



LAFAEK DIAK UPDATE

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Greetings to friends and supporters of Lafaek Diak,



FLD Administration and Child and Maternal Health Building

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 just fewer than 4000 patients in the first three months this year.

Fundasaun Lafaek Diak (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 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.

Water and Sanitation



Newly built laundry & toilet facility

Two years ago FLD began to see Water and Sanitation (WATSAN) as a key component to development and health in FLD's target area. An assessment was made through the assistance of a consultant, who returned again last year to continue with community trainings and raising awareness around this issue. Then last September two of FLD staff members attended a WATSAN training in Bali with the assistance of Baptist World Aid Australia (BWAA) where they learned practical technical skills and discussed this topic with local technology experts.

We are excited that the first of three laundry & toilet facilities has recently been completed, through a small grant from St Johann Parish, Bremen, Germany. Two more such facilities are to follow in two other sub-villages. St. Johann Parish in Bremen have committed to support a total number of three of such facilities within the community over a period of three years. After consultation with the local community and chief of the village it was decided that the first of these facilities should be on site at FLD functioning hopefully as a model.

In the near future we will commence construction of a water tank on site. It is hope that these facilities will improve the hygiene and sanitation requirements within the local community. This in turn will improve the health of the community, from illness caused by lack of attention to personal and environmental hygiene.

Arrival of tools for the community tool library



Unpacking the boxes of donated tools



Maun Bernardo un-loading the many tools

All the staffs were excited when we received a delivery from the Uniting Church Western Australia of power tools and agricultural equipment. This equipment allows FLD to see the beginning stages of our tool lending library scheme that will work in tandem with service workshop for agriculture equipment in the Triloka area. There is always some excitement to see what has come our way through the generous donations and transport assistance of the Rotary Melbourne. The local community is grateful for the new resources that can assist them in their agricultural work. It is exciting when long held plans come to fruition so that there is a tangible outcome that can be seen by the local community.

The excitement grew when two weeks later 2 shipping containers donated by GTZ (the German bi-lateral government development agency) were delivered, which will house the lending library for the start. Due to the heavy constant daily rainfall in the past month, the road towards the land where the tool library and agricultural equipment repair shop will be placed, had to be rebuilt for the heavy trucks carrying the containers to be able to pass. Then rock and cement blocks were built as a foundation for the containers to sit on. It is hoped that this will mean that the lending library start date will be in the not to distance future.



Building the road towards the land for the tool library



Building the foundation for the containers to sit on



placing the two containers onto the foundations

Agriculture



Maun Lino and Mana Anita Picking Peanuts

The agriculture part of FLD has been kept very busy with the harvest of peanuts from our crop with a good yield. All the staff has contributed at some time to the harvest, whether it is from being involved in the planting of the crop or picking of the nuts, and the drying. There were many volunteers on hand to help in the opening of many of the peanuts. This is a great way to build the team at

FLD and we enjoy seeing the fruits of our labour when we can see something tangible from all the hard work that has gone into raising the plants.



Volunteers opening the peanuts



The newly planted banana trees



Maun Lorenzo with a newly planted banana tree

In March 2010 FLD purchased 130 banana trees seedlings from Dili that were planted in the community garden at Triloka. There are five different kinds of bananas in the batch, with various medicinal values, especially nutritious and curative for babies and small children. The trees were carefully mulched to ensure the best chance of survival of the plants. It is hoped that in the coming years the community will get a good food & medicinal harvest from these plants.

New Staff



Mana Julia and Mana Agrifina

After a period of time where we had been without 2 of our local volunteers we are pleased to announce that as of April we have seen Agrifina join the team and we are looking forward to the skills that she will bring into the clinic and the development that can be offered to her.

We have also had an international volunteer join us. Julie has come to Timor Leste through Australian Volunteers International (AVI). Her role is in the health clinic as management trainer. We are looking forward to an exchange of skills with her. She is currently working on mastering the language meeting the staff and community and identifying the requirements of the clinic.

Small Business



We continue to support small business development of notable mention in the weaving group that continues in Home Los Palos. It has been a great success going from strength to strength with the sales for 2009 being USD \$7,639.75 (Compared to 2008 with a total of USD \$3,713.75). We are excited to announce that the “Bro-Bands” (the wrist wraps/friendship bands that were introduced in an earlier update), have continued to be popular. With large orders of the product coming through during 2010. It was interesting to note that of the income generated last year USD \$4,936.75 was made from the wrist wraps. It is exciting that after the research and development of the product that such a simple idea could capture the imagination of people and generate over half of last years sales.

Clinic

The Clinic continues to have a major impact within the community delivering health care to the community at Triloka. We continue to offer the ambulatory poly clinic service and the Maternal and Child Health service to the community which is attended by many women in the area. There has been a new development at the clinic, with the expansion of the mobile clinic. While we have been going to Ostico for



1st Mobile Clinic to Buburaga



Home visit after Ostico mobile clinic

some time now, as of April we have also offered the service to Buburaga, Caisido and Darasula villages. During the initial visits to the sub-villages there have been a large number of patients utilising the service, this is pleasing to us as it confirms what we had expected that there is a real need within the community for this service. We expect that numbers coming through the clinic will also increase as the whole community become more aware of the service. Also the provision of the clinics maternal and child health program on the mobile clinic, enhances the service delivery of this service and it is felt will add to the increase in numbers using the mobile clinic once they know the service is available.



Clinic staff unloading boxes of medicines



unpacking the medicine into the new store room

A special thanks goes to the partnership FLD has with DIFAEM – Medical Mission from Germany for their on-going support of medicines and medical equipment which has been a key component to FLD's work. We just received the latest shipment in May 2010

Future Plans

The organisation has a proposed plan for solar power for the facilities at FLD. If this could be implemented it would go a long way to meeting our power needs and allow us to further develop the service that FLD offers, such as looking at installation of a fridge which will have a huge impact on the delivery of care and enhancing access for the immunisation program. Long term the contribution that we can make to the community would be far reaching. Adding a complete solar power system to FLD's facilities is in line with the Millennium Development Goals of using renewable and sustainable energy sources and hence would be in line with caring for the earth and its limited resources. The first step towards realising this goal has been donated by Booragoon Rotary Club; however there is still a long way to go before it can become a reality.

As mentioned earlier there are also the plans in place to continue the water and sanitation project. This is in the form of another 2 Laundry facilities within the community and also the installation of a water tank at FLD.

Negotiations are running to have a Rotary work team come in November this year and assist in putting a new roof on the doctor's residence, which has been leaking badly during the past rainy season.

Volunteer Opportunity in Triloka, Baucau

FLD is seeking an international community development volunteer in the role of Organisational capacity development advisor. If you think that you may fit the bill and are interested in a lifestyle change working with us and rural communities in Timor-Leste then interested candidates from Australia please contact AVI (www.australianvolunteers.com) for further information on how they can apply.



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