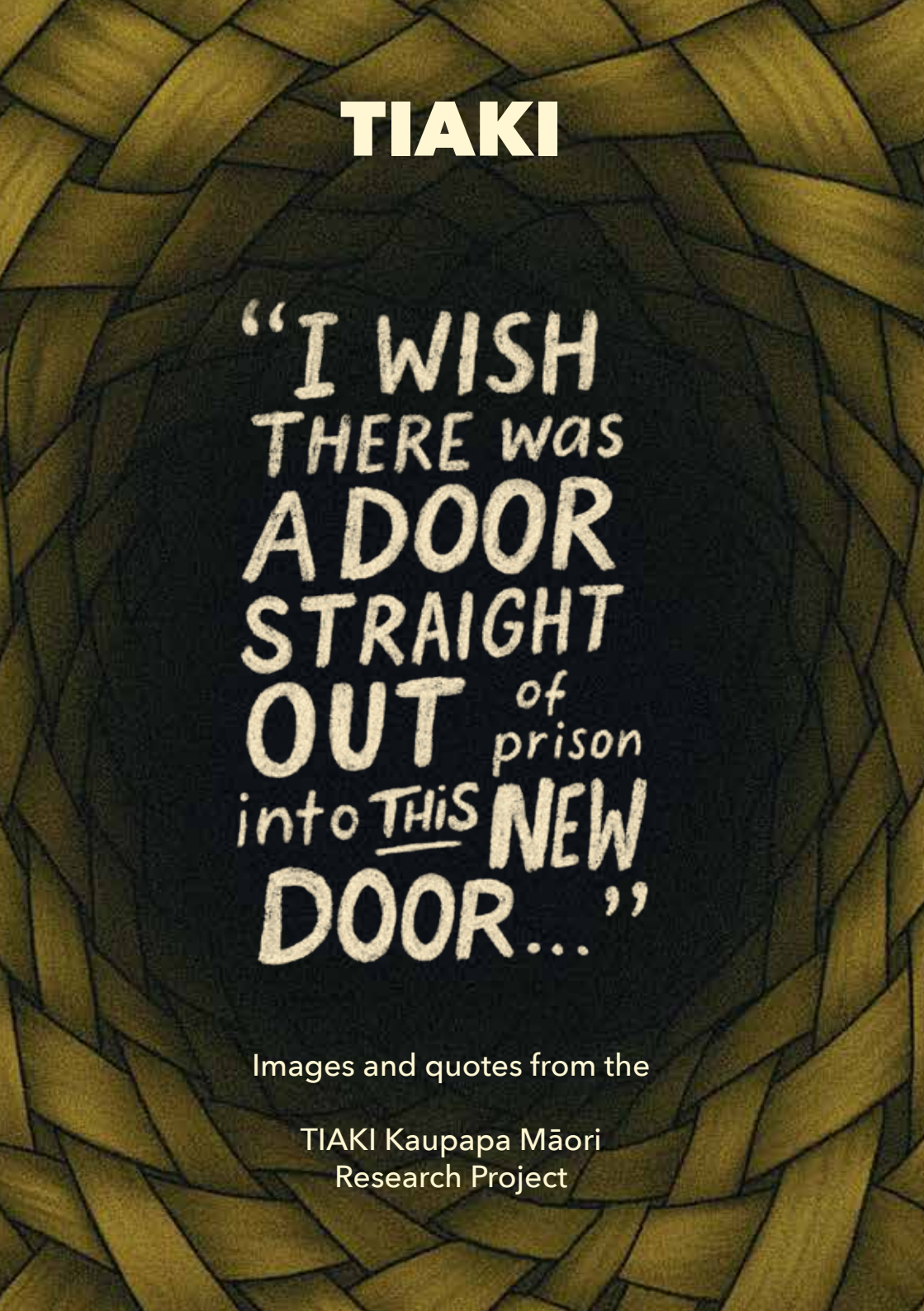
TIAKI



Images and quotes from the

TIAKI Kaupapa Māori
Research Project

TIAKI (meaning 'to care') is a Kaupapa Māori research project that focuses on the lived experiences of Māori adults who have been imprisoned (in prisons either in Aotearoa New Zealand or overseas) and their whānau.

For more information on TIAKI, check out our podcast:

This zine was compiled and designed by Gabrielle Baker.

Cover design by Jordan Tane.

Published by the TIAKI Rōpū Rangahau,
Te Whanganui-a-Tara
2026

Foreword

In research we get really used to writing academic papers for national and international journals. While those are important ways of sharing information with other academics and politicians, it's just as important that these messages are heard by our whānau and by our communities so that they know the kōrero they share with us has been listened to and highly valued.

So that's the point of this zine: to share what our kairangahau (researchers) heard when they interviewed other individuals and whānau with lived experience of being imprisoned and then re-entering their communities after release.

At the start of the year, as part of the TIAKI project, we held community arts workshops at Tū Kotahi Māori Asthma and Research Trust in Te Awa Kairangi. These were whānau friendly, with a wide range of ages in the room. Here we learnt about zines (I had to look it up in the dictionary), how to use a range of materials (with the tamariki in the room teaching us how to use most of them) and how we could create art based on some of the key kōrero that whānau had shared in interviews with our kairangahau. This also gave us a chance to think deeply about what was shared with us, and in most cases led to more kōrero amongst us as we imagined an Aotearoa without the harms of prisons.

This zine reproduces over 40 art works and quotes that were shared by whānau with lived experience. They've been organised into three broad categories:

- What it's like inside prison
- What it's like coming out of prison, and
- Hope for the future and what could be better for our whānau.

If you want to know more about the analysis we did on the interviews and our recommendations for change, please listen to our TIAKI podcast, which will be released in July 2026. You can scan the QR code on the opposite page for more information.

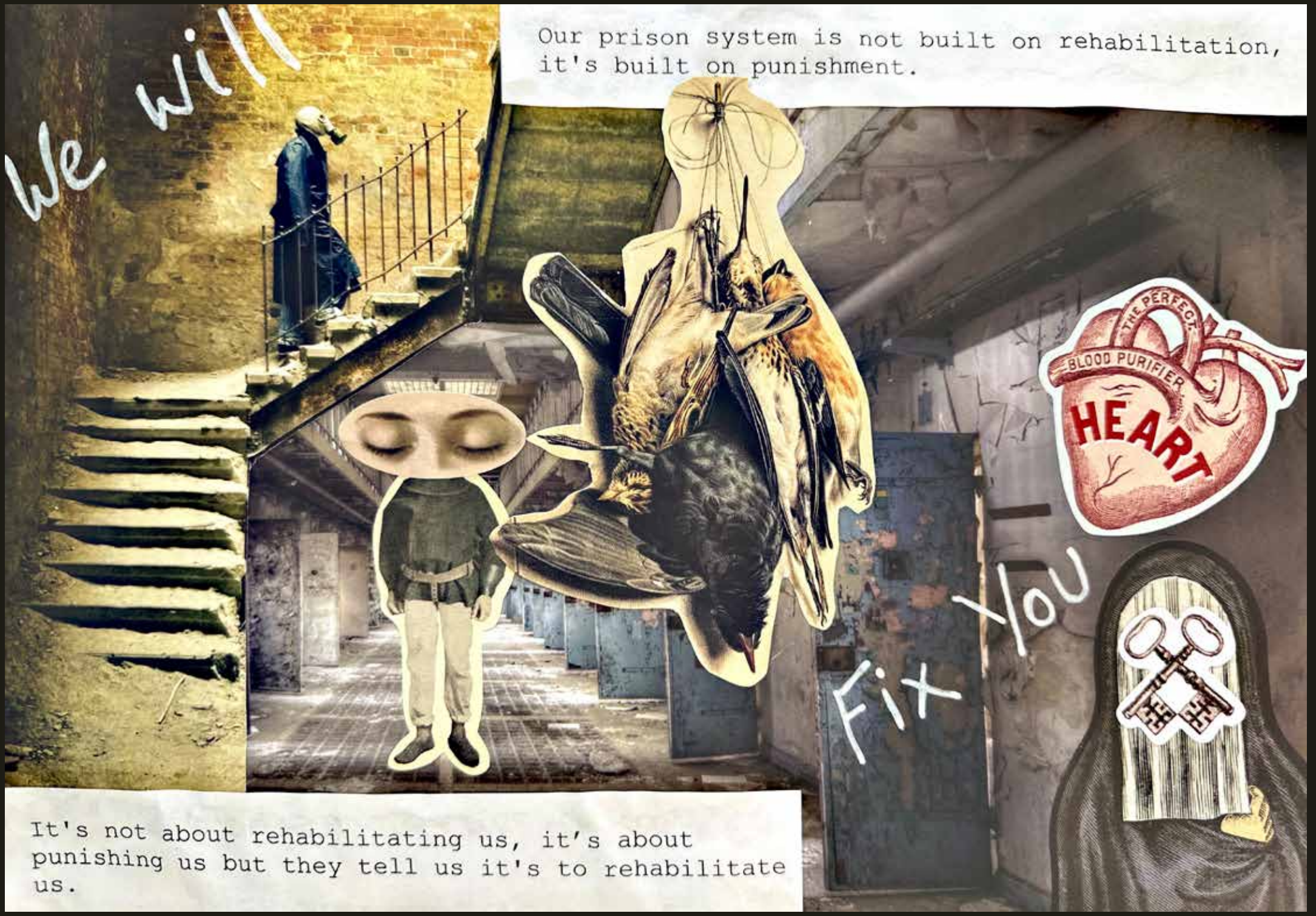
Mauri ora!

