

Aboriginal Kidney Care Together Improving Outcomes Now AKTION2 Newsletter

March Edition, 2023



Acknowledgement of Country

We acknowledge the Kurna people, traditional owners of the Tarntanya, (Adelaide Plains). We respect their spiritual and physical connection to the land, seas, and waterways. We acknowledge their deep connection to the community and pay our respects to the Kurna Elders who fought and paved the way for future generations.

We acknowledge all other Aboriginal and Torres Strait Islander people who live and work on Kurna Yerta and acknowledge the allies who know when to walk beside us, in front of us and behind us.



MESSAGE FROM THE AKTION2 TEAM

Hello AKtion Family,

Welcome to the March edition of our monthly newsletter. We know that this month has been extremely busy and we hope that you all have found some time for self-love and care that nurtures your mind, body and spirit as we continue working in this challenging space.

A few members from our AKtion Project Team have moved. Isaac is working with NIKTT and has started nursing training. Alyssa has moved to Brisbane and is still working with us one day a week. We find ourselves settling into the new routines that 2023 brings with it.

In this edition you will be able to find the latest news and updates on AKtion's whereabouts and ongoing work in latest publications, community events, conference dates and abstracts, and a message from the AKtion2 Reference Team.

So, you know what to do next!!!

Take a break, grab that cuppa and enjoy catching up on all the action with AKTION.



AKtion2 Newsletter Editors

Kim O'Donnell | Rhanee Lester

The AKtion Project Team consists of the following deadly members:

AKtion2 Project Leads

Dr Kim O'Donnell

Associate Professor Janet Kelly

AKtion Project Co-ordinator

Amy Graham

Chief Investigators

*Nari Sinclair, Kelli Owen,
Rhanee Lester, Samantha
Bateman, Josee' Lavoie*

Research Assistants

*Kynasha Temple-Varcoe
Alyssa Cormick
Tahlee Blade-Stephenson
Elizabeth Rix*



AKTION OUT!

YARNING UP WITH KYNESHA TEMPLE

My mob are Ngarrindjeri & Narungga

I was born in Adelaide

I grew up in Adelaide Hills

I know live in Adelaide Hills

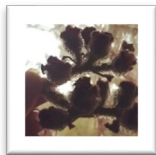
I work as a Research Assistant

Favourite bush tucker?

I love lemon myrtle. I used to work in a store that sold essential oils and I always wanted to try and make a custard tart with lemon myrtle.

Favourite saltwater food?

Years ago I was coming back from a festival interstate and stopped by the road and found Coorong Crystal Ice Plant. I thought it was one of the most beautiful and interesting plants I had seen. I took some home and put them in water. I search for it only and found that you could eat them. They are salty and fresh, great to go in a tossed salad



Favourite drink?

I love a good glass of rose

Favourite holiday destination:

By the beach

Favourite music at the moment? Why?

I love all kinds of music but at the moment I like melancholy mush like Lewis Capaldi or Noah Kahan, something that gets me in my feels.

Favourite saying(s)?

Jack Kerouac from his autobiographical novel "On The Road"



"The only people for me are the mad ones, the ones who are mad to live, mad to talk, mad to be saved, desirous of everything at the same time, the ones who never yawn or say a commonplace thing, but burn, burn, burn, like fabulous yellow roman candles exploding like spiders across the stars and in the middle you see the blue centerlight pop and everybody goes 'Awww!'"

Favourite movie /tv show at the moment? Why?

Maniac and Everything, Everywhere all at once. I love multiverse movies and the complexities they are able to provide to people's experiences

What do you enjoy about the work you do?

I love working with AKction and seeing how people with lived experience can be heard, supported and seen as expertise. I think it is so important the shift towards hearing peoples lived experience because they are the ones who can really identify the journey and can give us a deeper understanding of the situation to improve the systems or experiences. This is something that needs to shift across most sectors.

ORAL HEALTH & KANGGAWODLI

TAFE SA dental hygienist students have begun clinical placements at Kanggawodli, supported by Wade Allen, Margie Steffens, Kelly Clemente and Janet Kelly. Students are learning a lot from residents, and also sharing information and identifying oral health concerns of Aboriginal dialysis patients and residents, which are then referred on.



