

SuperGrans Aotearoa



# SuperGossip

## Reflections of Twenty Ten

As the year draws to a close and we look towards an exciting 2011, it is a good time to reflect on the ups and downs that have made up 2010.

This year, more so than many others has seen high highs and very sad lows.

*The sudden death of Don Corban (National Coordinator) in April was a devastating blow to the organisation and Don, his dry sense of humor and passion for SuperGrans will always be remembered fondly.*

The destruction and heartache caused by the September earthquake in Canterbury continues to impact on the lives of the people both within the city and its surrounding communities. The effects of this disaster will continue to be felt by the people of Canterbury long after the debris has been swept away and the buildings repaired.

*Sue Yorke—Manager of Christchurch SuperGrans has provided us with a wonderful insight further in this issue.*

The recession may officially be over but referrals to SuperGrans families and clients continue to grow at an alarming rate. Budgeting assistance and basic cooking mentoring are still very much the key areas in which help is sought.

*Highlights of 2010 include the achievement of 16 years since the very first SuperGrans branch was established. This happened to coincide with the 65th birthday of Erin McMenamin—who founded SuperGrans way back in 1994. It is a testament to the relevance of*

*her initial business model that has allowed SuperGrans to flourish and to be acknowledged and endorsed nationally.*

Manawatu SuperGrans also reached a milestone 5th Birthday. The contribution made to the community made by the team in Manawatu is immeasurable and they are a leading example of a branch providing services specific to their community.

*CRM, CRF, RBA have been all the buzz for the year. These acronyms for methods of government funding and reporting has meant new learning's for the SuperGrans management teams with the focus on outcomes as opposed to outputs and a desire to see collaboration and partnerships of those such as SuperGrans who deliver essential social services. SuperGrans continues to work within and grow our community agency and services network to ensure favorable outcomes for our clients. We have always known the difference our mentoring services makes to individuals and families within our community and now our funders and sponsors have a true measure and understanding of the enormous difference our volunteers make.*

The growth of the SuperGrans network of branches has been a national focus with strong contacts made in regions identified as needing the SuperGrans services. In addition, several branches have established satellite offices to better service their regions.

2011 and beyond will bring old and new challenges and trials to test our strength, fortitude and resilience as an organisation. By continuing to embrace and uphold the values and

not only to survive but to grow as a vital contributor to improving the health and wellbeing of the communities we love.

I would like to take this opportunity to extend our heartfelt thanks and admiration to all those individuals and groups who continue to support the SuperGrans network of branches—this includes all of our wonderful, selfless, generous Board of Trustee members, our volunteers, our staff, our funders, our social support agencies and colleagues and especially our clients, who's willingness to apply and embrace the learning's of their SuperGrans mentors are resulting in positive and longterm changes to themselves, their whanau and their communities.

Wishing you all a safe and harmonious holiday period.

Bridgette

### SuperGrans in New Zealand

- 10 Independent Charitable Trusts operating in 14 locations nationwide
- 28 Paid Support Staff Nationwide
- 150+ Volunteers
- 1800+ Individuals and families assisted by SuperGrans annually



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## DOT WHITE—ONE OF DUNEDIN'S GREAT SUPERGRANS



Somewhere, during the course of one of her busy days, Dot saw one of our SuperGrans posters and thought to herself – what a great idea if you have skills to pass on.

With a family of 2 + 2 grown up foster children, 7 Grandchildren and 1 great grandchild and having a liking to be involved with young people she thought about this concept.

A talk at Dot's Garden Club Meeting about SuperGrans by Marie sealed the deal and set Dot on track to become a Volunteer in October 2007. She has a wide range of skills including fostering and reading tutoring. Dot has lived in and been involved in her local community for many years and

knows what to expect regarding local clients and their needs.

Her passions are gardening – she belongs to 3 different Garden Clubs, is President of 2 of them and of course has a magnificent garden at her home where she breeds Birman cats. Dot has 3 mummy cats that recently had litters of kittens all of which have gone to new owners except for Oscar and the 4 of the youngest.

Highlights for Dot include “passing on her many skills and encouraging clients to progress”, visiting a client and “by the look on her face when you go in you know that they have worked out or achieved something and they are dying to share it with me”, finding that many clients feel free to open up and talk about problems and of course encouraging clients to develop gardening skills.

