



LAFAEK DIAK UPDATE

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ISSUE 6
May 2009

Greetings to friends and supporters of Lafaek Diak,



Our Moringa planted in November last year

It has been a busy start to the year as our clinic continues to grow providing direct health care to Triloka and surrounding communities. Over the past few months we have been kept busy with increased patient numbers due to the wet season. The clinic saw over 4000 patients in the first three months this year. FLD is growing too, with new partnerships and new projects planned for the near future.

Thank you to friends old and new for continuing to assist Fundasaun Lafaek Diak's projects to support rural community development in Timor-Leste. Please spread the word about our new website and feel free to distribute our newsletter to your colleagues, friends and family.

New Clinic Building

In late January, FLD put the finishing touches on the expanded Triloka Clinic building. Construction has been underway since August last year and the buildings gleaming white walls show a marked improvement to infrastructure in the village. The expansion was assisted by a grant from ETCAS through AusAid and from generous individual donors. This extra space has enabled us to redesign the clinic outlay to improve patient flow and ultimately better health service delivery. This includes: a bigger consultation area and allocated rooms for a laboratory, dispensary, wound management, maternal health and health education. Furthermore adequate office space is now available for FLD's administration and other programs. Until now, the organisation had been operating from a single cramped space in the original clinic building. We have been busy over the past few months furnishing the new outlay including installing a hand washing sink in the consultation room and have plans to install more sinks in the wound management room and laboratory. The project has been a significant achievement for FLD and it is wonderful to now be able to share it with the community.



Entrance to the new Triloka clinic

Malaria Prevention Month

In February, the community health education nurse Mana Maia, supported by Mikaela, our volunteering Community Health Advisor developed and ran a Malaria Education Program in the Clinic. The program included an educational presentation in the waiting room, including a display and demonstrations on how to use bed nets properly. Furthermore, mosquito nets, donated from the Kalamunda Youth Action Group were distributed to pregnant women and children under 5 years of age. The disease is prevalent in the Triloka region over the wet season with the clinic treating over 300 cases since January. This highlights the importance and need of health education to enable the community to better protect themselves against this potentially fatal but preventable disease.



Mana Maia explaining Malaria prevention in the clinic

Harvest Time

In April FLD staff and community members harvested crops planted on land donated by the community for our Buffalo Bank. You may remember from our November update we planted corn, peanuts, cassava and papaya and helped to construct a living fence around the area. An estimate of our harvest results show from 40 kilograms of peanut seeds we have yielded around



330kg and from 2kg of corn seeds we have around 270kg of kernel. The seeds will now be stored in secure plastic drums to assist farmers again at the start of the rainy season. Many International aid agencies and NGOs are already flagging concern for projected supply of food in coming months so the seeds will be important as we approach next planting season.

Laboratory Experts Visit Triloka

In February, FLD had a visit from Mr Peter Hind, a long serving officer in the Australian Air Force, who has established a state of the art medical laboratory at Baire Pite Clinic, Dili. Peter was accompanied by two Timorese Laboratory technicians from Baire Pite clinic. The purpose of their visit was to provide expert advice on establishing a basic laboratory at the Triloka Clinic. The visit was a great success, involving a short training session for clinic staff and the donation of some laboratory equipment, including a microscope from the Queensland University, which will be used to test for Malaria. They also generously agreed to provide laboratory training to three of our staff members in Dili. This much appreciated help



FLD staff receive training in basic laboratory testing

has brought us a big step closer to realising our dream of having a laboratory at Triloka clinic to enable us to more efficiently diagnose and thus treat illnesses.



Families from Aubaca receive the rice and cooking oil

Emergency Food Distribution

Over the months of January and February, staff of FLD assisted in the provision of rice and oil to a number of needy families across the district of Baucau. Some 20 Families were presented with a 30kg sack of rice and 5 liter bottle of cooking oil courtesy of generous donations from Rotary Dili. Many were overwhelmed with the gift and offered supplies of their own recently harvested corn and peanuts in return. The food is likely to assist those that may experience difficulties this year in harvesting enough food to last the year.

Building Capacity for Health and Hygiene

FLD will soon be commencing the construction of improved washing facilities in Triloka as part of a water and sanitation project at the request of the community. Through a partnership with the St. Johann parish in Bremen, Germany, FLD will construct a clothes washing and showering facility in Badaho'o village, Triloka. The project will be led by a locally formed water users group and assisted by a construction team. It is estimated half of the population does not have access to clear water and up to 60% do not have adequate sanitation. In Triloka much of the infrastructure was built under the Indonesian period and today is in disrepair. The project will complement further works FLD hopes to undertake in the near future to repair this infrastructure to improve supply and access.



Cooking Stoves

Over the past few months we have been trialling a number of potential cooking stove improvements in Triloka. Many of the patients that present in the clinic do so with respiratory complications and illnesses due to the need to cook over open fires in poorly ventilated buildings. We have used the opportunity we have at Triloka clinic in cooking lunches together to test a number of stoves of various designs that might address this issue. These have included a cement stove fueled by sawdust, a solar cooker and the above pictured rice hull stove. While we still have some way to go before we can compete with the open fire we are developing a good amount of alternatives and the designs have generated interest in the community.



Mana Maia and Charlie test the Van Truoc stove

Volunteer Opportunity in Triloka, Baucau

FLD is seeking two international community development volunteers to replace Charlie and Mikaela who are returning home in July. If you are interested in a lifestyle change and would like to work with us and rural communities in Timor-Leste please contact us to receive a position description and discuss suitability for the two roles. Interested candidates from Australia should contact AVI for further information on how they can apply.

Obrigado Wain! - Many thanks on behalf of the communities we serve!



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.

The work of Fundasaun Lafaek Diak is made possible through partnerships with: AusAid Women's Leadership and Development Grant (2007) | Australian Government's ETCAS through AusAid (2008) | Australian Sports Outreach Program (2009) | Australian Youth Ambassadors for Development (2008) | Baptist World Aid Australia (2006 ongoing) | Bede Polding College Windsor, NSW (2006) | the Bush Regeneration Group Lane Cove Sydney (ongoing) | Christliche Fachkräfte International Germany (2005 ongoing) | Deutsch-Osttimor Gesellschaft (DOTG) Germany (2005 ongoing) | DIFAEM (2006 ongoing) | Frauengruppe der Evangelischen Kirche Weilimdorf (2009) | Seattle-East Timor Relief Association (SETRA) US (2008, 2009) | the German Embassy Jakarta (2006) | Hilfe für Brüder Germany (2006, 2007) | Melville Uniting Church, WA (2004 ongoing) | Misereor, Germany (2008) | Mount Olivet Lutheran Church, MN, USA (2007, 2008) | the National Council of Churches Australia (2006 ongoing) | Oekumenischer Arbeitskreis Eine Welt Filderstadt e.V. – Eine Welt Laden (2007) | Pitt Street Uniting Church, Sydney (2006 ongoing) | Rotary Melbourne (2006 ongoing) | Rotary in Western Australia, Booragoon (2007, 2009) and Victoria Park | Sommerville Darwin Australia (2006, 2009) | St. Johann Catholic Parish, Bremen, Germany (2008, 2009) | Trinity Lutheran Church Lancaster, PA, USA (2006 & 2008) | Uniting Church Synod, WA (2005 ongoing) and many friends and supporters around the world.

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Further Donations can be made through international bank transfer to:

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Name of Bank: Bank Mandiri
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Timor Leste

Account No.: 601-00-0014221-9

Swift Code: BEIIDJA

Correspondent Bank: CHASUS 33 JP Morgan Chase Bank of New York

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