AKtion Project Team

*Back R-L: Melissa Arnold-Chamney-Ujvaro,
Jared Kartinyeri, Isaac Brown, Liz Rix, Kelli
Owens*

*Middle R-L: Amy Graham, Alyssa Cormack,
Kynesha Temple-Varco*

*Front R-L: Kim O'Donnell, Nari Sinclair, Janet
Kelly*

CONFERENCES AND COMMUNITY EVENTS

SONDER CLOSE THE GAP DAY – March 16

On 16 March 2023 members from the Akction2 (Aboriginal Kidney Care Together-Improving Outcomes Now) movement held a promotional stall for Closing the Gap Day 2023 at the Adelaide Show Grounds. The unique event brings together Aboriginal and Torres Strait Islander people of all ages, service



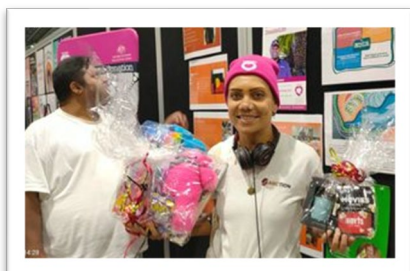
providers, health professionals, and academics to promote their partnerships, connect with others and share resources to improve the health and



wellbeing of communities. AKction shared the stall with Donate Life and the Adelaide Nursing School to promote the work that each

of us do. The event was well attended by service providers, school students and the wider community and it was a great way to connect and yarn with people by handing out merch, loads of information and resources that raise awareness of the importance of organ and tissue donation.

A big THANK YOU to those who attended and helped at the stall, and we cannot forget to mention DONATE LIFE & the Adelaide University Dental School (in particular Margie Steffan) who supplied us with some amazing merchandise and



resources which were very popular and eye-catching (the DonateLife hot pink beanies were a favourite)..it was a team effort which made for a successful day.

AKction2 Prize Winner

Congratulations to Tessa Peisley, CEO of the Sobriety Group for winning the AKction Raffle. Tessa has been contacted and

Who is DonateLife?

The Organ and Tissue Authority (OTA) leads the Australian Government's national program to improve organ and tissue donation so more Australians have access to a transplant. This is done in partnership with state and territory governments, DonateLife teams, hospitals, health specialists and the community.

For more information about Donate Life check out their link below:

<https://www.donatelife.gov.au>

DONATE LIFE WEEK

WHEN

Sunday 23 July to Sunday 30 July, 2023

WHERE

Elder Park, Adelaide

WHAT

Morning Tea with Free Coffee Cart Available

INFO

DonateLife are looking for ways to engage with the wider community to raise greater awareness on organ and tissue donation. If you have any ideas or suggestions around involving SA First Nations communities they would love to hear from you.



The AKction2 Crew 'Stylin Up' with the Attorney-General of South Australia at our Closing the Gap stall.

FIRST NATIONS VOICE TO PARLIAMENT

History is Calling Voice to Parliament by Blackwood Reconciliation Group and Unley Uluru Statement from the Heart Support Group – March 17

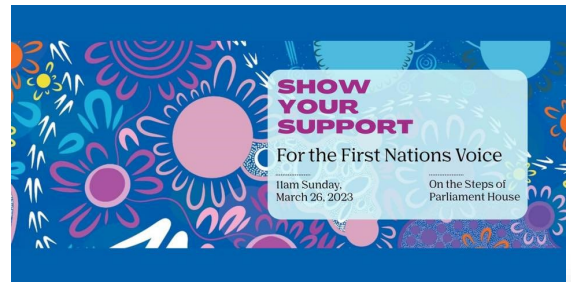


On Friday March 17 Kelli and Kim were invited to join a panel at Concordia College to yarn about the Uluru Statement from the Heart and to also talk about the importance of hearing Aboriginal and Torres Strait Islander voices within Parliament.

The event was well attended with around 500 people joining in on the community conversation and was supported by the members of the



National Working Group including Elders Aunty Pat Anderson & Aunty Jackie Huggins and the sis Teela Reid. The attendees also got the chance to hear from two signatories to the Uluru Statement - Pitjantjatjara woman Sally



Scales and Arabana man, Elijah Bravington.

First Nations Voice to South Australian Parliament – March 26

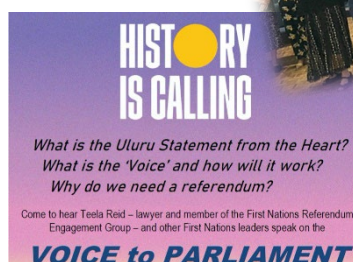
Surely we've all heard the historically good news! South Australia is now the first state in Australia to have a First Nations Voice to Parliament. On Sunday March 26 2023, a special sitting of the South Australian Parliament saw the 'First Nations Voice Bill' passed. This historic moment in our state's history was displayed onto projector screens for the cheering crowds to see as they gathered outside the footsteps of parliament house.



Check out the following links for more information on the First Nations Voice to Parliament:

[Yes 23](#)

[Voice to Parliament - Reconciliation Australia](#)
[First Nations Voice to the South Australian Parliament | Attorney-General's Department](#)
 [\(agd.sa.gov.au\)](http://agd.sa.gov.au)



AKTION2 REFERENCE TEAM (A2RT)

WHAT DEADLY THINGS HAVE A2RT BEEN DOING RECENTLY?