Perhaps the most heartfelt moment for Dot was when one of her clients and her baby attended the funeral of Dots daughter.

If there is anything to dislike about being a

SuperGran Dot would say that having a non-motivated client is hard work and the worst is arriving to visit a client and finding no-one home on a number of occasions.



Are you or anyone you know interested in knowing more about SuperGrans ?

Interested in becoming a SuperGran volunteer?

We would love to hear from you

Contact Your local branch (details on the back page) or go to our website

[www.supergran.org.nz](http://www.supergran.org.nz)

## Message from the Chair—Kim Penny

Welcome to the final edition of SuperGrans Super News for 2010, and my first editorial as Chairperson of SuperGrans Aotearoa. 2010 has seen many significant milestones for SuperGrans Aotearoa.

The death of our Coordinator Don Corban early in the year was a sad time for us and we miss his input and company, and our hearts go out to his family. However, securing Bridgette Silcock as our new Coordinator has brought a new and exciting face to SuperGrans Aotearoa and we are pleased with how quickly Bridgette has been able to put her mark on us!

Around the branches we have seen a 5<sup>th</sup> birthday party at SuperGrans Manawatu, the birth of a new branch in Kapiti, and with the extension of services to Porirua, another satellite branch for Lower Hutt. There are also promising indications from Whanganui for a satellite from the Manawatu office.

Many of the branches are fortunate to have Sages funding from the Ministry of Social Development and although new contracts from July 2011 have not yet been received, branches have had promising indications from the Ministry. We all look forward to having these contracts renewed

as soon as possible in 2011.

On behalf of SuperGrans Aotearoa I wish you all a restful, family filled summer, and look forward to your support again in 2011.

*Kim*



**SuperGrans National Conference**  
13—14 March 2011  
Details out soon..



## Canterbury ..... Shaken and Stirred 4th September 2010 ..... 4.36am ..... 7.1.....

When the earthquake struck Canterbury in the early hours of 4 Sept it changed us all forever and I think we will tell the stories of where we were and what happened for at least a generation, just as the survivors of the Napier earthquake have. I will never forget the growling and rumbling that felt as though the earth was going to burst open and swallow us up and the fear afterwards that someone we cared about might be hurt or dead somewhere in the city.

In some parts of Christchurch you would hardly know there had been an earthquake and in other parts it looks like a war zone. We all know people whose lives have been shattered. I live in Beckenham and feel guilty because we had minor damage to our home; but a friend who lives close by has been evacuated from their uninhabitable historic triple brick home. She and her husband, 3 children and the dog and cat have all got on with their lives but being self employed she is worried about what they will do if they can't rebuild soon. They have found rental accommodation but her jokes about having to live in a garage in 6 months time have a ring of truth to them.

My seven year old nephew's school was badly damaged and they have

been housed in other schools – he is quite anxious but likes that there are animals at his temporary new school. Some Supergrans staff, volunteers and trustees are unable to live in their homes and they are being incredibly positive and courageous – it is humbling. It is a time of extremes and we are all trying to cope as best we can and make some kind of sense of it.

In the weeks since this major and traumatic natural disaster we have learned a lot about ourselves and our environment. We have become experts on things we barely could spell beforehand – liquefaction for one. We have a new respect for kiwi expertise; we mourn some of our beautiful heritage buildings, we take sweepstakes on the severity of the aftershocks and debate knowledgeably on likely epicentres, and the size and depth of aftershocks.

We are interested in geotech reports and many are grappling with the small print in insurance, rental and mortgage documents.

We are also celebrating. We celebrate that no one died and for that we count our blessings.

We also celebrate the way our neighbourhoods and community pulled together and the responsiveness of a

whole raft of people and organisations who hit the ground running at dawn on that Saturday morning.

I am proud to be a Cantabrian.

At Supergrans we have a new affection for our less than salubrious premises because it has come through over 2000 aftershocks completely unscathed.

Our clients, like the rest of us, are doing the best they can to manage. Some are very resilient, perhaps because they were already living in difficult and chaotic circumstances and the earthquake was just another crisis to cope with.

