



# Lending a Hand



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# Mahi Tahī

by André Ngāpō

The phone rings at 4 a.m.

Aunty June has passed away.

Mum and I have a cup of tea at the kitchen table.

We talk about the jobs that need to be done for the **tangi**.

And Mum has a good cry. June was her best friend.





At the **marae**, I open the **whareniui**.  
Then I sweep the paths.  
My kids, Kimi and Tū, help Mum with the mattresses.  
“No jumping on the mattresses!” says Mum.  
But they do it anyway, and she just smiles.  
I give them a look!

Our new chief **ringawera** is Aunty Ani.  
She's taken over from Aunty June.

We make fried bread and scones.  
The kids put jam and butter onto plates.  
In the cooking shed, the men look after the **boil-up**.



That night, Mum sits with the **kirimate**.  
They sit by Aunty June and tell stories about her.  
They laugh and cry.

“Are you OK, Nanny?” Kimi asks.  
She gives Mum her teddy bear.  
Mum hugs Kimi and the teddy bear too.



The next day, the **manuwhiri** start to arrive.  
The **kaikaranga** call them onto the marae.  
We all listen to the **whaikōrero**.

Then Aunty Ani calls everyone in for a **kai**,  
just like Aunty June used to.

Every day, more people come.  
Every day, we are busy.  
We cook and clean. We make cups of tea.  
I mop the dining hall.

The men dig the pit for the **hāngi**.

Every day, Aunty Ani and her helpers  
wash a mountain of dishes.

“**Mahi tahi**, everyone,” says Aunty Ani.





Hundreds of people come for the service.  
The men put out seats for the manuwhiri.  
Some people are praying. Some are crying.



Then we go to the **urupā**.  
Mum cries into Uncle Harry's shoulder.



Outside the dining hall, people line up  
for Aunty June's farewell feast.

Later on, the guitars come out and we all sing.  
Aunty Ani and Mum hula together.



The tangi is over. Today the manuwhiri are going home.

After breakfast, all the **whānau** and helpers sit in the  
kitchen.

"I'll sure miss June," says Mum. I nod.

"Me too," says Aunty Ani.

She grins and points at all the dishes. "Me too!"

## Glossary

boil-up	a stew of meat and bones boiled with vegetables like potato, cabbage, and kūmara
hāngi	earth oven that cooks food with steam from heated stones
kai	food, meal
kaikaranga	the women who call visitors onto a marae
kirimate	close relatives of the person who has died
mahi tahi	working together; as one
manuwhiri	visitors, guests (note that this is one way to spell manuhiri)
marae	open meeting place and buildings, used for special gatherings
ringawera	kitchen worker
tangi	funeral; to cry, to mourn
urupā	cemetery, graveyard
whaikōrero	formal speeches on a marae
whānau	family group
wharenui	meeting house

# Shopping by Swapping

by Bronwen Wall

Do you have clothes you never wear?

Do you want some new pants? A shirt? A jacket?

Clothes can be expensive, but not if you get them at a shwap.



### ***What's a shwap?***

A shwap is a clothes **swap**.

A shwap is a way of shopping for clothes without money.

All you need are some clothes that you don't want any more.

You swap these clothes for clothes that someone else doesn't want any more. You shop by swapping.

In other words, you shwap.

At a shwap, you can swap clothes, shoes, hats, belts, and bags.

You can swap jewellery and watches.

You can find clothes you really like.

A shwap can be big or small.

It can be in your home with just your friends and neighbours, or it can be in a hall with hundreds of people.

A shwap can be like a party.

People can bring food to share.

They decorate the room, and they have music playing.



### *Rules for shwapping*

- All the clothes you bring should be clean and tidy. They should have no holes or missing buttons.
- The shwap organiser will check the clothes. They will give you one ticket for each **item** that is good enough to swap.
- You swap your tickets for the items you want.

## ***What's good about shwapping?***

Shwapping doesn't cost anything, and it helps people. Other people may really like the clothes that you don't want any more.



Shwapping is fun and full of surprises.  
Shwapping brings all kinds of people together.



Shwapping helps the planet. Old clothes aren't thrown away. They are used again.

## ***How to organise a shwap***

Do you want to organise a shwap?

