

Diary of HIAM-Health's evolution

April 2004 First donation was from Rotary Club of Mandurah City West Aust

July 2004 – USAID provided the funds for an Office and Health Education Centre and the Dili National Hospital (DNH) provided the land within hospital grounds.

July 2004 – HART (UK) agreed to fund for operational expenses and wages for three staff till **July 2006**.

November 2004: Funds received from Humpty Dumpty Foundation via Alola Foundation and Rotary Club Dili to build a children's play area at HIAM-Health office.

April 2005: Commencement of Supplementary Feeding program to support already established milk supplement program. Grinding Machine provided by Rotary International (Food supplement recipe provided by Care International, approved by the East Timorese Ministry of Health) It was during this time Rosaria and Jill started to understand the limitations of their services. Many families from isolated areas live too far away from Dili to attend health education workshops so no follow up was accessible for these children. The vision of the in patient Malnutrition Rehabilitation and Education Centre was born. The vision included being able to assist families in understanding how to grow their own food in a small area and therefore live sustainably.

June 2005 – Original Self-funded Australian volunteer Jill Hillary from Perth now funded by AVI (Australian Volunteers International) as Capacity builder to support organisation for next 2 years. Jill had been working tirelessly both while in Dili and Australia finding funding for the HIAM-Health programs.

July 2005: Following the donation of a 4-wheel drive vehicle, HIAM is again able to repatriate deceased persons home for burial. The vehicle is also used as a mobile health promotion unit, allowing HIAM-Health to plan to take their knowledge into the health clinics of Dili Sub Districts. The car was also used for taking people home after discharge from hospital. This service is offered to the extremely poor patients at DNH. For the next 9 months we developed and expanded at an incredible rate so many wonderful achievements together. By now we had at any given time up tot 800 infants and children who were suffering from Malnutrition that we were monitoring, feeding and educating families. Jills role expanded in July 2005 to include;

- Training staff in office skills, basic hygiene, first aid
- Writing proposals
- Writing reports
- Following through any offers of support
- Developing relationships with Government Officials, Doctors, ward staff, anyone and everyone so people understood the service HIAM provided - so everyone knew how to refer people to us.
- Maintaining relationships with organization such as Rotary
- Delivering aid or support to people in need

- Repatriation of deceased and families home

August 2005: Programs are expanded to include the six Dili Sub-district Clinics. Rosaria and staff travelled to the sub districts to educate on health issues, particularly prevention and recognition of malnutrition. Funds provided by the British Embassy, Timor-Leste, enable the employment of another Health Promotion Nurse and an Office Manager/Program Co-coordinator, as well as assisting with vehicle running/maintenance costs and food supplement for malnourished children.

August 2005: A commitment from St John God Pathology (Australia) to provide funds for wages and general operating expenses for the organization from July 2006 – July 2009 allowed HIAM-Health to plan and initiate better service provision.

November 2005: Funds for two years from the Melrose Foundation (Australia) for the Food Supplement Feeding Program for malnourished infants/children attending HIAM Centre and wages for part-time staff. \$10,000US is also donated towards the procurement of land for the [Malnutrition Rehabilitation Centre](#).

November 2005: Donation from SETRA, (Seattle East Timor Relief Association) to enable a security fence to be built around the HIAM premises in order to establish a household/kitchen garden for teaching purposes. Funds to establish the garden are provided by private donations.

February 2006: Nutritionist sponsored by Australian Volunteers International (AVI) arriving mid February for 6 months to work with HIAM staff to produce a recipe/menu booklet for everyday use, based on healthy nutrition, which ingredients are economical to purchase and locally grown. Booklet is to be funded by British Embassy Grant (Timor-Leste).

February 2006 – Launch of HIAM-Health site www.hiamhealth.org design and development by donated by Australians (QLD) Anne and Rob Simpson.

February 2006 – Nutritionist sponsored by Australian Volunteers International (AVI) arriving mid February for 6 months to work with HIAM staff to produce a recipe/menu booklet for everyday use, based on healthy nutrition, which ingredients are economical to purchase and locally grown. Booklet is to be funded by British Embassy Grant (Timor-Leste). (did not return to HIAM after May 06 evacuation)

May 28 2006 Jill Evacuated from Dili due to civil unrest.

