



SuperGrans, helping people to help themselves

WHAT DO SUPERGRANS DO?

Supergrans staff and volunteers help people to help themselves.

WHERE DO THEY DO IT?

In the client's home. In special circumstances in the Supergrans Lower Hutt office.

Please [contact us](#) if you are interested or check out our [Facebook Page](#).

Jenny: (not real name)

Suffered Post-natal depression after having her first child and the recent loss of her mother. As a result, herself –esteem plummeted and managing at home became impossible. Supergrans supported Jenny to explore her self-worth through the learning of home management and baking skills.

Developing the relationship with her SuperGran-mentor enabled Jenny to deal with the challenges she faced around loss/ grief and trauma and including the post-natal depression. Seven years later Jenny has her own business and now living life to the full with her husband and two children.

She attributes her successful to the support she received from her SuperGran mentor during a time in her life when everything felt very dark and overwhelming.

The Supergrans mentor, on hearing this story recently felt 'really good knowing that she made a difference to her life'.

Working with Supergrans can be as rewarding for the volunteer mentor as it is for the client.