



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.

News

Jan our Founder has had an interview by Newtown Community and Culture centre as a Notorious Newtowner, If you want to know more read the Newtown Community News or turn the page for a reprint of article.

Groups Report Back

There is a Positive Outlook for 2020 with all the groups starting again. Here is what's been going on.

The Coffee Groups have started well, I have been to a couple of the coffee groups and have found them to be a real good get together as you know some of us already know too.

The Walking Group has found more interest with new people from the group who want to do walking

The Reality Group has had high attendance which is a real bonus for the group.

The Writing Group is stable and will be run by Dennis in the ongoing weeks.

The Mindfulness Group has increased in numbers at the moment, come along for a Relaxing and Calming Session. After there is a Natter and Chatter for ½ hour to 1 hour with a cuppa.

The Arts & Crafts Group is a good get together with lots of Fun. You can bring your Arts or Crafts along and start or finish them off. You can also Sing or Listen to Music and talk to those you connect with on a one to one basis with a cup of coffee or tea.

Joke of the month

Lady: How does writing work?

Writer: Well you type and you delete, you rethink. Then you do 187 minutes of research and correct it, you reread and wonder if you have the gasp of English, then you revise.

Lady: Then you're done with the book?

Writer: Then you move to the next sentence.



Notorious Newtowner, reprinted with permission from [Newtown News](#)

Jan is a true Wellingtonian! Despite spending 18 months gallivanting around the globe for work - to exotic locations like New York and Niue - she always found herself drawn back to Wellington 'because my family and friends are here'. And Newtown is the birthplace of the mental health organisation that Jan founded - 'Amigos Peer Support'!

Amigos is a volunteer run peer-support group for people who have experienced mental distress - Jan says peer support 'is about the community looking after ourselves' meaning the activities are all run by volunteers 'who are just other people experiencing the same kind of things'. At Amigos 'no one will tell you "you're mad" - we're welcoming and non-judgemental because we know what people are going through.' They run a wide range of activities to suit everyone - from walking groups to coffee catch-ups (at Baobab of course), curry lunches (at Curry Heaven, mmmmm!) to creative & art groups.

We talk about friendship and its importance for improving mental health - Jan says, 'it's harder to make friends when you're feeling down - but it is when you most need them' - and that's why Amigos exists - to facilitate those connections. 'I've made lasting friendships through the group, and I've seen other friendships blossoming as well.'

Jan puts in heaps of work, but you certainly can't be an Amigo alone, so she wants to give a huge shout out 'to all the committed volunteers'. As a self-confessed 'joiner-inner' Jan finds that she can become over-committed. Her top-tip for self care (other than joining one of the Amigos groups!) is: 'be prepared to say no, or say you have to go check your diary before committing to things - you don't have to do everything for everyone'.

Jan loves the cafes of Newtown 'I can't walk past a flapjack at Mr Bun & Baobab garden is also a fave spot - keep the vibe going Newtown!' Jan loves keeping up with current events (she's great in a quiz!), keeping fit and getting out and about for walks - 'it really clears the mind'. The Amigos' walking group's recommended Newtown walks are up into the Town Belt and around the zoo area.

Jan's other top-tip for wellness is simply to 'talk about it. The zipped-up-ness of NZ is changing, but you have to talk'. So get talking Newtown - preferably to an Amigo, who may well become a new friend.

Amigos relies entirely on volunteers - if you would like to join as a participant or group-leader check out their website: www.amigospeersupport.nz or call Jan 021 211 8808 or Steve 04 385 4752 (9-5 M-F) and friends are here'.