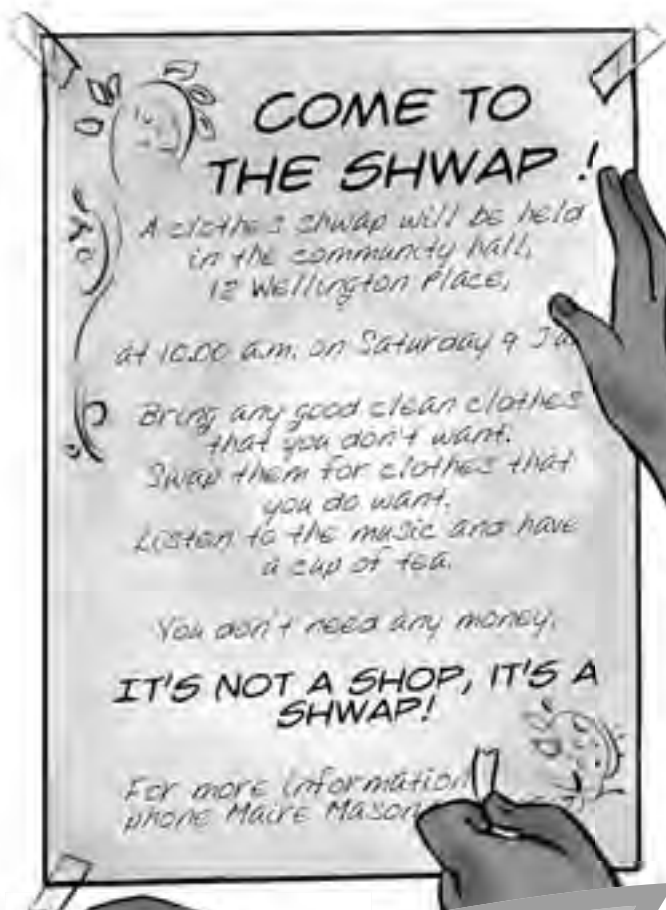
This is what to do.

1. Choose a day to have your shwap.
2. Invite lots of people so that there will be lots of clothes to swap.
3. Make sure everyone knows the rules for shwapping.
4. Make some tickets.
5. Set up tables and clothes racks.
6. Ask people to bring their clothes early in the day.
7. Decide which clothes are good enough for the shwap.
8. Give the people a ticket for each item that is good enough.
9. Put the clothes on the tables and clothes racks.
10. Tell everyone to start shwapping!

### ***Glossary***

item	one of something, such as one piece of clothing
swap	exchange of things with someone else





# The Noise Problem

by Julia Wall

Anjula was studying at home. At first, everything was quiet. Then suddenly, there was a blast of loud music.



Anjula jumped! Then she looked out the window. Her neighbour Brendan was **water blasting** his roof. And his water blaster wasn't the only thing that was blasting!



Anjula tried to study.

The loud music went on and on.

She was getting a headache.

Anjula went outside and called, “Brendan! Brendan!”

But Brendan had his back to her and didn’t hear.

The music was so loud that Anjula put her fingers in her ears.

She went to Brendan’s front fence and called again.

But he still couldn’t hear her.





Anjula was getting angry. How could she study with all that noise?

“I’ll have to ring Noise Control,” she thought.

So Anjula rang her local council.

“We’ll send a noise control officer.

He’ll be there in an hour,” the council woman said.

A whole hour to wait! Anjula made herself a coffee and sat down to drink it.



Ten minutes later, the music suddenly stopped.

Anjula saw that Brendan wasn’t on his roof any more.

“I’ll go over and talk to him,” she thought.

Brendan came to the door.

Anjula said, “Hi.” Then she took a deep breath.

“Please could you turn your music down when you’re working?” she said.

“I need to study.”

Brendan’s face went red.

“I’ll turn it right off,” he said. “I’m really sorry!”



“No problem,” said Anjula. She smiled at Brendan.

“Your garden looks great,” she said. “Look at all those pumpkins!”

“More than we can eat,” said Brendan. “Take one home. You need to eat when you’re studying!”

“Thank you!” said Anjula.

Anjula went home. She rang Noise Control to tell them not to come.

“Did you talk to your neighbour?” asked the woman.

“Yes,” said Anjula. “He was very nice. He even gave me a pumpkin.”

“So you don’t have a problem any more?” said the woman.

“I don’t have a noise problem any more,” said Anjula.

“Now I have a pumpkin problem. I don’t like eating pumpkin!”

illustrations by Bridget Monro



# Calling Noise Control

If your neighbour is making a loud noise, ask them to stop or to turn the sound down.

If you are not comfortable doing this, or if your neighbour ignores you, you can call Noise Control.  
(Look up “Noise Control” under your local council in the phone book.)

A noise control officer will come and decide whether the noise is too loud. If it is too loud, the council will give your neighbour a written notice. The notice will tell your neighbour to **reduce** the noise.

If the noise isn't reduced, the council may take away the noisy equipment.

## Glossary

reduce	make smaller or less
water blasting	using a powerful hose to clean something

# A Good Life

Penny Matenga is a caregiver at  
Te Hopai Home and Hospital in Wellington.  
Te Hopai is a home for older people.

Penny talks to Bronwen Wall about her work.

## *What are the main things you do at work each day?*

I make sure that the **residents** are safe and comfortable.

I help them do things they find hard.

