

Amigos Newsletter May 2023



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.



Figure 1: Amigos guitar group at open mic, Newtown – photo by Patrick Flanagan

Guitar Group

On Sunday 30th April, our guitar group performed 3 songs at open mic at The Office in Newtown. We got to showcase our talent with people who have a common interest. A wonderful time and looking forward to another open mic. We had practiced our songs for about 2 months, so that when we went live, it went smoothly. We were warmly received by the audience of about 20 people.

Movie Trip:

Several weeks ago eleven of us Amigos went along to the Penthouse cinema and enjoyed the movie Red White and Brass. It was a great movie and all had a good time.

Te Reo Class:

Three Amigos began a Te Reo course in May. One person says “Not having done Te Reo before, I'm finding the course very good. I love the Maori language and hope to eventually be able to speak the basics”.

First Aid Course:

Recently, on Monday 01 May, seven Amigos participated in an Essential First Aid course run by NZ Red Cross at its base in Molesworth Street, Wellington. We were taught, and to a limited extent practised, how to identify a variety of medical/health emergencies that we might come across in our ordinary day-to-day lives, and then what steps we could take to provide that person with immediate primary care.