

2021

TŪM AN AKO



TE KETE
POUNAMU

About

Whakataukī

Ma te tūmanako

Ma te titiro

Ma te whakarongo

Ma te manawanui

Ma te aroha

Ka taea e au

By believing and trusting

By having faith and hope

By looking and searching

By listening and hearing

By working and striving together

By patience and perseverance

By doing this with love and compassion I will succeed

Ignite

Tūmunako is a space to ignite the voices and experience of whaiora Māori. It provides a vehicle for whaiora Māori to share their own personal journey to health and wellbeing through creative expression, culture, and music.

Tūmunako has been led by Te Kete Pounamu, implemented by Mana o te Tangata Trust, and supported by Te Rau Ora.

Tūmunako has been made possible with the funding and support of Te Hiranga Hauora – the Health Promotion Agency.

Leadership

Te Kete Pounamu

“Kia rārangahia e tātou te kete kia kotahi. Hei kawea atu te pounamu tawhito”

Let us weave the basket together as one. To hold the ancestral treasures of old



From Left Back Row: Gloria Sheridan, Rihari Tekoti, Kelli-Anne Te Huki, Wi Huata Co-Chair), Aaryn Nuiapu, Barry Bublitz, Rose Heta-Minhinnick, Kerri Butler
Front Row: Leilani Maraku (Co-Chair), Hori Kingi (Kaumatua), Joanne Henare

Kia tū kotahi tātou kia purea ai tātou e ngā hau o Tāwhirimātea
We stand in unity for our future wellbeing and health solutions.

Te Kete Pounamu is a national voice for Māori who have experienced mental distress or addictions related harm. The movement was formed in 2015 following increasing concern of the use of harmful restrictive practices on Māori and the increasing inequities in Māori Health and Wellbeing.

Since their formation, Te Kete Pounamu has established regional network spanning the length and breath of Aotearoa, New Zealand. They have enhanced lived experience leadership and advocated for systematic change across the health and social sectors.

They continue to advocate for Māori to receive high quality care and support, while also supporting the development of services that are by whaiora Māori, for whaiora Māori.

Tūmunako Creative Team

Tūmunako Creative & Project Team

“Mā te Whiritahi, ka whakatutukī ai ngā pūmanawa ā tangata”
Together weaving the realisation of potential



Leilani Maraku
Ngāti Raukawa

Leilani is the co-chair for Te Kete Pounamu and the Manukura (Chief Executive) of Mana o Te Tangata Trust.

Leilani has helped weave the strands together to enable Tūmanako to flourish. She has formed the connection between the Leadership, creative and operational teams.



Taipari Waaka (ICE-PRO)
Tainui

Taipari has been the creative director for the Tūmanako collection. Taipari is a musician, recording artist and music producer. He also works with Rangatahi through Mana o Te Tangata Trust and Tai Wānanga Tū Toa.

Taipari has helped capture the stories and experience of contributors. Working with each contributor to honour their voice and message.



Catherine Mitchell

Catherine is the Pou Takawaenga - Toitu te Ora Coordinator for Mana o te Tangata Trust.

Catherine has supported the coordination and implementation of the Tūmanako project deliverables.



Cody Black

Ngāti Rangī

Cody is the Kairuruku (National Coordinator) for the Te Kete Pounamu Unit within Te Rau Ora.

Cody has played a key role in the development of the Tūmanako project and the support for the Te Kete Pounamu regional networks to identify and support local whāiora Māori talent to contribute to the collection.



Codey Bell

Ngāti Pūkenga, Tapuika

Codey is the Kaiwhakarearea (Workforce Development Lead) for the Te Kete Pounamu Unit within Te Rau Ora.

Codey has played a key role in strategy, planning and communication to support Tūmanako.

Tūmanako Contributors

Desiree Smith - Ngāti Tūwharetoa, Te Whānau Apanui

Kelly Rangī - Ngāti Whatua

Leilani Holden - Te Āti Awa

Louarna Matenga - Ngāti Kuia

Mana Beatz

Ngā Kete Aronui

Trish Forrest-Haitana - Te Āti Haunui a Pāpārangī

Pearl Henry - Ngāti Whatua

Taipari Waaka - Tainui

Te Kahu Rolleston - Ngai Te Rangī

Wi Te Tau Huata - Ngāti Kahungunu ki Wairoa, Ngāti Kahungunu ki Heretaunga

TŪM
AN
AKO



Desiree Smith
Ngāti Tūwharetoa, Te Whānau Apanui

Pēpeha

Tēnā tatou katoa
Ko Mataatua, ko Te Arawa ngā Waka
Ko Tongariro, ko Tihirau ngā Maunga
Ko Taupo-Nui-A-Tia te Roto
Ko Ngati Tūwharetoa, ko Te Whānau a Apanui ngā Iwi

Ko wai au?

