



LAFAEK DIAK UPDATE

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Greetings to friends and supporters of Lafaek Diak,



FLD Administration and Child and Maternal Health Building

The New Year has come with a rush of activity at *Fundação Lafaek Diak* allowing us to look forward to the continued development of the foundation through 2011. We continue to work in Triloka community and the surrounding villages, and have seen achievements in all of our 4 areas of service. Having completed several goals, there is a clear focus about what we are doing in the coming year.

Fundação Lafaek Diak (FLD) is also growing, with new partnerships and new projects planned for the near future. Thank you to friends old and new for continuing to assist FLD's projects to support rural community development in Timor-Leste. Please spread the word about our website and feel free to distribute our newsletter to your colleagues, friends and family.

Clinic



FLD team meets with East Timor's Minister of Health, Dr. Nelson Martins

The clinic continues to grow from strength to strength last year brought more patients than ever before through the clinic doors for consultation for their health care needs. The mobile clinic is now well established with patients being aware of the services and regularly utilising the service when we are out in the community. We continue to work with the Ministry of Health and together we are coordinating our efforts to deliver a better health service for the community. This includes the increasing of services for the local community and the continued integration of the Health Clinic into the Government System. The implementation of a variety of programs, as well as developing the staff capacity of FLD to be able to serve the health needs of the community.

In December we received much appreciated support from the *German Institute for Medical Mission* (DIFAEM), our partner in Germany that provided us with shipment of much needed medication to supply the clinic for the future months. This support is essential in keeping up the quality of health care to the local community

The health clinic continues to work in the area of maternal health, and this service continues to grow seeing greater numbers of women and children using the service. This is an important service when a recent report has shown that there has only been a slight decrease in the maternal and infant mortality rate in Timor-Leste. The number of women utilising a birth attendant remains at 30%. This figure needs to be changed in order to lower the maternal and infant mortality rate, showing the importance of this service. This program includes,



Mana Anastasia working in the maternal and child health clinic

facilitating deliveries with a midwife in attendance in the maternal health room and providing immunisations for infants. The mid wives are also able to run educational classes about maternal health, infant health and family spacing.

Restoration of the roof on Doctor's House



FLD staff working together to remove the asbestos roof on the Doctors house



Volunteers from Rotary Cockburn and United Church of Western Australia together with FLD workers taking pride in the work accomplished together - the newly reroofed and renovated doctors house

In November a group of volunteers form Rotary Cockburn and United Church of Western Australia came to Triloka and FLD to work on renovating the roof to the doctor's house. It was no longer water tight and also asbestos had been used for the roof previously. This added to the challenge of the project as not only was it the installation that needed to take place but also the safe removal and disposal of the asbestos. These are all new concepts to the local community, which allowed for learning for the people involved. The process of taking down the asbestos roof and properly disposing of the waste material became a wonderful mentoring opportunity between friends from Australia and Timorese workers. The end result was a newly installed roof and ceiling, as well as a fresh coat of paint on the entire doctor's house. This was a much needed upgrade to the clinic facilities, the doctors house is essential in FLD providing 24 hour health care to the community. The time and effort provided by this group was greatly appreciated, Not only have we addressed the refurbishment but also a serious public health concern with the removed asbestos roof no longer being a risk to the community.

Agriculture



Planting of crops for the agriculture program

We continue to support the local community in their agricultural endeavours and this season has been no different. It saw the area behind the clinic turned into a nursery and allowed for the propagating of seedlings for use in the fields. This period we saw a women's group working in the fields. Once the seedlings were propagated they were planted and tended in the fields. With the donations that we received we invested in a water tank for the agricultural fields. This allowed for water to be transported between the water source and the fields which currently does not have access to water. This saw tremendous benefit in the fact that the crops could be given water when they were most vulnerable and not be reliant on the weather for water. We saw good crops of eggplant, carrot, cabbage, cucumber and beans to name a few. It was encouraging to see such diversity being grown in the fields.

Mobile Repair shop and Youth Training

The agricultural team has been hard at work building a house on site where the containers have been put. This will allow for security with people living on sight during the building and set up of the next phase of the project. Long term the house will allow students, who will be participating in FLD's upcoming training program for the youth of the rural Triloka community, to stay on site during their training. As has been mentioned in previous updates we have had containers and tools donated for a tool library and this is getting to the next phase of development. A Civil Peace Worker has been identified who is expected to arrive in the middle of the year

from the Association for Development Cooperation (AGEH) in Germany for 3 years, to work in developing the rural youth training and skills building program, to contribute to sustainable peace-building through development, and as part of this establishing a mobile repair shop for small farm machinery and a tool library. The construction of a roof over the two containers which will provide an open sheltered working area as an initial stage for the training course in agricultural equipment repair and maintenance. FLD is committed to having these building projects finished prior to the volunteer coming to allow them to commence the project as soon as possible. Once this area has been established we will house the tool library in one of the containers so that this will become operational and be able to benefit the farmers of the surrounding communities. Our dream in the long run, is to develop a training centre for rural youth in mechanical repairs here.



FLD agricultural staff and local volunteers in front of the house built early this year to shelter security and tools for the beginning of the youth training site

Small Business



Women at Home working on their Tais products

FLD continues to support our weaving cooperative in Home, Los Palos which has had great success in 2010 and looks to continue its growth into 2011. The group still makes traditional Tais but has also found success in selling handmade wrist bands which have sold both locally and internationally. The last Calendar year has seen the women have an income of USD \$ 12,093 (this is an increase from USD \$ 7,639.00 in 2009) this has a positive impact for the women that we support. With the continued support of small businesses in Australia ordering products that the women are making most specifically the wrist wraps

and book marks this has allowed for steady income generation for the women and the continued development of this small business. The recommencement of tour groups in Timor-Leste also allowed for the weavers to show their skills, and allowed for a new platform for women to be able to sell their products. With talks having been given in America and Germany over the Christmas period on the work that FLD is doing, may also open up new exciting opportunities for the coming year, for our weavers.

