



Friends of Klibur Domin

March 2021

So many Australians are friends of Klibur Domin. Whether you have financially supported this Timorese NGO over the last 20 years, spread the news of their great work or have had the opportunity to visit, you are part of this great friendship. This update is to keep this friendship alive and to let you know what is happening at Klibur Domin in Timor Leste.

Welcome to the latest edition of Friends of Klibur Domin. It is approaching a year since the Australian volunteers left and the Volunteer House at KD was locked up. But life has certainly gone on at KD and we watch from afar in amazement. Covid-19 is still an issue that our friends in Timor are battling with and as this newsletter arrives parts of the country are in lockdown with recent outbreaks. There have been local cases picked up in the Suai, Baucau and Dili regions and as of the 16th of March there are a total of 104 cases in the country, but fortunately no deaths. Dr Rui, a much loved board member of Klibur Domin is currently coordinating the team for the prevention and mitigation of Covid 19 for the Timorese government and Maluk Timor. There is a lot of work to do to keep this virus under control.

We keep them all in our thoughts and prayers. Enjoy the read.

Power from the Sun

The solar panels have now been installed on the roof of the new carpark. The container that they arrived in was set up internally in Australia to be the power room for the system. With the container installed, the roof on and the panels installed on the roof, KD now has also gained a new carport for the service cars. The ability to supplement the cost of energy for KD for many years to come will increase sustainability. The system is certainly a showpiece that may inspire others to capture the power of the Timor-Leste sun.



A word from Joaquim (Manager of Klibur Domin)

Dear Friends and Supporters of Klibur Domin,

We hope that you are continuing to do well in this difficult time of the covid-19 pandemic and let's hope that the efforts to implement the vaccination will end the covid-19 crisis around the world.

It is very sad that Covid-19 cases are increasing in Timor-Leste where the TL government is also currently trying to get the vaccine to vaccinate the high-risk group people. The cases have increased in the municipality of Dili, Baucau and Viqueque. The three municipalities are currently under lockdown until 2 April, 2021. All the staff living in Dili are not allowed to go to Klibur Domin to work as the road is being blocked in Tibar and Tasi Tolu, Dili.



The implementation of the TB project funded by KOICA in Baucau, and Dili has made some good progress in case detection since February 2021 but because of the lockdown for the covid-19, the activities are currently not fully implemented. With this project, KD is working closely with MOH staff to prepare planning to eliminate TB in Atauro Island by 2024. Although we have made some good progress on case detection, we have faced some challenges on getting the cartridges for the Genexpert machine to continue to test the TB samples. The National TB program and NTP have ordered the cartridges and hope they will arrive soon in Timor-Leste so we can continue to do TB diagnosis and treatment.

The small project for "good food for good life" that was funded by the New Zealand Embassy is progressing well. The construction for the shelters and fencing for the animals (pigs, cows, goats and ducks) are also completed and the animals have been purchased since December 2020. The extension of garden beds and planting of fruit trees are also progressed well. We hope this project will reduce food costs for the patients and residents at KD.

Thank you for all your support to Klibur Domin's work for the relief of suffering in TL and I hope our partnership will continue to grow in the future.

Joaquim Soares
Managing Director
Klibur Domin.

Volunteers Wanted

For those who would like to escape the cold next winter (2022), you would be most welcome to join a volunteer team in warm Timor. The Australian Friends of Klibur Domin are very welcome to come and see what Klibur Domin is about and help out where you can. Seeing KD in action will assist you to spread the word about the wonderful work being done by our close Timorese neighbours. Start planning now for a Post-Covid visit. **For more information,**

Contact Peter Newton 0419 897742 or John Kirby 0438 232 744 jktimor17@hotmail.com

Introducing Sandra Cunho

Sandra Cunho has recently joined the Klibur Domin team as the new General Manager. Sandra previously worked for the Timorese Public Institution, SERVE, as the Finance and Administration Supervisor and has now been at KD for a month.

Words from Sandra:

There's one thing very beautiful about working with Klibur Domin.

Klibur Domin is one of the foundations that works in contact with the community especially with people who suffer from many diseases and indirectly helps many other people. During the month I have worked at Klibur Domin I have felt something unique that I did not find at my place of work before. I feel very safe and happy to be able to work with the community in Tibar and be able to communicate with those who are suffering from illnesses.



I am very grateful to Ryder Cheshire who has provided very long term support to the community in Tibar and all the areas around. Thank you for all support and for the good cooperation.



for the relief of suffering



Biennial Conference 2021

Saturday May 15, 2021

At our recent RCA Board meeting it was decided that next year's Biennial conference will be different than the previous Biennials. The RCA Board feel that we are at an important juncture in the evolution of RCA and that we need to devote a block of time to plan the way forward toward 2025. The other complication that was noted was the uncertainty of COVID19.

