

# March 2025 AKction News Brief



## Acknowledgement of Country

We acknowledge the original custodians and Elders, the Kaurna, whose lands we work upon. We respect Kaurna 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 Kaurna Yarta (lands) South Australia, and research activists, who walk alongside us. May we continue to rise up like damper together to improve access and culturally safe health services for our peoples.

What's Akction2 been up to since our last newsletter? Grab a cuppa, sit back, relax, and read on....

## Christmas Gathering for A2RT, AKction and Working Partners

AKction2 and Working Partners capped off a busy 2024 by celebrating our achievements in Bowden Park; an easy to reach place for gatherings by free tram from inner Adelaide, and the RAH. It was a faboriginal opportunity to unwind and catch up with each other.

A huge Thank You to working partners who took time out from busy days to be with us. The Xmas gift packs provided to A2RT members were packaged by Amma members who enjoyed meeting everyone hearing stories, and of the work AKction2 does, alongside AKction2 working partners.



## Order of Australia Awards

We would like to acknowledge Ms Joanne Hedges and Professor Stephen McDonald AM for both being awarded the Order of Australia! With Joanne Hedges receiving the award for her significant service to Indigenous community, and Stephen McDonald for his service to kidney medicine.

# March 2025 AKAction News Brief

## February A2RT meeting

A2RT's first meeting was held for February was our first for the year! After a long holiday break, the Reference Team came together refreshed and ready for all that is to come in this busy final year of AKAction2!



## NIKTT Transplantation Equity Gathering

On February 18-20, NIKTT hosted the Transplantation Equity Gathering with the aims of providing a platform for knowledge sharing, storytelling and collaborative action to help ensure better kidney health outcomes for Aboriginal and Torres Strait Islander peoples.



## WellMob

For mob who may need extra social, emotional and wellbeing support, check out WellMob, a deadly selection of digital resources to access on days when your spirit is down. Pick it UP, healing our way.

[Click here to access their website!](#)



## Yarning with Derek Forbes

Derek Forbes accepted AKAction2's invitation for a yarn up. It took some encouraging from A2RT members to 'have a crack' and to 'not be shame but game' Derek accepted, and the rest is this larrikan, cheeky character. 😊



*Hello Derek! Who's ya mob, where you from?*

**Kurna and Narungga SA**

*Where were you born?*

**Wallaroo, but I've only been back there once and that was when I was 62!**

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*Where did you grow up?*

**Adelaide**

*Favourite bush tucker?*

**Kangaroo I'd have to say.**

*Favourite saltwater or freshwater food?*

**I like fish in general, but my grandson cooks a good salmon.**

*What is your favourite drink?*

**Not beer anymore! Now it would be water or no-sugar soft drinks. 😊**

*Favourite Holiday Destination?*

**I don't really like going anywhere! But I wouldn't mind going back to Mataranka Springs, I love it up there. It's so clear up there.**

*Favourite saying or joke?*

**Hmm...trying to think of a clean one! Well, my granddaughter asked me once if I could make up a joke about a sheep, and I said: "ewe no"! 😊**

*Favourite movie or TV show?*

**I like documentaries, mainly ones about wildlife.**

*What do you enjoy most about AKtion2?*

**I like the people. I'm happy with them.**

## **AKtion Publications & Conference presentations**

AKtion has certainly gained some traction recently, in spreading the word about the important work being done across the team. It is wonderful to realise that almost all papers and conference abstracts (written proposals to present research) that are written and submitted within the team are successful.

## **Kidney International Editorial for AKtion**



We were delighted to be invited to submit a summary of a Croakey article co-authored by several Aktion Team members on how First Nations Spirituality supports mob on their kidney treatment journeys. Kidney International, the world's highest ranking academic kidney journal responded to a request by Liz Rix to publish an article on this, by inviting the co-authors to write a shortened version of the Croakey article (published in 2024), as a *Nephrology Sans Frontiers* Editorial. The Editorial will be published in the next edition of this world leading journal, we will provide a link to it in the next newsletter. Here is a link to the original Croakey version:

<https://www.croakey.org/wannapi-miwi-tuwila-australian-first-nations-peoples-keeping-spirit-strong-while-living-with-kidney-disease/>

Congratulations to co-authors Kyneshia Temple, Rhane Lester, Kelli Owen and AKtion's much loved and missed leader, Nari Sinclair

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## AKAction Team to showcase at Lowitja Conference on Kurna Country in June



The 4<sup>th</sup> International Indigenous Health and wellbeing conference is being hosted on Kurna Country, Adelaide this year on 16-19 June this year. The AKAction Team submitted several abstracts to showcase our work and we are delighted to have two speaking presentations accepted. More details in our next newsletter with a link to the full program.



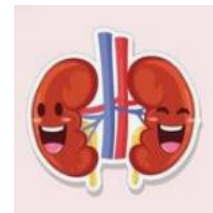
## Melissa to present at the Renal Society of Australia's 2025 conference

Melissa Arnold-Ujvari, AKAction's PhD scholar, whose research focusing on Cultural Safety in kidney care for First Nations People in SA, has been selected to present some of her work at the upcoming RSA Conference on Wurundjeri Country, Melbourne in June. Presenting her work at the annual Renal Nurses' conference will showcase AKAction and the research and publications Melissa has been producing over the past several years. Melissa's work and publications are raising awareness across the nation about the crucial need for culturally safer treatment and care for all our Kidney Warriors. Her work is also educating renal nurses about the 2022 Caring for Australians with Renal Impairment (CARI) Cultural Safety and clinical guidelines. These guidelines cannot make a difference

and improve cultural safety unless renal nurses and other kidney healthcare workers access and follow their recommendations and principles, all of which are grounded in the perspectives and wishes of First Nations communities across Australia.



## And Finally...Kidney jokes, some sickly humour:



*These puns are renal-ly good for your health!*

## What happens to nephrologists who smoke weed?

They get kidney stoned!

