

### 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 one*

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 volunteers with lived experience of mental distress and is supported by Kites Trust and Christine Taylor Foundation for Mental Health.

## **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.

--

## **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. 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

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.

--

## **Join in event:Poetry at the Fringe Café**

Come listen to some poetry! Perhaps read some of your own, and enjoy the friendly atmosphere. The first part of the evening is open mic, when people are invited to read their poems out if they would like to. One long one, two medium ones or three short ones is the most time allowed per person! Then a guest poet will recite poetry and sometimes prose from their own writing. There is often music and singing too.

Many of the guest poets and musicians are indigenous people and the poetry evenings provide a platform for them and others to perform. Come early to get a good seat!

This all happens at the Fringe Café, 26 - 32 Allen St, off Courtney Place. The Fringe Café is a short way down Allen St off Courtney Place, on the left. 4 - 6 pm every third Sunday of the month.

Contact details:

027 248 3540

Facebook at Poetry at the Fringe

--

## CRAFT GROUP

Hey all you knitters and crocheters! And any hobby that does not take much space! (Hand sewing, drawing...) Come and join our craft group at the Baobab Café. We meet each month to work on our projects and have a chat. Even if you're not working on a project, you're welcome to come along for some company. This group is now open to everyone regardless of gender.

The group meets the fourth Saturday of each month, 2 - 4 pm. Baobab Cafe

152 Riddiford St opposite Wilson St Newtown Shops.

--

Here are a few examples of the groups we run. 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.