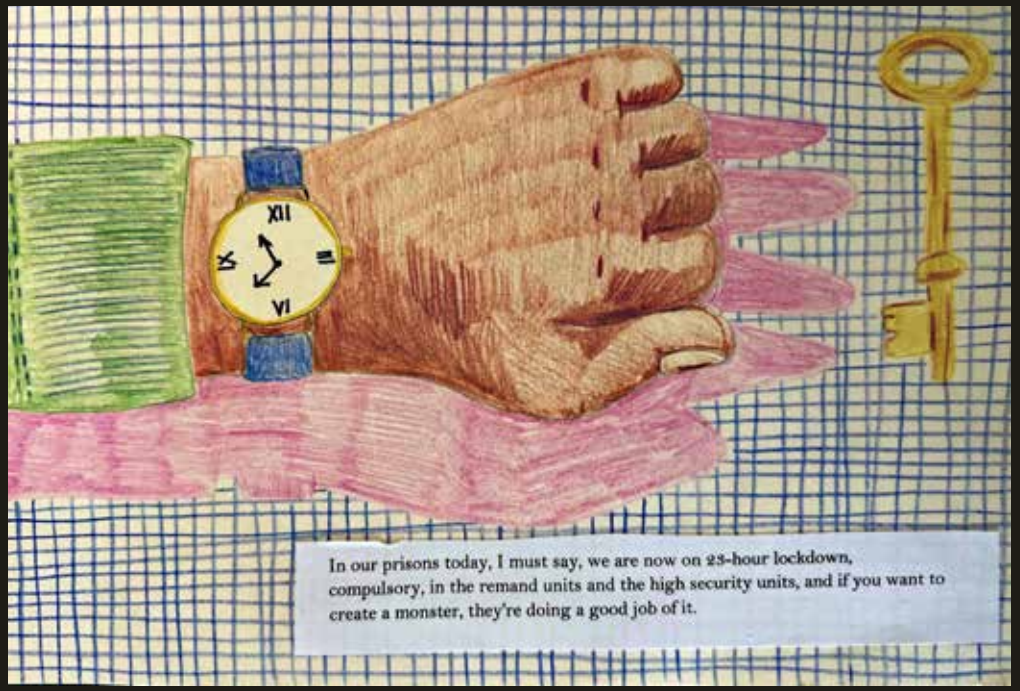
Cheryl Davies

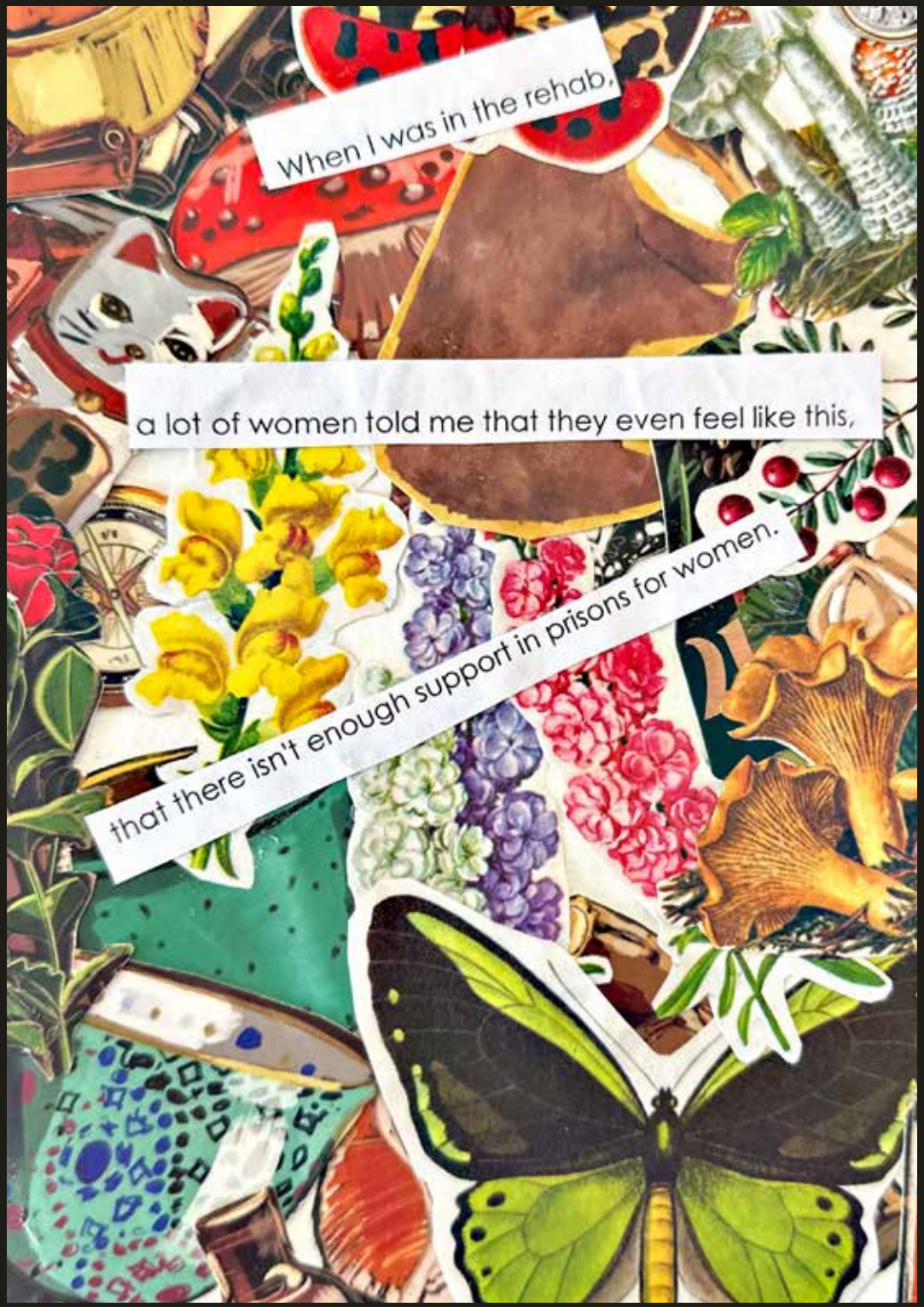
(Ngāti Raukawa ki te Tonga, Ngāti Wehiwehi, Ngati Mutunga ki Wharekauri)
Manager, Tū Kotahi Māori Asthma Trust
TIAKI Co-lead

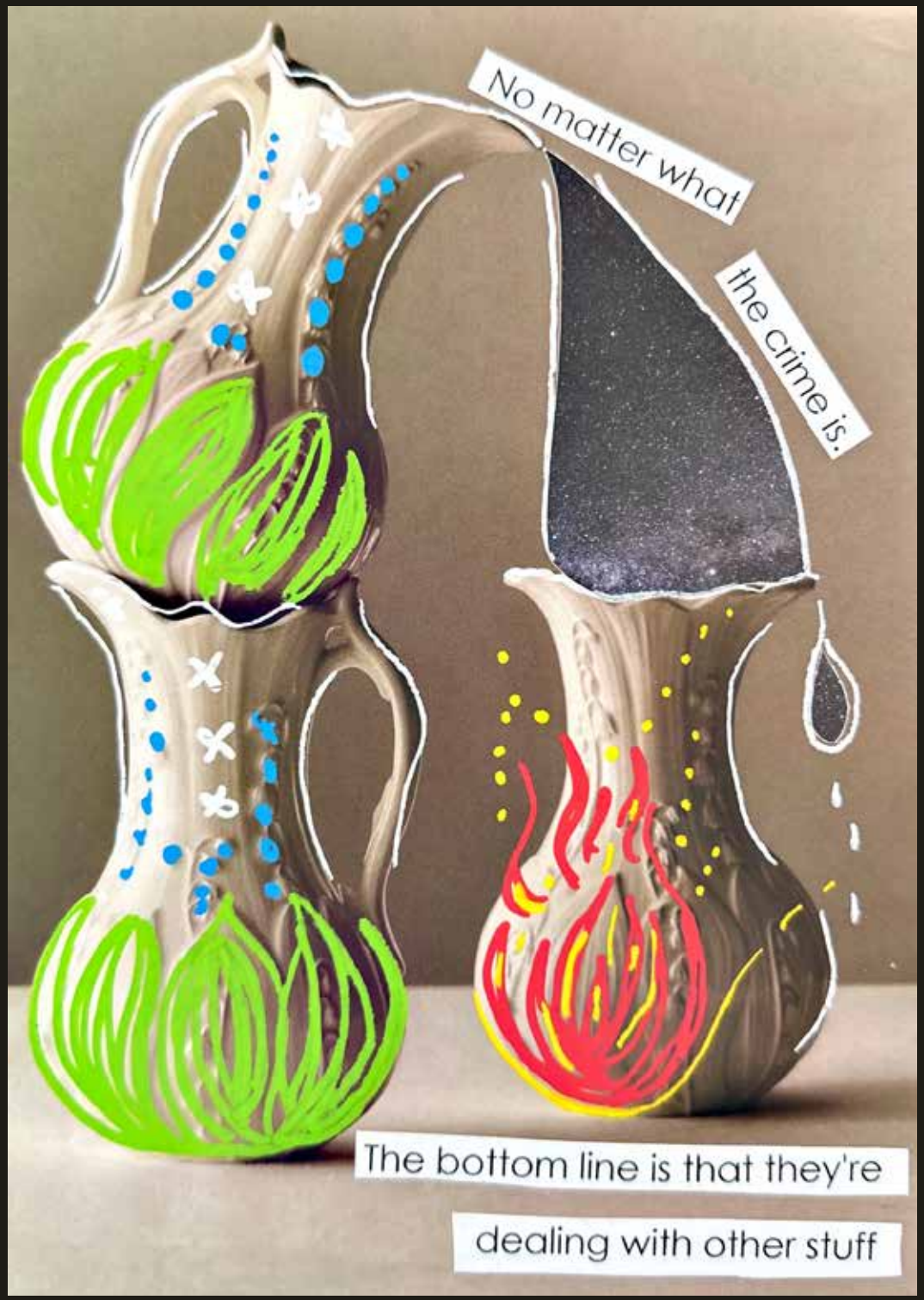
Ki Roto

Experiences
Inside Prisons


We will
Our prison system is not built on rehabilitation, it's built on punishment.
THE PERFECT
BLOOD PURIFIER
HEART
Fix You
It's not about rehabilitating us, it's about punishing us but they tell us it's to rehabilitate us.


In our prisons today, I must say, we are now on 23-hour lockdown, compulsory, in the remand units and the high security units, and if you want to create a monster, they're doing a good job of it.


When I was in the rehab,
a lot of women told me that they even feel like this,
that there isn't enough support in prisons for women.


No matter what
the crime is.
The bottom line is that they're
dealing with other stuff

◀ 4

5 ▼


The police station, now-those are the worst.
I'm in there for
like 9 days, 12 days,
and you know,
NEW ZEALAND DRIVERS LICENCE
DRIVER IDENTITY INFO
NAME
DATE OF BIRTH
LICENCE NUMBER
DONOR STATUS
ADDRESS
it's shocking in the
police stations.
We're not even allowed a phone call, not one
through the whole duration,
and our visitors have to have a
photo ID...
really? Half of us can't even afford photo ID.

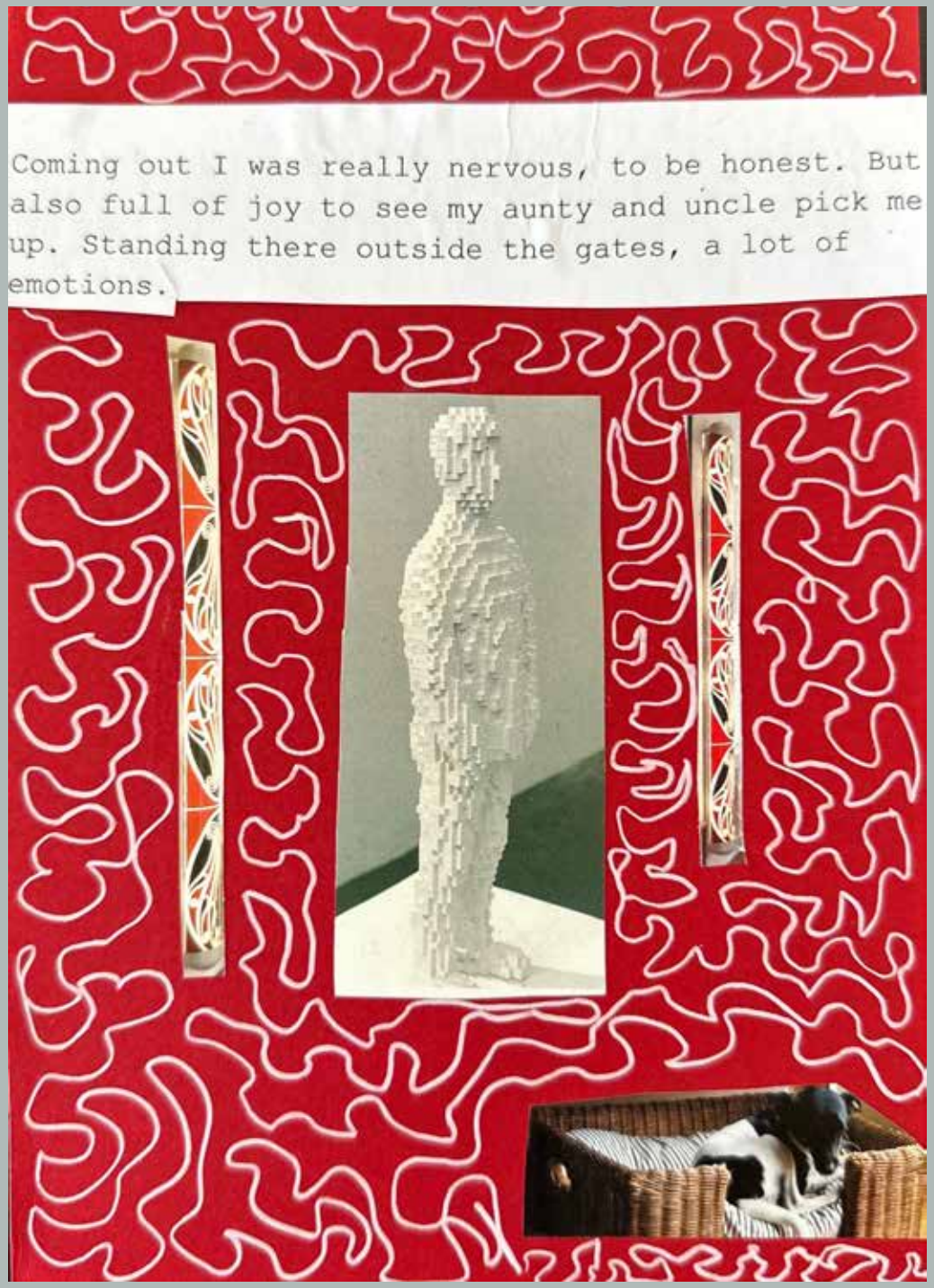

Prison is a lonely place and I never want to go
back there.
No.
49
LOOK INSIDE
Justice
I wish there was
another solution.


My heart wanted to see my wife,
being away for over ten months, having no
contact with her whatsoever…
only seeing her when I went to get sentenced
in court.

