**Good Seed Trust - Mangere**

“I enjoy everytime I come to workshops, the SuperGrans team are very friendly and smiling face to welcome us. Second I enjoy tasting everything they make. I learn to cook with cheap ingredients and let the children help while cooking.” Peta

“Enjoyed learning quick and easy recipes. Love the non bake goodies too. Learnt new fun easy recipes to make with the kids”- Lianne

“Enjoyed learning about baking and do somethings new for Christmas, like create things instead of buying it. I learn how to make flower decorations and baking biscuits. Keep doing what you guys doing cos you guys are awesome with ideas, cos it always good to learn new things.” Anna

“ Learnt new recipes – interaction with new parents. All was good” Keshni

“What I enjoy about attending these cooking sessions is just coming together and meeting other mothers.  I have learned to make simple and easy affordable meals/finger foods that I’ve never made before and have put it in to use by using the recipes I have learnt from the cooking sessions to make at home for my family to try, and they enjoy trying new things I make 😊”

**SuperGrans Western Bay of Plenty**

One Mini Mum has now got a job and another is awaiting confirmation of work. They have said that attending the Mini Mum’s group has expanded their horizons and given them self-confidence and self- esteem. This has allowed them to apply for work.

**Manawatu SuperGrans**

Just wanted to thank you so much for what you do in the community. My father is elderly and lives with us now, but he does not know anyone we were the only people he saw, and he doesn’t go out.  I was very worried that he was lonely. One day I saw a group of Super Grans sharing a meal and having a great chat.  He came along to a Super Grans session and Loved it!  It is wonderful to see him with something to look forward to, and making friends again.   Thank you so much, you have made such a difference to his life.”

“I enjoyed the 2 receipes and the ice cream. Lovely gathering and sharing” Client (Roslyn Refugee Mothers’ Group)

“This is an amazing service, thanks very much. [Mentor] is extremely knowledgeable and it was great to be able to work with someone who knows so much and is happy to share her knowledge. She kept me going when I got frustrated and ready to give up…….” Sept 2016

“[Mentor] has been a great help. She actually inspired me to get into vegetable gardening. Thanks to her my confidence in the kitchen has increased, even my friends say that my cooking has got much better and more creative”. Sept 2016

*A family that we have been involved with for some time at Oranga Tamariki has really responded well to the services from Supergrans.*

*The referral to Supergrans was made because a mother (Kath – not her real name) was struggling with caring for the four year old son. There had been other services involved in the past however Kath responded best to the in home support.*

*Supergrans has been the one agency that has made an observable difference for both the child and Kath.*

*The support provided is at the pace of the family as the mother has a mental health diagnosis. The warm, non-judgemental care and practical support is what has made a difference.*

*The family worker identified some goals with Kath, One was to cook several different meals and some home baking.  . Previously the family had attended community meals several times a week which was stressful. However now Kath is making nutritious home cooked meals and feels confident in doing this.  She considers that this is a real accomplishment. Kath only attends one community meal and her evenings are more relaxed.*

*The family worker has worked together with Kath in establishing routines in the home and keeping the house tidy. The child and Kath have both responded well to this.   A regular bedtime and a safe and predictable routine have increased the child’s feelings of security and confidence.  He now listens to his mother!.*

*As well introducing books into the home and regular reading and visits to the Public library has also made a difference. The child is beginning to be school ready and Kath enjoys reading stories to him and they choose DVDs together. This is also a regular outing they both enjoy.*

*Kath has been encouraged to relate differently to her son and now gives lots of positive encouragement and praise. As the family worker has commented “This has filled his emotional tank”. The relationship is now warm and affectionate and the child’s behaviour has improved immensely.*

*The outcome of the support s that Kath is now more confident and socially outgoing. Her son can behave in public and is getting school ready. The family have travelled on a plane to a family  holiday in another city . Kath would never have had the confidence to do this a year ago !* ***Sally Massey Social Worker.(MVCOT) May 2017***

*With the help of SuperGrans, since the middle of 2016 we have been running series of workshops based on sewing and cooking in the Fielding Library. These have been a great success and well attended by a diverse range of members from our community.*

*SuperGrans and their volunteers ability to connect to wide range of people has seen a demonstrable increase in confidence of workshop participants. They have gained a number of life-long learning skills and friendships with the help and support of SuperGrans volunteers.*

*By Feidling Library partnering with SuperGrans in current and future programmes will see us support Council’s vision which is Connected, vibrant and thriving Manawatu – the best rural lifestyle in New Zealand and supports Council’s outcome to attract and retain residents.* ***Vicki Wills, Business and Planning Lead , Manawatu District Libraries, Feilding June 2017***

*“The SuperGrans sewing classes held in the Feilding Library have been helping me to achieve my goal of learning to sew so I can teach my daughters and make things for them. The classes have been fantastic so far. I have made muslin wraps, a skirt, a blanket and an outfit for my new born baby. have learnt how to cut out patterns and how to sew in zips. I look forward to attending more classes, to learn different techniques and to improve my skills.”* Kylie Marshall June 2017

*“An awesome fun and social way to learn a new craft. Love the tutors and all the passion and patience they show.” June 2017*

*My very patient tutor has made me feel so welcome, and as a complete beginner she has never made me feel silly for asking for help” June 2017*

*“I am very happy to join here. Here is very nice because teaching is very kind and specific.”*

*“They always kindly teaches and give suitable materials. I thanks to volunteers and this organization.” Wonok Lee Won June 2017*

***Manawatu SuperGrans volunteer feedback***

*“SuperGrans has helped me grow in confidence” June 2017*

*“As a mentor I enjoy teaching people to sew. They can then gain new skills in life, maybe make their own clothes etc.” June 2017*

**Wairarapa**

“I found the brain session very valuable and interesting, it helped me have an understanding on how I act and a bit about why I do what I do – and I am managing my stress levels a lot better at the moment - I fully enjoyed coming every Wednesday to Supergrans for my life skills course, felt welcomed and comfortable”

**Tairawhiti**

“If you’re wanting to make a positive and productive change in your life but need a bit of help to get started and going in the right direction, Supergrans transformative life skills course is perfect. Everyone is amazing and they’re all there to help. It’s definitely a unique and awesome place. “ (By a client on facebook)

**Lower Hutt/Wellington/Porirua**

Jenny: (not real name)

Suffered Post-natal depression after having her first child and the recent loss of her mother.

As a result her self –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.