The AKtion2 Reference Team meets on the first Thursday of every month, either onsite at the University of Adelaide or at an alternative location offsite that suits the needs of the team. Each month the A2RT meetings alternate between Closed and Open meetings to allow space for our members to discuss important topics and invite new connections and allies to come yarn with us at our open meetings.



This month's A2RT meeting was an open meeting for invited guests to come and share with us the work they do in the Kidney Health space.

Michelle Sweet provided an update on the Stay Strong App and discussed ways to work with A2RT to include a soft entry and kidney care wellbeing resources.

The Staying Strong App is a health and wellbeing app that is being developed as a tool that gives patients the control to navigate their journey in a more

Our other invited guest, Matthew Cervelli has been a valued ally and friend to a few of our A2RT members as they've learned how to navigate their health journey over



the years. He would like to connect more closely with A2RT more specifically around managing and understanding our renal medications and creating affordable and accessible options for First Nations renal patients who need extra support to stay on track with their medications.

Watch this space!

CURRENT AKTION2 REFERENCE TEAM MEMBERS:

Denise Champion/Shellander Champion

(Patient/Carer)

Roman Gadd

Kelli Owens

Jared Kartinyeri

Rhanee Lester

Nari Sinclair

Lili Simo



NURSING, TEACHING & CULTURAL SAFETY

WHAT IS HAPPENING IN THIS SPACE?

Three nursing Honours students also attended the A2RT meeting. They presented their draft research proposals to A2RT team members. They had previously discussed each proposal in depth in the Akction Project Team. Their topics are as follows:

Ayleen Castro

Exploring the experience of South Australian Aboriginal patients following the confirmation of their kidney transplantation until their discharge: a qualitative study.

Millie Baker

Exploring the experience of Aboriginal patients' following their discharge post renal transplantation in South Australia

Veda Mitra

What is the experience of Aboriginal people with Chronic Kidney Disease (CKD) during the COVID-19 pandemic?

ADELAIDE HEALTH SIMULATION

Amy Graham has begun working with Adelaide Health Simulation as part of cultural safety sub study 4. Amy has also been co teaching into the undergraduate nursing course at the University of Adelaide with Janet.

KNOWLEDGE TRANSLATION

ABSTRACTS



3RD INTERNATIONAL INDIGENOUS HEALTH AND WELLBEING CONFERENCE
14-16 JUNE 2023, CAIRNS, AUSTRALIA



The AKction team have multiple abstracts accepted at the Lowitja Institute conference including:

Keeping Our Wannapi/Miwi/Tuwilla Strong: Kynesha & Rhanee

Decolonising First Nations Chronic Kidney Disease (CKD)from Australian First Nations women's perspectives: Kim & Kelli

Aboriginal community involvement in local kidney care and national guideline development: The AKction team

Codesigning Health Journey Mapping Tools and Resources for Culturally Safe Healthcare : Amy, Tahlee, Janet, Alyssa, Kelli & Kim

Health Journey Mapping: Implementation of the tools into Practice– *Interactive Workshop*: Janet, Amy, Alyssa, Tahlee, Kim, Jessica Stott & Derek Francis



Healing Our Spirit Worldwide
THE NINTH GATHERING

Kynesha and Rhanee have also had a paper accepted at the Healing Our Spirit World Wide conference.



OUR DEEPEST SYMPATHY TO ELDER WILLIAMSON'S FAMILY & COMMUNITY

Our Elder and Cultural Advisor Miss Williamson passed away in March and will be deeply missed by all who knew her.

Elder Williamson passed away peacefully at the Royal Adelaide Hospital and a memorial service was held in her memory at the Broadview Uniting Church on Sunday 25 March.



Elder Williamson always longed to be back home on country in Pukatja. She always shared how she missed the beautiful stars at night on her home country.

Let's continue to remember the amazing person she was and all the advocacy she did in the AKAction2 space and beyond.

when we look at the stars we can be reminded of her legacy in AKAction



Anu nginti – (Ngarrindjeri word for Thank you)

Thank you for keeping updated with AKction2. If you would like to promote any work/training currently happening within the renal space, we would love to hear from you! Deepest thanks to everyone working towards improving outcomes, de-colonising and co-designing safer health and wellbeing spaces.

FOLLOW US ON INSTAGRAM



FOLLOW US ON FACEBOOK



If any of our AKction2 networks would like to be involved or have any of your resources added to our stall please contact Rhanee and/or Kynesha via the AKction email:
akction@adelaide.edu.au



AKction2

**Aboriginal kidney care together -
improving outcomes now**

***We appreciate those that continue to advocate for better
health outcomes in the renal space.
AKction2 look forward to working in partnership with you all
in 2023.***