

2012 Annual Report



Helping Each Other, We Come Out of Difficulties.

From top right to bottom left: Nurse Fernanda dispensing medicine to patients at Triloka clinic, FLD staff Maria distributing eye glasses at Buburaga mobile clinic, Animating games at Aubaca junior high school with friends from Nazareth community, Director Constantino receiving ETCAS grant for new maternity building.



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ACCOMPLISHMENTS 2012

Looking back at 2012 we celebrate the expanded capacity and growth of the people themselves and the physical reach of the programs! This has only been possible through God's help and the many partners in our work.

<p>FLD signed a contract in April 2012 with the <i>Secretariado ba Polittka Formasaun Profesional e Emprego</i> (SEPFOPÉ - Secretariat for the Policy of Professional Training under the Ministry of Labour) recognizing the new training centre. In May FLD connected an electricity line to the training centre campus. This allows electrical machinery to be used in the mechanical workshop. It is also a helpful security measure at night. In June, the centre was painted and furnished. By July, the workshop had four paid Timorese members of staff (a mechanic, and mechanic assistant, an administrator and a workshop assistant). In September, the first class of students registered at the training centre and in October, the first class began with 12 students (3 female & 9 male). In November and December three of the trainers of the FLD mechanical training centre, participated in a training for "Certificate III in Training & Assessment" (a government requirement for centres seeking registration and accreditation).</p>	<h3>TRAINING CENTRE FOR VOCATIONAL MECHANICS AND PEACE BUILDING</h3>		<p>The training also focuses on peace building and conflict resolution. The mechanic skills gained by the youth will assist in the repair and maintenance of agricultural machinery in the rural villages surrounding Triloka.</p>
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<h3>New Roof & Freshly Painted Clinic at Triloka</h3>	
<p>September was a busy month for FLD with many visitors donating their time and expertise to the staff and community in Triloka. In early September, Cockburn Rotary group from Perth, Australia visited FLD to re-roof the Clinic building. 15 Rotarians together with local staff and volunteers, worked for 9 days to complete the project, which included re-painting the building inside and out, highlighting the importance of such a Clinic in the Triloka community. Local heads of villages gathered in the town hall to show their appreciation for the efforts of the Rotary group.</p>	
	

TRILOKA HEALTH CLINIC & MOBILE CLINICS

The Triloka Health Clinic and its Mobile Clinic services continue to be well used by the community. FLD was able to renew its accreditation by the Ministry of Health for 3 years (until September 2015), for both the Ambulatory Poly-clinic service and the mother and child program. This year these services have averaged 50 patients per day. This year has also seen staff training continue in both formal and non-formal platforms. FLD has been assisted with 3 short-term volunteer doctors and a nurse trainer.



CLINIC LABORATORIUM

In 2012 FLD received laboratory equipment from DIFAEM in Germany to set up a laboratory. It can now test malaria, tuberculosis, pregnancy and diabetes. A lab assistant, trained in Dili at *Bairo Pite* clinic, and at *Guido Valadares* national hospital in Dili, has gained good experience and runs the laboratory until the lab technician returns with her Bachelor in Laboratory Science to work together to develop the lab. The Ministry of Health, conducts regular monitoring visits and offers continuous training and support in this area.

MATERNAL AND CHILD HEALTH

The maternal and Child health program continues to be an important focus of the FLD health program. Anastasia returned for a six-week practicum from her midwifery studies in Indonesia to the joy of the women and mothers in the community. The program continues to offer pre- and postnatal care, birthing assistance at the clinic and in homes, family planning and immunization.



NUTRITION DEMONSTRATION COOKING

The weekly nutrition demonstration cooking program was added this year, focussing on mothers and fathers of mal-nourished and under nourished children, and pregnant and breastfeeding mothers. Parents learn simple recipes using local products with high nutritional value. It has taken off to a good start and averaged 20 participants per week.

UNIVERSITY SCHOLARSHIP PROGRAM

This year FLD was able to offer one new scholarship to Cesario (right) to achieve a three-year Bachelor degree in Pharmacy, who departed to Malang, Indonesia to begin his first semester, with the support of *Bread for the World*, who also continue to support Lucrecia (left) in laboratory technician studies, in her third semester. Anastasia (see maternal & child health) also has successfully completed her third semester in midwifery through generous individual donors from Australia. After their successful completion of the studies these scholarship recipients will return to Triloka to work at the Triloka Health Clinic to give back to the local community.