Supergrans remains committed to our mission and the people who trust us to support them while they address issues in their own lives. I believe we are also committed to extending our compassion to ourselves and the people around us; we will all need some kind of support to rebuild our lives, homes, neighbourhoods, businesses and the city.

Sue Yorke—Manager  
Christchurch SuperGrans



Is it time for a new name for our quarterly newsletter ?  
Any and all suggestions - within reason, will be considered  
[aotearoa@supergran.org.nz](mailto:aotearoa@supergran.org.nz)

*If we took the average age of a SuperGran volunteer and multiplied it by the number of volunteers we have nationwide. SuperGrans has over 10,000 years experience !*

*A correction to an item that appeared in our last issue of SuperGossip. Charles Chauvel is a Labour List MP. Charles is an awesome supporter and proactive advocate for SuperGrans.*

Thanks  
Charles



Our local list MP Charles Chauvel organized a Ministerial Briefing in October to promote the services and work of SuperGrans to MP's from both sides of the house  
L to R Charles Chauvel MP, David Bennett MP, Clare Curran MP, Dr. Cam Calder MP, Erin McMenamin Supergrans Lower Hutt, Bridgette Silcock SuperGrans Aotearoa, Annette King MP, Chris Hipkins MP, Lynne Pillay MP, David Bennett MP



# Branch Round Up for 2010

## TAIRAWHITI

Kia Ora te Whānau,  
 What a year! The achievements of our Maara Kai Mildura Place project were filmed by Joe Pihema from Te Kaea National Māori TV. Then the Hon. Dr Pita R Sharples Minister of Te Puni Kokiri (Ministry of Māori Development) sent a letter of commendation.  
 I was then awarded the only Public Health Association scholarship in our region which took me through to this years hui in Ngaruawahia:

- I gained insight into Māori non-violent Parenting from Te Mana Kahui Ririki
- came home and trained our mentors
- we then travelled to a HEHA meeting in Ruatorea and
- shared our learnings with community leaders there



Diana Neru, Coordinator of Tairāwhiti SuperGrans providing demonstration to one of the participants of the popular Kai Time workshops run by the Tairāwhiti Branch

We were commended for:

- our use of the scholarship to empower other people and
- how we chose to deliver the information

In October Te Hotu Manawa Māori asked us to present at their National Māori Health Hui in Wahenga (Martinborough) – Wairarapa. It was a privilege just being asked to go so being announced as the first of five recipients of this years innovation awards for our two community programmes Health for Life and Maara Kai Mildura Place was a very humbling experience.  
 We've mentored 128 whānau in the 6 months to 30 September 2010. We are looking forward to the Xmas break and we wish you all happy and safe holiday season.

**Diana and Esme**

## BUSH

2010 has seen steady client numbers with the main need being on mentoring and budgeting.  
 The Help 'n' Hand network of community services ensures the greater Pahiatua community are well supported by required social services.  
 We were thrilled to have the Hon. Paula Bennett visit us in August and to have her recognition and endorsement of the value and the work we undertake in our local community.

Merry Xmas to all

**Cathy**

## WAIRARAPA

What has happened in the Wairarapa over the last year?  
 Our branch started with a Father Christmas morning. With in the two hours we had so many children. Guess who were the Fairy and the Reindeer??  
 A very successful Fashion Parade was held at Ballentynes in April. I'm sure all our models will be receiving contracts in the near future.  
 SuperGrans ran our basic cooking course over the year with many different organisations:  
 Wairarapa Older Persons. All the participants enjoyed the courses and did not want to leave. The rule is participants only attend one course  
 TeAhawiti/Richmond the participants are either flatting or going into flatting situations. All the participants have learning problems to over come.  
 Mens Shed. This was a break through to be asked to teach cooking at the Mens Shed. Excellent group who always want to learn. Lots of fun and laughter on this course.  
 Budgeting has become very busy over the last year, with many people in financial difficult. I do the total money management for the clients.  
 One to One Clients are on the increase, both Wene and I are involved with Strengthening Families Meetings.

