



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.

Coffee Group at Baobab Cafe

Thank you to the Group leaders who committed to running this group for many years. The staff are very friendly and obliging and our tables are always full with people catching up or want to sit quietly. It has been great catching up with people during Christmas and New Year while everything else has been closed for the Christmas break. This group has had a resurgence in attendance numbers over Spring/early Summer, and now that Te Whare Matairangi is back in Newtown.

Christmas BBQ at Shoreland Park Island Bay

This was a huge success and a large number of people attended and enjoyed this event. It was a lovely sunny day. Thank you to the people from Te Whare O Matairangi ward who brought along delicious homemade brownie slices and the amazing pasta salad that I am sure feed everyone twice over. Thank you to the clever people who got the bbq cooking underway and everyone who contributed to it and organised the food preparation.



Figure 1: Amigos at our bbq in December.

Thank you to Amigos Volunteers

A committee member comments “Having attended Amigo's groups, events and outings, and also a Committee member for many years, I would like to thank again all the people behind the scenes in Amigo's who's commendable continued tireless effort, commitment, skills, time, passion, encouragement, hard work and organisation: the Founder, administrator, Committee Members, Group Leaders, and all the Volunteers who help make Amigos' the success it is today.”

New Coffee Group at Kilbirnie

An Amigo writes “Thank you to the Group leader who has committed to running this group. Hey George is a lovely cafe and I have attended this group several times.” The group leader says “I take a coffee group for Amigos on a Thursday (ed: at Kilbirnie) which has only been going for a couple of months. It is proving to be popular with participants. It means people are socialising with one another and meeting new people. Hopefully the group will also continue for the future.”

Coming up in February: New Group; Joy of Improv

Starting Friday February 7th 1-3pm

Venue: Newtown Hall, Daniel St, Newtown.

Weekly for 8 weeks.

Come a long and play the games that people use to practice for Theatre sports. It is great fun and builds your confidence. Puppet week is my favorite.

Register your interest with Steve on 04 385 4752.

Come and join in the fun!



Figure 2: Amigos at our shared meal in September.