



## Lafaek Diak Update

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### Dear friends and supporters,

This year began with a sense of insecurity in the nation, when our Prime Minister Xanana Gusmao announced his plan to resign in 2014 or 2015. It was followed by a seemingly volatile situation with a renegade former independence fighter, who challenged the current government, then was encircled however surrendered and sent to prison quickly. At the same time the Parliament accused the current Minister of Health of incapability to properly manage a functioning ministry, good and timely medicines supply and stock, and corruption. The reality is that the national pharmacy is empty at the moment and all government health institutions are in a state of crisis.

*Lafaek Diak* is also experiencing a difficult period with its medicine supply at the moment due to the change in Pharmaceutical production worldwide and logistical difficulties transporting from new areas of production to East Timor. Hence we dare at the beginning of this Update to put out an urgent plea for assistance for medicines. Nonetheless we have many positive stories to share from the last six months.

### “Community Health Volunteer” – Pilot Project

FLD began this year with a new program, to train its first three *Community Health Volunteers* chosen from three remote villages, which are far from medical services and in the mobile clinic target area. *Teresa* (39 years old, Uatulari/ Bahalale), *Florentina* (27 years old, Gariwai/Buburaga) and *Natalia* (22 years old, Gariwai/ Darasula) began their training at the clinic in February 2014. They observed and learned on-the-job at the clinic, rotated through patient administration and anamnesis, assisted the doctor during patient consultations by measuring blood pressure and taking the temperature, the midwife during the maternity consultations, in the pharmacy, in the laboratory, with health education, in the nutrition demonstration cooking program, and learned from the clinic staff in each area. They especially learned how to clean wounds and put dressings on them. At the end of April they proudly graduated with a certificate and each of them received a table and a chair for consultations, a box with basic medical equipment and medicines and a copy of the book “*Where there is no doctor?*” in Tetun.



Community Health Volunteer Natalia learning to look through a microscope



Community Health Volunteer Teresa assisting during the mobile clinic in Uatulari



The three Community Health Volunteers received the certificates from their mentors.




The plan is that they will be the first and going contact in their remote villages for sick people, decide when it is essential to refer a patient to the clinic and/or hospital, help with first aid and some very

basic medical assistance, and will keep communication with the health staff at the clinic for further consultation and advice. They will help prepare the community for the monthly mobile clinic visits and assist the health staff in these activities. FLD will continue to closely stay in contact with them and accompany them with further trainings in the future.

### Water filters for drinking water

FLD received 20 family size water filters to start another pilot project: We wanted to see how practical the filters are, using a simple bucket as the water reservoir. The objective of these long durable filters is to increase the availability of drinking water in rural areas, to prevent illnesses through drinking enough clean water and protect the environment by reducing the usage of fire wood for boiling water and plastic bottles.

FLD distributed the initial 20 filters donated to key people in the villages, especially our staff from the Triloca Health Clinic including the Community health volunteers from the surrounding rural area, to see if they use, clean and maintain them properly. In the coming months FLD will continue to monitor the usage and durability of the filters. There is a growing demand in the community now, as neighbours and friends see the immense gained value.

		
<p>During lunch break the staff of the Triloca Health Clinic prepare the buckets together.</p>	<p>After the preparation we drink a glass of filtered water out of the bucket. See how good it tastes?</p>	<p>Water filter and bucket in Community health Volunteer Florentina's home in Buburaga</p>


### Planting and harvesting at the FLD Training Centre

The field of the *Mechanic and Agricultural Training Centre* gives an impressive example how a stony poor ground can turn into a fruitful garden with the work of many hands. The students learn to prepare the ground for planting, make compost for rich soil, seeding, planting seedlings, support and observe the growing process. As well they learn basic mechanical skills for maintaining and repairing farming machines in theory and praxis.

		
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### Peace building training

In March, 2014 the *Centro Treinamentu Mekaniku da Paz* (Vocational Training Centre of FLDs) conducted a Peace-Education training in collaboration with the Peace Education Program of the *Canossa Foundation* in Dili. It is the basic first level training, which includes topics such as: personal identity, communication, conflict and non-violent conflict-resolution. Besides the students and staff from the training centre, the staff from Triloka health clinic also attended.

