

**E manaaki tangata puawai tia| Helping people Flourish**

**Aotearoa Inc.**

**Our work and why we do it**

SuperGrans has been operating since 1993 and was started by Erin McMenamin in Lower Hutt. Erin received a QSM for her SuperGrans work. Erin noticed when working in a Food Bank that some items were being left behind – the ones that required cooking! Hence the birth of SuperGrans.

These days, there is much concern regarding the levels of poverty and child obesity in New Zealand and the long term ramifications for the individuals and whanau involved, for our communities and for the future of New Zealand.

SuperGrans are making a significant contribution towards helping New Zealand manage these risks by mentoring and teaching fundamental life skills which were once handed down inter-generationally much more readily than it seems they are today.

SuperGrans work typically includes mentoring the following life skills:

* Understanding good nutrition
* How to cook nourishing family meals on a minimal budget
* How to shop cost effectively for food
* How to grow food
* Home routines
* Environmental awareness in the home
* Preparing for employment
* Budgeting

**Who we work with**

We work at all levels of capability, all ages and with anyone that would like to learn the skills Supergrans mentor. Typically our clients are low income parents but many of the SuperGrans work with older youth and in schools too.

We are a highly collaborative organisation and work with whatever community organisation is appropriate to ensure our clients are supported to learn whatever they need and get assistance with their situation so that they are safe and able to engage with new ways of doing things.

**The SuperGrans model**

The commonality between all SuperGrans is that they all offer one on one life skill mentoring, either in their own home or at another location if they prefer. In addition, many SuperGrans offer a range of Life Skill workshops working alongside volunteers.

Our model uses trained, mature volunteers matched closely to the client’s needs. All SuperGrans have managers and coordinators to monitor the volunteers and client progress and outcomes.

Our volunteers benefit enormously from sharing their experiences with younger people who are keen to learn. It is very satisfying for them and often provides a purpose in life that they didn’t have before.

**www.supergransaotearoa.org.nz**

SuperGrans don’t do things for people. We show people how to do things in a way that works for them and we support them to use their new skills in their every-day life until they’re really confident doing it.

**Our national organisation**

The SuperGrans organisations are all individual charitable trusts. This is important to us because it ensures we remain focused on the specific needs of our individual communities.

Our national organisation ‘SuperGrans Aotearoa’ ensures we are all connected, learning from each other and sharing our resources and experiences. SuperGrans Aotearoa keeps us in touch with the Community Services sector at a national level so that we are aware of opportunities to collaborate and grow. We all meet together at least twice a year for training and sharing of information.

SuperGrans is a growing organisation. In the last year, two new SuperGrans have begun operations and SuperGrans Aotearoa is currently supporting the establishment of further SuperGrans in areas which will most benefit from the life skills learning we offer.

A recent SuperGrans board forum in Wellington





