

A better chance for Life and good Health for Children in Timor Leste



Dear Friends

Thank you for your support of Life, Love & Health. As you approach Christmas, please spare a thought for the men, women and children of Timor-Leste who need our help.

Addressing Maternal and Infant Mortality

In Timor-Leste, women have a 1 in 35 chance of dying in childbirth or from pregnancy related complications compared to Australian women who face a 1 in 13,300 risk (UNICEF, State of the World's Children Report 2009).

Yet thanks to your generosity, we have been able to help make a difference in Timor-Leste. As the Government of Timor-Leste has just reported in November, the rate of child mortality has fallen from 92 per 1,000 live births in 2007 to 64 per 1,000 live births in 2009. Since Life, Love & Health was formed in 2002, we have been involved in maternal and child health through, for example, providing baby clothes and bedding and producing a DVD in English and Tetum, which has been shown in all 13 districts of Timor-Leste to encourage breastfeeding.



Much needed supplies arrive at Sidara Clinic

As we reported in our June appeal, medical support increases the survival rates of both mothers and their babies. The average number of children born to East Timorese women is 7 to 8 per family with some mothers very young. The staff of Sidara Clinic in the hills east of Dili have been doing everything they can to assist the local families. However, they still need better resources. The electricity supply in Hera is unreliable and during the wet season, the town is cut off from access to Dili (and the national hospital) by the flooded river.

LL&H volunteer and professional midwife and neo-natal nurse Hayley Gosling has been coordinating our support to the clinic and wrote to us on behalf of the staff of the Sidara Clinic:

"Through community demand in the area, Senhora Branca Maria Lopes (who is now the Director, Midwife and General Manager) started practicing under the tree out the front seven years ago. The clinic now consists of three small buildings, and one outside traditional building for morning prayers. The clinic is very clean, basic but functional. They run an antenatal clinic, a general family health/GP clinic and a clinic for the elderly. They refer to Dili National Hospital on a regular basis as required."

Since launching our appeal for the Sidara Clinic, we have raised enough to fund a back up power system for the clinic (to prevent any more babies being born by candlelight) and we have provided linen, birthing mats and some medical equipment such as blood pressure machines and foetal monitors. We are continuing to make up more mothers' packs of antibacterial soap, baby clothes and blankets to encourage mothers to come into the clinics and hospitals from outlying areas.

The Sidara Clinic still needs:

1. An oxygen cylinder and basic neonatal resuscitation equipment
2. A sterilizer or small autoclave for birthing equipment such as forceps
3. A doppler to monitor the babies' heartbeat in utero
4. A portable ultrasound machine to monitor babies and detect problems so that, if necessary, mothers can be transferred to Dili Hospital

If you have any of the items that you could donate, LL&H can arrange their transport from Melbourne to Hera. Please contact Luke Gosling on +61 (0)400 232 719 or at lukejosling@gmail.com.

Alternatively, please make a tax-deductible donation towards the cost of these items and ongoing requirements such as pregnancy vitamin powdered milk to increase the babies' birth weight and improve the mothers' health.



Education – Hera Pre-School and Primary School

We raised enough funds from the last appeal for the sail cloth for Hera Pre-School and Primary School, which has 190 students. Soon we will be able to protect the students from the extreme temperatures. We still need additional funds to be able to provide clean water. When we had the water analysed, the lab results showed high levels of ecoli so the school is forced to ship in expensive bottled water. Life, Love & Health's water engineer is visiting within the next fortnight to investigate water purification options.



Above: Opening of the completed Milking Shed at Fui Loro's Agricultural Training Centre Facility. (L – R) LL&H President John Gosling OAM, the Director of Fui Loro - Father Jose Vattaparambil and Major Daniel Gosling.

Dairy Shed Project - Fui Loro, Lautem District

A Brazilian Development Program is now going to be supporting the Dairy Program, supplementing the years of hard work by Australian volunteers. Due to the generosity of our supporters the milking shed at Fui Loro has a new roof. Fortunately LL&H was able to complete this project before the start of the wet season so it can continue to be an integral part of the program into the future. The herd provides milk for the local children, addressing nutritional deficiencies.

Fuan Nabilan (East Timor School for the Blind) – Same, Manufahi District

The Bali School for the Blind consultants / mentors are heading back to Fuan Nabilan in December to continue supporting the development of the NGO and to start the work of preparing the vision impaired children and the host schools for the start of the 'inclusive education' pilot project. This would mean some of the vision impaired children will be able to attend one of two mainstream schools in the southern Same District. The Bali School for the Blind will provide electronic books and classroom resources. They will also provide training for the two new schools' staff so they can become "welcoming schools" for all children, including children with special needs.

Please give today

If you make a donation through AFAP (details below) to enable us to extend our support to these projects, you can receive a tax deduction. Please remember that all donations and bequests can make an enormous difference in the lives of the Timorese people. All funds raised go directly to East Timor and are used in our partnered projects - for materials and local community labour.

LL&H is a group of like-minded professionals who voluntarily support locally identified projects that benefit East Timorese communities, particularly women and children through improved health and education. Thank you for joining us to help the people of Timor-Leste.

Yours sincerely

John

John F. Gosling OAM
President
Life, Love & Health Inc.



YES! I want to help Life, Love & Health

All Australian members of Life, Love & Health are volunteers so you know your money is going to Timor-Leste where it is really needed. Donations can be directed to our Community Development Partner - The Australian Foundation for the Peoples of Asia and the Pacific (AFAP). All donations made out to "AFAP" for Life, Love & Health Partnered Programs are Tax deductible.

Make a donation by completing the coupon below and posting it to:
AFAP, PO Box 12, Crows Nest, 1585, NSW, Australia

Name (Mr Mrs Miss Ms)

Address.....

.....P/Code

Phone (H).....(W)

Email

I wish to make a donation to AFAP - Life, Love and Health Programs for the following amount:

\$10 \$20 \$50 \$100 Other: \$.....

I have attached a cheque, or
Please debit the amount I have indicated from my:
(please tick appropriate box)

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