

Contact details:

Phone: 0204 069 4484

**Phone contact hours:
Monday to Friday 9am-
5pm only.**

**Email:
steve.kohler@xtra.co.nz**

Web site:

Google “amigos peer support”. Our web site is the Wix web site listed.



Amigos Newsletter *Issue Feb 2016*

Amigos is a series of peer run and led groups made up of people who have experienced mental distress and are interested in connecting with other adults of all ages who have had similar experiences for:

- *Friendship
- *To help in their recovery
- *As a stepping stone to integration with the community

Amigos is Wellington based and is run by a committed group of people with lived experience of mental distress and is supported by Kites Trust, Christine Taylor Foundation for Mental Health and Wellington After-Care Assn Inc.

People working together

We are nothing without people. A community is only as strong as it is if people look out for each other. So get out there and give every day that you can. You may never know how that giving may impact someone's life out in the community but it does affect people and it will be remembered.

Welcome back to Amigos in 2016.

First of all, a big thank you to Richard for stepping in as team leader when Jan resigned last year. He kept Amigos running and added a sports group as well as beginning the organisation for a drama group. In addition, he introduced a buzzy collaboration with Wellington Aftercare Association.

We are also very grateful to Jan who stepped back up as interim team leader when Richard was obliged to resign towards the end of 2015. She worked out agendas for our meetings, acted as chairwoman and kept us all on track (as well as all the other stuff we don't know about). Jan is also helping me with this newsletter.

Thank you to Steve for setting up our new website. It has descriptions of the groups, pictures of the people and a map of how to get to Ace House. It has proved very popular with 37 visits in the first 16 days of February. Steve has also done the computer work for this newsletter and our leaflet.

The Christine Taylor Foundation have provided funding. Kites Trust manage our account and help in other ways including free photocopying.

Finally, thank you to all the other people who give their time and energy in so many ways to keep Amigos running and expanding.

Sports Group

We welcomed Fiona to Amigos last year. In November and December last year she ran the sports group with hockey, soccer and bowls, all indoor. There were games to help us learn each other's names. There was also quoits, skipping and ... what's the name of the game where you try to hit people with a ball? That one. Stretching exercises to warm down and finish off. You didn't need to be good at sports to enjoy the group, as I can personally attest.

Fiona left Amigos when she found a permanent paid position at Emerge Aotearoa. We were sorry to lose her as she did such a fantastic job, but we wish her all the best. Mandy has offered to replace her and we are looking for someone to share the role with her.

Drama Group

Amigos is also organising a drama group. Ali Little is going to lead Joy of Improvisation. Portia will be assisting. Starts 16 March. Look out for flyer.

The sports and drama group will be open to people from the Wellington Hospital Recovery Unit.

Wellington After-Care Association

Last year the Wellington After-Care Association began working with Amigos.

“Amigos is a mental health peer led and run community organisation that has been offering community activities for the last five years. Wellington After-Care Association is umbrellaing Amigos for this project. Amigos also works in partnership with Kites Trust and Te Aro Korowai and has recently developed a relationship with the Recovery Unit at Wellington Hospital. Wellington After-Care has been providing support and services for people with disabilities for over 87 years and has extensive contacts and networks in Wellington region.” Kervin Farr, General Manager

Wellington After-Care has offered its venue Ace House free to Amigos. They let us use their van for outings, also providing the petrol. Kervin also helps us with funding applications and all of the staff have been most accommodating and helpful.

Best wishes to everyone for 2016.

Deirdre Parkes

Art and Craft Group

Outing

Eight Amigos set off to explore the wilds of Pukerua Bay and look for craft materials.

Nick was our wonderful driver. On arrival we looked at the plentiful driftwood and picked out all the promising looking pieces. In the end we had a large pile. Stones, shells and seaweed we added for collages and decorating frames. Some of us explored the rocks for seashore life too.

Next we went for a walk up the path of the hill. It gave us the most beautiful view of the bay. Then all aboard for coffee and afternoon tea at a café. We went home looking forward to making crafts with our booty from the beach.



Figure 1 Gathering driftwood at Pukerua Bay



Figure 2 Driftwood boat

Christmas Celebration



Figure 3 Three Amigos

The Amigos group met on Wednesday December 16, 2015 for a Christmas celebration at Ace House, Mt Victoria, Wellington. A total of 16 people attended. There was plenty of food and a good time was had by all.

Bruce



Figure 4 Christmas Party Spread

Creative Writing Event

Written by Marise, an Amigos committee member.

An outing for the group in January to Oriental Bay. 10 of us met up outside of The Wellington Library. We headed to Oriental Bay on a lovely Wellington Evening. We had borrowed a van from ACE House and because the van was full, I drove my own car.

Once at Oriental Bay 1/2 of half us went in search for ice cream and the other 1/2 went to the Beach Babylon for various cakes and non-alcoholic beverages. The service was very good, so were our various cakes, and beverages. After which the group met up again and crossed the road to the beach side of Oriental Bay.

A couple of large boxes of coloured chalk (pre-planned) were produced and everyone wrote lovely messages and drew pictures on the pavement. Covering a bit of distance around the Bay doing this we passed a few people fishing off the concrete wall and joggers and people walking in the area. The public stopping to read our messages and admired our pictures along the way. We finished up at a little park across the road where there was a concrete Text Sculpture, for a rest before we headed back to our vehicles to head back to the Library. This turned out to be a great time out and a jolly good time was had by all.

Art and Craft Group

Outing on Saturday 16 January 2016

The Art and Craft Group went on a shopping trip to Pete's Emporium in Porirua and Lower Hutt. We were dazzled by the huge range of craft supplies in both stores. We had fun choosing new craft equipment, including shaped paper punches, embroidery thread, metallic coloured card and stamps.

Then we went to a café for afternoon tea. Again Nick drove the van and we are very grateful to him.

Creative Writing Event

Creative Writing Group Outing

In the year of last,

The Amigos group went on an excursion.....

Nick drove the van and Rick kept all the other friends happy and chatty.

Off they all went Jan, Alana and Michael included!

To a place where text, word and papyrus were celebrated and exuded....

Sydney hosted and supported our trip to Wai-te-Ata press and

With her help we mastered a poster no less....

The typeset experience was great, here are the letters to share!

Alana



Figure 5 The printing block

PRINTERS!

for a **DEVIL** day



SKIPPING DANCE STEPS

the cat in the cat

RICHARD SHIRLEY

Michæel in print...

Writing Workshop

It is our light, not our darkness

Figure 6 The page we printed



Figure 7 At the printing press



Figure 8 Using the press

Poem by Natalia Roschina

Voices in my head

Voices in my head
Some are alive, some are dead
Some are too loud
In my head like a cloud
Hurting me much
Hell got its touch
Voices in my head
Nearly making me dead.

How to deal with voices
It's not a piece of cake
All of ugly voices
Full of only hate
Or maybe we should look at them
Like a piece of cake
And we should ignore them
And only eat the cake...

November 2015