



### 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.



### Karaoke with Daniel.

In January we were entertained by Daniel, providing us with a karaoke experience. The afternoon was fantastic. With there being 11 of us. No time for shyness every got up and had a turn. The music was fantastic to which everyone could sing. Looking forward to the next one.

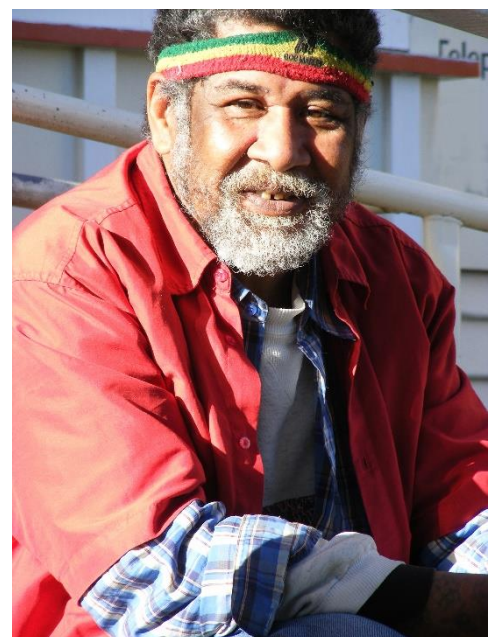
We are planning another experience after Covid has peaked and settled down.

Figure 1 Steve enjoying karaoke

### Loss of a Wonderful Amigo

Incredibly sadly, Piripi (Phil) Smith has passed away, leaving us all shell-shocked and sad. He passed on Sunday 27<sup>th</sup> February 2022. Piripi gave us love and support through his presence at many key Amigos events, and was a real character. As Jan, our coordinator said "He was one of our favourite people!".

Piripi would come regularly to the Tuesday café group at Newtown all the way from Titahi Bay, which was an effort both physically and financially. He was always positive, had a great smile, and touched the hearts of us all.



Dear Phil we trust you are with the angels and your headband is now made of plaited gold. Haere ra e hoa.