

## Amigos Newsletter Paenga-Whāwhā (Apr) 2023



### Mission Statement

To provide peer support in welcoming groups to foster friendship and self-development for people who have experienced mental distress, in order to enhance their wellbeing.

Amigos is a group of adults who have experienced distress and are interested in connecting with other adults who have had similar experiences for friendship, to help in their recovery, and as a stepping stone to integration within the wider community.



### Amigos Christmas and April Barbeques:

Amigos' Christmas barbecue was held at Shorland Park in Island Bay, Wellington, on Wednesday the 6th December at midday. We had 31 people attend, which may have been lower than last year due to the windy and slightly cold day and the recent rise in covid cases again.

Everyone that attended had a nice time mingling and sharing kai together. There were 13 people from Te Whare o Matairangi who brought some salads for us all to enjoy.

A Second Barbeque was held on the 5th April at Shorland Park. Sixteen people enjoyed good food and some time in the sun.

### Karaoke:

On Saturday the 5th of Nov Amigos held another karaoke event which was attended by 15 people. People really enjoyed singing and mingling with friends. Look out for future Karaoke events this year!

### Smokers and Vapers:

Want to Quit? Need support? Would a weekly meeting in the CBD interest you? Contact Amigos Peer Support.

### New Coordinator:

Mary Carr has been appointed as the new coordinator. Items of news and photographs for the Newsletter are always welcome.

**We hope that you are all keeping warm, well and connected as we move into the cooler weather.**