



Aboriginal Kidney Care  
Together Improving  
Outcomes Now

Website: [AKction- Aboriginal Kidney Care](https://www.akaction.org.au)  
[Together Improving Outcomes Now | University](https://www.akaction.org.au)

August/September '23



## ACKNOWLEDGEMENT OF COUNTRY

We would like to acknowledge the traditional custodians and their Elders whose lands we live and work upon, the Kaurna people as the traditional owners and pay respect to their spiritual and physical connections to land, seas, skies and waterways where cultural practices are strong and thriving today as always. Their Sovereignty has never been ceded.

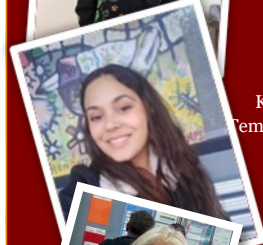
We also give our love and respect to other Aboriginal and Torres Strait Islander people from their respective nations from the Lands and Seas of Australia.

We acknowledge all other Aboriginal and Torres Strait Islander people who live and work on Kaurna Yarta and other Aboriginal lands within South Australia, and wish to acknowledge the allies who invest in walking beside us, in front of us and behind us.

## Newsletter editors



Rhanee Lester



Kynesha  
Temple-Varcoe



Penny Clough



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## SPECIAL POINTS OF INTEREST

- Referendum date set
- Yalata Kidney Festival



CURRENT  
AKTION2  
REFERENCE TEAM  
MEMBERS:

Denise Champion  
Shellander Champion  
Ramon Gadd  
Jared Kartinyeri  
Rhanee Lester  
Kelli Owen  
Lili Simo  
Nari Sinclair  
Marissa Wilson

## MESSAGE FROM THE AKTION2 TEAM

Welcome to the August edition of our AKtion2 monthly newsletter.

Spirit Check!

- ∞ Take a moment to ground yourself and acknowledge and invite Miwi (Ngarrindjeri for Spirit) into your space.
- ∞ Take moment of silence and remembrance for our Kidney Warriors who are no longer with us. May their legacy live on through our works.
- ∞ We ask the Ancestors and Miwi to keep watch over Kelli as she

travels to New Zealand and Canada to deliver important messages about the AKtion 2 work and keeping Indigenous Spirits strong.

**AKtion Out!**

## AKTION 2 REFERENCE TEAM (A2RT)

September meeting Highlights

- ∞ CASM visit
- ∞ ‘Medication brainstorming’—Hanh Tran—renal pharmacist joined and we discussed some FAQs and education requests for future meetings

## INDIGENOUS GOVERNANCE—SUB STUDY 1

Nari has been invited to join the interview panel for Aboriginal Health Specific positions still open in CNARTS.

We continue to work on definitions for Elder. Some interesting yarning about that happened at the last A2RT meeting while working on scripts with Michelle Sweet. Michelle continues to collaborate with AKtion on around the Menzies Stay Strong App. We send our love and support to Michelle as she deals with sorry business for family in Melbourne.



## PEER SUPPORT—SUB STUDY 2

Music therapy collaboration with CASM and Patsy Tan is moving forward with the AKtion 2 Reference team creating listening music playlists and sounds playlists to support patients on dialysis as they try to keep their spirit strong while on the machine.

## KIDNEY WARRIOR DOCUMENTARY

The AKtion team are working with Maisie Fabry from Beyond Content on a documentary:

‘Kidney Warriors: Keeping our Wannapi, Miwi, Tuwila, Spirit Strong’.

This documentary will share an empowering and positive story with a strong emphasis on well-being, health and happiness. Nari, Kelli and Rhaneé believe that humour is their superpower when situations become challenging. This positive outlook keeps them focused on the job ahead. They demonstrate their strength and resilience by living with a chronic disease and still showing up, honouring their family responsibilities, contributing to their workplaces and learning spaces and remaining strong advocates for better health care access for Aboriginal and Torres Strait islander people.

Read the full story on our Australian Cultural Fund profile and follow us on socials

[Facebook Link](#)

[Instagram Link](#)

[Australian Cultural Fund Link](#)

## KIDNEY JOURNEYS—SUB STUDY 3

During the recent Kidney Festival in Yalata Tahlee and Janet sat with Amelia Ware, an Aboriginal Health Practitioner, and invited her to share her journey through the Dialysis APH training and pilot programme. Amelia works in the dialysis unit in Ceduna and joined the team on the Truck at Yalata for the Kidney Festival week. This also gave Amelia’s son the opportunity to go to school in Yalata for a week.

Jared has shared his journey with 3 of the honours students. We look forward to the November meeting when the honours students will present their work to the Reference Team Meeting.

Nari and the AKtion team continue to work on system changes to improve the journey of Aboriginal patients who are in hospital for more than a few days or weeks. Nari’s journey mapping has been an important tool for opening the yarning.