HEALTH EDUCATION

Cover your mouth when you sneeze and cough, was one of the health education topics this year. Health Education continues to be a priority for FLD, with many patients still coming to the Triloka Health Clinic with preventable diseases. The Triloka Health Clinic continues to give health education to patients in the waiting room of the clinic, at mobile clinics and in the 4 schools of its target area, where over 1000 students have been able to benefit from these sessions. A “Training-of-Trainers” workshop was held with clinic staff and health volunteers (above), who then took the module to the schools (below).



AGRICULTURE WORK

This year the agricultural program focused on training about planting and preserving cassava for the lean months. Also FLD distributed five silos to farming groups in the community, to safely store corn against weevils and moisture. Two work experience students on a two-month practicum placement at FLD, taught staff and community members about organic pesticides, organic fertilizer and composting. This work involves 75 farming families.

SMALL BUSINESS DEVELOPMENT



Twenty-five women from *Home* village spent 4 weeks weaving 150 tais scarves on back-strap looms for this year's *Melbourne Millennium Chorus*. This concert, which took place on the 5th August, 2012 at Melbourne Town Hall, marked the celebration of ten years of independence in East Timor. The weavers are involved in the income-generation scheme, which was set-up by FLD. FLD continues to assist the group with product design and marketing. 25 families benefit from this network, through the work of the weavers. In 2012 alone, FLD was able to assist with sales that totalled USD \$ 7,044 as income into the community.

FLD distributed sewing machines to three groups in Triloka and surrounding villages, as another income-generating activity. Hereby the women can earn a side income to help their livelihoods, as well do creative work. In the picture above, Senhora Teresina Reis, *Xefe de Suco* (village chief – second from the right) of Bucoli village and one of the sewing groups with their newly received machines.



VISITING GROUPS

Volunteers from *Mayfield Baptist Church* in Newcastle, Australia, visited FLD & Triloka community in October, teaching English and offering medical services. They are a strong supporter of the programs. In December *Nazareth Catholic Community* from Adelaide, Australia came with young adults and leaders to share animation games and dances in the four schools in Triloka, paint the village hall & offices, and share a container full of school furniture and equipment with the schools in the community.

PLANS FOR 2013

1	Expand Scholarship Program to include Midwifery, Nursing, Radiography, Medical Administration and Teaching.
2	Further Develop the Triloka Health Clinic. <ul style="list-style-type: none"> - Building a dedicated Maternal and Infant Health Building. - Replace clinic vehicle and further expand Mobile Clinic Program. - Build a Security House and re-wire the fence for the Triloka Campus. - Further Develop the Medical Laboratory at the Triloka Health Clinic. - Further develop Clinic staff capacity through in-formal and formal training. - Identify volunteer doctors/midwife to further develop capacity of medical staff.
3	Further develop the Training Centre for Mechanics and Peace and strive towards accreditation.
4	Develop a water pipeline to Triloka Field, to give water access for the Training Centre and further Agriculture Programs.
5	Construct and operate a laundry/ sanitation building on third village site.
6	Further assist in the development of the women's weaving group in Home, specifically in marketing and promotion.
7	Further develop the administration capacity of FLD through training, office equipment and technology.
8	Further develop the agriculture program with training in rice planting as well as other local crops.

Financial Report (1/1/12 - 31/12/13)	Statistics	
Clinic and Nutrition (BWAA; 01/07/2012 – 30/06/2013)	USD \$ 69,861	Average monthly polyclinic and mobile clinic visits 822
Other USD	USD \$ 41,790	Average monthly maternal child health visits (post exp.) 115
For Maternity Building (ETCAS & NAZARETH)	USD \$ 50,000	Number of farmers involved in crop development 75
This does not include capital building projects, nor the in-kind donations of goods and services.	Total Staff	
	Clinic (including education)	-paid staff 5
	Agriculture -	-paid staff 1
	Administration	-paid staff 5
	Security, Cleaner, Driver, Catering	-paid staff 7
	International Volunteers	3
	Volunteering Doctors	3
	Local Volunteers	11

