



### Lafaek Diak Update

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### Dear friends and supporters,

This year has highlighted many challenges within Timor-Leste. In particular the current public health situation has been receiving attention in the Timor-Leste media. Many articles in the national newspaper have highlighted the on-going challenges facing the public health system. For several months earlier in the year, Baucau Referral Hospital had no funds to transport any patients to Dili as the hospital could not afford the money for fuel for the ambulance. While there have been improvements in health care post-independence, there are still massive challenges within the health system in Timor-Leste which are severely affecting the lives of East Timorese and their children. FLD believe that these articles highlight that on-going civil and non-government support is still needed. Because of this, FLD feels that there is still an important role for NGO assistance in providing quality health care and assisting in health promotion activities such as nutritional demonstration cooking and community health education, to help East Timorese people play an active role in helping increase health outcomes in the country.

### Farmers and students working together:



Recently a group of farmers in Viqueque enjoyed a large harvest of rice, the result of a relationship built with FLD. The participants and mechanic trainers of the FLD Training Centre repaired the farmers' tractor and rice threshing machine as a training project. FLD then supplied seeds and fuel to run the tractor. The group of farmers in return provided land and substantial amount of their harvest, which in return will help to feed the students at the Training Centre.

### Visitors

In July 2013, FLD was blessed with a visit from long term supports Alison Dyall and Joy Eichhorn for three weeks. During that time, Joy and Alison assisted Dirse, our Community Health Education Coordinator, with planning a new health education curriculum for the coming year, from the modules and experience she has gathered in her first year of this work. They assisted to develop several additional topics with Dirse including *family hygiene, nutrition as a way of preventing illness, respiratory disease and prevention, childhood immunisation and digestive ailments*. We would like to thank them for their help with this and for their visit which is always such an encouragement to us.



### **Maternity and Infant Health Building:**

We reported in the last FLD Update that because of a generous donation by Nazareth in Adelaide in conjunction with a grant from ECTAS (AUSAID), FLD was able to begin their Maternal and Infant Health unit. FLD is proud to report that the buildings progress is coming along quickly with every hope it will be ready by December 2013 but due to a big increase in material costs FLD requires some more assistance in ensuring this will happen by the end of the year (please see 'How you can help' for more information).

Nazareth school community, who helped raise funds to ensure building could take place, will arrive in late November to see the building and add the finishing touch by painting the entire building inside and out! As part of this the Nazareth community have also volunteered to provide the paint, equipment and labour – we are very eager to see how it will look once their good works have been finished!



Left: Maternal and Infant Health building as at 27 September 2013;

Right: Outside of the Maternal and Infant Health building, the breadfruit and coconut trees were planted to provide shade and nutritious food for future patients and staff. They are growing strong.

### **Scholarship Fund:**

Ana Josefa Ximenes, from Afaloicai in the sub-district of Baguia, began her studies in a three year Diploma of Midwifery in September 2013. Ana Josefa was accompanied by Paulo Fransisco Simoes, a young local Timorese man who started a three year Nursing diploma in September also. Both young people are excited to have the opportunity to study in Indonesia and thank the generous donors who have made their dream possible. On behalf of FLD and Ana Josefa and Paulo we offer a big thank you to the group of supporters for the *Scholarship Fund in Memory of Joan Sharp* and the group of friends and parishes in the Uniting Church of Western Australia for making such a generous contribution to the improvement of health of Timorese people and offering rural Timorese youth an opportunity for higher education.



### **Staff news:**

FLD would like to say farewell to Damian Rake, our PALMS international volunteer, who provided support as a Nurse Trainer for 10 months. Damian finished his placement in September 2013 and returned home to Australia.

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

How to get involved?

- Currently FLD is facing the following resource challenge due to a large increase in material costs to fully equip our Maternal and Infant Health building making sure it will be fully functional as soon as possible. Any assistance which can be given would be most appreciated!

Many thanks to Sandy, Wendy and friends for their donation of one large water tank and connectors!

Item	Quantity	Price/item	Total
Toilet	5	\$50	\$250
Window shutter (single)	30	\$80	\$2,400
Window shutter hinge	30	\$7	\$210
Door (external and internal)	13	140	\$1,820
Door hinges (double set)	13	7	\$91
Door lock and handle	13	45	\$585
Sink	3	50	\$150
Taps	5	25	\$125
Light switch	18	5	\$90
Light fitting	18	3.50	\$63
Light bulbs	25	7	\$175
Wall tile	2 boxes	20	\$40
Cement	15	8	\$120
Sand (1 truckload)	2	50	\$100
<b>TOTAL</b>			<b>\$6,394</b>

- In the process of attaining accreditation the Training Centre must establish a small library. Donation of books on the following topics are very welcome: basic mechanics (welding, basic mechanics techniques and tools), carpentry, organic agriculture, peace building and mediation, conflict resolution, communication skills and civic education (books with pictures are helpful). Please contact us for information about how best to send them.

We can be contacted at: [infolafaekdiak@gmail.com](mailto:infolafaekdiak@gmail.com)

<b>Donations can be made through international bank transfer to:</b>	
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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