



# Aboriginal Kidney Care, Together Improving Outcomes Now AKction2

Newsletter ~ 18/08/2022

Compiled by AKction2 team

## Acknowledgement of Country

We acknowledge the sovereign 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 First Nations 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:

Kaya (Hello in Noongar)

Welcome to AKtion in August! We hope you and your loved one's have kept warm and well. We have plenty of photos and good news stories to share with you this month. We have been busy with planning community consultations and our workforce.





## UPDATE OF AKCTION:

During the initial community consultations that helped develop AKction there were also joint discussion about setting up nationally recognised guidelines for kidney care in relation to Aboriginal and Torres Strait Islander health, after nationwide consultation the guidelines are now in the final draft feedback phase. AKction are collaborating with the University of Sydney to hold community consultation around South Australia to provide the guidelines back to community for feedback before the official launch in October.

## Videos

We will be having a short promotional video that will be discussing the CARI guidelines, which will be launched alongside the CARI guideline document. This project will have a bunch of our A2RT members discussing the importance of these new guidelines.

There will be a second video in collaboration with Michelle Sweet that will be about AKction members talking about their lived experience and the journey they have gone through with the Kidney Journey. This will also highlight the personal side of the CARI guidelines.

## Upcoming Events / Presentations / Conferences

- Save the Date – 22<sup>nd</sup> and 23<sup>rd</sup> September “Standing Strong and Yarning Up Loud” This event is being co-designed and supported by staff and students of University of Adelaide, University of South Australia and Flinders University in collaboration with CATSINaM – the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives. A two-day event to bring together A South Australian gathering of Aboriginal and Torres Strait Islander nurses, midwives and student nurses and midwives, Aboriginal maternal and infant care and cultural capability workers, and allies.

## Events / Presentations / Conferences

- **Standing Strong / Yarning Up Loud** – The University of Adelaide will host a save the date 22<sup>nd</sup> & 23<sup>rd</sup> September event – co-designed and supported by staff and students of University of Adelaide, University of South Australia and Flinders University in collaboration with CATSINaM – the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives – Invites will be out soon – To register please scan this barcode:

### QR CODE FOR EVENT



- **Flinders University** – Amy and Alyssa will be presenting on the 28<sup>th</sup> of September at the Flinders University. There will also be a stall for people interested in stopping by

## Yarning with Isaac



Isaac is a Yuin man from South East Sydney. He was born in Alice Springs grew up in Alice until he moved to Adelaide.

Isaac began a double degree in bachelor of medicine and a bachelor of surgery at the University of Adelaide. He has met Janet through the University and is excited to take up the opportunities to work with AKction2 to get hands on experience helping people on the ground level.

Within AKction Isaac is working with Jared Kartinyeri to form a Men's Group that specifically looks at yarning and sharing lived experience of CKD with Aboriginal Men

Isaac hopes to use his knowledge working with AKction to continue to help First Nations people to better improve the health of his community.

Alyssa made a wonderful version of Kim O'Donnell and Nola Whyman 10 steps to overcome racism

# 10 Steps to overcome racism

## wirkara way

1

Acknowledge the Australian 'inconvenient truth' we are a colonised nation and the legacy lives on but it has never been formally acknowledged and many people refuse to admit or fully explore this continuing reality. As a result, working in Aboriginal and Torres Strait Islander health and wellbeing is fraught with challenges we all need to address.

2

Avoid the excuse, 'I don't know how'. You bring valuable knowledge. Remember, it's only a mistake if you make it twice. Wisdom comes from learning from mistakes and not repeating them.

3

Let go of the fear of being racist and fear of getting things wrong. Engage respectfully and you'll learn as you go.

4

Avoid the excuse, 'it's all too hard' while occupying positions of power-change your attitude and then take action to change the narrative.

5

Understand that cultural safety requires health care providers to 'see' their own culture and its assumptions. Racism doesn't have to be intended- it's often built in the way systems work. Get over worrying about it, and do something. The more you practice, the easier it gets.

6

Don't be afraid to take a leap of trust in the relationship... if this fails, take a longer leap but don't give up!  
Time + Respect = Trust

7

Please don't think you 'know it all' about Aboriginal health and wellbeing from participating in a cultural competency workshop- that's just the beginning. Working to close the colonial health system gaps is reciprocal lifelong learning that can grow into lifelong friendships.

