

Contact details

**Phone: 0204 069
4484**

**Phone contact
hours: Monday to
Friday 9am-5pm
only.**

**Email:
rich424857Amigo
s@gmail.com**

**Facebook page
address:**

<https://www.facebook.com/Amigoswellypeersupportgroupsnz?fref=ts>



Amigos

Amigos Newsletter *Issue three*

Amigos is a series of peer run and led groups made up of people who have experienced mental distress and are interested in connecting with other adults of all ages who have had similar experiences for:

- *Friendship
- *To help in their recovery
- *As a stepping stone to integration with the community

Amigos is Wellington based and is run by a committed group of people with lived experience of mental distress and is supported by Kites Trust, Christine Taylor Foundation for Mental Health and Wellington After-Care Assn Inc.

Mental Health Awareness Week

5 October to 11 October

We are nothing without people. A community is only as strong as it is if people look out for each other. So get out there and give not just for a week but every day. You may never know how that giving may impact someone's life out in the community but it does affect people and it will be remembered.

Give, Your Time, Your Words, Your Presence

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Amigos Coffee Group

Is an informal and friendly coffee group that meets on Tuesdays. It is for people who have had issues in the past with emotional distress. "I have found the group most welcoming and tolerant and it's a good way to socialise."

We meet at 1:30pm Tuesdays at the Baobab Café in Riddiford Street Newtown. That's on the right hand side going South, not far from the Post Shop. We usually get a table close to the door. There is a wonderful area out the back of the café which is nice on sunny days.

All welcome.

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Amigos Book Club

Read any good books lately? Then come and tell us about it at our Book Club. We meet to discuss books and articles that we have found interesting. These include novels, biographies, other non - fiction and even children's books. Self - help, philosophy, humour, adventure and science fiction are some of the categories our books are from.

There is lively discussion as the books are sometimes the starting point of a broader conversation. The Book Club meets at Clarks Café above the Central Library in Victoria St. It is 5.30 - 6.30pm on the first Monday of each month. Keep a look out for the little books and owl on the Book Club's table. Hope to see you there!

Amigos Writing Group



Meets once a week on a Thursday evening

Venue: Clark's Café/Central Library Victoria Street

Time: 5.30-6.30pm. Look for the ink bottle and feather on their table.

Here's an example of what a writing group session can look like.

Writing Starter: An empty glass perfume atomizer

Time limit for this writing exercise: 10minutes

Story title: Looking at you by Richard Anderson

The glass had no name and didn't want one. People took advantage of it. They cared for it and were indifferent about it. The glass was a mirror to the no-names of society. The glass was instead more interested in the reactions of the viewers.

Except one day the glass got given a name. "You're my best friend George." George was a strange name the glass thought. What is a George? The glass pondered for a few seconds and the usual passers-by reactions stayed as-people passing through.

The glass took a day off and ripped two sheets in half. One was to blind it and the other was to tie its feet. In this way the glass could never be ashamed about its ignorance to do with friends in low places-because someone cared enough to name it.

ART&CRAFT GROUP

"Hey all you art and crafters! Come and join our group at Ace House. We meet each month to work on our projects and have a chat. The group is open to men and women.

Even if you're not working on a project, you're welcome to come along for some company. I find crafts relaxing, and that it's easier to make conversation when the group has a focus such as art and crafts." Deirdre group leader.

The group meets on the fourth Saturday of every month, 2 - 4pm. Ace House, 111 Brougham St, Mt Victoria.

Sports Group leader needed: We at Amigos are looking for a sports group leader. Could you or someone you know be that person? The Group leader will be paid \$8 each time they lead a group. We are looking for someone to lead the group once a fortnight.

What we at Amigos are looking for in a group leader.

*Reliability

*Honesty

*A willingness to give things a go

*Lived experience of mental distress

*A willingness to work as part of a team

*Good communication skills

If this sounds like you, get in contact by phone and/or email and we will take it from there.

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Email: rich424857Amigos@gmail.com

Amigos event report: Movie day written by Deirdre an Amigos group leader and committee member

"The Man From U.N.C.L.E."

Russia and America join forces to destroy information enabling anyone to make a nuclear warhead. Chases, battles, double dealing, romance, excitement. Mission accomplished.

Amigos and the Mental Health Recovery Unit at Wellington Hospital join forces to bridge the space between the Recovery Unit and the community. Movie, popcorn, coffee, orange juice, chat. Mission accomplished, we hope.

Our hope is that the people from the Recovery Unit who come to our outings will join the Amigos community groups when they are discharged.

Join in group: Midday Monday Mix-Up out in Titahi Bay

Have a cup of coffee, enjoy some creativity, and give bowls or chess a try to name a few. Come along and enjoy some company-we would love to see you there.

Every: 2nd and 4th Monday of the month 11.30am at Titahi Bay Baptist Church-Corner of Waiuta & Kura Street.

Contact Aaron: (04) 236-6979 or 027-354-0054

Email: info@peertreehouse.co.nz

Feel free to drop by and join in on a group that interests you. Not sure what one suits? Why not try them all and find the one or more that suits you the most? We would love to see you there. Thank you for your interest in Amigos.