I am a fourth generation of Te Tiriti o Waitangi, I was raised as a Morehu. This bought an understanding of my purpose and contribution within the area of oranga hinengaro. My purpose is to be a pikiora vessel and thus I am an extension of my ancestor's work, which has helped to keep my pathway ora and has allowed me to be unapologetically Māori.

Desiree contributed waiata Māori, performed by her waiata Māori group, as well as performed inoi and karakia.

TŪM
AN
AKO



Kelly Rangi
Ngāti Whatua

Pēpeha

Ko Mahuhukiterangi te Waka
Ko Kaipara te Moana
Ko Te Waiora te Awa
Ko Muarangi te Maunga
Ko Te Uri O Hau te Hapū
Ko Ngāti Whatua te Iwi
Ko Wakaretu te Marae
Ko Kelly Rangi tōku ingoa

Tena koutou, tena koutou, tena koutou katoa.

Ko wai au?

I am a widowed solo mother of 5 children, and grandmother of 2 beautiful grandchildren. I have struggled with mana health since the age of 12. To add to the Tūmunako collection, I wrote and performed a solo song and contributed to the song from Mana Beatz. I also contributed feedback on the documentary and participated in Waiata Māori. My passion is music and I hope to become a successful solo artist.

TŪM
AN
AKO



Leilani Holden
Te Āti Awa

Pēpeha

Ko Te Āti Awa tōku Iwi
Ko Holden tōku Mama Whanau
Ko Simpson tōku Papa Whanau
Ko Leilani tōku ingoa

Nō reira tena koutou, tena koutou, tena koutou katoa.

Ko wai au?

I was blessed with an opportunity to create. Not just a song, but a remedy for my people.

The music I create is intended for my brothers and sisters that are lost on their journey back home to heaven (this music is for you). It is my own personal testimony and I believe that my lyrics will tautoko my people down a pathway of understanding that we are under servant of Jesus, but he thinks that we are to die for!

What I feel I can offer to this project is an artist that can grow an intimate relationship with the listener, connecting both through music and everyday casual conversations.

TŪM
AN
AKO



Lonarua Mateoga
Ngāti Kuia

Pēpeha

Ko Joy Lynette oku Matua
Ko Ngāti Kuia te Iwi
Ko Hoiere te Waka
Ko Tutumapou te Maunga
Ko Hoiere te Awa
Ko Te Hora te Marae
Ko Te Pere Tai oku Matua
Ko Ngāi Taamanuhiri te Iwi
Ko Horouta te Waka
Ko Maatiti te Maunga
Ko Maraetaha te Awa
Ko Horouta te Marae

Ko wai au?

Life has been a challenging journey, but a light inside suggests its worth it. I battled suicide, drug abuse and addiction, sexual immorality and existential fear. Our creator of life who I call God, music and friends and whanau, have been my foundational success in staying alive this long to share what I have learnt through these experiences. I found a purpose that I will learn about for the rest of my life.

What I feel I can offer to this project is an artist that can grow an intimate relationship with the listener, connecting both through music and everyday casual conversations.

Through stepping out to seek support in skills I lack, I was asked to contribute to this project. This inspired me to write a song that I stand by and am proud to sing.

TŪM
AN
AKO



Mana Beatz

Members

Kelly Rangi, Patricia Forrest, Janine Todd, Jackson Cook, Matty Brown, Leilani Holden

Launched in 2016, Mana Beatz is a music holistic workshop that unlocks the creative potential within tangata whaiora to support their health and wellbeing.

Mana Beatz contributed two waiata in the hope of supporting the awareness of mana health (we replace the kupu “mental” with mana) and issues that surround the health and wellbeing of our people.



TŪM
AN
AKO



Ngā Kete Aronui

Members

Rongopai Simon-Campbell, Te Aurere Oxenham, Tainui Lind, Maia Cardno, Mereana Kake, Calais Parkinson, Casey Parkinson

Ngā Kete Aronui is a holistic music workshop facilitated by Taipari Waaka at the Palmerston North kura “Tai Wānanga TŪ TOA”. Participants are given time during the school week to pursue their passions, and these class members all aspire to perform, compose and share original music.

Ngā Kete Aronui contributed two waiata titled “Hopes & Dreams” and “I want it all”. The group wanted to share the ambitious and drive of rangatahi Māori. Their intention is to support other rangatahi who are struggling with anxiety or depression”.





Pēpeha

Ko Ruapehu tōku maunga
Ko Whanganui tōku awa
Ko Aotea tōku waka
Ko Te Āti Haunui a Pāpārangi tōku iwi
Ko Longburn Palmerston North tōku kainga
Ko Forrest-Haitana tōku whānau
Ko Maureen Imelda tōku whaea
Ko Brian Peter tōku matua
Ko Patricia Forrest-Haitana tōku ingoa

Ko wai au?

I was born in Palmerston North but whānau moved to Marton when I was 2 years old.

I was brought up in a very mentally ill home, with my mother, who I recall visiting in institutions all my life. I would catch her crying at the bench one day and turn to a lady who was sent to take care of us.