The RCA Biennial Conference will be a one day event based in Mt Gambier at the University of South Australia, Mt Gambier Campus on Saturday 15 May.

We will use their wonderful digital technologies to connect with all who wish to join in and contribute if not able to attend in person. However, it would be great to see as many as possible in Mt Gambier over the weekend. We are planning to have a casual evening dinner on both Friday 14 May and Saturday 15 May. We will provide more information closer to the event.

Please put the date in your diary

Matthew Dixon, RCA Biennial Conference Convener

Update on the Good Food for Good Program: Aihan Diak be Moris

Klibur Domin is looking more and more like a farm as much work has occurred to improve self sufficiency and sustainability through this program. New animal structures have been built and the livestock have moved in. Irrigation pipes have been installed and the back paddock is now an extensive market garden. As well as supplementing the diet of KD patients with nutritious food, the site models what is possible and provides patients and visitors with an opportunity to learn about growing food and raising livestock.

The objectives of the Aihan Diak be Moris Projects

Objective 1. To reduce food costs for people with TB and other patients and people with disability who receive treatment and rehabilitation at KD facility.

Objective 2. To improve the patient's nutritional status by increasing the fruit and vegetable gardens and adding livestock

Objective 3. To improve the knowledge and understanding of TB and other patients, people with disabilities and their families about the importance of home gardening and livestock to generate the income and improve food security and nutrition.



New Fruit trees added to the orchard



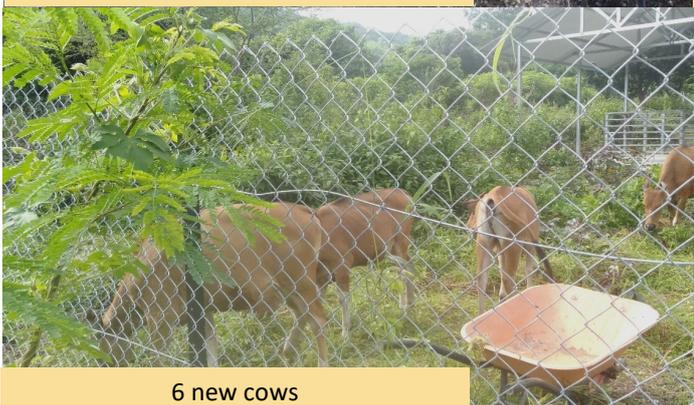
Goats



Expanded vegetable gardens



Additional ducks in their new house



6 new cows



8 new pigs

Update on Expanded TB Program

The extended TB program is well underway with the Baucau office busy and TB education and testing occurring in a number of priority areas of congregated living. The key to ensuring most people can be reached in the program is the training of a number of Family Health Promoters (PSF) who provide active case finding, treatment and prevention activities in the community. The program also targets settings where many people are living together or congregating regularly as these environments see an increase in the spread of TB. Getting the message out to the schools in the region has been very important.



PSF training in Baucau.



TB Testing and education in schools in Baucau.



The new TB team for the Viqueque region ready to jump on their trusted motorbikes to reach areas that are hard to reach to find TB cases and provide treatment and contact tracing.

Working with Partners

PARTNERSHIPS IN TIMOR LESTE



Maluk Timor

Advancing Quality Healthcare Together

For a number years now Klibur Domin has worked in partnership with Maluk Timor. This Australian Timorese NGO provides critical support to Klibur Domin through our medical and dental clinics. The CEO of Maluk Timor, Jeremy Beckett is on the KD Board.

Maluk Timor played a large role in assisting the Timorese Government to prepare for Covid-19 by delivering training and education, distributing medical and infection control equipment and actively assisting to spread the correct information in the media. More information about Maluk Timor can be found at <https://maluktimor.org>

In their recent Annual Report, Maluk Timor provided some sobering thoughts on nutrition and malnutrition in Timor Leste.

"Timor-Leste is the most undernourished country in Asia and was recently listed as the second 'hungriest' nation in the world on the Global Hunger Index.

The key problems are:

One in four: One quarter of children are still afflicted by acute malnutrition.

Missed opportunities: Detection of acute malnutrition at health facilities remains patchy.

Slipping through the cracks: Many children are lost to follow up from feeding programs.

Unsupported: Nutrition workers lack ongoing training and support.

Supply chain: Essential supplies such as therapeutic foods are frequently unavailable.

