



STRENGTHENING  
SYSTEMS FOR  
INDIGENOUS  
HEALTH CARE EQUITY

# How CRE-STRIDE is working

**Evaluation Question:** *What are the Mechanisms and Contextual Factors that are Influencing CRE-STRIDE to achieve its aims?*

## Relevance and Responsiveness

Aboriginal and Torres Strait Islander leadership of STRIDE has been evident in the increasingly holistic approach to health and wellbeing taken in our research. An example with national and global focus is the **Lowitja Institute's discussion paper about the impact of climate change on the health and wellbeing of Aboriginal and Torres Strait Islander people**, prepared by STRIDE members and the HEAL Network. The paper highlights Aboriginal and Torres Strait Islander-led initiatives in climate change adaptation and mitigation that strengthen wellbeing and benefit the global community. An example of a local response is the support STRIDE provided to the Lismore/Northern Rivers community following the disastrous floods of 2022, through the adaptation and delivery of Aboriginal mental health first aid and culturally appropriate wellbeing resources. We are currently evaluating these efforts by STRIDE to help meet the community's need for integrated mental health and wellbeing care. Trends in our publications and grants/ projects show increased focus on the social, cultural, environmental, and political determinants for improving the quality of health and wellbeing care.



Weaving Circle at the Northern Rivers Community Healing Hub, Lismore - <https://www.nrchh.org/>

## Social and Emotional Wellbeing

While the increase of Aboriginal and Torres Strait Islander leadership across the network has provided so much to STRIDE, this also increases the cultural load on researchers as they are navigating multiple roles and responsibilities. The importance of supporting the social and emotional wellbeing of our researchers was uncovered through discussions at the 2023 face-to-face meeting and the data gathered on the Mulga tree (pictured right - cultural metaphor gifted by Aunty Nalita Turner) and its leaves such as the 'high expectations and recognition that researchers may have 'less accessibility at times'. An example of how STRIDE has been supporting wellbeing is through what we call 'the deadly poets society' – keep your eyes peeled for their soon to be released anthology.



'The STRIDE Mulga Tree – version 2' - insights and perspectives on STRIDE captured on leaves -Gimuy gathering, March 2023



L-R: Amal Chakraborty, Kerryn Harkin, Veronica Matthews, Kristy Clancy, Talah Laurie, Alison Laycock, Danielle Cameron, Kris Vine, Sarah Larkins, Tessa Benveniste at the CRE-STRIDE face to face meeting, Gimuy Walubarra Yidinji country March 2023

## Relationality

Below are some examples of how CRE-STRIDE members have spoken about the importance of relationality within and beyond the network, and how they see it reflected in STRIDE's work.

### With Communities...

*'I love the relationality, that's so big and that's driving our hope, like whole end of project right now is going back to communities and giving them back their data and their stories. And making sure that we've got it right in terms of how we interpret that.'*

### In allyship...

*'It's OK to feel uncomfortable. If we didn't - if I didn't feel uncomfortable, I would think there was something wrong.'*

### Within STRIDE (All teach, all learn)

*'If you just ask someone, you're gonna get what you need. Yeah, there's such a culture within the network of sharing is caring, very like a collectivist circle people way.'*

**NEXT STEPS:** Please let us know how STRIDE is achieving its aims or if you have any outcomes to share. Contact Tessa Benveniste at [t.benveniste@cqu.edu.au](mailto:t.benveniste@cqu.edu.au) or Kerryn Harkin [kerryn.harkin@sydney.edu.au](mailto:kerryn.harkin@sydney.edu.au) or share via the following [Survey link](#)