## CULTURAL SAFETY—SUB STUDY 4

AKtion for YES—Rhanee posted this recently and puts it well

Well about The Voice!

1. It is a great idea from the people for the people
2. Government needs not meddle with how The Voice should be governed and operated
3. Who cares if it won't do anything, everything we've already tried hasn't worked either. It'll just be another thing that doesn't work - IF, it doesn't work! (Who knows it might work, if given a chance)
4. The NO vote gives us the same options we're already stuck with, the YES vote gives us an alternative option
5. TREATY is already on the table and negotiations have already started between some First Nation Countries in Australia and the Government. If we haven't been able to get our treaties without The Voice, maybe we'll have a better chance with it!
6. Voice, Treaty, Truth in that order is a strategic move. If we're not being strategic with how we move forward into a new generational era, then we're going to be left behind and The Gap will only get bigger (as it already has been)
7. No amount of words in a Constitution or no amount of authority that comes from the White Man's law will ever overturn, disregard, take away, diminish or erase Our Sovereign Birth Rights in this land the Others have named Australia.. the Law/Lore of Land stands for eternity and that's what binds, guides and nurtures us in this space. No written law can ever change that!
8. Ok, so the referendum happens, everybody votes..... then what! It's either Yes or No..... then what..... we move forward and continue finding ways to work, live and play together in this space on this Earth. The cycle continues and life goes on. The world and relationships won't end after the referendum (unless people get super crushed about it)
9. What are our children going to be saying or thinking about all of this, all of us. They're watching and looking and being impacted by everything we do. Be kind in everything you do, do it out of love and not spite, be wise in how you treat others. Our children will watch and they will learn how to treat others through our actions towards each other. Give them good morals to live and love by.





## YALATA KIDNEY FESTIVAL

Rhane, Janet and Tahlee travelled to Yalata and Ceduna with a group of nursing, medical, dental and allied health students for the Kidney Health Festival. The festival first occurred in 2016, as an initiative of the Adelaide University Rural Health Alliance and each year since, a group of students have travelled to the community with the goal of providing education about kidney health, diabetes and healthy lifestyle choices. This year the AKction team was invited to join, and through our collaborative networks we were also able to organise for the Dialysis bus and Dr Sam Bateman to be in community throughout the week for the festival.

Each of the students spent time working with a class at the local school, where they were able to get to know the children and run educational, health promotion activities. They also each had the opportunity to visit the dialysis bus and to work in the local Aboriginal Community Controlled health clinic. These experiences provided them with a greater understanding of the importance of connecting with community when working as a health care provider, providing care for a chronic health condition in a remote location and the importance of being able to access that care on country.

It was a big week of learning for all involved and many of the students have shared their reflections with us about the value of an experience like this, from both a personal and professional development standpoint. Rhane played an invaluable role, sharing her experiences and insights with the students, teaching them about spirit checks and providing a safe space to ask questions and debrief – It wouldn't have been such a successful trip without her.

We are hoping to collaborate with the students involved to do some more writing about the trip, how it all came together and how beneficial these experiences can be for students studying to become health care professionals – so watch this space!

Penny worked on the dialysis truck for the Kidney Festival. She and Fran (manager of acute dialysis at RAH) really enjoyed spending time with students from a variety of health disciplines and explaining dialysis. Our service allowed 5 people who usually dialyse in Adelaide or Ceduna to be home on country for the celebrations. I was also a pleasure to work with Aboriginal Health Practitioner Amelia who joined us on the truck. There is something special about hearing people speak language to each other, even though we cannot understand the words the spirit of wellbeing can be heard.

Billie the Kidney visited us and even tried to drive the truck.



## ABORIGINAL KIDNEY CARE TOGETHER IMPROVING OUTCOMES NOW

The AKtion Project Team consists of the following deadly members

### Project Leads

Dr Kim O'Donnell

Assoc. Prof Janet Kelly

### Project Co-ordinator/ support

Penny Clough RN

Tahlee

### Chief Investigators

Kelli Owen

Nari Sinclair

Rhane Lester

Samantha Bateman

Joseé Lavoie

### Research assistants

Kynesha Temple-Varcoe

Alyssa Cormick

Tahlee Blade-Stevenson

## YARNINGS

Rhane, Kim, Janet and Penny attended a public forum put on by Flinders Universities Fearless Conversations program.



We listened to a lecture by Professor Tom Calma, followed by a respectful and thought provoking conversation with a panel including Ashum Owen as they tackled questions around the Voice to Parliament and the upcoming referendum.

A recording of the event can be found [here](#)



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Kim and Kelli attended the history making event in Adelaide recently when the Prime Minister announced the date for the Voice Referendum. Now only weeks away it is vital that we look after each other to keep spirits strong. For the Allies among us it is time to step up. Speak to family, colleagues, and community networks and provide information. Be there for Aboriginal colleagues, friends and warriors, walk with them, listen deeply and help keep their spirits strong.

