Accessible transcript – PMMRC webinar 2023: Carosika’s legacy

Link: <https://youtu.be/P11qBYGLrWI>

**Visual: The video begins with an image of the Te Tāhū Hauora Health Quality & Safety Commission logo in white against a dark blue background. The logo is replaced with the words, ‘Ka awatea: A new dawn. PMMRC recommendations in action webinar. 8 June 2023.’ After a few seconds, the text changes to, ‘Carosika’s legacy. Tina Allen-Mokaraka, Iwi: Ngāpuhi; hapū: Te Mahurehure, Ngāti Pākau. Tasi Wilson, Villages of Saaga Siumu and Samata i Uta in Samoa’. After a few more seconds, the screen changes to show a head and shoulders video of Jo Sorasio, Senior specialist advisor, PMMRC. She has long brown hair and dark-rimmed glasses.**

Audio: A big part of the webinar today has been about pre-term birth, and so we have our final — next and final speaker here to talk more about that. We have Tina Allen-Mokaraka who is here to talk about why this recommendation is so very important. Tina is a mum of four and partner to Tasi Wilson. They're South Auckland based and greatly centred within the Carosika Collaborative, which I think is a bit of an understatement, Tina. So, I will hand over to you.

**Visual: The video changes to one of Tina Allen-Mokaraka. She has dark hair pulled back and a checkered blouse on.**

Audio: [Tina] Thank you, Jo, for that introduction. I just want to place that this is my first webinar I'm a part of, and I'm quite privileged to be here and represent my partner as well, Tasi, who couldn't be here today due to work. But that's okay. He's here in spirit as well as the rest of our whānau.

Kia ora. Talofa lava. It's a privilege to be here today as I just explained. Ko wai au? Ko Whakatere-Manawakaiaia te maunga. Ko Ngātokimatawhaorua te waka. Ko Waimā te awa. Ko Ōtātara me Tuhirangi me Tāhekeroa ngā marae. Ko Ngāpuhi te iwi. Ko Ngāti Pākau me Te Māhurehure te hapū. Ko Tahi rāua Caroline Mokaraka ngā mātua. Ko Tina Allen-Mokaraka ahau. I currently live in South Auckland, centrally based in Manurewa.

Me and Tasi, we share, all up four beautiful babies, our two angels, but also our two living girls. Blessing, who is seven. Six — sorry, Claire who is six, both school aged, and at the moment they are with Tasi’s parents. So, I'm quite grateful for the support we get for the girls from Tasi's parents. They're able to just watch our girls while I get into this particular mahi that I'm always open to being part of, because like it's mentioned, our story with Carosika's quite centrally based within the Carosika Collaborative.

And that's who the mahi is named after, is our baby girl, Carosika, who was born in 2014 at 23 weeks, 6 days’ gestation. So, what started that was I was labouring without knowing.

So, me and Tasi were quite young at that age. Back in 2014, we didn't know what was going on. But earlier in 2013, is when we had our first baby at 6 weeks. Perfect heartbeat and everything at 6 weeks, but then at 10 weeks, there was nothing, so I had the procedure done to get cleaned out and everything, and then in 2014, got pregnant again quite fast. But it gave our beautiful girl Carosika. After 1 hour and 15 minutes, she sadly passed away.

I did spend a couple of days in the hospital in Middlemore. I had a midwife for Carosika. So that was all lovely. I did my checks and everything. I found out her gender at 20 weeks, that was quite happy for us. However, when it came to having to go into labour and everything, not knowing what was going on, before actually giving birth to Carosika, it was Tasi and my mum who were with me at the time, so we kind of had to make a — I see it as a rushed decision to see if we would let Carosika pass on her own or as soon as she's born, she goes onto the machines for the — I think with something to do with NICU, the light and everything like that.

However, me and my mum had the discussion of our earlier experience with my sister, who passed away in 2012, and seeing that experience of my sister, and I see her and all the attachments and everything, kind of brought back a little bit of a memory for myself and my mum, and we didn't really want to see Carosika go through that.