8

Aboriginal and Torres Strait Islander people need space to talk with other Aboriginal and Torres Strait Islander people to resolve issues and to strategies. This is not 'reverse racism' it is Indigenous Peoples' right! (UNDRIP, 2007)

9

Question your own defensive reactions -if you make a mistake, admit and work towards fixing it. This is an example of humility and integrity, which are strengths required to work wikara way.

10

All Aboriginal and Torres Strait Islander people carry knowledge, experiences and strategies from community Elders to the medical practitioner. Lighten the load by respecting and valuing all the knowledge and being an ally wirkara way.

*Developed from the life experiences of Barkindji women Kim O'Donnell and Nola Whyman, far Western NSW.*

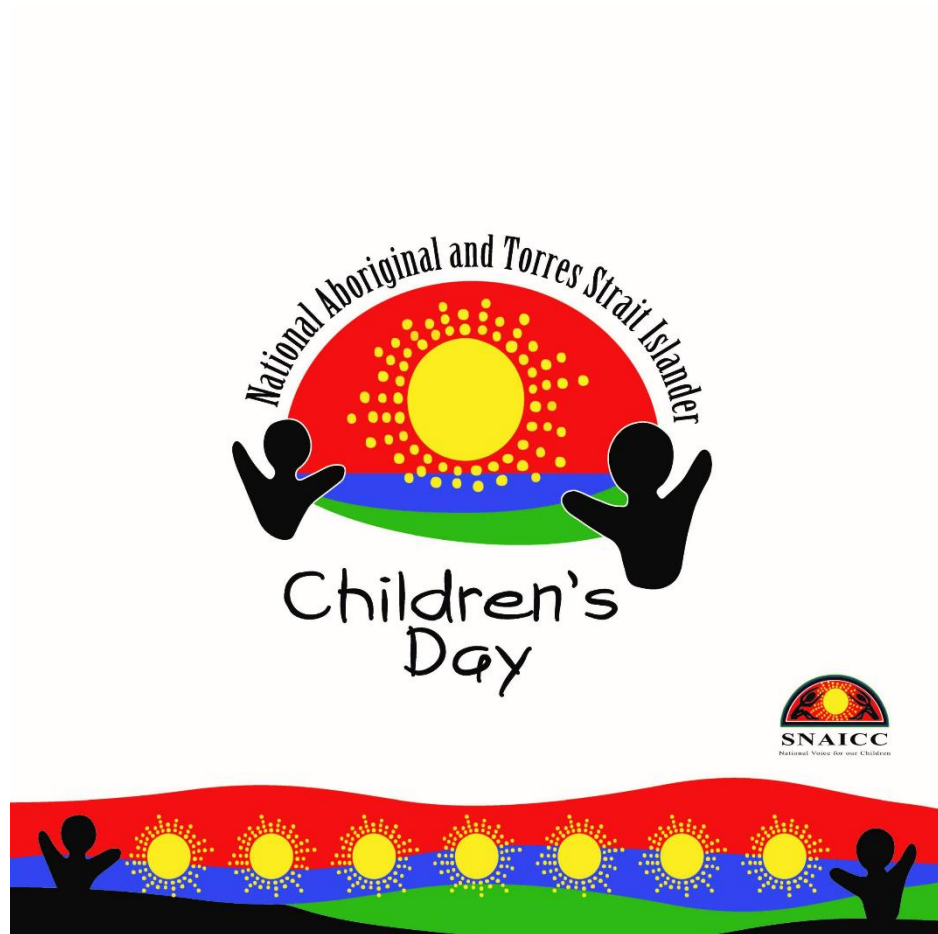
## Good News Stories

*A Reflection of Aboriginal Children's Day*

On the 4<sup>th</sup> of August 2022 it was National Aboriginal Children's Day.

The slogan for this year was *'My Dreaming, My Future'*

This is a beautiful message to send kids this year that their own individual story and their cultural identity and dreaming inspire them towards their future.



