



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 completed our 6-Monthly report to Tu Ora /Compass Health. Our attendance numbers are up on the same period last year. The Amigos committee is having a planning day in January.

Xmas BBQ

We had a record attendance at our Xmas BBQ at Shorland Park. It was a lovely Sunny day. We enjoyed good food and good company. There will be another BBQ on 19 February at Otari Wilton Bush. Put it in your diary.

Figure1: Xmas BBQ at Shorland Park, Island Bay

Groups Report Back

Movement for fun

Movement for fun is a small but keen group. We have been having fun playing games like: hockey with noodles (That's Swimming noodles); paper, scissors rock using our whole bodies and voices. Our favorite game is cones and bowls. It really gets your heart pumping. Come along and play every Saturday at 1pm at Evaro.

Sing for fun / Waiata/ Porirua Coffee group

Come and socialise with a coffee at Pataka on Wednesday afternoon and then join in the sing for fun group afterwards. The singing is done in a fun and friendly way. The songs are in Maori and English. Let Steve know if there is any particular song you want to sing and he will look up the music and bring the words along. We are getting 8 to 10 people at coffee and Sing for Fun groups which is very pleasing.