Ki Waho

Experiences leaving prison

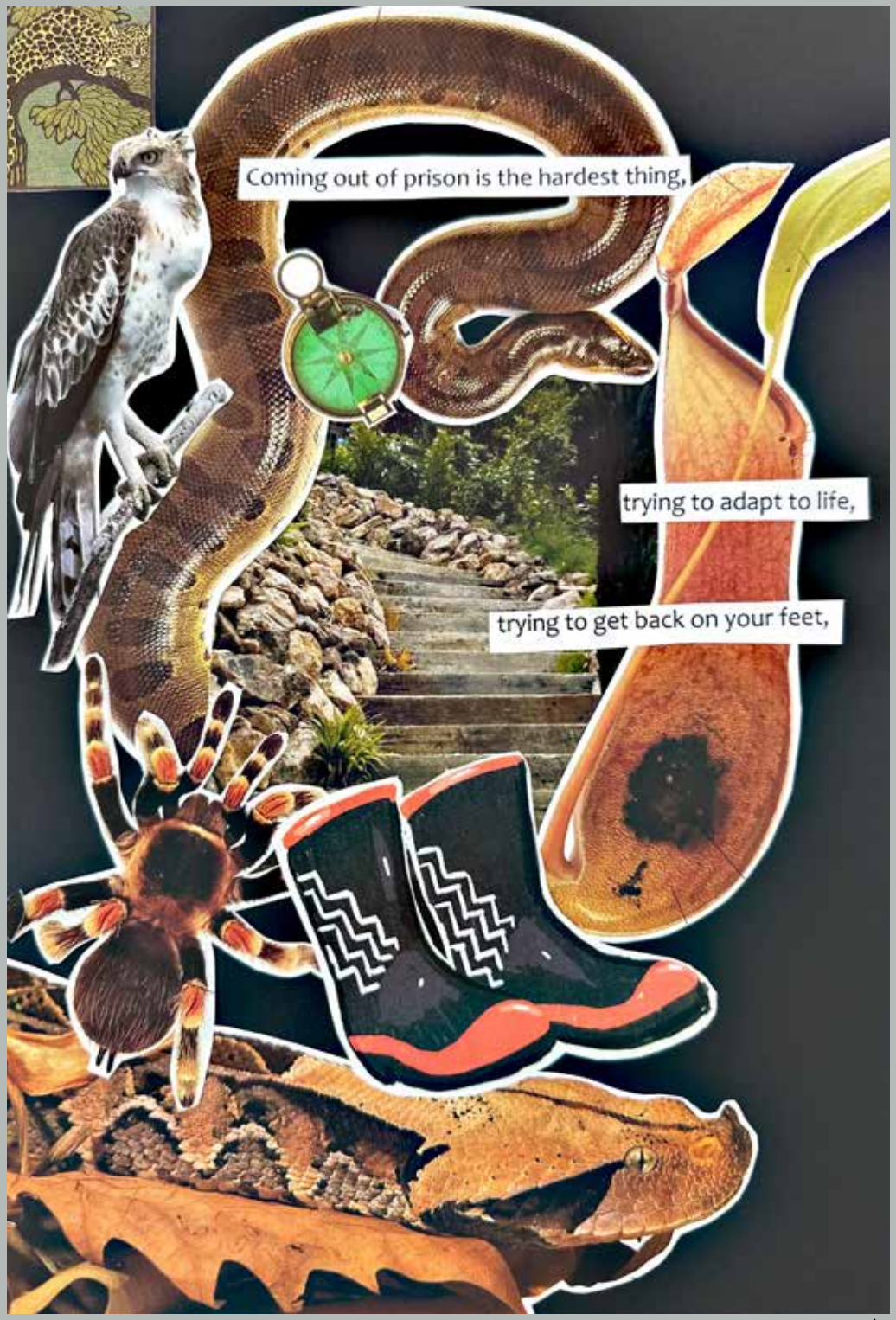

We need that support
when we get out
to help us.
find what we
need to help
us change.


Coming out I was really nervous, to be honest. But also full of joy to see my aunty and uncle pick me up. Standing there outside the gates, a lot of emotions.

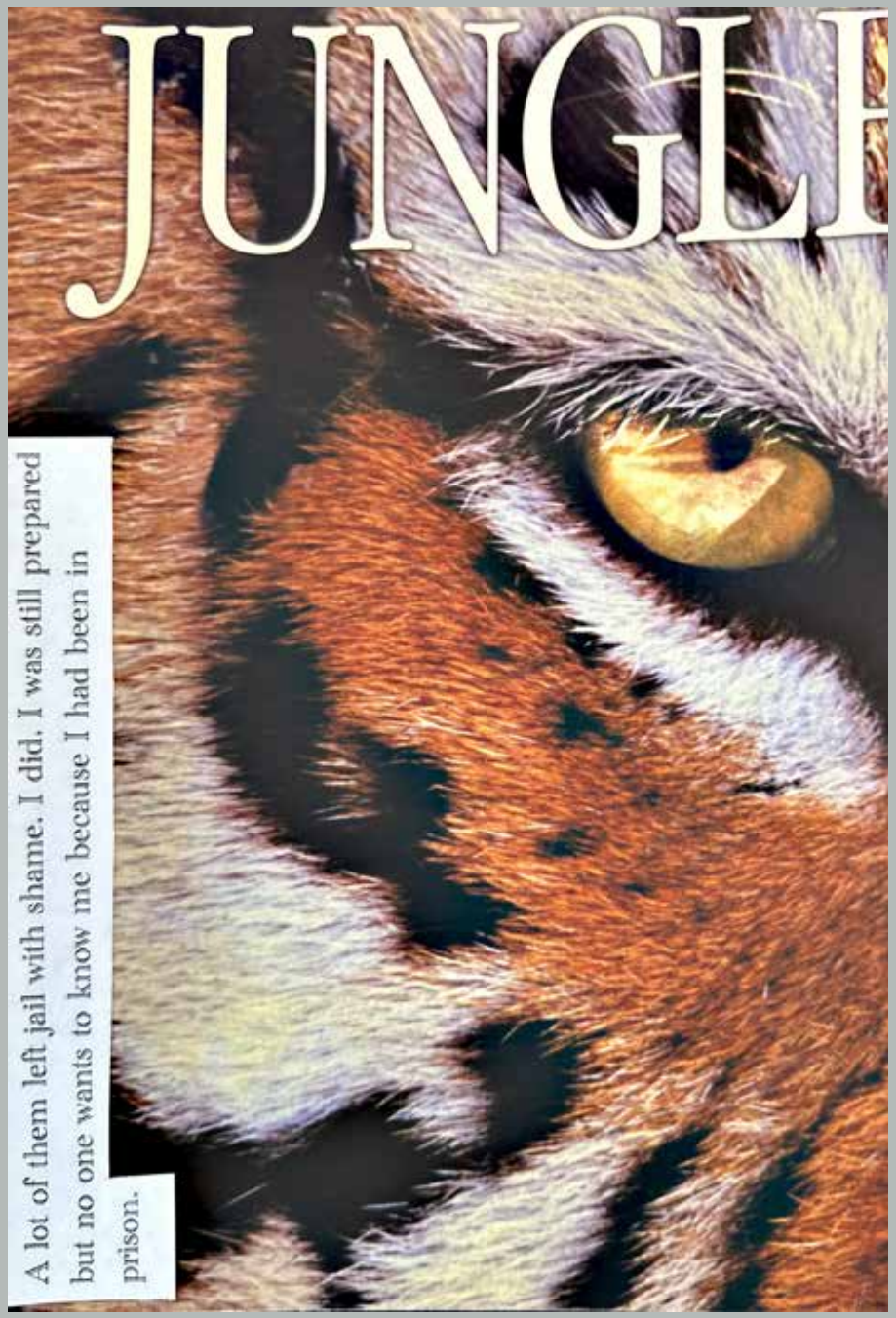
◀ 9

▼ 10


Why fight
"Not all of us are dealt a fair hand in life, but that doesnt mean we cant re-shuffle the deck for a better outcome"
SURVIVAL STRATEGIES
Outdoor OASIS
I hated coming out. I think it's worse out here than in jail, It's like the unknown out here.
12
was utterly and completely terrifying. that cold, scary horror.
SUPERIOR VENA CAVA
AORTA
PULMONARY ARTERY
PULMONARY VEINS
SEMILUNAR VALVE
RIGHT AURICLE
TRICUSPID VALVE
RIGHT VENTRICLE
LEFT VENTRICLE


Coming out of prison is the hardest thing,
trying to adapt to life,
trying to get back on your feet,


I didn't have much when I got out.
I was quite disappointed
because we
have been working on it for months
before I got out.
Then I got out and I
didn't have a bank, you know.
Mā te huruhuru
te manu
ka rere!

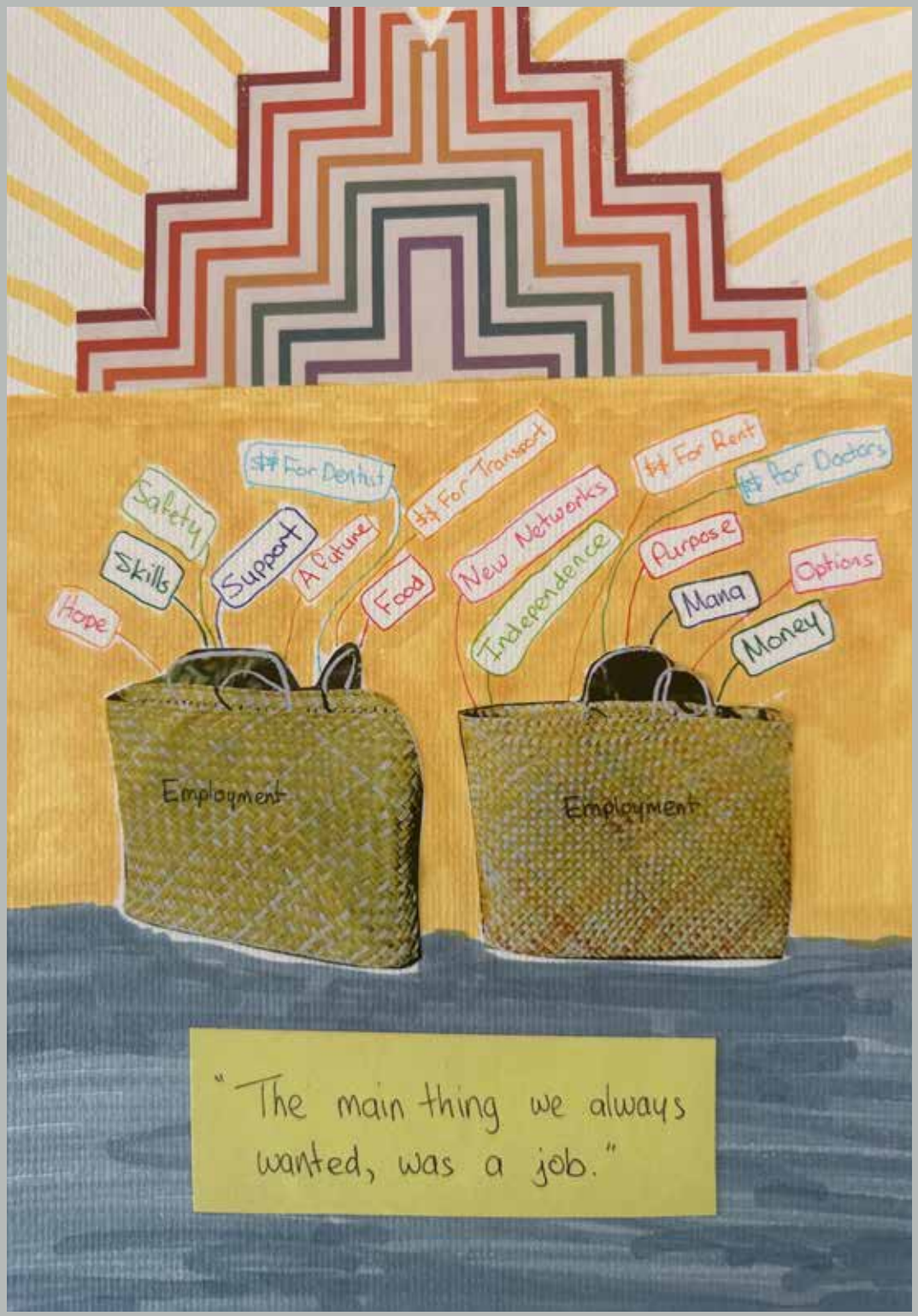

JUNGLE
A lot of them left jail with shame. I did. I was still prepared but no one wants to know me because I had been in prison.


I didn't get any help coming and out that's what's needed.
I got released and chucked in the deep end,
Taranaki,
it's set up to go back to jail.


Mahi is a big part, it is a big part.
Actually that is a big part of why I was a success of not going back to prison

15 ▲

16 ▶


Safety
Skills
Support
A Future
Food
Hope
$$ For Dentist
$$ For Transport
New Networks
Independence
$$ For Rent
$$ For Doctors
Purpose
Mana
Options
Money
Employment
Employment
"The main thing we always wanted, was a job."