Our Volunteers continue to be a very important part of our organisation, and a big thank you for all their work over the year.  
 Merry Christmas and a Happy New Year to every one

**Marie and Wene**

## MANAWATU

Kia Ora  
 In the Manawatu we are in a time of transition. Our much loved inaugural board member Sybil Williams passed away in August, and Chairperson and inaugural board member Ruth Nuku-Stanshall has stood-down due to study commitments and the need to free up some time. However a recruiting drive has resulted in the recruitment of four fantastic new board members bringing new energy to the board, and a balance of experience from the banking, community, health, education, and rural communities.

I continue to be humbled by the calibre of our volunteers and the compassion and skills with which they approach their work with us. Our three co-ordinators continue to be run off their feet with recruitment and meeting clients, and we have had to install a second telephone line to deal with the telephone traffic!  
 We will have an awards ceremony for the whole staff team (paid and voluntary) in December, and have decided to postpone our end-of-year thank you function to February, when we plan the weather to be co-operative for a team BBQ.

We wish you all a restive and safe summer season.

**Kim**



Manawatu 5th Birthday Celebrations  
 L to R: Ruth Nuku-Stanshall—BOT Chair, Ann Chesterfield—BOT Member, Sue McCallum—original Field Coordinator and SuperGran Margaret cut the cake, supervised by Volunteer Coordinator Debbie Smith.



## Branch Round Up 2010 cont.....

### HOROWHENUA

The year is quickly coming to a close and we are hanging out for a holiday!

Our NEW client numbers are up to 57 for the year, up from 27 for the same time last year. We have noticed a huge increase in those not coping with every day life. The issues are many and far more complex than in the past. Those we are working with however are reaping the benefits of their efforts.

SuperGrans in the Horowhenua are involved in several exciting collaborations. The newly formed Community Wellbeing Committee hosted by Horowhenua District Council and we are part of the Community Link Development lead by Work & Income. Both of these forums focus on working together more and establishing strong links between NGOs and Government Departments and determining successful outcomes for all, including ourselves and also for our clients.

We have also completed our third Incredible Years Parenting Programme in conjunction with Group Special Education (MoE). The positive feedback at the end of the 14 weeks were comments such as: *'The course made me realise my own faults'*

*'I can now understand my child's behaviour and why she does things'*  
*'I have more authority in my own family now'*

*'It made me want to spend more time with my kids'*

*'I can now ignore the unimportant stuff and pick my battles'*

*'I now understand the process of time out and how to use it effectively'*

These were phenomenal successes for our parents, who were at their wits end in some cases.

Who need Super Nanny when we have SuperGrans!

**Ross**

### PORIRUA

Kia Ora, as I am new to SuperGrans I have been given the opportunity to introduce myself to you all in this issue of SuperGossip. My name is Bronagh (Said Bro-na) Moloney I have come on board as a fieldworker to coordinate the service

delivery of SuperGrans in the Porirua area.

I have recently returned to Porirua after sometime away and now living in beautiful Titahi Bay with my 2 children aged 8 and 9. We have been very welcomed into the community and I am looking forward to summertime in the bay.

Although I am fairly young I do bring with me a wealth of knowledge and life experience (Sorry Bridgette you're not the baby in the Hutt office anymore) I have a strong professional background in Social Wellbeing this has included work in Local Govt, Youth Development, and Health. I am hugely passionate about the work and philosophy of SuperGrans and I am so thankful to be part such a warm and wonderful team. I look forward to getting to meet more of the extended SuperGrans family and really kicking things off for Porirua.

Seasons Greeting to you all

**Bronagh**

### LOWER HUTT

Our stats for this year are increasing at a very fast rate. Diane received 5 referrals on one morning alone this month. We have been fortunate enough to get a couple of new Supergran volunteers as well so that has helped.

Conference is confirmed for the 14<sup>th</sup> and 15<sup>th</sup> March 2011 and I have booked The

New Dowse for our days training followed next day by the AGM. I am working on further details at the moment and will have a better idea of costs etc soon. Will keep everyone informed as soon as I know. I will apply for funding and hopefully that will cut the costs for us all. Marie Alexander started in August and is full time admin which will free up Diane and Cheryl so that they can concentrate on clients.

