



***We believe in helping people to help themselves.***

Supergrans Dunedin Charitable Trust was established in 2004 and is part of a nationwide network that was founded in 1993. We provide services to Dunedin City, including Mosgiel. At Supergrans we offer free holistic support to individuals and whanau who may need to learn new skills to survive and thrive in today's world.

In response to community need we aim to provide support that is practical, flexible, and non-judgemental.

To do this we have developed a service that provides one-on-one help (either in home or at our friendly premises) as well as small group workshops, on-going programmes, and drop-in services.

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

*Fantastic outfit. Very helpful without being judgemental!*

*'SuperGrans have been simply amazing for me and my family'*

*'SuperGrans have helped me in so many ways, to grow as a person, a mother and the courage to keep trying to do better'*

*'My SuperGran was so kind and helpful, I really appreciate what she has done for me'*

*'We have really enjoyed our time learning and growing with you guys! Very happy, helpful and respectful'*

*'Everybody needs a SUPERGRAN'*

*'Thank you so much for teaching me to cook easy recipes and you are an amazing person to be around'*