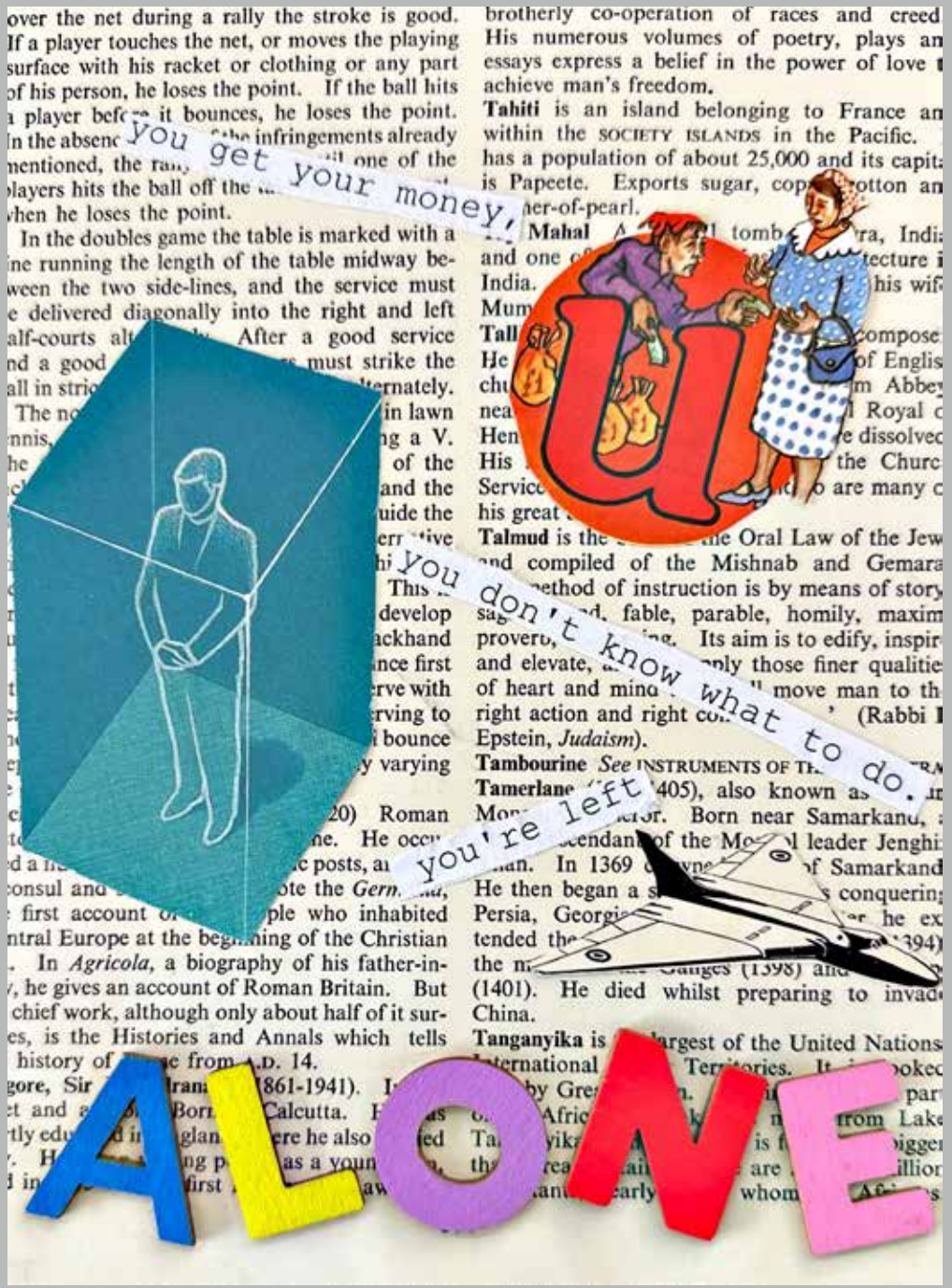

IT WAS HARD
GETTING A JOB
MANA
CRIMINAL HISTORY
EVERY TO THE SAME
METH
BACK PATTERNS
Noel Leeming
RoyWhite
Bunnings
Builderscrack
6 MTH
1 YEAR
18 MTH
2 YEARS
3 YEARS
4 YEARS
5 YEARS
experience gets results


HOME
Tiaki
tiaki
"Like when you get out, you're just left to yourself. You have no one that's there to make sure you're alright. Make sure before you get out you've got housing."
Take control
Kia ora
Kia Ora
Kia Ora
WELCOME
MY WIFE
MUM
love
KŌKIRI
We feel
RANGATIRATANGA
MANA MOTUHAKE
MANAAKITANGA
six months!
NINE MONTHS
TWO MONTHS
22 MONTHS
44 MONTHS
THEN & NOW

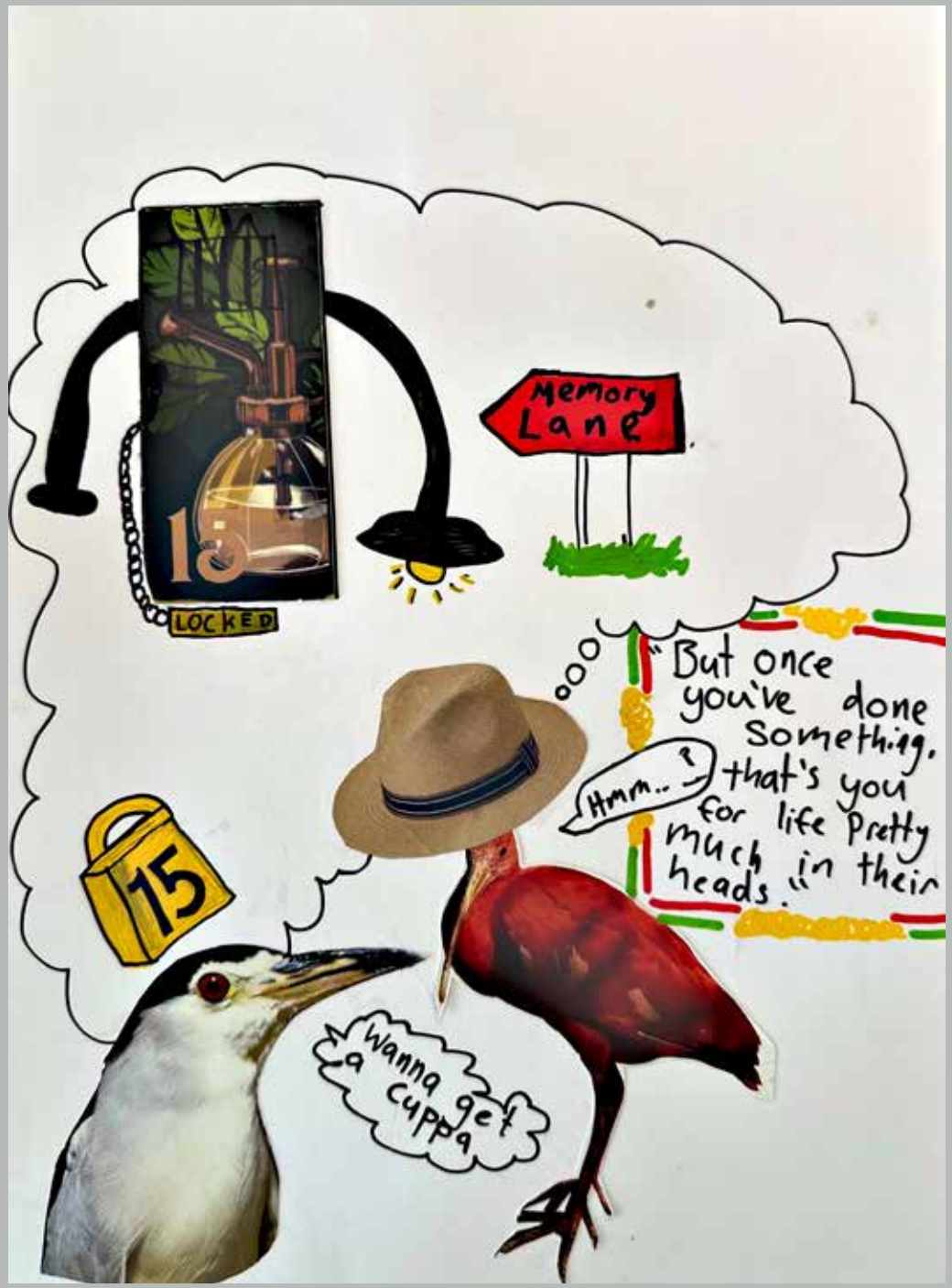

My probation officer was trying to talk me into getting a
job or going on a course. But once they speak to you
about it, nothing happens from there, it's just like that-
topics finished. It's like they've just ticked it off their list

