

December 2024 AKAction2 News



Acknowledgement of Country

We acknowledge the original custodians and Elders, the Kurna, whose lands we work upon. We respect Kurna spiritual and physical connections to land, seas, skies and waterways where cultural practices continue to thrive, as always. Sovereignty was never ceded.

We also acknowledge Aboriginal and Torres Strait Islander people from afar who live and work on Kurna Yarta (lands) South Australia, and research activists, who walk alongside us. May we continue to rise like damper together to improve access and culturally safe health services for our peoples.

Grab a cuppa, sit back, relax, and read about AKActions2 actions over the past few months 😊

Clinical Yarning with nursing students

In mid-October, A2RT members Kelli Owen, Aunty Christine Franks, Jared Kartinyeri and Derek Forbes, along with Arna Westhead, Mandy Gallagher and Aboriginal guests Yvonne Walker and Cheryl Wanganeen had the opportunity to sit down with some of the upcoming nursing students, have a yarn and relay their stories and lived experiences.



An opportunity like this grants such a rare and crucial perspective into what it is like to pass through the medical system as an Aboriginal and Torres Strait Islander person and how best to create a culturally safe environment.

SA Population Health Conference

On the 25th of October, Jared Kartinyeri and Janet Kelly co-presented at the SA Population Health Conference. Jared was able to share his kidney journey and his key message from the Caring for Australians with Renal impairment (CARI Guidelines). The CARI guidelines are written with cultural safety and addressing



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racism within kidney care ‘front and centre’ of clinical guidelines for nurses and doctors. Janet and Jared also gave an overview of AKAction2 and stressed the importance of screening and early detection of kidney disease.



Update on AKAction Website

A more thorough write-up regarding this year's AKAction2 & Compass Key Stakeholder meeting can now be accessed on our website. also included are links to all the presentations from the day. [Click here to read more!](#)

Yarnin' Up with Auntie Christine 😊

Brandon (AKAction2 Young Jedi) sat down with the lovely and wise Auntie Christine Franks (A2RT Elder, Epidemiologist and Cultural Advisor) for a yarn, to learn about her life stories and the expertise she brings to AkAction2.

Who is your mob?

I'm a descendant of the Yuin People of the south coast of New South Wales.

Where were you born?

I was born in Nowra, NSW.

Where did you grow up?

I grew up in Sydney.

Favourite bush tucker?

Well...I think my favourite bush tucker would have to be sugarbag [sugarbag bee honey]!

Favourite salt/freshwater food?

Watercress.

Favourite drink?

Well, I have two...water and tea!

Favourite holiday destination?

There are so many...hmm, well I love going to Melbourne because that's where my son lives or any destination that either has bush or sea.

Favourite music group/band?

Well, it would have to be Brahms...and Queen!

Favourite saying?

My favourite saying at the moment is 'always was and always will be'.

Favourite film or TV show?

Well that's a really interesting story because when I was 9 years old I went to the afternoon matinee that all the kids went to at that time – and I was only allowed to go once a month by my foster mother out of fear I'd catch Polio.

There was a movie called Jim Thorpe, it was about a man from the First Nations peoples of Oklahoma – the Sac and Fox Nations. He was a First Nations person to win gold medals at the 1912 Olympics in Sweden and it is the most extraordinary story and has stayed with me my whole life.

I couldn't find the film again until I was 60, however I now have a copy for myself!

What do you love most about AKAction2?

Everyone and everything!



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Dr Liz Rix, Isaac and Ella Brown attended the CATSINAM Conference



In October Aboriginal nursing students brother and sister, Ella and Isaac Brown attended the CATSINaM (Congress of Aboriginal and Torres Strait Islander Nurses and Midwives) annual conference on Noongar country in Fremantle WA, along with AKAction Team researcher Dr Liz Rix. The conference theme of Stand Stronger Together was a wonderful 3 days of connecting, yarning and hearing about many of the research projects led by First Nations nurses and midwives across the country. There was much talk about the importance of Primary Health Care (PHC), accessing timely treatment and care on Country and being able to return to Country to heal and renew Spirit.

Nari Sinclair room



In early November, room 3066 in the Adelaide Health & Medical Science building was officially named in honour of AKAction2's Kidney Warrior Nari Sinclair. This room has special significance for the Reference Team as the bulk of meetings are held there. Nari cheekily nicknamed the room 'The Big 'Ole' which makes us smile of the memories created in carrying her legacy forward.



The Big Ole

Congratulations to Ella Brown 🎉

Ella Brown has recently completed her nursing degree! The AKAction2 Team(s) wish her all the very best into her future career!

