

Amigos Newsletter June 2022



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.



Figure 1: Chloe, Neesha and Jan at the farewell.

Jan's Farewell

Amigos has been going through big changes. Jan Lowrie, our founder and Coordinator all these years, has decided to stand down. Jan volunteered her time all these 11 years! Jan will be greatly missed but she says she will visit Amigos groups from time to time. In June, we had a farewell for Jan (see photos).

Co-ordinator Role:

Our new Coordinator is Anita Maitland, and our new Assistant Coordinator is Indigo Ireland. We welcome them both aboard and we are looking forward to working with them.

We recently received funding from the Ministry of Health to run a programme of "peer support activities that contribute to vaccination uptake activities, and other health promotion and prevention activities." From this funding we are able to now pay Anita and Indigo in their roles.



Figure 2: Steve and Jan cutting the cake at the farewell.