I help them wash and dress. I help them get up and sit down,  
and I make sure they can move around safely.

I help them eat their meals.

I clean their rooms and make their beds.

And I do another very important thing.

I listen and I talk with them.







***What do you enjoy most about your work?***

I like getting to know the residents and their families.  
They like to hear about my life too.

I like helping them to have fun and enjoy life.  
I'm happy when they are happy.

And I learn about life from them.  
A resident friend once said to me,  
“Always be positive, and don't be afraid of getting old.”

## *What was it like when you started this job?*

When I started working at Te Hopai, I was lucky.

I spent three days working with Raewyn.

She is a senior **caregiver** who knows how to do things, and she always treats the residents with respect.

I saw how Raewyn did her work and how well she listened.

That's what I want to do.

And that's how I want to be treated when I am old!





***Are there some things you find hard?***

Of course, there are hard things about my work.  
The people I help are old.

Sometimes they forget who I am or where they are.  
Sometimes they ask for something that I have already given them.  
They may ask for it again and again.  
Sometimes they think that I'm not listening,  
and then they get angry.

It's hard not to feel upset.  
But I have learnt to be patient. It's important to be calm  
when people are confused and upset.

## ***Do you have a work timetable?***

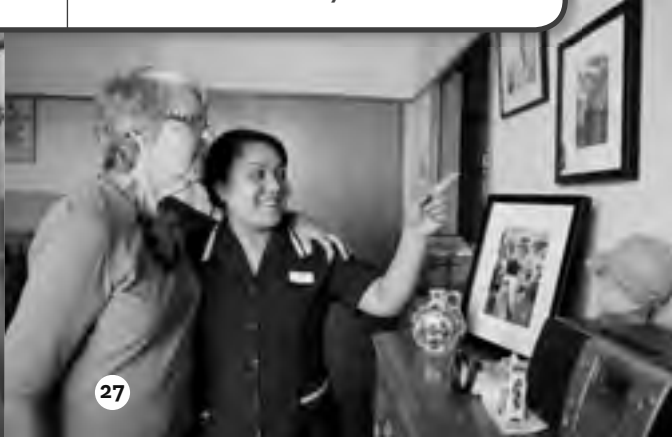
This week, I'm working the morning shift.

Here are some of the things I have to do every day.

### ***Caregiver's timetable: morning shift, 7.00 a.m. to 1.00 p.m.***

<b>7.00 a.m. to 7.30 a.m.</b>	<ul style="list-style-type: none"><li>• <b>Handover:</b> Ask the night staff about any <b>incidents</b></li><li>• Help residents get ready for breakfast</li><li>• Help residents put on their glasses or hearing aids</li><li>• Help residents put in their teeth</li></ul>
<b>7.30 a.m. to 8.15 a.m.</b>	<ul style="list-style-type: none"><li>• Help residents with breakfast</li></ul>
<b>8.15 a.m. to 10.45 a.m.</b>	<ul style="list-style-type: none"><li>• Help residents with personal care, for example, help them to wash, comb their hair, go to the toilet, and get dressed</li><li>• Give all residents morning tea</li><li>• Make beds and check rooms are tidy</li></ul>
<b>10.45 a.m. to 11.00 a.m.</b>	<ul style="list-style-type: none"><li>• <i>Staff morning tea</i></li></ul>

<p><b>11.00 a.m. to 11.20 a.m.</b></p>	<ul style="list-style-type: none"> <li>• Help residents go to the toilet</li> <li>• Write up <b>progress notes</b> booklet</li> <li>• Write out <b>incidents report</b> form for any incidents</li> <li>• Check that tables and drinks are ready for lunch</li> </ul>
<p><b>11.20 a.m. to 1.00 p.m.</b></p>	<ul style="list-style-type: none"> <li>• Help residents to tables</li> <li>• Serve meals and help residents</li> <li>• Give each resident a face cloth and help them clean up (as needed)</li> <li>• After lunch, take each resident to their bed for a rest</li> <li>• Write up progress notes booklet</li> <li>• Write out incidents report form for any incidents</li> </ul>
<p><b>1.00 p.m.</b></p>	<ul style="list-style-type: none"> <li>• Handover: Tell afternoon-shift staff about any incidents</li> </ul>



## *How do you feel about your work?*

I like taking care of the residents at Te Hopai.

I want them to be safe and comfortable.

I want them to have fun.

And I want them to know that they are in a good place.

I'm proud that I can help them to have a good life.

### **Glossary**

caregiver	someone whose job is looking after people
handover	a time when staff going off duty tell staff going on duty what has happened in the last eight hours
incidents	unusual things that happen
incidents report	a report describing anything unusual that happened
progress notes	written notes on how a resident is getting on
residents	people who live in a place (in this story, a rest home)

**photographs by Adrian Heke**

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