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| **Tūmata Kōkiritia: Shifting the Paradigm** |
| **Introduction and Aims:** Tūmata Kōkiritia wānanga was developed, designed and co-hosted by Te Kete Pounamu (National Voice for Māori with lived experience of mental distress and/or addictions), Te Rau Matatini and tangata whenua from the Tamaki Makaurau (Auckland) region.  The desired outcome of the noho wānanga was to whakawhanaunga (make connections), to capture the richness of Mātauranga Māori (Māori knowledge) and to come together to wānanga solutions to increase self-sufficiency for Māori health and wellbeing.  **Approach:** A pānui was sent out inviting people to attend the Tūmata Kōkiritia wānanga at Mataatua Marae in Mangere on 12th and 13th October 2017.  Te Kīwai Rangahau team, Te Rau Matatini provided a kaupapa Māori Participatory Research approach that advocated for whaiora Māori to be able to reach 'a truth' about their own lives, enhanced by their own worldviews and therefore influence changes that are needed to ensure positive outcomes for themselves (Bishop, 1994; Cram, 1995; Smith, 1996). The approach is reliant on a process of negotiation, participation and respecting of the leadership of whaiora Māori within Tūmata Kōkiritia – Shifting the Paradigm.  In addition to capturing the kōrero throughout the wānanga, ten key informant interviewees were to invited to share their thoughts on the wānanga.  **Key Findings:** Tūmata Kōkiritia emphasises igniting, advocating and leading change with four key areas identified as important to whaiora Māori wellbeing that provided the foundation of the wānanga:   * Mātauranga Māori (Māori knowledge) * Mana enhancing practices * Tino Rangatiratanga (Self-determination, autonomy) * Kotahitanga (Unity)   Seventy-two people from 25 iwi attended the wānanga. People shared feeling inspired and empowered to make changes.  Tūmata Kōkiritia – Shifting the Paradigm Wānanga advocated for change in the health system including whaiora Māori knowledge and leadership:   * + Whaiora Māori want to be part of ensuring effective services;   + A Māori workforce with lived experience that provides the service and how it should be supported; and   + the inclusion of Mātauranga Māori as the foundation for service provision.   **Discussions and Conclusions:** The wānanga offered an opportunity for whaiora Māori perspective, a lived experience contribution and to whakawhanaungatanga with people interested in improving this area.  The learnings from the Tūmata Kōkiritia wānanga in Tamaki Makaurau emphasised the need for change – Shifting the Paradigm. |