		
<p>All participants of the Peace building training – staff from the FLD Clinic and Trainings centre.</p>	<p>Untangling the <i>Gordian Knot</i></p>	<p>Drama about a conflict around water source and how the community can find constructive solutions.</p>

### Workshop: The black stone for treating snake bites

This old African traditional knowledge of the black stone has nothing to do with magic. Buffalo bones are used and treated in a special way by boiling water, putting them into the fire in a tin can and adding milk. The results are black looking pieces of the bone which have a healing effect on snake or scorpion bites by sucking out the poison.

In a two-days-workshop in May trainer *Mariquita* taught 13 participants of both the clinic and training centre the process of how to make a healing stone out of ordinary buffalo bones. Additionally, she gave instructions how to use them correctly. During the second workshop a real snake “visited” our training room – it seemed to demonstrate the importance of the training. This time nobody got bit, however, especially for the period of the rainy season, Triloka Health Clinic receives many patients with snake bites. Scorpion and centipede bites are also common. All of the workshop participants got pieces of the bones to use them if needed in their villages. The main reserve will be stored in the clinic pharmacy.



### Comings & Goings

Sadly we witnessed the early departure of *Dr. Andrew Leong* and *Mary Seong*, our PALMS volunteer couple, due to personal reasons. We thank them for the time they gave, their work and support at the clinic, the patient consultations, the staff training and the introduction of the ultrasound machine. FLD is now left without a qualified doctor.

In April 2014, one of FLD scholarship recipients, *Anastasia Maria Guterres* returned after 3 years from her midwifery studies in Malang/Indonesia. We are glad to have a qualified midwife back as part of the team and to run our Maternity. She will return to Malang to take one final exam in August and attend her graduation ceremony in September. Last week she assisted with a birth in the Triloka clinic to everyone’s excitement. *Domingos Boavida Freitas*, a trained nurse from Wailacama, re-joined FLD at the beginning of May 2014. He works together with nurse *Fernanda* in patient consultations and in the pharmacy, we are grateful for his assistance. In May we also welcomed back *Maria Auxiliadora da Silva* from Macadai. She worked as a nurse assistant and all-round volunteer



for FLD before the birth of her first child. So she is familiar with all the diverse working areas and joined the team immediately. *Zelia Etelvina da Silva* is the newest local volunteer, comes from Triloka village and seems very promising and eager to learn, she assists in various departments of the clinic.

## Special Care

During a mobile clinic visit to Caisidu village the clinic staff discovered a demanding case, a patient with a large open breast tumour. She is about 70 years old, yet still quite strong physically. The relations to her family are strained. The FLD clinic staff, discussing her case together, have come to the conclusion that the best care they can offer is good palliative care, through changing her dressings regularly every few days, monitoring the wound and making her as comfortable as possible. She looks forward to the visits of the FLD health staff.

## How to get involved?

- Donations to buy **medicine (urgently needed)**
- Volunteer **doctors**, mechanic trainer and organizational development worker
- **Electrical wiring** for Maternity clinic (~ **US\$ 2,000** – final missing piece to complete building)
- **Digital projector** (small portable one) to assist with our community health education & training centre (~ **USD \$ 700**)
- Consistent **partner/funding for *Mechanic and Agricultural Training Centre*** (~ **USD \$ 20,000/per year**)
- **Water-filters** for drinking water (~ **USD \$ 55/filter**)
- Donation of **books** on the following topics: basic mechanics (welding, basic mechanic techniques and tools), carpentry, organic agriculture, peace building and mediation, conflict resolution, communication skills and civic education (books with pictures are especially helpful). Please contact us for information about how best to send them

***Fundasaun Lafaek Diak* wishes to thank all friends and partners, both individual and institutional, for continued trust and partnership of our community development work in rural East Timor.**

### Donations can be made through international bank transfer to:

Account Name:	Fundação 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

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