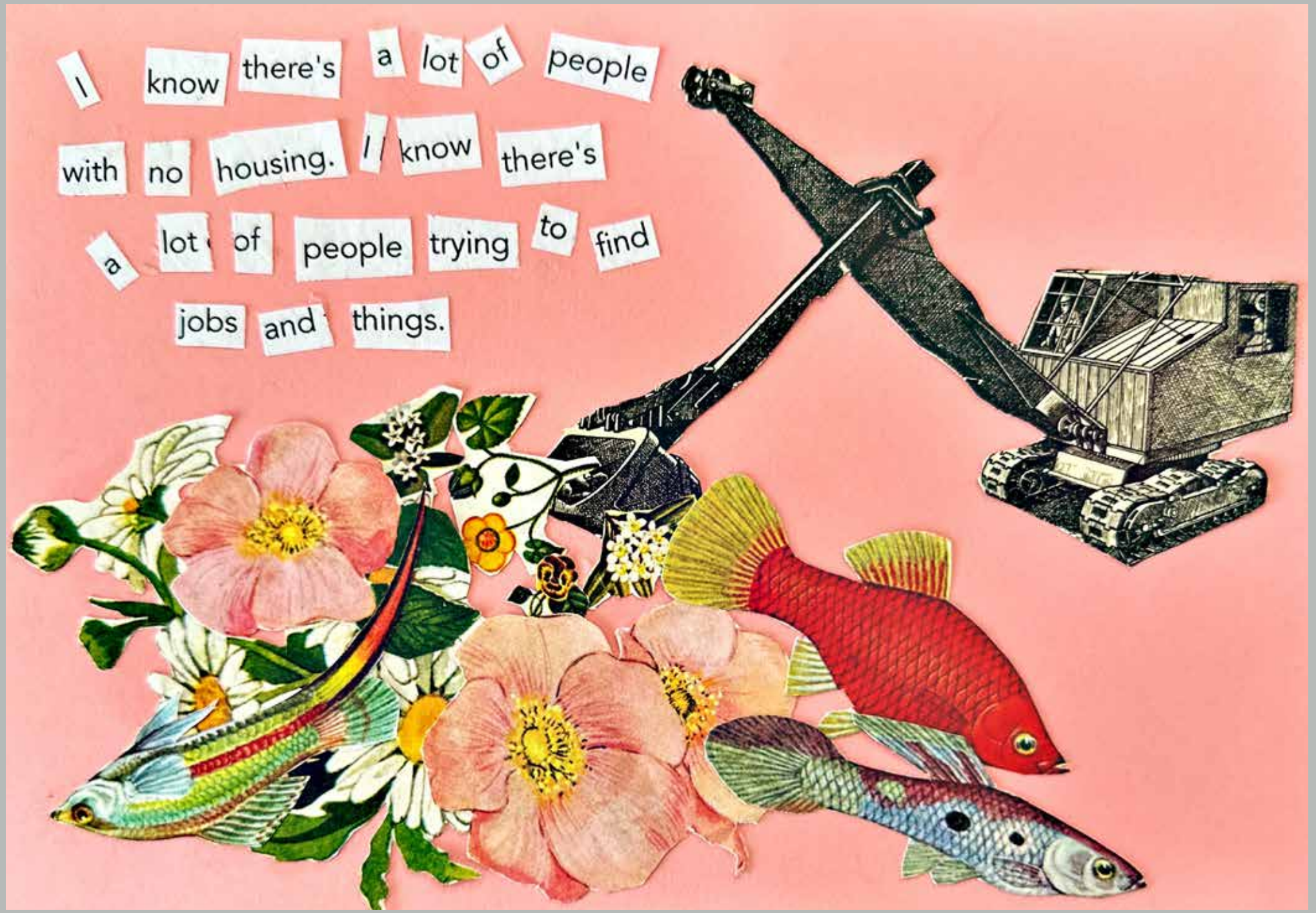
19 ▲

20 ▶


you get your money,
you don't know what to do.
you're left
ALONE

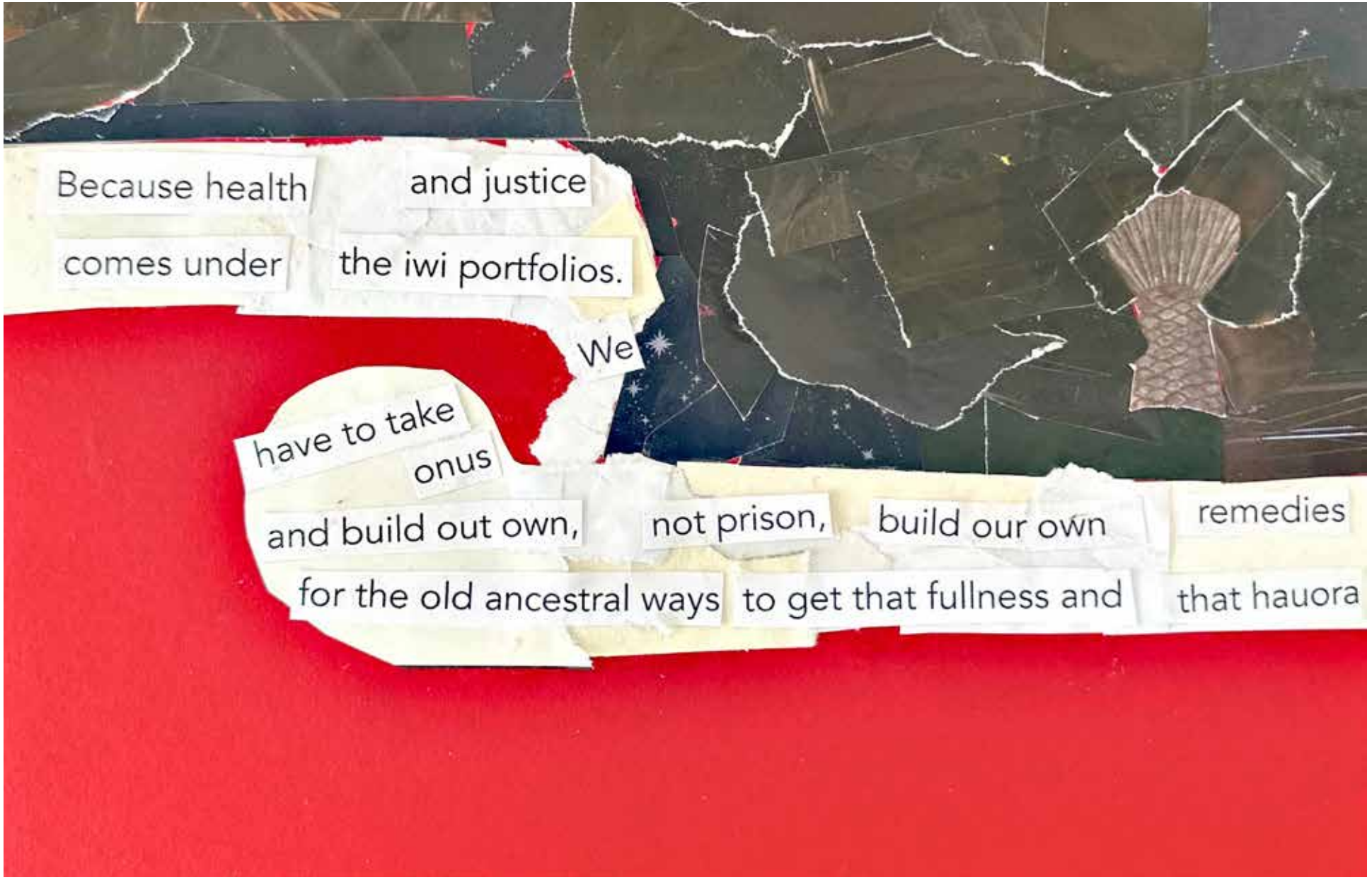

I guess,
being
able
to
not
have
to
worry
about
"can I get groceries?"

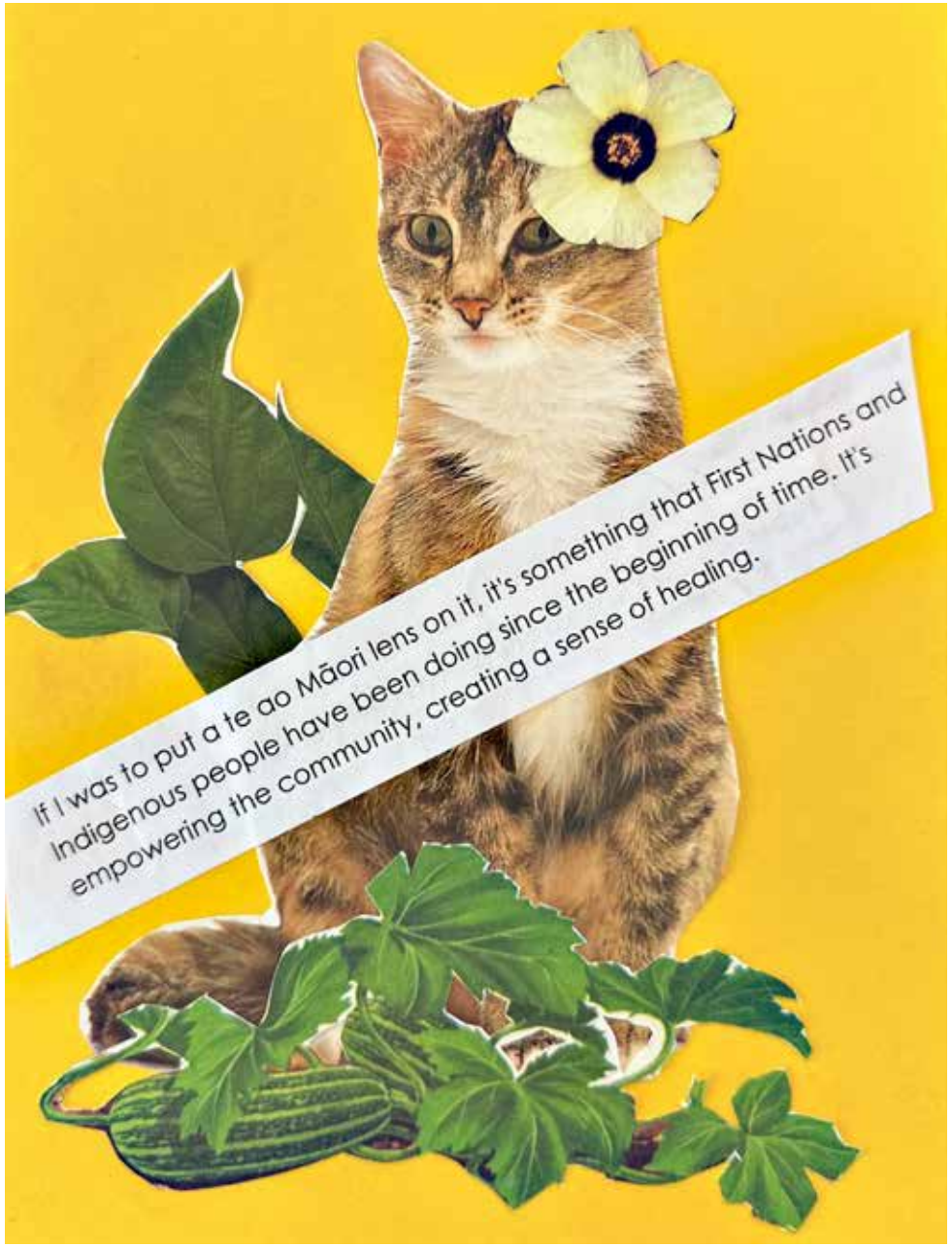

Memory Lane
LOCKED
15
15
"But once you've done something, that's you for life Pretty much in their heads."
Hmm..
Wanna get a cuppa


I know there's a lot of people
with no housing. I know there's
a lot of people trying to find
jobs and things.

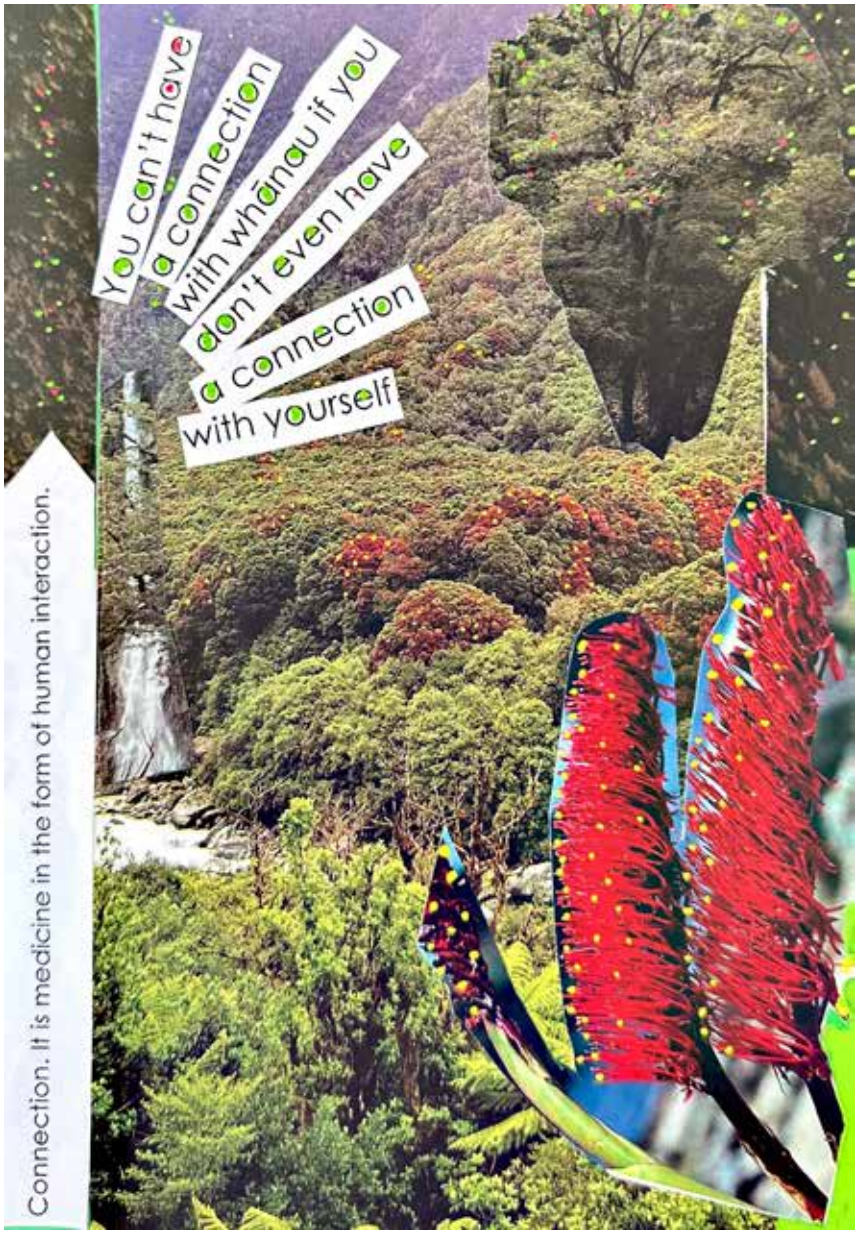
Tākiri Mai Te Ata

Breaking dawn
Imagining a new future

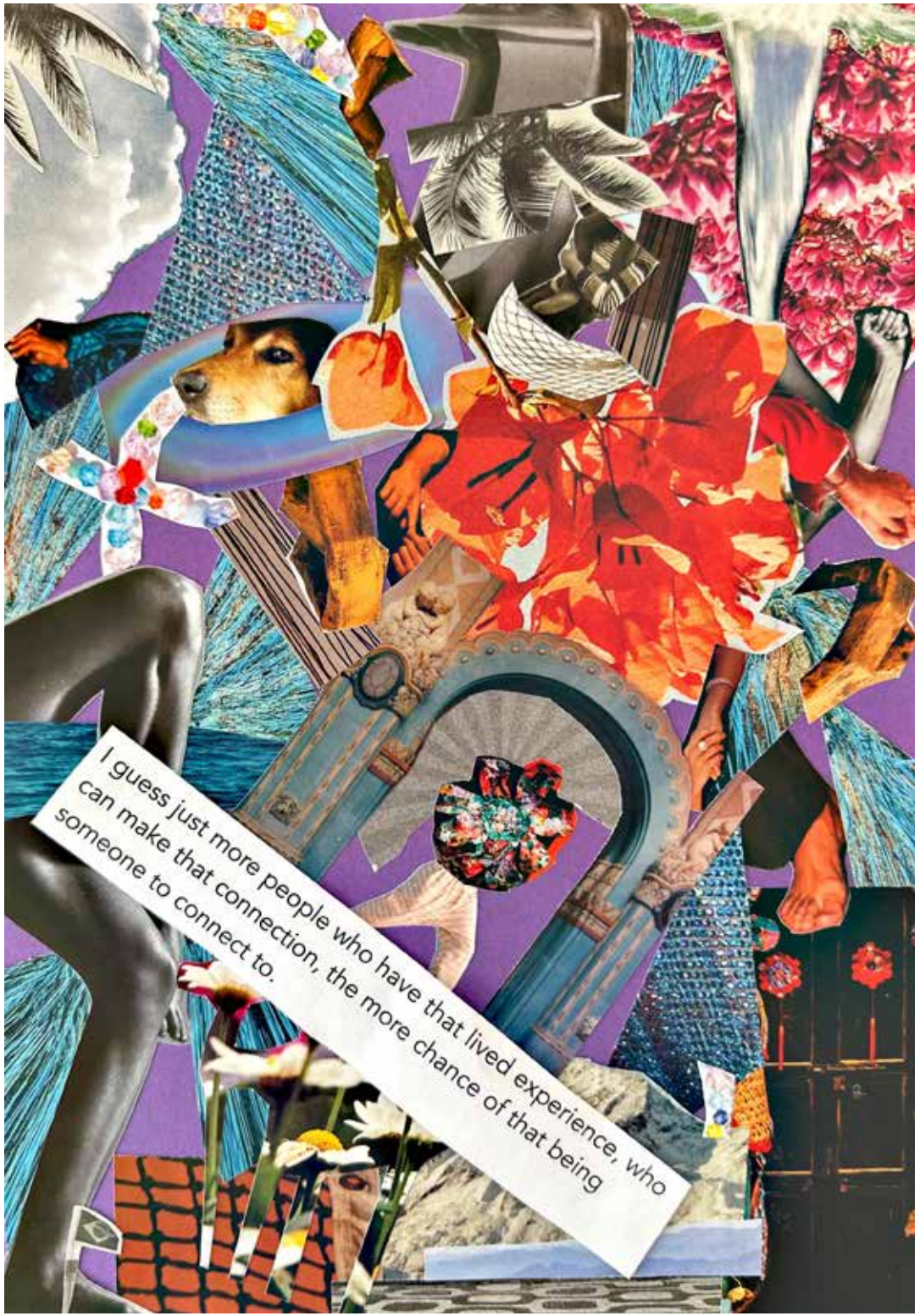

Because health
and justice
comes under
the iwi portfolios.
We
have to take
onus
and build out own,
not prison,
build our own
remedies
for the old ancestral ways
to get that fullness and
that hauora