Training Laboratory Technician

Staff development is one of the areas FLD has decided to especially focus on this year. We believe by harnessing and developing the skills of local Timorese people we not only empower the individual person, build staff ownership into our work, but also facilitate sustainable and qualified development of rural areas of Timor Leste. Offering training opportunities to staff and local young people is one of the most rewarding endeavours. The community has identified the need to better diagnose diseases such as Malaria, Tuberculosis and Dengue Fever. FLD is addressing this need by beginning to establish a medical laboratory within the clinic. The initial step is to have staff member Emelita currently being trained in basic laboratory skills at the National Laboratory in Dili. We hope that the skills she learns will enable her to help us establish and operate the laboratory at Triloka clinic, and provide better health care, through accurate diagnosis, to the Triloka community. We are actively seeking partnerships for equipment required for FLD to have a functional basic laboratory.



Emelita being trained in basic laboratory functions in Dili

Help Provide Scholarships

We are looking towards being able to offer scholarships to several new candidates. We have already secured the funding for one scholarship for the coming year and now look towards obtaining funding for a minimum of a second candidate, as FLD feels that it is imperative to send 2 candidates at once

to study for a support structure for the students while away. The *Lafaek Diak* clinic is in need of a lab-technician and pharmacist as required by the Ministry of Health for accredited clinics. As there is a scarcity for these two professions in East Timor *Lafaek Diak* would like to offer two young people the opportunity to study in these fields and has researched a three year study program in Indonesia for this. *Lafaek Diak* is committed to offering opportunities for promising young people in its rural target area, and sees this as an important investment in sustainable long-term development and building of this new nation. FLD is also committed to offering its long-standing and committed staff the opportunity for continued study, some of whom have only had the bare minimum of medical training during the Indonesian occupation period. Hence supporting the scholarship program is a wonderful way to participate and invest in building the future of East Timor in a very concrete way. Please contact us for details if you are interested to participate.

German Embassy Visit

In October last year we were honoured to host a visit by the delegation accompanying the official visit of the new German Ambassador from Jakarta to East Timor. The program consisted of a traditional Timorese welcome ceremony led by the school children of Triloka, followed by a traditional Timorese rural meal, and then touring the sites of FLD's. We have had positive relationship with the German aid community and look to strengthening this, through the anticipated new German Civil Peace worker to join the Triloka family. Though all of FLD's history we have been lucky enough to receive tremendous support from many German organisations. We are very grateful for all the support FLD has received from various German partners, including volunteers, medications, water infrastructure and other support. The visit allowed us to profile the work that we are doing at FLD, giving the group an understanding of the benefit that the support we receive has on a rural communities, giving a realistic view of what is happening.



German Embassy representative and GTZ colleague being welcomed the Timorese way

Motor bike Donation



Former Australian Ambassador Peter Heywood handing over motorbike to FLD

We would like to thank the Rotary Club of Mornington, who after having members of their community come and visit us with the *Australian Institute of International Affairs* were kind enough to donate a motor cycle to FLD to facilitate the continued growth of our organisation. Help like this allows us to continue to build both the capacity of our organisation but also helps the development of the Triloka community. With Triloka being a rural community, it is often hard to find transportation, especially in important matters such as medicine transport, maintaining ice for the vaccinations etc. With improved transportation for the organisation, this means that we are more efficient and can provide these essential needs to the community.

New Staff Members



Rosalia & Heath beginning their term at FLD

We have two new staff members since the last update, *Rosalia Idalina da Silva* is the new catering manager and *Heath Thompson* is a new Australian volunteer joining the FLD team from PALMS. *Rosalia* will be in charge of providing the lunch time meal for all FLD staff, and *Heath* will work with the administration staff in organisational development and assisting with donor liaison functions. He will also assist with community development and help to continue to improve the capacity of the FLD staff. He is currently getting to know all of the work that we do here at FLD and get to know the staff and local community.

Future Plans

There are many plans for the upcoming year and it is poised to be a very exciting and productive year for the organisation and the Triloka community. We look to continue our scholarship program and hope to provide a minimum of two local youth with the opportunity to continue their education at a University in Yogyakarta. We hope that these youth will be able to acquire skills in Pharmacy, Laboratory Technician and Midwifery, which will allow the clinic to expand its capacity in delivery its health service.

We also have a German co-worker arriving this year to the agricultural machinery repair and maintenance program with the local youth, with the goal that they can operate mobile repair businesses and also to improve agricultural standards in the area. This will include the building of the workshop area between the two containers already situated in the field and also the establishment of a tool library in one of the existing containers. We again thank our partners for the shipment of used tools for the tool library and the supply of the two containers. We believe that this project will help facilitate the development of agriculture in Triloka and provide much needed education and employment for the youth in the area.

We are hoping to upgrade clinic facilities, we have plans to establish a functioning laboratory and we also plan on expanding the maternal health centre to a stand only building. This will help us combat two of the most important health issues in the community, disease and maternal health.



Lafaek Diak wishes to express gratitude to all friends and partners, both individual and institutional, for supporting community development in East Timor through partnering with Lafaek Diak.

Further Donations can be made through 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:	BEIIDJA
Correspondent Bank:	CHASUS 33 JP Morgan Chase Bank of New York