

# Amigos Newsletter November 2020



## 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

We have received funding from Wellington Community Trust to help us with training and with an initiative called Get Amigos Moving. The latter means we will give to the first 20 Amigos to apply, a free Snapper card loaded with \$20, in order to encourage them to come to Amigos events. Our Amigos promotional advertisement is now airing on the Kordia TV channel (on Freeview). Propeller Productions kindly worked on the advert we had produced, to make it TV-compatible and they did this gratis. Our presence on Kordia lasts for two months and takes advantage of Kordia's offer to give community groups free air time during the COVID-19 pandemic (which we remind you, is still at Level 1). The advert is 60 seconds long and you can see it just before 9am and 3pm on Sundays, as well as other times.

## Groups Report Back

The writing group numbers have been steady. We have had some fun exercises over the last month. The last group enjoyed exercises on the theme of surprises. The writing group has been a launching pad for people who have gone on to write poetry, write a children's book, or join more directed groups. Many people find the group therapeutic and enjoyable and have found it to be a stable influence in their life.

The Newtown café group has been faring fairly well; almost meeting our target of 11 people per week. On sunny days we enjoy the outdoors space (at Baobab Café), and Te Whare O Matairangi (the mental health recovery unit) are once again bring people to this coffee group. We continue to have a good relationship with the staff at the café.

## Coordinator's Summary

We have come through a stormy spring and are hoping for a hot summer. Our numbers have dropped and plateaued after covid-19 lockdowns and restrictions. November figures show a slight increase in and we hope this will continue into the summer.

New groups running since July are a coffee group, followed by sing for Fun, in Porirua on Wednesday afternoons. At Evaro we are running a Movement for fun group on Saturdays, where we play fun games to move your body and improve your health. Look forward to seeing you there