However, my mind was boggled. I couldn't think. So, we had decided to let Carosika go on her own. Tough decision, and I look back at that experience now. I only had duty midwives at the time. I didn't have my own midwife who I had met and made a connection with, so it was quite hard to make those kind of decisions without her as well. Someone I gave my trust, and we built a connection, and not having a — I'd say like a health professional kind of representation for me and my whānau.

So, to make that decision on our own was — we look back on it, I look back on it now, I was like, I really wish I did have my midwife with me for going through that with my whānau. However, come to Blessing and Claire, both perfect, healthy, in school. Blessing, she was due on her due date. I gave birth on her due date, sorry, and Claire was a week overdue.

So, my experience was I had the same midwife for both the girls. Beautiful pregnancies. I can't say it enough. I can't boast about my midwife enough, just on her care and also knowing my history with Carosika. So, she took into account that I needed a couple of things done for not just Blessing and Claire, but also future pregnancies that I may have. I would need a Anti-D injection, just due to my my blood type, and also to go on aspirin tablets.

And I felt my midwife with Blessing and Claire knowing that just made me safe and, well, she brought two of my babies into this world. So, she did a really good job of care, listening to me and just going out of her way as well to get me whatever I needed if I couldn't go and do it myself. So, I'm really grateful for, yeah, having her midwife.

And that's also who Claire is named after, the midwife, yeah. I had names for our babies, but Tasi changed them after birth. But that's okay. I mean, yeah, that just goes to show how much we appreciated and how we felt for our midwife, for our babies.

What else would I like to share? The Carosika Collaborative. So, me and Tasi have been a part of that since 2019. But, myself, I shared my story with Dr Katie Graham back in 2018, and I didn't think she'll take my story and make it to what it is today. We’re quite grateful to be the centre of — yeah, of the whole work that we are part of.

In 2019, we, me and Tasi, had the privilege to attend the stakeholder hui. That was a really great hui, and that's how we got to meet Dr Rose, Claire, Liza and just other amazing people who we are connected with today.

So, it's a big privilege to be here, just being me, I suppose. Not working within anything to do with our health sector, but I'm really grateful to be part of discussions within the Carosika Collaborative, all the mahi that we're still doing today. I get to meet whānau. I get to meet other māmā, not just me, Tasi as well, And, yeah, just make connections. It’s — I wouldn’t think I myself would be here today amongst, you know, just all these amazing people.

And, I’d like to finish, if I haven’t gone over time, with just a little whakataukī that I’ve carried with me for the past couple of years that I just hold to myself. And it’s a representation, I think, of not just what me and Tasi have lost, but also what other whānau have lost for our babies.

So, ahakoa he iti he pounamu. Although small, it is greenstone. And I just use that for all our babies that whānau have lost. Anything small, it still remains precious to us, especially our māmā, who have to go through, you know, the process of holding everything in, trying to be strong for our whānau, for our husbands. And yeah, it’s just — I’m just really grateful to be here to share what little I could share today.

So, nō reira, tēnā koutou, tēnā koutou. Kia ora tātou.

**Visual: The screen changes back to a head and shoulders video of Jo Sorasio.**

[Jo] Kia ora Tina. Thank you for your presentation, but I’m also really sorry that you’re here. What I mean by that, in the nicest possible way is, it’s through such a massive loss that brings you to this work.

But, also, what a legacy for Carosika, because for those of you who don't know about the Carosika project — and I think a lot of people on here will know about it — but it's a collaborative network with a focus on preventing, predicting and optimising pre-term birth. And yeah, a lot of that is thanks to you, Tina.

So, you are going to prevent a lot of those others being in that same situation. So, thank you.

[Tina] Thank you, Jo.

**Visual: The screen changes to show the Te Tāhū Hauora Health Quality & Safety Commission logo in white against a dark blue background. After a few seconds, the logo is replaced with the Te Kāwanatanga o Aotearoa New Zealand Government logo in black against a white background.**

**The video ends.**