Acute childhood malnutrition triggers a wicked cycle. By preventing children from achieving their physical and mental potential, it afflicts their whole life course and perpetuates poverty and malnutrition for generations." (EXTRACT FROM MALUK TIMOR ANNUAL REPORT)

Partnerships in Australia

Klibur Domin has been approached by the Australian Catholic University and RMIT who wish to provide assistance in a number of areas that will provide mutual benefit.

ACU has had Physiotherapy and Occupational Therapy students visit KD on placement over the years. The students gain a lot from this experience and ACU has received funding to explore other ways to strengthen the link between KD and ACU throughout the year and support KD to offer this great experience to Australian students.

We thank ACU for also donating a Tumble Form Chair for the KD rehabilitation Centre to be used to support children with cerebral Palsy.

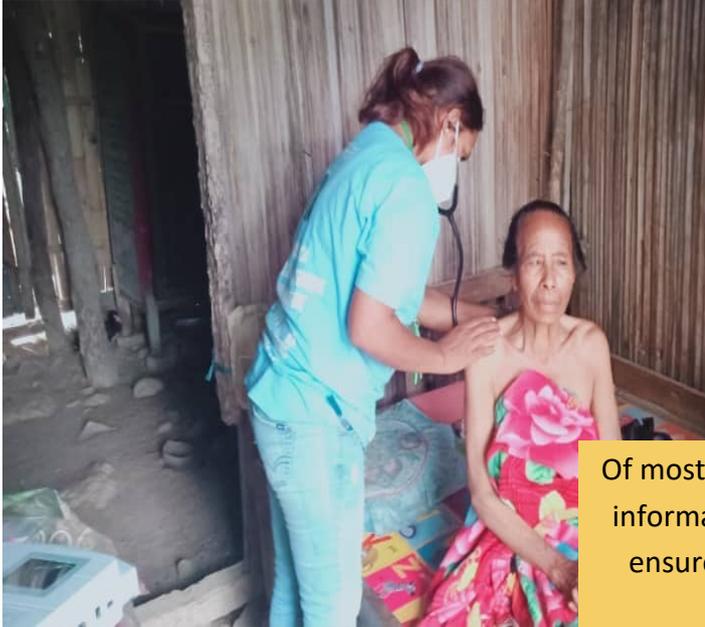
RMIT has previously had contact with KD and has valued working with the organisation. RMIT has received funding to roll out training and workshops to improve the prosthetics offered to people who have lost a leg. They would like to work with KD to make this happen.



A Day of Klibur Domin Care



Merita, the Klibur Domin doctor visits a new multi-drug-resistant TB patient to provide further diagnosis and treatment. She brings with her to this village location a portable ECG to help with the diagnosis.



Of most importance is meeting and providing education and information to the family members so that they are able to ensure that all treatment protocols are followed and the patients has a good chance of recovering.



Playground Equipment for Klibur Domin

Every week there are a number of children who stay at Klibur Domin. Some are the children of patients receiving treatment and some are children with a disability who have come for therapy and respite.

Play not only builds community but it is an important part of child development.

Friends of KD are happy to report that several likely sources of second hand play equipment have been found in both South Australia and Victoria, thanks to local councils renovating / upgrading community playgrounds and parks. We have one small set of playground equipment being offered in Mt Gambier plus a larger set (hopefully) in outer east of Melbourne.

It is expected that dismantling will occur in mid / late April, so we are likely to call on Friends of KD nearby to assist in dismantling , labelling and packing. Further, it is likely we will be seeking some financial assistance to cover cost of freight to Timor. We will provide updates as soon as we have firm dates and locations as well as costs involved. Please let us now if you can help.



Next time you are stuck in traffic wondering when you are going to arrive , think of our friends at KD who everyday battle the tracks and rivers of Timor Leste to reach people who need their help!

A word from John Kirby (Ryder Cheshire Australia KD Support)

As you can see, management of KD is in good hands. On the money side, funding is received from a variety of sources, including Timor's Ministry of Health, Ministry of Social Solidarity, UN's Global Fund, and Ryder Cheshire Australia, who fund most of the admin expenses.

THIS IS WHERE WE NEED YOUR HELP IF POSSIBLE. With an increase in staffing levels required to provide TB detection service to the people of Central and Western Timor Leste, more funding is required. If you have saved a bit of money by not being able to travel or eat out over the last few months, then we, and KD, would appreciate it very much if you are willing to part with some of it for the benefit of our friends in Timor Leste who are struggling at this time, with most international support staff and volunteers having been withdrawn.

Please visit the Ryder Cheshire Australia website, where you will find links with several ways to donate, including one offs, regular ongoing sponsorship, and bequests.

If you have any ideas or contributions to this newsletter please contact Anna O'Brien on annmariem.obrien@gmail.com.