

Autumn 2025

Horowhenua SuperGrans trading as:

Skills4Living

Whānau Tautoko



Our **FREE** clubs and programmes are starting again soon! (starting dates below)

1 May: Sewing Club

6 May: Cooking Club

13 May: Triple P discussion group

11 June: Triple P discussion group



Tamariki Sleepwell Project:

We are getting ready for our annual project designed to give families/whanau free helpful tools around bedtime routines for children during the winter months. Packs include items like pyjamas, or blankets, books, toothbrushes, soap and a flannel as well as a bedtime routine.

If you would like to know more please reach out and contact us.

A message from our Chairperson:

Kia ora,

After a busy start to the year, we have begun to wrap up our first Incredible Years program and are looking forward to delivering Triple P parenting sessions.

With the end of the financial year, the Board has been focused on planning for the year ahead.

Our Annual General Meeting is fast approaching in July and we look forward to seeing some of you then!

Katie de Roo





We are delighted to announce we can now offer Triple P to parents and caregivers here in the Horowhenua and ŌTAKI region.

Parents all over New Zealand struggle with many of the same issues, so we can now offer Triple P as one to one sessions or discussion groups.

One to one is great for parents and caregivers who need to fill their kete with parenting tools for specific identified behaviours, and it covers 0-12 years.

Discussion groups are a 2 hour session, facilitated around a subject. There are 5 to choose from:

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children.
- Hassle-free Mealtimes with children

On 13 May, 10am-12noon we will be holding the "Developing good bedtime routines"

On 11 June, 10am-12noon we will be discussing Disobedience.



Come and join us for a cuppa, cookie and discussion to find out what it is all about!

THANK YOU!



Iona and Kim went to the annual grant gifting ceremony, and are very thankful for the HUGE donation of \$4000 towards our running costs.

These types of grants are a vital part of our funding stream, as they help us keep our life skills classes and clubs FREE for all!

Thank you Catalytic Foundation...

We are very grateful for your donations.



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