variation with walking yarns. There is also a podcast covering a number of topics, including suicide. A motorbike with sidecar, called The Yarns Mobile, is being developed to be used when having a conversation. This is certainly a creative approach.

By creating a safe space for men to have open and honest conversations with someone who cares and listens, the number of suicides may be reduced and mental health in our communities may be improved. The Yarns Men are working to ensure this happens.

The Yarns Men have a dedicated team who are passionate about creating a better future for men in New Zealand. They are trained in Peer Support, Mental Health and Suicide Prevention. The preference is for an in person conversation rather than a phone call. Although they are not a crisis service or helpline, from the conversation another support organisation may be suggested and help with a referral is given.

If you, or you know someone who is keen to have a yarn, feel free to make contact: matthew@yarnsmen.co.nz the.yarnsmen@gmail.com

Thanks to Viv for the report and photo.

Upcoming Meetings

27/11/2024	Peter Hope	The Sante Story – Marketing New Zealand Organic Wholefoods around the Globe
4/12/2024	John Veale	My Life as an Optometrist & twenty years of Rose Charities
11th December 6 pm	Rotary Christmas Dinner	@ the Canterbury Club . Details, below (page 3)

• **FIRST WALK AND LUNCH FOR 2025 – THURSDAY 20 FEBRUARY**

• **Street Appeal Dates:**

Aviva

May 16th and 17th

Or

May 23rd and 24th.

New World, St. Martin's.

This date will all be confirmed nearer the time of the appeals.

Notices:



Rotary Christmas Dinner

Wednesday 11th December 6 pm

We are off to the Canterbury Club this year. \$45 per head.

Fare includes Xmas Ham and Plum pudding

It will be great to have you all there

Please pay for dinner ahead to Rotary Account

03 1599 0081963 00 or alternatively you can pay on the night.

Car parking handy to venue

Formal dress i.e. Long sleeved business shirt for the men and dress trousers (no polos or logos) and elegant dress or trousers for the women

Graeme Dockrill will be our MC and special thanks to him for arranging this lovely venue



Please let David know if you are attending. Ph 027 290 0946

- **Duties:**

Duty	27-Nov-24	4-Dec-24	11-Dec-24
Cash Desk	A McKinnon	M Bruce	A McCully
Cash Desk	D Peterson	P Mears	M Opie
Reception	G Bailey	A Kim	A Stewart
Speaker's Host	A McCully	G Dockrill	#N/A
Grace	A McCully	G Dockrill	H Garlick
International Toast	G Bailey	A Kim	#N/A
Thanks to Speaker	D Peterson	P Mears	#N/A
Quote for the Week	A McKinnon	M Bruce	#N/A
Speaker Reporter	M Opie	A Airay	G Bailey
Sergeant	A Airay	V Ellis	#N/A

- **Leave:**

WHO	FROM	TO
J Wylie		TBA
S Hays	11/08/20	TBA
E Bermingham	01/01/23	TBA
S McLean	20/03/24	TBA
L Brown	01/05/24	TBA
S Mackenzie	23/10/24	30/11/24
R McKinney	13/09/24	mid- April
R Palmer	03/11/24	TBA

The link for the club web pages is www.christchurchsouthrotary.org.nz

The link to club Facebook pages

is <https://www.facebook.com/ChristchurchSouthRotary/>

Reminders:

APOLOGIES

Record your apology at the Reception Desk at a prior meeting, OR email: chchsouthrotary@gmail.com before 11.00am Wednesday.

You will get a reminder a couple of days before the meeting re apologising and to advise if bringing a guest.

Emergency apologies to Alan McKinnon (021 142 7668)

OR, Club Secretary Viv Ellis (027 490 3161)

DUTIES If you are unable to carry out your allocated duty, it is YOUR responsibility to arrange a substitute.

LEAVE OF ABSENCE

Please advise all leave of absence of 3 or more weeks to the Secretary, by email or in writing