

The National Indigenous Research(er) Capacity Building Network Newsletter



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IRNet Fortnightly e-Bulletins

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Welcome to the third edition of the IRNet Quarterly News. The Capacity Development team can't believe how quickly this year has flown by! In this edition, we welcome AHRA's newest Collaboration Centre, the Tropical Australian Academic Centre (TAAHC), to IRNet; congratulate Associate Professor Luke Burchill on his NHMRC Investigator Grant; and hear from Monash Partners and Maridulu Budyari Gumal (SPHERE) on some of the fantastic work that they've been doing. It's heartening to see that amidst all of the uncertainty of the last few months, we are still working toward positive outcomes for Aboriginal and Torres Strait Islander peoples and communities. In fact, Aboriginal and Torres Strait Islander health workers and researchers have been praised for leading the way in the pandemic response, particularly in the community-controlled sector.



IRNet Leadership Committee Member awarded NHMRC Investigator Grant

Associate Professor Luke Burchill has been awarded NHMRC funding for his project, LIFESPAN-CHD – Leading Innovation by Finding and Eliminating gaps in research, Specialist care and Mental Health services for People with CHD. For those of you who don't know Luke, he is a Yorta Yorta/Dja Dja Wurrung man, also with English heritage. He is an Associate Professor at the University of Melbourne where he leads the Aboriginal cardiovascular health disparities program. He is Australia's first Aboriginal cardiologist, works clinically as a Congenital Heart Disease (ACHD) specialist at Royal Melbourne Hospital, and is a member of Indigenous Health Leadership Groups including IRNet, and the MACH Indigenous Health Subcommittee. Truly well deserved, it's achievements of people like Luke — leaders in their field — which help to pave the way for the next generation of the Aboriginal and Torres Strait Islander health workforce.



Tropical Australian Academic Health Centre



Tropical Australian Academic Health Centre joins the IRNet.

Based in northern Queensland, TAAHC is a collaboration between the five northern Hospital and Health Services (Townsville, Cairns and Hinterland, Mackay, North West and Torres and Cape), James Cook University and the Northern Queensland Primary Health Network. Earlier this year TAAHC became just the third Centre for Innovation in Regional Health to be accredited by the National Health and Medical Research Council. TAAHC undertakes research that addresses the key health challenges facing communities and health services across northern Queensland. Our research is focused across four key themes: Service delivery to regional, rural, remote and Aboriginal and Torres Strait Islander populations; Innovative health workforce models; Non-communicable diseases with regional prevalence; and Infectious diseases and biosecurity. Through our research we aim to shape new, better and more efficient ways of delivering healthcare to regional, rural, remote and Aboriginal and Torres Strait Islander communities across northern Queensland. Building the capacity of Aboriginal and Torres Strait Islander people in health and medical research is an important priority for us. We have done a great deal of work in this area, with much more to do. We are delighted to join the IRNet and look forward to collaborating across the network.

Submitted by: Bonnie Eklom





Aboriginal and Torres Strait Islander Cultural Awareness eLearning Training for Employees

Monash Partners Cultural Safety News

In response to the need for culturally safe healthcare environments for Aboriginal colleagues and patients across Victoria, the Wandeat Bangoongat Aboriginal Employment Working Group, has developed the Aboriginal and Torres Strait Islander Cultural Awareness eLearning package. The package has been developed through an extensive state-wide consultation process with Aboriginal communities and is now available to health services across Victoria.

Isabelle Howard is a proud Jaadwa woman and the Project Lead for Aboriginal Health at Monash Health, she played a pivotal role in the creation of the package. "As an Aboriginal woman and a registered nurse, I have witnessed the devastating impact culturally unsafe practices have on Aboriginal people seeking healthcare. A package like this will not necessarily solve the problem but it is definitely a conversation starter and gives health care professionals essential knowledge that can be built on. I've already had a great response from Monash Health employees who have completed the package and am hopeful that we will continue our journey towards an equitable and culturally safe health service."

The package aims to i) increase understanding of Victorian Aboriginal people, and how culture, beliefs, values as well as history impact on individual and group behaviours, ii) alert participants to the legitimacy of difference and encourage self-reflection and exploration, and iii) support staff in establishing, developing and maintaining positive relationships with Aboriginal and Torres Strait Islander consumers and staff.

As part of its commitment to creating a culturally safe and responsive organisation, Monash Health has committed to implementing the e-Learning package for all employees as part of its corporate induction program. Monash Partners is currently working with Monash Health to look at ways to support the access and uptake of the Package and enhance cultural awareness across the Monash Partners network.

Submitted by: Angela Jones





Maridulu Budyari Gumal

Maridulu Budyari Gumal SPHERE online Zoomba!

COVID-19 was first confirmed in January, 2020. The swift public health response included procedures that were meant to be protective of populations deemed at higher risk of mortality and morbidity, and Indigenous people were so deemed, and became the first cohort of academic and health workers ordered to isolate at home. While multiple agencies produce effective Indigenous-specific educational resources, our research team decide to create an applied program that catered to Indigenous and non-Indigenous people unable to access their usual method of exercise, and to maintain their social and emotional wellbeing during the isolation of lockdown. We created the Kitikana@home (Be happy at home) online Zoomba! Marc Matousek, an Indigenous and qualified fitness coach and personal trainer, produced a 'get fit at home while having fun' program. This was 1 hour, 3 times per week for 10 weeks mixed exercise (full body fitness, dance mix, and boxing with attitude) where participants Zoomed in. Marc managed the Elders and the youngsters to personalise their fitness journey. What made it successful was Marc was able to account for people with



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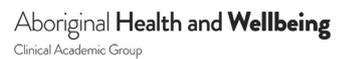
For more information
Contact Chris Pitt at
c.pitt@westernsydney.edu.au
Get in Touch

MONDAY
Full Body fitness : Body Weight Circuit Style Training

WEDNESDAY
Dance Mix - Mix of Hip hop, Aerobics, Latin with some bodyweight exercises

FRIDAY
Box With Attitude - Boxing Circuit with some kickboxing mixed in

compromised health issues, Elders, and beginners. With over 100 participants, and overwhelmingly positive feedback and requests to re-engage with the program, we are planning to repeat Kitikana and keep our mob and friends safe, happy and fit at home. Submitted by: Aunty Kerrie Doyle



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