Spirituality Paper



Back in May this year, several members of the AKAction2 Team had an important article published in Croakey Health Bulletin,

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showcasing the key role that Spirituality plays in the lives of Aboriginal people as they navigate their kidney health journeys.

Wannapi, Miwi, Tuwilla: Australian First Nations Peoples keeping spirit strong while living with kidney disease, was co-written by Kynesha Temple, Rhanee Lester, Nari Sinclair and Kelli Owen. This piece describes the importance of Spirituality and the cultural determinants of health as crucial for culturally safe healthcare and research. It is dedicated to AKAction2 kidney warriors Inawinytji Williamson and Nari Sinclair who joined Ancestors in 2023, on whose shoulders we stand to disrupt systems of racism. There are stories from each co-author/woman about their own journeys and how using language, relationships and cultural practices keep their Spirits strong.

[Here is a link to the full article!](#)

Basic Life Support CPR & Manual Handling

Brandon, Janet, Kim and Melissa joined Adelaide University nursing staff on 26th November to update their life saving skills. Here's Brandon and Kim bringing to life the mannikins 😊



Kim and Brandon practicing their



resuscitation skills

NIKTT Update

SAHMRI was honoured to welcome the Hon Ged Kearney MP, Assistant Minister for Health and Aged Care and Assistant Minister for Indigenous Health last week.

The Assistant Minister met with Professor Stephen McDonald, Katie Cundale and Kelli Owen about our involvement in The National Indigenous Kidney Transplantation Taskforce.



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Rhanees and Janet’s trip to Pt Augusta and Ceduna

AKction has been involved in a range of activities in each of our regional research sites, focused on priorities identified by community members, Aboriginal Community Controlled Health Services and responding to priorities within the CARI Guidelines.

In late November Rhanees and Janet visited Lorraine Merrick and the health team at Pika Wiya to talk about AKction work and how we might work together on kidney disease prevention. Rhanees also shared information about the peer navigator roles at Port Augusta Dialysis Unit. Pika Wiya were very keen for Rhanees to be involved in their outreach clinic at Copley and Nepabunna, and invited her to join them the following week. Rhanees went up later in the week, as a representative of the AKction team.



Rhanees and Janet then drove to Ceduna and spent three days with Yadu Health Aboriginal Corporation and Ceduna Aboriginal Corporation (CAC) doing a range of kidney health promotion events. The highlight was joining in with Bingo at CAC and hosting a kidney health quiz in intermission. Rhanees shared her kidney journey story, and then Janet and Sarah from Yadu ran a kidney health quiz with

questions about prevention, early signs, screening and detection. AKction will continue working with Sarah and Sam Bateman next year, focusing on supporting community members, and in particular families of people on dialysis to access screening, detect any kidney disease early and slow progression



Murray Bridge – Moorundi Collaboration

Janet and Elsie Patterson, Population Health Lead at Country PHN met at a function earlier this year, and talked about the work AKction is doing. This led to a wider discussion with Moorundi about kidney disease prevention and the possibility of employing someone within Moorundi specifically to conduct health promotion and support screening and early detection activities. Arrangements for this are progressing well and discussions will continue in 2025.



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AKAction2 look forward to our Team Building workshop Thursday 13th February 2025 with Dana Shen. Let Active Hope be our guide in 2025

Active Hope is a practice. Like tai chi or gardening, it is something we do rather than have. It is a process we can apply to any situation, and it involves three key steps. First, we start from where we are by taking in a clear view of reality, acknowledging what we see and how we feel. Second, we identify what we hope for in terms of the direction we'd like things to move in or the values we'd like to see expressed. And third, we take steps to move ourselves or our situation in that direction. Since Active Hope doesn't require our optimism, we can apply it even in areas where we feel hopeless. The guiding impetus is intention; we choose what we aim to bring about, act for, or express. Rather than weighing our chances and proceeding only when we feel hopeful, we focus on our intention and let it be our guide.

Joanna Macy, Chris Johnstone

Active Hope (revised): How to Face the Mess We're in with Unexpected Resilience and Creative Power

AKAction2 and COMPASS Christmas Party

On Thursday the 12th of December, the AKAction and COMPASS teams and collaborators came together to celebrate Christmas and our progress and achievements for 2024. We gathered for a picnic in Bowden Reserve Park and spent the afternoon s in the sunshine, sharing food and yarnning. We were also joined by some of the lovely women from AMMA Australia, who created christmas hampers to gift to reference team members.



We thank you for your continued support and encouragement throughout the year, and look forward to working together in 2025!

Wishing everyone a Merry Christmas and Happy New Year, and hoping that you all get to enjoy some time off with your loved ones.