Bronagh Moloney has started as the new Field Coordinator in Porirua. She is a bit younger than the rest of us in the office and I suspect that she will keep us on our toes.

Bridgette and I had a great meeting with several of our MP's and explained the Supergran scheme to them. Hopefully some of you will be contacted by your local MP if they were present at the meeting as they all said they were going to get in touch. Found out that we can use the beehive for events as long as they are sponsored by an MP. The use of the rooms is free.

Thanks for all the good wishes for our 16<sup>th</sup> birthday and my getting the "Gold Card". All I have to do now is figure out where I can use it as there was no booklet or anything with it. Will have to Google it.

Hope everyone has a great Christmas break and comes back refreshed for the next onslaught.

Cheers

**Erin**



L to R: Cheryl McKane Wellington Field Coordinator, Erin McMenamin, Lower Hutt Group Manager, Kerry Prendergast, former Wellington Mayor at the 2010 Wellington Airport Community Awards



## Branch Round Up for 2010 cont....

### WELLINGTON

Wellington Supergran volunteers have worked to capacity all year and their workload looks to be the same for 2011. Our volunteers have been working one on one with individual clients as mentors and budget advisors, in partnership with other NGOs, as members of the Differential Response Team, with community groups as educators and as participants in the Strengthening Families process.

Resource development has also been a focus this year with the production of a gardening guide for a variety of urban scenarios, gluten free cooking practice and a sustainable nutrition programme. The latter has been successfully completed as a pilot in partnership with the Wellington City Council and is fully booked for the first half of next year.

Our multi talented volunteers are the crucial element in our successful, growing work within the Wellington community. These are remarkable people. Thank you for all you have done this year.

To all Supergrans in Aotearoa, have a good summer break and a great 2011. Best wishes

*Cheryl*

### CHRISTCHURCH

We are in good shape and are working with an increasing number of people who are struggling because of the earthquake.

Some are really stuck trying to get on with their lives and cope with bureaucracy. Some clients are asking for an advocate to help them interact with multiple agencies and some just want help to understand the technological requirements. As an example, we recently had someone who was having to deal with the EQC they required forms from him which would cost nearly \$10 to send and he couldn't afford it. He also had to send in photos he had taken on his cellphone. He was bothered about the cost of the forms, had no internet access or know how and had no idea how to get the photos off his phone. Another woman rang and asked for a volunteer to help her with the paperwork and taking photos of damage. Her husband had done it all and is now too sick to continue so she has to pick it up and wanted a crash course on using the computer.

This is becoming more common as people struggle to deal with the need to follow procedures and provide evidence –it is tough for many and it is hard to see how it could be made easier.

The Trustees are pleased with the progress made this year in refocusing the work of Supergrans following the independent review and subsequent restructuring of the organisation.

There have been some significant events which have indicated that our stakeholders share our vision and are willing to support our future direction. These include the signing of a High Trust Partnership with the Ministry of Social Development which endorses our work programmes and ensures funding for the next 3 years, a gratefully accepted offer from Hairy Lemon Media Solutions to provide media and marketing professional services, worth \$10 000, to support the development of our website and market the organisation, and the project with Aranui Primary School which saw Supergrans supporting the extension of their community garden.

This latter activity coincided with Volunteer Week in Christchurch and demonstrated Supergrans vision to work with and across all ages in the community. Wishing you all a very happy and safe holiday season

*Sue*

### DUNEDIN

Hi everyone from the Sunny South – not skiting but the weather has been fabulous and we need more rain!

Clients are enjoying the sun but at this time of year the weeds/grass is growing and how many single Mums in HNZ houses with enough ground to run ½ dozen sheep or in some instances a mountain goat, ever have a lawn mower???? This is a challenge at the moment along with the fact that a majority of these houses don't have curtains so we have been seen out on successful 2<sup>nd</sup> hand curtain hunts !

Gardens are being created with the help of Family Start and the Youthgrow Nursery so great to see our families getting into growing their own veges with plants supplied – some growing in plastic bags.

Since July we have had 24 new clients and signed off 17 – 5 are in the process of assessment and having a Gran assigned. Its great to see clients gain the confidence to deal with problems and have just supported a Mum with young baby to have the courage to stand up and be assertive enough to regain care of her 13 yr old daughter from controlling partner – daughter happy with Mum and a chance to be herself.