Because Jill was contracted to Australian Volunteers International (AVI) which it is an AUSAID funded program she is evacuated from Dili. Jill returned to Dili 3 weeks being evacuated. She Rosaria and some of the staff lived in the offices of HIAM-Health as this was the safest place for them to be. There were thousands of other refugees living in the hospital grounds

Oct 2006: Nutritionist/Trainer sponsored by Australian Volunteers International (AVI) arriving to work with HIAM staff for 12 months to develop and expand their knowledge on Nutrition and Health Promotion. (she did not return to HIAM after March evacuation 07)

Nov 2006 – Hart (Humanitarian Aid Relief Trust) (UK) who have sponsored wages and operational costs from Aug 04 – June 06 visited HIAM and expanded their financial support to; \$18,000USD towards land for the MR&EC, \$20,000USD per annum for wages for MR&EC and a s/hand 4 wheel drive mini bus (mint condition) for transporting staff and patients (\$8,500).

Jan 2007 – World Health Organisation (WHO) funded the Director of HIAM-Health, Rosaria Martins da Cruz to attend a 16 day course at Jakarta University, Indonesia to study Nutritional Anthropology.

Feb 2007 – The recipe book that Rosaria has been working on for the past 6 months is now complete and ready for printing. The booklet has received tremendous approval and appreciation from: MoH, UNICEF, WHO, Care, Oxfam, Concern and GTZ. GTZ have already printed 1000 and UNICEF is interested to print and distribute the booklet nationally.

March 07 – World Food Program (WFP) have developed an Memorandum of Understanding (MOU) with HIAM and are now to provide us with all the food supplement that we need for our current monitoring and feeding of malnourished infants and children, including the supply of sugar and cooking oil

March 8 2007 Jill Evacuated from Timor-Leste once again due to rioting and fighting in Dili Jill returned quickly assisted by private funding as it was essential at this time for her to be in Dil. Rosaria and Jill were at a crucial stage of achieving Government approval for the development of the Malnutrition Rehabilitation & Education Centre. Rosaria gave the presentation to show that HIAM-Health is a Timorese organisation with western support.

April 07 – Success After a lot of hard work by Jill and Rosaria with presentation of numerous proposals Full endorsement/approval from the Minster of Health, Timor-Leste for the Malnutrition Rehabilitation & Education Centre.

September 07 – UNICEF are printing HIAM-Health's recipe booklet for National distribution. Over 10,000 copies will be distributed

October 07 – HIAM-Health invited to survey to Atauro Island to ascertain level of malnutrition and the need for health promotion on the island This involves a boat trip and accessing parts of the Island that had little or no contact to any health services.

Nov 07 – Chefe do Suko (village elders) on Atauro lend an abandoned Health Post to HIAM for renovation as a base centre. Ongoing funding arrives from community in north eastern Victoria, (Aust) Indigo Shire to continue the development of the island services.

December 07 – HIAM returned to Atauro to train community volunteers to support our Supplementary Feeding program. This project will commence March 08.

January 08 – Friends of HIAM-Health started in Perth to raise awareness and support Jill Hillary.

March 08 – Commencement of Monitoring & Supplementary Feeding program on Atauro for under <5yrs, pregnant & lactating women. (currently registered on program 1500)

March 08 – “red letter day”, funding secured for the construction of the Malnutrition Rehabilitation & Education Centre. Plans have been drawn up and approved. The centre will include 900 square metres of Home Kitchen Garden, a training centre for village health workers, and in patient facility for rehabilitation of malnourished children, and area for workshops and interactive learning for families as well as accommodation for overseas volunteers. The first of its kind in South Asia

June 2008 – after six months on the Island of Atauro and huge improvement to all receiving support is noted.

Oct 2008 – construction of malnutrition, rehabilitation and education centre commenced, hand over expected Mid 2009.

February 2009 – Successful funding grant from Ausaid TL for the implementation and running of the ‘Home Kitchen Garden Project’ for the reduction of malnutrition and poverty.

March 2009 – Horticulturalist/permaculture volunteer arrives from Perth, Australia to set up the, ‘Home Kitchen Garden Project’ at the new centre. His wife, a Speech Therapist conducts intensive English language training to the HIAM staff.

June 2009 - Occupational Therapist and Dietician travelled from Perth, Australia for intensive staff training in preparation for the opening of the MR&EC.

June 2009 – Still seeking funding to open the MR&EC. Due to global financial crisis some funding sources longer available. Upgrade of new Web site begun.

September 2009 – Nurse/educator arrives funded by AVI for 18 months to train Timorese nurses for the centre and to manage the day to day operation of the MR&EC.

September 2009 – Funding secured for the first years operation of the MR&EC. Official opening and blessing of the centre scheduled for the 22 Oct 09. The centre should be open and receiving families by mid November.