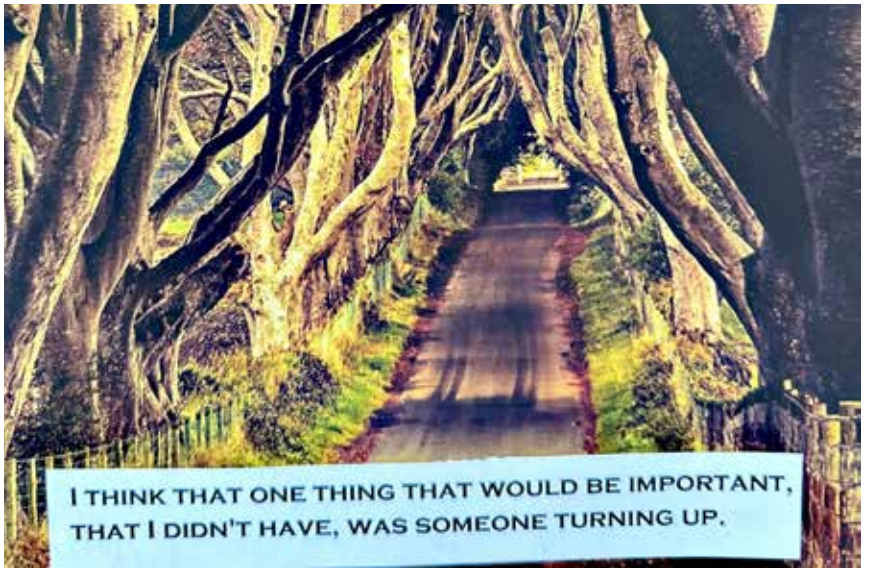

If I was to put a te ao Māori lens on it, it's something that First Nations and Indigenous people have been doing since the beginning of time. It's empowering the community, creating a sense of healing.

▲ 25


You can't have a connection with whānau if you don't even have a connection with yourself
Connection. It is medicine in the form of human interaction.

▲ 26, 27

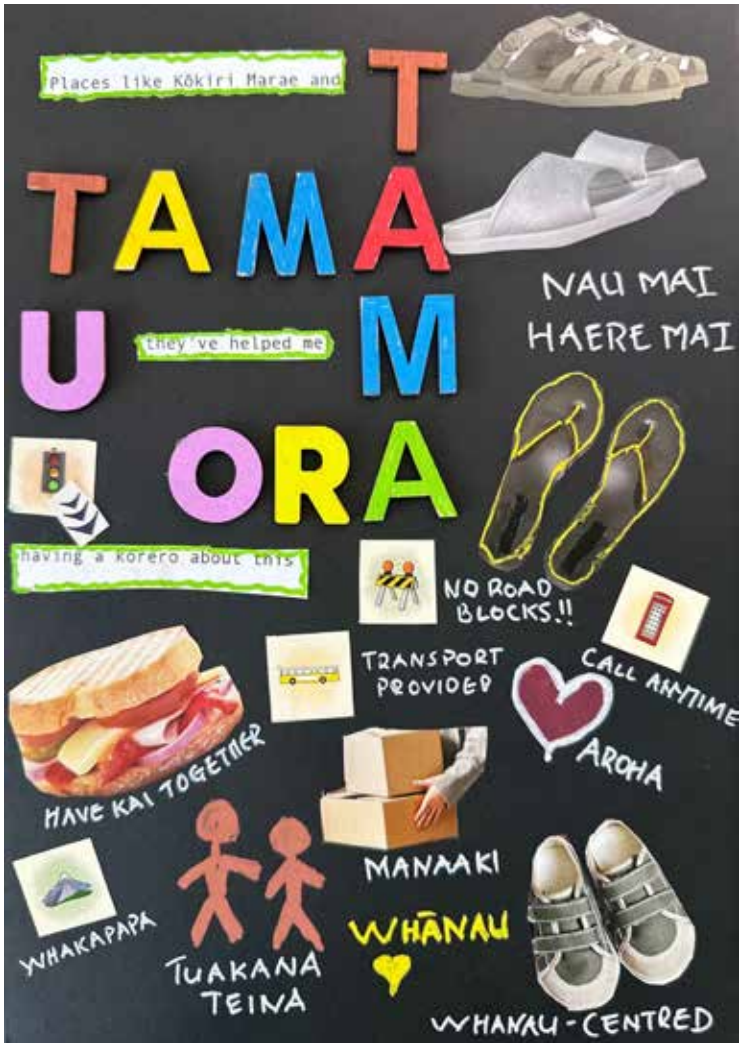

I guess just more people who have that lived experience, who can make that connection, the more chance of that being someone to connect to.

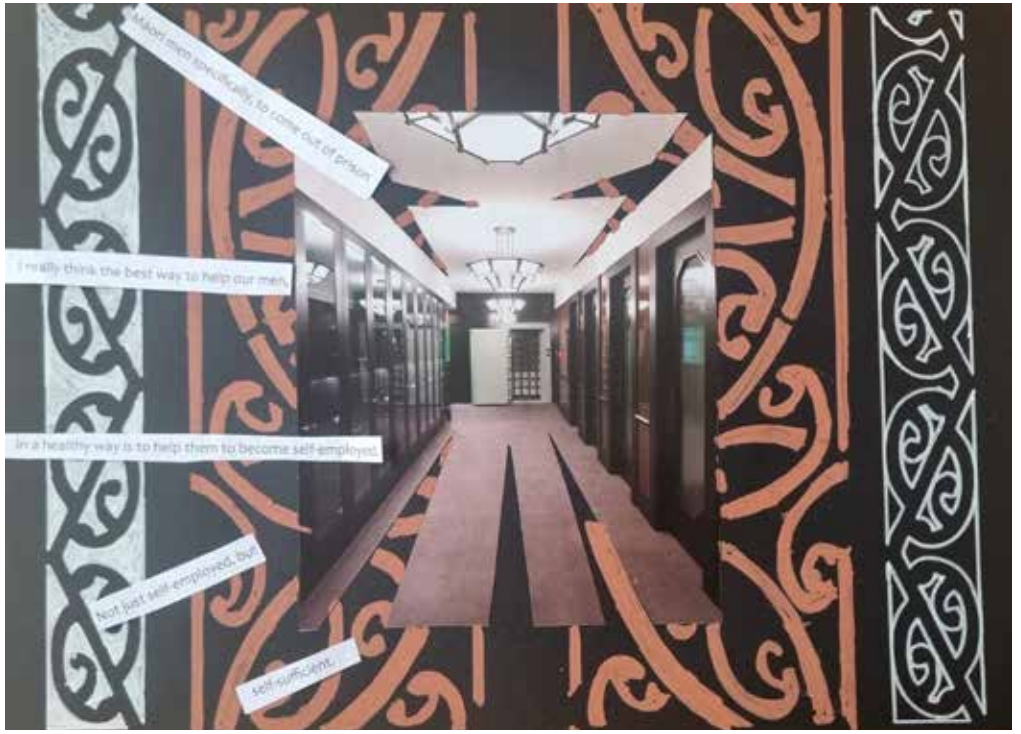

I THINK THAT ONE THING THAT WOULD BE IMPORTANT, THAT I DIDN'T HAVE, WAS SOMEONE TURNING UP.


I was just curious in ways
that I might be able to
help myself and others.
... to help tautoko and awhi
people who
may be in
the same situation


I THINK THERE NEEDS TO BE MORE
FAMILY SUPPORT WITH
EVERYTHING
AND MAKE THEM MORE AVAILABLE
IN THE COMMUNITY
because people dont have
Cars
SO YOU NEED IT
in the actual
community


Like where I'm living now is
probably the best thing I've ever been,
Like, for helping guys like me TRANSITIONAL
HOUSING
I've got my own little self-contained
apartment


Places like Kōkiri Marae and
TAMA
TU
MA
ORA
they've helped me
having a korero about this
NAU MAI
HAERE MAI
NO ROAD BLOCKS!!
TRANSPORT PROVIDED
CALL ANYTIME
HAVE KAI TOGETHER
AROHA
MANAAKI
WHĀNAU
WHAKAPAPA
TUAKANA
TEINA
WHANAU-CENTRED

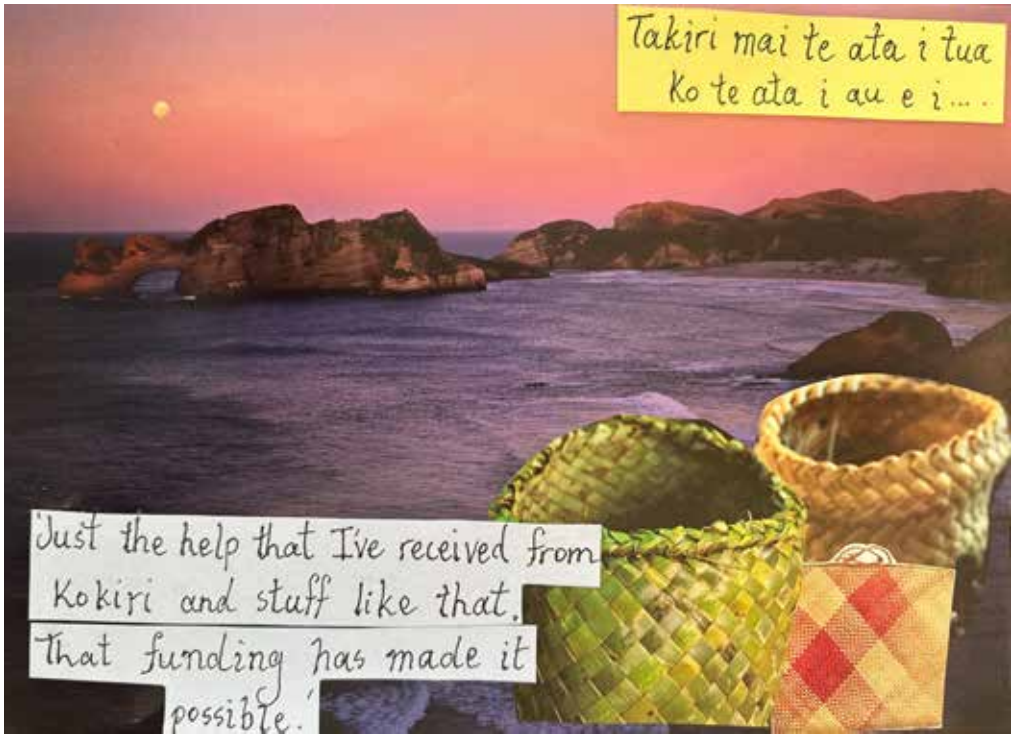

Not just self-employed, but
self sufficient.



