

Amigos Newsletter March 2024



Amigos Mission Statement:

Amigos provides peer support in welcoming groups to foster friendship and self-development for people who have experienced mental distress, in order to enhance their wellbeing.



Our coordinator:

Our coordinator, Mary Carr, passed away suddenly this past December, to our great shock and dismay. Mary was heavily involved in Amigos. She had agreed to a paid role, and threw herself into the task with great enthusiasm. It was a measure of her mana that hundreds of people turned out for her funeral. Mary had a lovely, gentle disposition and was very diligent in performing her duties. We wish Mary's family well and want them to know we greatly valued Mary's contribution to Amigos.

November 2023:

20 Amigos attended the Aotearoa Mental Health Film Festival, where we saw a selection of nine New Zealand short films. This was an insightful and thought-provoking experience for us. We found this a valuable opportunity to reflect on the importance of our mental health.

We began holding Coffee and Crafts Group at Te Whare O Matairangi (The Adult mental health facility in Wellington). This happens once a month, on the 3rd Saturday of each month. The kaupapa is to connect the patients more to Amigos so they can also enjoy the benefits of friendship and social connection, and to give them the confidence to attend Amigos events once they are discharged from the ward.

December 2023:

In December we enjoyed each other's company at the Christmas BBQ in Island Bay. 22 people attended this BBQ and had a lovely time catching up before the Christmas holidays.

Current events:

Wellington High School offer an amazing array of night classes for adults (many of which are free so definitely check them out!), 6 of our Amigos are currently enrolled in an Introductory Te Reo Māori course held at WHS. This has been a great opportunity for learning and pride in how we can support Māori language in our communities.