This was a tumultuous time for me, it was not until my father passed away that I was made aware that what mum suffered with mental illness. Although I suffered from polio as a child, I never lived with mental illness as an adult, however, I believe I have lived experience due to my upbringing.

Working with Lived Experience has been a healing journey for me in moving through my past hurts and learning to accept the path I have travelled and has encouraged me to help others through the process.

Through my waiata and Mana Beats, it has filled me with so much Aroha that I hope I am able to share with many, as it has been the best experience of my life. It has allowed me to express myself through waiata. I was not told what to write, I have been allowed the space to write my own lyrics to the songs which has been so special to me.



Pēpeha

Hoea hoea te waka ko Mahuhu ki te rangi
Ko Toka Toka te Maunga
Ko Kaipara te Moana
Ko Waihaua te Marae
Ko Te Uri o Hau te Hapū
Ko Ngāti Whatua te Iwi
Ko Pearl Henry tōku ingoa

Ko wai au?

I wrote the song I performed for Tūmanako when I was in rehab in 1983.

I knew I could play the guitar and sing, so I rang my mum and asked why she despised me, her response was "I never hated you, I was afraid of you".

Once I hung up the phone, I was overcome with emotion of all the hurt I had caused in my whānau and that is how this song came to be.

I did not have the words at the time to apologise to my family and the only way I knew how to express this was through my waiata.

I was asked to share these experiences as part of Tūmanako – as my unique and authentic self.



Pēpeha

Ko Tainui tōku waka
Ko Waikato tōku Iwi
Ko Ngāti Maahanga me Ngāti Koroki Kahukura ōku Hapū
Ko Pirongia me Maungatautari ōku Maunga
Ko Te Papa O Rotu me Maungatautari ōku Marae
Nō Kirikiriroa ahau
Ko Taipari Waaka tōku ingoa

Ko wai au?

Growing up I had an awesome childhood. Being part of a big family and going to school with my brothers. But at a young age, I became a victim of domestic violence from my step father.

I grew angry and resentful. I believe I carried that with me for a very long time, right into my adult life. I found it hard as a male to express my feelings. I did not understand how to build healthy relationships with anybody, myself included.

I was so fortunate to discover a very deep passion for music, which really helped me to develop as a person. That growth carried on into fatherhood, being a better partner, a better member of my family, and of my community.

These days I use my gift of music to inspire and help others to learn the same things I learnt from music and have been very fortunate to be part of Tūmanako.

I absolutely loved contributing to this kaupapa. Music has always been a platform of self-expression for me. Early on it was self-centered. Now through opportunities like this, I can write songs that can help others who can relate to my lyrics.

I contributed a song called L.I.F.E, which stands for "Life is for ever".

The message behind that is to remind young people that they have a value, and to raise awareness surrounding suicide, cyber bullying, social expectation, and judgement.



TŪM
AN
AKO



Te Kahu Rolleston

Ngai Te Rangi

Pēpeha

Ko Mauao te Maunga

Ko Tauranga te Moana

Ko Ngāi Tamawhariua me Ngāi Tauwhao ngā Hapū

Ko Te Moutere o Matakana te Whakamarutai o Tauranga Moana.

Ko wai au?

A descendant of Tauranga moana who uses creative language to convey my experiences and perspective to others. Spoken word poetry for me, like for many others has been an outlet to release maemae and works as a tool of healing among many other things.

I contributed some poetry and raps. The recording process was smooth and easy. The "ice pro" ensured everyone was comfortable which made it an environment conducive to creativity. The pieces I contributed all had a focus of overcoming adversity and a strong grounding in Te Ao Maori.

TŪM
AN
AKO



Wi Te Tau Huata

Ngāti Kahungunu ki Wairoa, Ngāti Kahungunu ki Heretaunga

Pēpeha

Ko Takitimu te waka tapu,
Ko Ngāti Kahungunu ki Wairoa, Ngāti Kahungunu ki Heretaunga ngā iwi,
Ko Ngāti Tamaterangi, Ngāti Pāhauwera, Ngāti Hori, Ngāti Hāwea ngā hapū,
Ko Wi Te Tau Huata ahau

Ko wai au?

Wi began his journey through different institutions and from the early days of ANOPS (Aotearoa network of psyche survivors) to where we are now as lived experience people, have installed in him a passion. Wi's passion is to help others and reclaim their mana Motuhake.

Wi performed a cover / contemporary reimagining of the karakia "Tenei Au". He also contributed to korero discussing his mahi, and how music and tikanga Māori help him in his personal journey to wellness.

Wi is the lead for our Midlands region as well as the co-chair for the National Te Kete Pounamu roopū. He is working alongside our Hori Kingi (Kaumātua, Te Kete Pounamu), Gloria Sheridan (National Te Kete Pounamu representative), and other local and regional representatives to strengthen and grow the Midlands regional roopū

TŪMANAKO