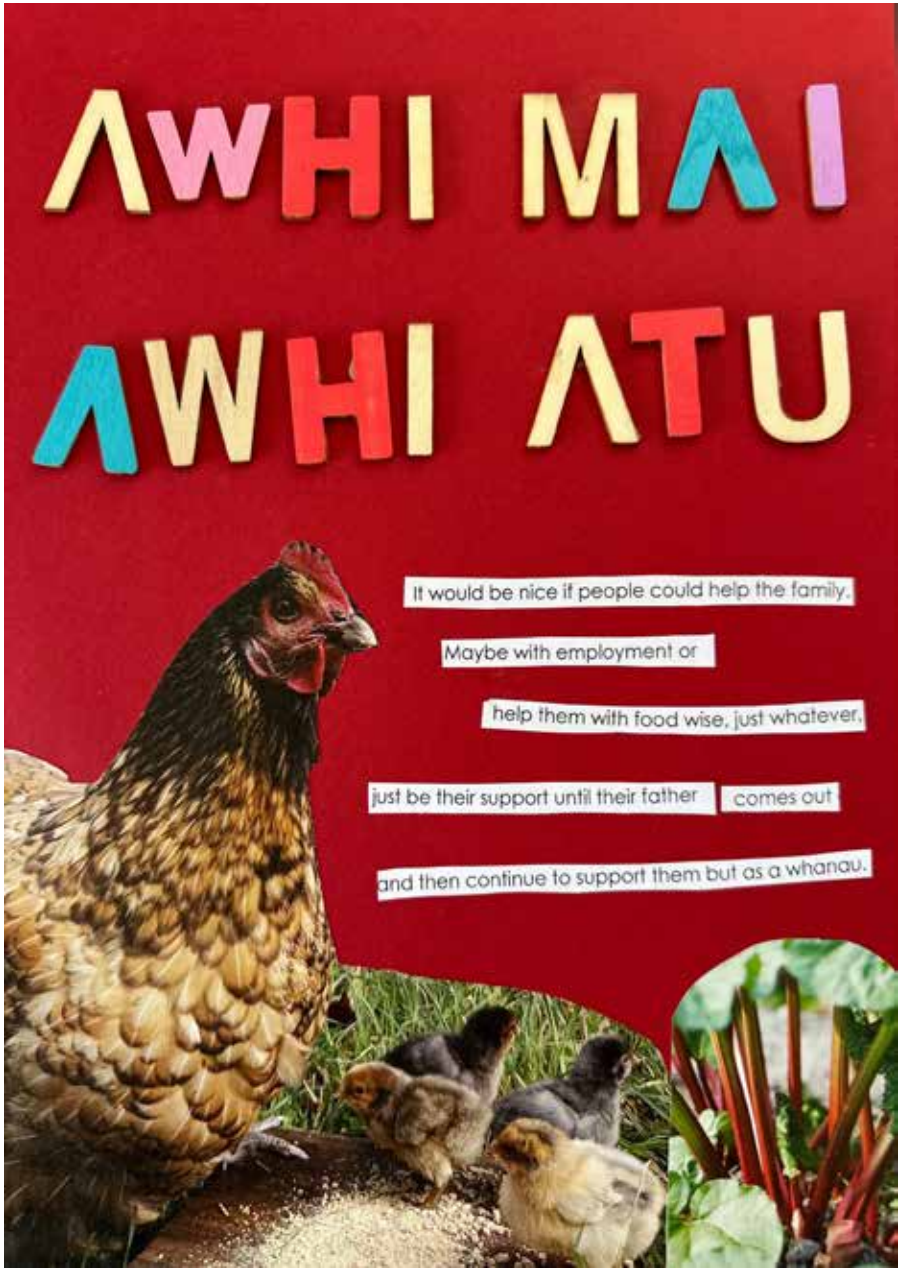
▲ 34

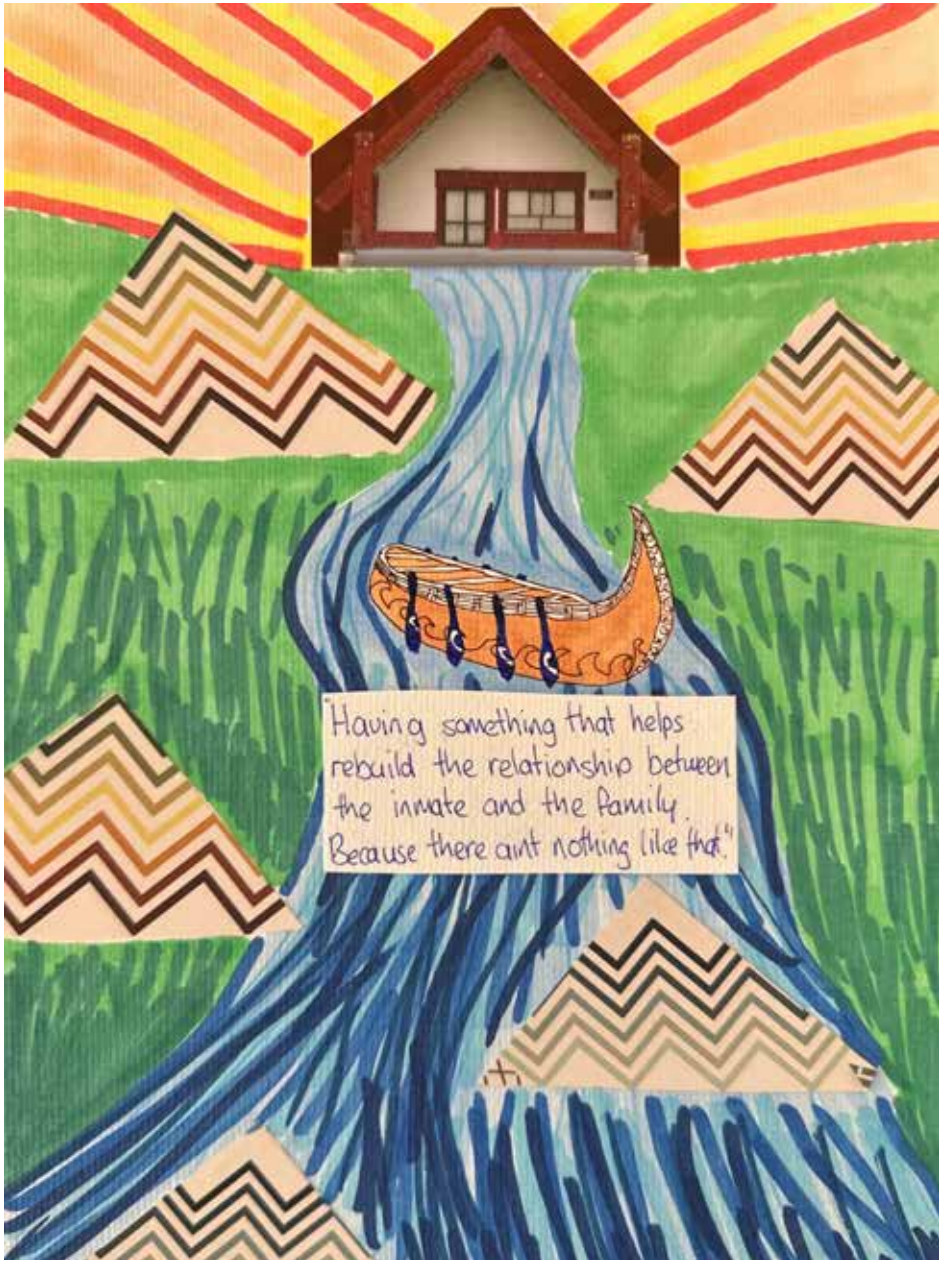
35, 36 ▶

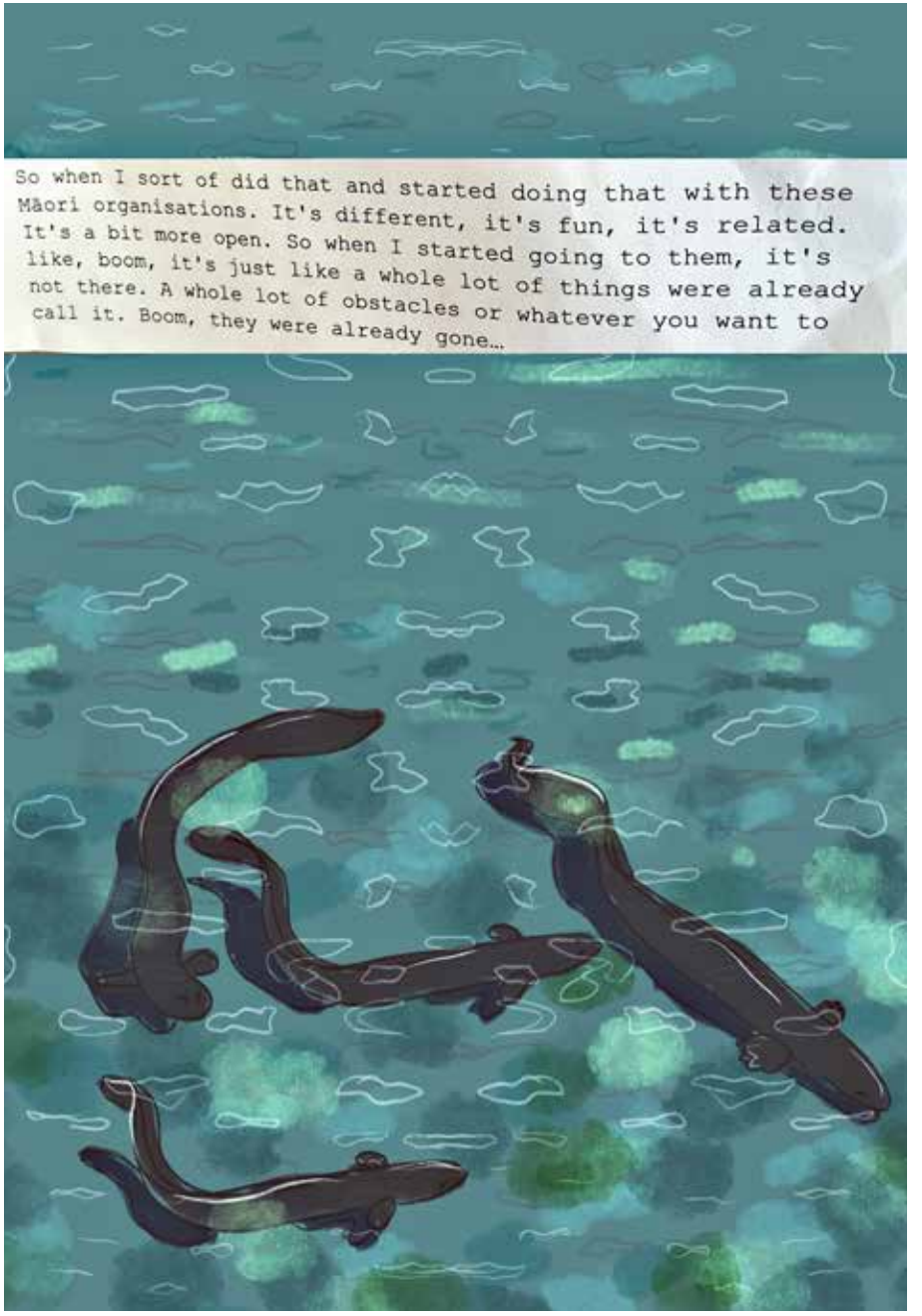

I REALLY WOULD LOVE TO HAVE A LONG-TERM PIPELINE DREAM WAY OUT IN THE LONG TERM. I WOULD WANT TO WORK TOWARDS WORKING IN PRISONS WITH MOTHERS THAT HAVE PEPI, THAT HAVE NOWHERE TO LIVE AND MAKING SURE THAT THEY'RE SAFE.
MUM & BUB
HOME
SAFE
love
Because there's nothing for you when you get out of jail. There's really nothing. They try but there's nothing implemented.


Takiri mai te ata i tua
Ko te ata i au e i....
Just the help that I've received from
Kokiri and stuff like that.
That funding has made it
possible.