INDIVIDUAL DONORS		ORGANIZATIONAL DONORS
Sue Adams	Claudia & Eberhard	AGEH, Germany
Hairul Ahmad	Lemp	AUSAID, TL
Sandra Anderson	Heidi Lemp &	Australian Manufacturing Workers Union
Sonia Anderson	Graham	Australian Volunteers International, AVI
Charlie & Mikaela	Thornicroft	Bairo Pite Clinic, TL
Beckley	Jeff Meyers & Susan	Bank of I.D.E.A.S., AU
Alison Dyall	Brooks	Baptist World Aid Australia – BWAA
Barbara Dyall	Ken & Marian Miller	Bread for the World, Ecumenical Scholarship Fund, Germany
Joy Eichhorn	Daryl Mills	Bunnings Bibra Lake, WA, AU
Jill Forsyth	Mary Nelson	Charity Aids Foundation, UK
Geoffery & Geraldine	June Norman	DIFAEM (German Institute for Medical Mission)
Harris	Margret and	ETCAS – East Timor Community Assistance Scheme
Rosemary Hudson &	Eckehardt Rein	Foothills, St. Martins Uniting Church, AU
Greg Miller	Wendy Sheldon	Frauen Kreis der Evangelischen Kirche Weilimdorf, Germany
Ellie Johnston, Jo Lin,	Julie Souness	GIZ – Timor-Leste
Joanna Lin & Ronan	Gregroy Swiss &	Kalamunda Uniting Church, AU
Bronwyn Lin & Paul	Trisha Bruecken	Lempentag, Germany
Peter Kenyon	Sandra Tunley	Maritime Union of Australia
Elizabeth Lemp “In-	John & Jacky Tuffin	Mayfield Baptist Church, AU
Memory of Walter	Sheila Walkerden	Melville Uniting Church, AU
Lemp”		<i>continued next page</i>

<p>We are grateful for the help and support of many organizations and individuals. We apologize if we have left anyone out. Please let us know.</p>	<p>Ministry of Health, RDTL Ministry of Justice, RDTL Mt. Eliza Rotary Club, AU NAZARETH Catholic Community, Adelaide, AU PALMS Volunteers, AU Pitt Street Uniting Church, AU Rotary Club of Cockburn, AU Rotary Club of West Torrens, AU Rotary, Melbourne, AU SETRA –Seattle East Timor Association, USA Secretariado Politika Formasaun Profesional Emprego (SEPFOPE), RDTL Somerville Community Services Inc, AU Springs Medical Centre, Daylesford, AU Star Street Uniting Church, AU The Students of St. Martin de Porres Catholic Primary School, Adelaide, AU St Stephen's School Carramar, AU Uniting Church of WA SYNOD, AU Watmarine Engineering Western Australian Members of Parliament, AU Western Australian Prison Officers Union of Workers World Wide Mining Group, AU</p>
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STAFF LISTING	
FLD Administration	Constantino Pinto/Lino Pereira/Brigida Freitas Guterres/Senhorina da Costa Correia/Helfen Alberto Bento/Joanico Francisco Coreia/Palmira G. Fernandes.
Clinic	Fernanda Matos da Silva/ Maria do Rosario de Fatima Pinto/Emelita da Silva/Dirse da Silva Soares/Anastasia Maria Guterres/Apolinario Manuel Sarmiento/Elizita Gusmao/Maria Lordes.
International Volunteers Volunteering Doctors: Local Volunteers for Clinic	Manfred Diehl/Heath Thompson/Amalia Thornicroft/Damian Rake. Dr. Andrew Pratt/ Dr. Kirstin Pratt/Dr. Greg Stewart. Maria Idalina da Costa Tilman/Dirse da Silva Soares /Angela Mercie Correia/ Zelia Etevlina da Silva/Beatriz da Costa/Ana Josefa Ximenes.
Agriculture Program: Local Volunteer for Agriculture Program:	Carlos Baptista. Alexandre da Costa/Armando Pereira/Berta da Silva/Geremias da Silva/Germano da Silva/ Caitano Guterres/Armando da Silva.
Training Centre for Vocational Mechanics and Peace Building	Silveiro Freitas da Concericao/ Atanasio Belo/Paulo Francisco Simoes/Xisto do Rosario/ Maria Idalina da Costa Tilman/Martino da Silva.
Security, Cleaner, Driver & Catering:	Lourenco da Costa/Victorino M. Boavida /Aderito Freitas/Jose Maria da Costa/Eurico Pereira/Justino Soares/Nelson do Rosario /Rosalia Edelina da Silva.

Further Donations can be made though international bank transfer to:	
Account Name:	Fundasaun Lafaek Diak
Address:	Becora, Dili, East Timor
Name of Bank	Bank Mandiri, Dili Branch, Timor Leste
Account No:	601-00-0014221-9
Swift Code:	BMRIIDJA
Correspondent Bank:	CHASUS 33 JP Morgan Chase Bank of New York

