



## **Welcome to the July 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.

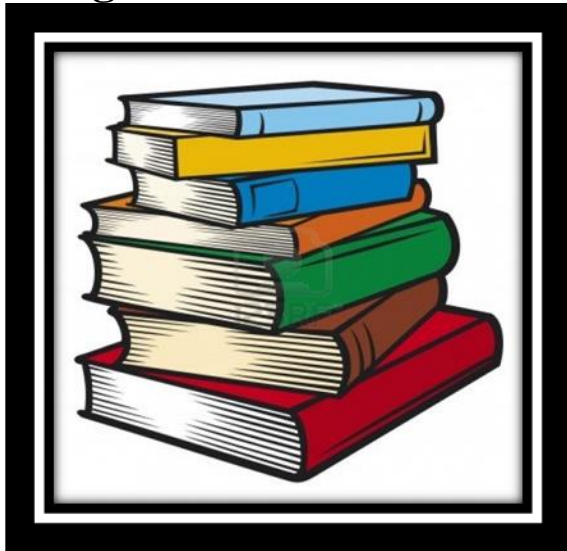
Location: Clark's Café

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 has a community shared winter meal**



Amigos has shared meals from time to time usually to coincide with the changing of or during one of the four seasons. This time we held our meal at Wellington After-Care Association’s Ace House in Mt Victoria and here was what one participant had to say about their experience:

“I loved eating the chicken and fruit that was available. It was great seeing old friends and it was a chance to meet someone new. Everyone I talked to was pleased to be out and about despite the cold weather and sharing the meal with everyone. There was great natural light coming through the dining room’s many windows which added to the general upbeat atmosphere. I look forward to coming along to another meal and seeing everyone 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-5pm.

Location: Ace House

111 Brougham Street

Mount Victoria.



## **Amigos Sports Group**



The Amigos sports group became the Maori traditional games group between April and June 2016 and this is what one Amigo had to say about their experience:

“Our capable tutor was Marina Kirikiri who taught us traditional games modified for the hall we were using. Marina had us saying Maori words as we passed a ball or passed a giant poi or performed gestures.

One of my difficulties was calling out tahi rua tou wha, but counted backwards while playing one of the games as it never had occurred to me to try saying them in reverse order.

One of the games involved us standing in a circle and throwing a soft ball at 3 objects in the centre, and sure got you puffing. Thanks Marina for a nice introduction to Maori games of the past.”

\*The Sports Group is currently taking a break.

## **Realities Group**

Realites is a new group supporting people who experience, or who have experienced, living in a different reality to others. It provides a safe place to discuss realities, without judgement.

Your reality may include altered sensory experience-(“voices” (audial), visual, smell, taste, touch.) It may include spiritual experience and heightened awareness. It may be that you have a different take on life than others. There may be other ways you interpret reality differently.

You are invited to attend the next Realities meeting. As part of Realities a group member will give a talk and then there will be a discussion afterwards. Realities will be held at the Newtown Community Centre, corner Rintoul and Colombo streets, Newtown, in the top room from 6pm-7.30pm.

Held on Wednesday 10 August and Wednesday 24 August.

\*We would appreciate a \$2 contribution to cover room hire.

Please RSVP to Dennis at: 0220727147, or feel free to call if you have any questions.

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## **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:

[steve.kohler@xtra.co.nz](mailto:steve.kohler@xtra.co.nz)

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.