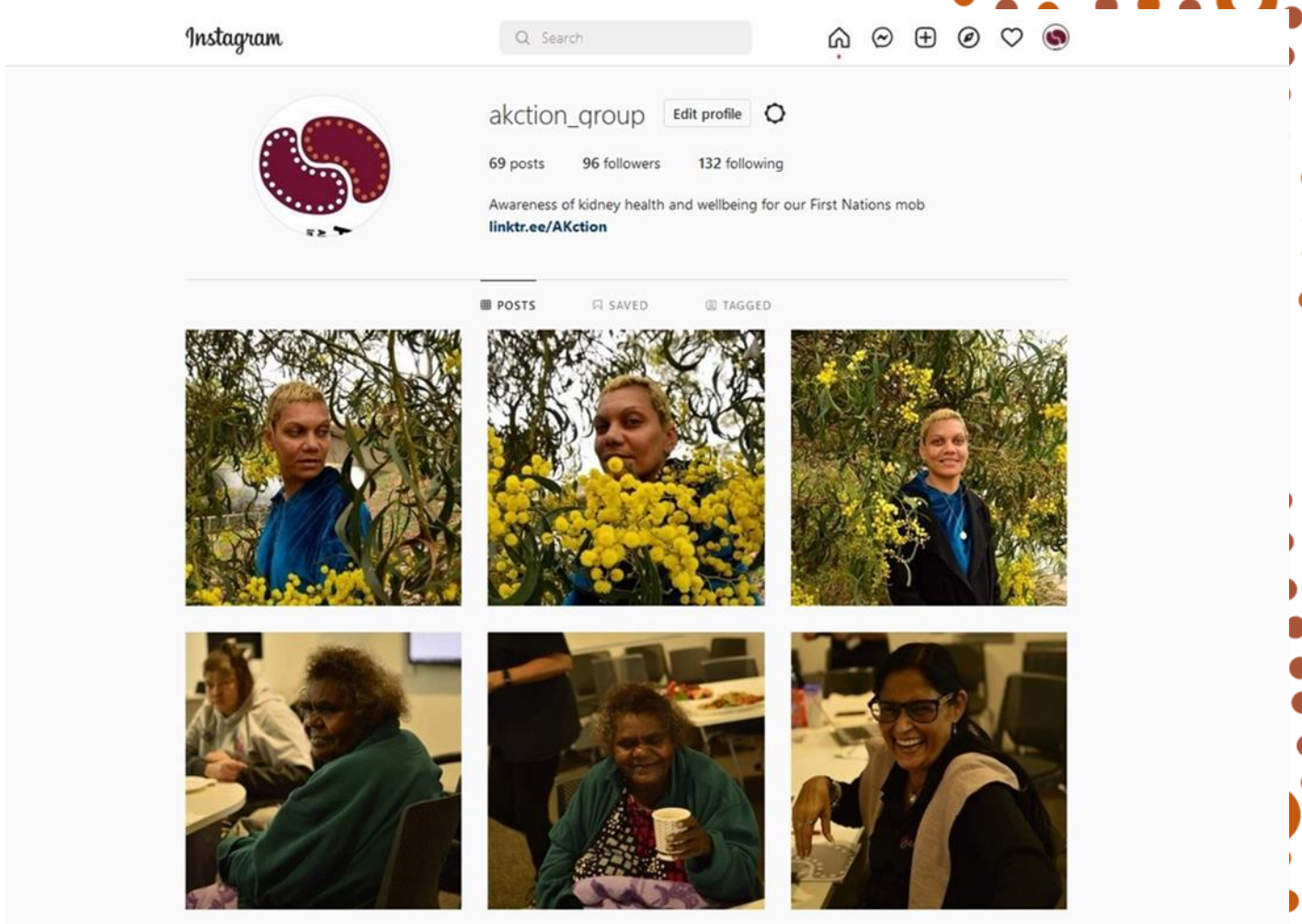
My name is Kynesha and I am a Ngarrindjeri and Narungga woman.

I remember as a child learning about Ngurunderi and how he formed much of the landscape down south. As he travelled across the Murray Mouth and

Along Encounter Bay towards Victor Harbor. His wives become the rocky pages Island and he made his way towards Kangaroo Island to go towards the spirit world.

I recall thinking about this dreaming how the story detailed how much of an impact human life can have on the land we live upon

## FOLLOW US ON INSTAGRAM







The Men had their first Kidney Meeting on the 3<sup>rd</sup> of August 2022



We also presented the Second Kidney Art



## Moments in time...

The AKtion2 Reference Team meeting and 'stylin up' with Prof Steve Larkin, Dr Sam Bateman, our flying AKtion baby Augie, Christine Doolan, Melissa Arnold-Chamney and WELCOME to new A2RT member and Educator Lili Simpson-Lytle.



### *Nukuta- Kaurna word for "see you next time"*

Thank you for keeping updated with AKtion2. 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.

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