



Welcome to the June edition of the Amigos Newsletter 2016

Amigos is a group of adults who have experienced mental 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 with the community.

Amigos is Spanish for friends and we are always looking for more Amigos. So try one of the following groups to see what you would like to do or feel free to try all of them and see what works for you. Either way we look forward to seeing you soon.

Amigos Coffee Club



This group meets weekly on a Tuesday afternoon in Newtown. It gives you a chance to catch up with old friends and an opportunity to make new friends. Here's what one participant has had to say about the group: "I go to the Amigos coffee group to make social contact as I tend to suffer with social anxiety and it helps. I also feel some empathy with the people there as they too have been through the mental health system. I guess it's my way of offering a little support too."

Times: Tuesday 1.30pm-2.30pm. Location: Baobab Café/Newtown shops/
152 Riddiford Street (opposite Wilson Street)

Amigos Creative Writing Group



This group meets weekly on Thursday evenings in the central city. A typical writing group sessions consists of members bring starters (something for group members to write about) and the group spends 10 mins writing about the starter. Then, if they want to, people share what they have written. All levels of ability are catered for so come and give it a go. It's fun.

Here's what one participant has to say about their experience: "Writing with others makes me feel a part of a community like-minded people and I am always encouraged to write the most creatively that I can. I am often surprised by what I come up with in such a short time."

Times: Meets Thursday from 5.30-6.30pm.

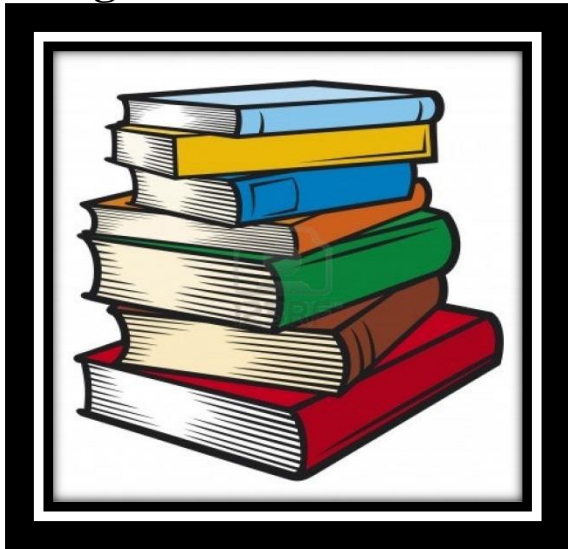
Location: Clark's Café

Wellington Central Library

Victoria Street



Amigos Book Club



This group meets the first Monday of the month. A typical meeting involves members discussing books and articles that they have read and think others might be interested in. One participant describes their experience like this “the discussion is often lively and you never know where the discussions end up.”

Time: First Monday of the month from 1.30-2.30pm.

Location: Penthouse Café

Ohiro Road

Brooklyn

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Amigos go on an outing to Maraka Beach

“Six of us met at Ace House at 11am, and with Nick driving, we headed for Maraka via Aro Valley and Karori. We had coffee at Maraka. They kindly allowed us to eat our packed lunches in the cafe with our coffees as it was windy on the beach. It was followed by cake as it was Natalia’s birthday. Chocolate cake yum! They wouldn’t let me sing her Happy Birthday.

After lunch we went for a work around to Opau bay. The more intrepid among us climb the hill to get the view while the others sat and chat and enjoyed the sea air. We walk back to Maraka.

We decided to drive back via Takarau Gorge Road and Stopped in Ohariu Valley for a coffee at Horse stables. Celia had a Pink Princess to drink! By all accounts everyone had a great time and would like to do it again.”

Amigos Art & Craft Group

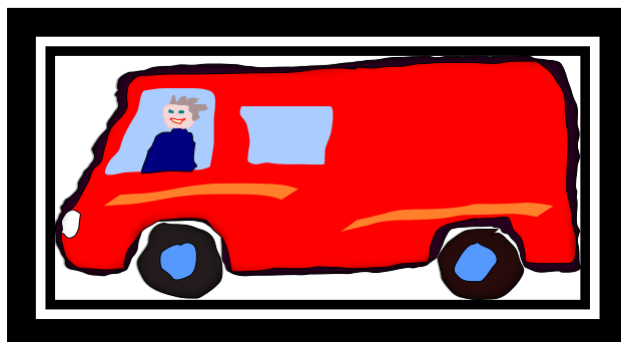


The Arts and Crafts group is another great place to try a hobby out or perhaps find a new one. One participant describes our Arts and Crafts group as a “great place to work on your project or just come for some company, either way you are welcome.” Tea, coffee and materials are provided.

Times: Every fourth Saturday from 2pm-5.30pm.

Location: Ace House
111 Brougham Street
Mount Victoria.

If you are unable to get there, we will organise a lift there and back. Phone and give at least three or four days advance notice.



Amigos Drama Group



This year the Amigos team dug deep out of its idea bag and decided to run a drama group and this is how it went:

“Drama Group (Joy of Improv) Group Leader, Ali Little was enthusiastic and energetic in her presentation of a most enjoyable eight weeks of fun and group learning through sharing her skills in Theatre Improv. Everyone who participated gained confidence and self-esteem with regard to their creativity and expression in interacting with others through inventing group stories, acting out games, creating group songs, fun with large puppets, and all sorts of interaction based on imagination and fun. We were all good friends by the end of the course, and we all want more, please!”

*The drama group is currently taking a break.



Amigos Sports Group



Another idea from our Amigos team was to run a sports group and so we did. Here are what one of the participants had to say:

“I attended the Amigos sports group over a period of several months in late 2015. I thoroughly enjoyed attending these sessions. They were fun, and there were a variety of activities to participate in. I got to meet a lot of new peers. This has built my confidence in building new relationships and interacting in the community. I found Fiona to be extremely organised and communicated well with all. She organised a good structure for the full two hours, and she always had plenty of equipment for us to use. She encouraged us all to participate. I found Fiona to be a brilliant leader. I would like to see the sports group continue as it is a great way to meet other peers and help in their recovery.”

Here what our first sports group leader Fiona had to say about her experience:

“I was the group leader for the Amigos sports group in November and December 2015. Four sessions were held, at the Newtown Hall on the corner of Daniell and Constable Streets. We played a range of sports like soccer, hockey, volleyball, and dodgeball, using equipment hired from Wellington City Council. We also played less active games like "zip zap pop", the chocolate game, the bamboo stick game, and gumboot and jandal throwing. The chocolate game was a particular favourite!

Group members were able to give suggestions for activities, and were able to participate as much or as little as they liked. Turnout was good, with at least five members at each group and up to 15 at times. We welcomed peers from the community and from Te Whare O Matairangi, along with members of the occupational therapy team. Amigos members enjoyed the group; with some saying it was the highlight of their day and many saying they would return if the sports group was run again in 2016.”

*The Amigos sports group ran for a less frequent time during 2016 and was also enjoyed despite the challenges involved. This group is currently taking a break for a while.

Have you got any questions?

Feel free to contact us by phone:

Monday to Friday 9am-5pm only on 0204 069 4484

Or by email on:

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Find us online here:

<http://amigosnz.wix.com/amigospeersupportwnz>

Amigos is run entirely by volunteers and are supported by these wonderful organizations: Kites Trust, The Christine Taylor Foundation for Mental Health and Wellington After-Care Assn Inc.