Comments from clients at sign off .....

*'I believe it was .....s support that had the most effect in getting me through a difficult time in my life',*

*'Can't imagine can get through the thing without her!!',*

*'Support and good advice'*

gives us all heart.

We gained a highly commended in the TrustPower Community Awards in August and have the certificate on show. I have nominated our Volunteers as a group in the Community Spirit category of the 2010 Dunedin Stars Awards to be decided at a function in the Art Gallery December 1<sup>st</sup>.

Our Volunteers continue to meet every 3 months and we are taking them out for lunch to celebrate International Volunteer Day next month. They are a great band of people who always enjoy getting together to chat and swap ideas. We always need more and it seems to be harder at present to get folk to come forward.

Our sole male Volunteer had his 70<sup>th</sup> birthday recently and Chris & I were invited to the party – karaoke & rock n roll in my old rugby club house so a great night with all up on the floor. When we got there Chris asked where he was in the room and was told to look for the only 70 yr old guy with dyed hair. Go Grandad !

Merry Xmas and keep safe this holiday season

*Marie*





## Wene Te Kanawa Wairarapa's own WonderGran

Tena Kautou Katoa  
Ko Wenerau Te Kanawa to ku ingou  
Ko Ngati Kahungunu Ki Wairarapa te iwi  
Ko Wairarapa Supergrans catering and hospitality te mahia  
Is what I do as part of Life Skills, work skills and relevant to  
my on going training.

I was born in the Wairarapa in 1947 and was a foundation student at two newly established local schools. At 16 I went shearing which took me all over the country- the South Island being the holiday season. These days, shearing gangs travel all over the world — I don't know if I could handle the plane trips!  
For my last 5 years with the gangs I was the cook, hence my achievement in Supergrans Catering and Hospitality with NZQA attached level 2.

I have a daughter Kelly and a son-in-law Damian, and four lovely grand children.... Every Nan says that !!  
I am one of seven children. My mother, who was stone deaf, raised us all with the help from our grandparents.  
My father died when he was just 37 years old from a heart attack when our youngest sister—who has spina bifida, was only 23 months old. My mother



continued to care for her until her death and she is now looked after by my older sisters. She is now 55 years old.

I belong to an organisation called GrandParents raising Grand Children, Federation of Budgeting Committee and I also work (after my day with SuperGrans) for Mclssacs Industries doing the cooking for a tetroplegic.

Marie and I with the help from our wonderful workers, work with a wide variety of community organisations including: Sport Wairarapa, Trade in Commerce, WOOPS, Idea Services, Te Atawhai, Open Homes, The Men's Shed and Strengthening Families just to name a few.

This is an awesome experience and valuable lessons continue to be learnt when networking with other community groups in the Wairarapa.

Thank you Supergrans for lessons learnt "To take pride in yourself" and to take personal responsibility in daily events.

## Cheap As Chips — joint partnership venture



Wellington SuperGrans recently completed an aptly titled "Cheap as Chips" food shopping and budgeting workshop as a joint initiative with the Wellington City Council Community Action Program.

This pilot program was run as a follow on from a "Feeling Great" health promotion day at local city council flats. This highly successful program was embraced by the tenants and included modules on budgeting, supermarket and fresh market shopping, meal and menu planning, home gardening, meals without meat to name a few.

Held weekly over a 6 week period, every session covered healthy food options, meal planning and recipes with participants applying their learning's and cooking up a storm in these weekly sessions.

The final workshop was a celebration, complete with the most amazing shared feast prepared by the tenants with invited friends, family and supporters.

Achievement Certificates were presented to all participants who completed this highly successful course and gained new learning's in food preparation and hygiene, budgeting and shopping, local and low cost ingredients and healthy food choices.

The workshop also effected a sense of community within the housing complex with tenants enjoying a sense of enhanced wellbeing and quality of life that has come not only from the new skills they have developed but from the new relationships with neighbors, the participation in community activities, the development of personal leadership and mentoring skills and the increase self and community pride.

**SuperGrans Aotearoa Inc**  
**Thanks the following for their generous support**

**The Tindall Foundation**