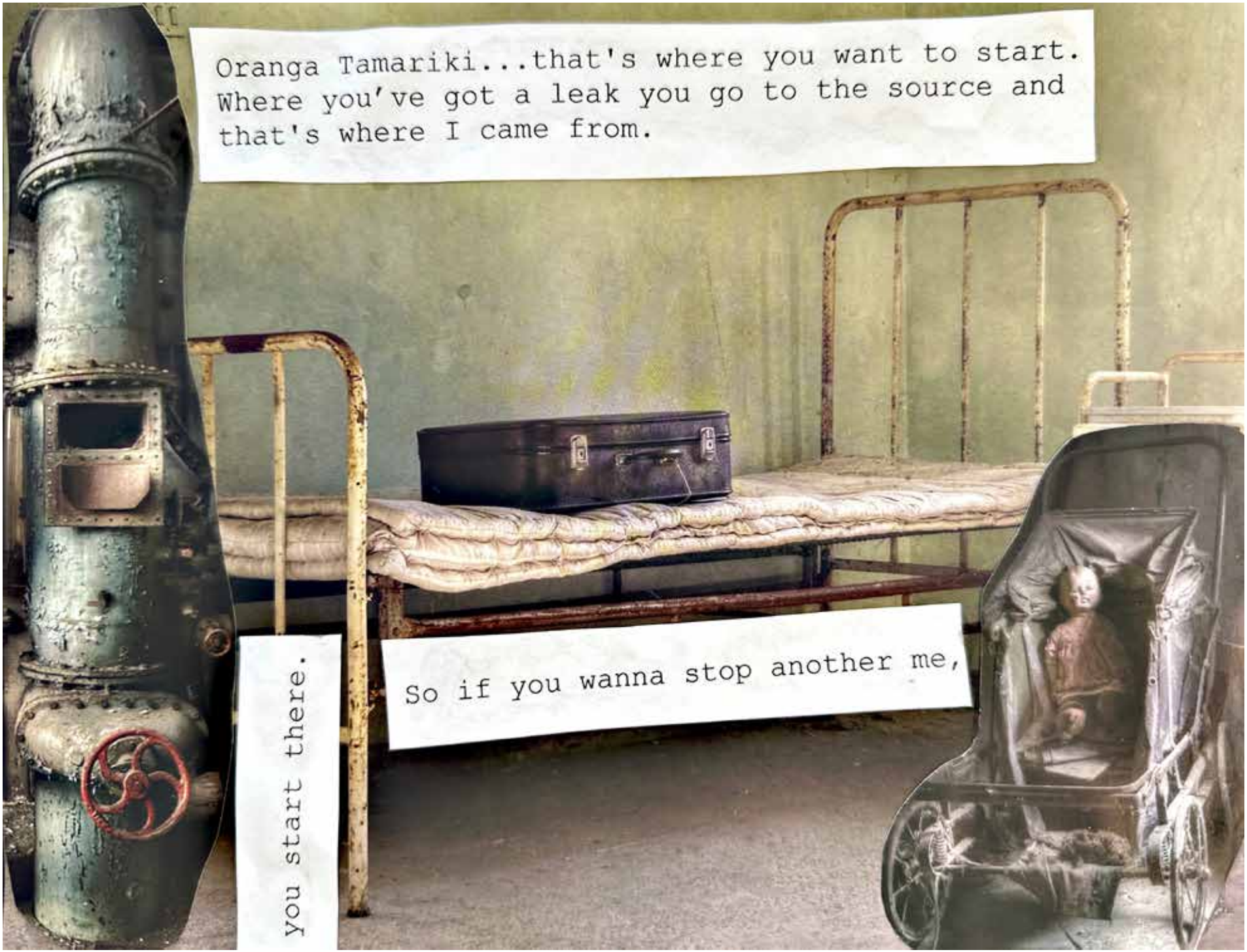

WELCOME
For us to have a marae-based rehab facility, where we're
learning stuff about off the land, learning about Māori
medicine, our kai, all of our old ways.
for
the
people
by
the
people
TŪMANAWA
TŪAHO
TŪNOHO
TŪTIRA
MĀORI ORA


AWHI MAI
AWHI ATU
It would be nice if people could help the family.
Maybe with employment or
help them with food wise, just whatever.
just be their support until their father comes out
and then continue to support them but as a whanau.

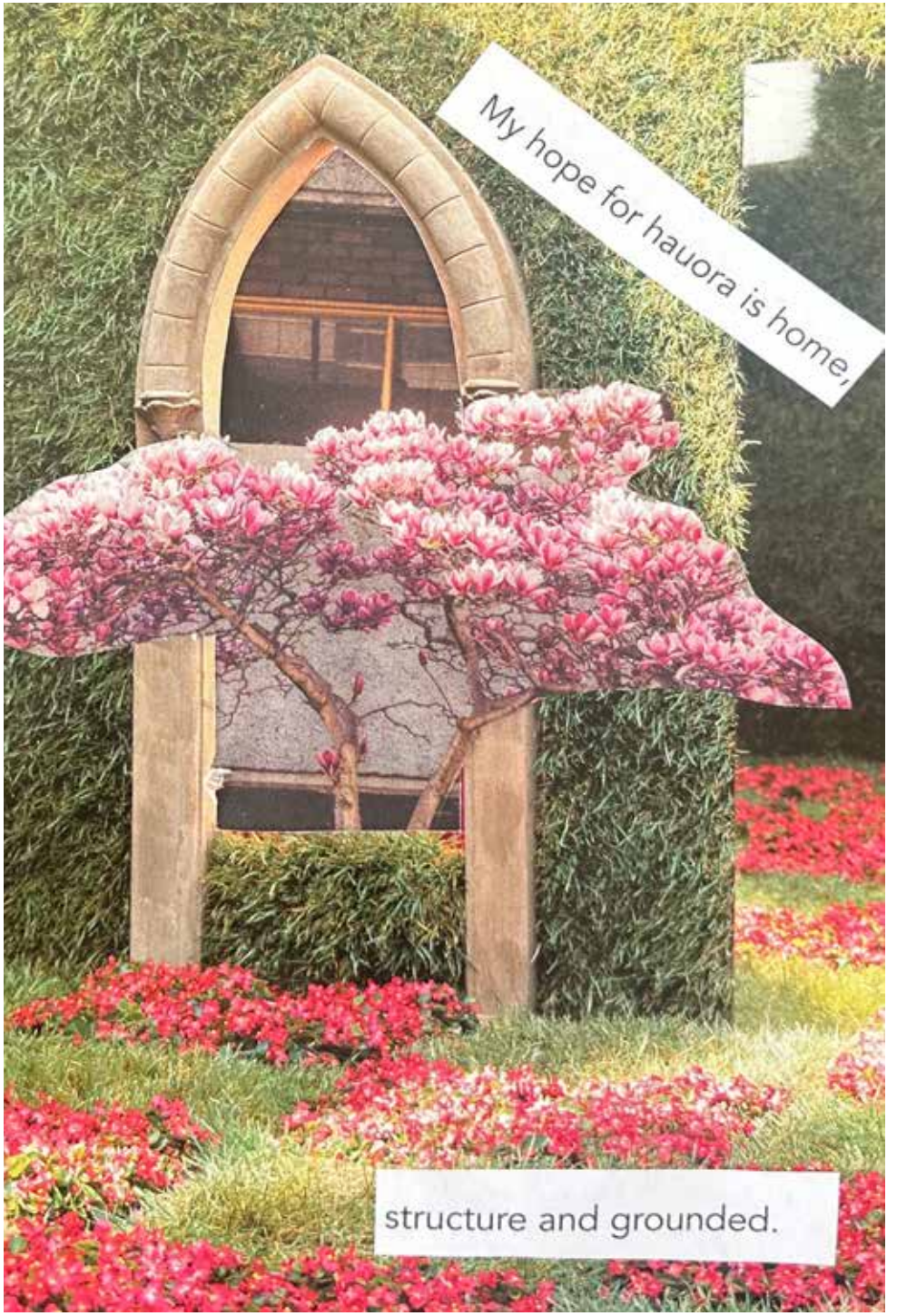

"Having something that helps rebuild the relationship between the inmate and the family. Because there aint nothing like that."


So when I sort of did that and started doing that with these Māori organisations. It's different, it's fun, it's related. It's a bit more open. So when I started going to them, it's like, boom, it's just like a whole lot of things were already not there. A whole lot of obstacles or whatever you want to call it. Boom, they were already gone…


"Alcohol, if you could get that out of shops
that would be awesome too."
STOP ALCOHOL


Oranga Tamariki...that's where you want to start. Where you've got a leak you go to the source and that's where I came from.
So if you wanna stop another me,
you start there.


More support in engaging with your children.
Start the solution at CYFS, start it when you
it from there. You're isolating and stripping
putting them with some stranger,
they're lost
take people off their families. Start
them of everything they know and
you're taking a part of them away and then


My hope for hauora is home,
structure and grounded.

REFERENCES

Each art work in this zine takes its inspiration from a quote from individuals or whānau with lived experience of being released from prison who were interviewed by kairangahau (researchers) as part of the TIAKI project.

1. Our prison system is not built on rehabilitation, It's built on punishment, it's not about rehabilitating us, it's about punishing us but they tell us it's to rehabilitate us.
2. In our prisons today, I must say, we are now on 23-hour lockdown, compulsory, in the remand units and the high security units, and if you want to create a monster, they're doing a good job of it.
3. When I was in the rehab, a lot of women told me that they even feel like this, that there isn't enough support in prisons for women.
4. No matter what the crime is... the bottom line is they're dealing with other stuff.
5. The police station, now-those are the worst. I'm in there for like 9 days, 12 days, and you know, it's shocking in the police stations. We're not even allowed a phone call, not one through the whole duration, and our visitors have to have a photo ID… really? Half of us can't even afford photo ID.
6.Prison is a lonely place and I never want to go back there. I wish there was a another solution.
7. My heart wanted to see my wife, being away for over ten months, having no contact with her whatsoever… only seeing her when I went to get sentenced in court.
8.We need that support when we get out to help us find what we need to help us change.
9. Coming out I was really nervous, to be honest. But also full of joy to see my aunty and uncle pick me up. Standing there outside the gates, a lot of emotions.
10. I hated coming out. I think it's worse out here than in jail, It's like the unknown out here.
11. Coming out of prison is the hardest thing, trying to adapt to life, trying to get back on your feet...
12. I didn't have much when I got out. I was quite disappointed because we have been working on it for months before I got out. Then I got out and I didn't have a bank, you know.
13. A lot of them left jail with shame, I did. I was still prepared but no one wants to know me because I had been in prison.
14. I didn't get any help coming and out that's what's needed. I got released and chucked in the deep end, it's set up to go back to jail.
15.Mahi is a big part. Actually that's a big part of why I was a success of not going back to prison.
16. The main thing we've always wanted was a job.
17. It was hard getting a job because of my criminal history and a lot of us are like that, that have criminal history so we revert back to the same patterns.
18. Like when you get out, you're just left to yourself, you have no one that's there to makes sure you're alright, make sure before you get out you've got housing.
19. My probation officer was trying to talk me into getting a job or going on a course. But once they speak to you about it, nothing happens from there, it's just like that-topics finished. It's like they've just ticked it off their list.
20. You get your money, you're left to your own, so you don't know what to do.
21. I guess, being able to not have to worry about "can I get groceries?"...
22. But once you've done something, that's you for life pretty much, in their heads.
23. I know there's a lot of people with no housing. I know there's a lot of people trying to find jobs and things.
24. Because health and justice comes under the iwi portfolios. We have to take onus and build our own, not prisons, build our own remedies for the old ancestral ways to get that fullness and that hauora.
25. If I was to put a te ao Māori lens on it, it's something that First Nations and Indigenous people have been doing since the beginning of time. It's empowering the community, creating a sense of healing.
26. Connection. It is medicine in the form of human interaction.
27. You can't have a connection with whānau if you don't even have a connection with yourself.
28. I guess just more people who have that lived experience, who can make that connection, the more chance of that being someone to connect to.
29. I think that one thing that would be important, that I didn't have, was someone turning up.
30. I was just curious in ways that I might be able to help myself and others... to tautoko and awhi people who may be in the same situation.
31. I just think there needs to be more family support with everything, and make them more available in the community, because people don't have cars, so you need to make it in the actual community…

32. Like where I'm living now is probably the best thing I've ever seen, like, for helping guys like me. Transitional housing. I've got my own little self contained apartment.
33. Places like Kōkiri Marae and Tama Tu Tama Ora and they've helped me get into having a kōrero about this sort of take.
34. I really think the best way to help our men, Māori men specifically, to come out of prison in a healthy way is to help them to become self-employed. Not just self-employed, but self-sufficient.
35. I really would love to have a long term pipeline dream way out in the long term, I would want to work towards working in prisons with mothers that have pēpi, that have nowhere to live and making sure that they're safe.
36. Because there's nothing for you when you get out of jail. There's really nothing. They try but there's nothing implemented.
37. Just the help that I've received from Kōkiri and stuff like that. That funding has made it all possible.
38. For us to have a marae-based rehab facility, where we're learning stuff about off the land, learning about Maori medicine, our kai, all of our old ways.
39. It would be nice if people could help the family. Maybe with employment or help them with food wise, just whatever, just be their support until their father comes out and then continue to support them but as a whanau.
40. Having something there that helps rebuild the relationship between the inmate and family. Because there ain't nothing like that.
41. So when I sort of did that and started doing that with these Māori organisations. It's different, it's fun, it's related. It's a bit more open. So when I started going to them, it's like, boom, it's just like a whole lot of things were already not there. A whole lot of obstacles or whatever you want to call it. Boom, they were already gone…
42. Alcohol, if you could get that out of shops that would be awesome too.
43. Oranga Tamariki... that's where you want to start. Where you've got a leak you go to the source and that's where I came from. So if you want to stop another me, you start there.
44. More support for engaging with your children.
45. Start the solution at Cyfs, start it when you take people off their families, start it from there. You're isolating and stripping them of everything they know and putting them with some stranger, you're taking a part of them away and then they're lost.
45. My hope for hauora is home, structure and grounded.

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