



# HIAM Health

*Hamutuk Ita Ajuda Malu*



*Together we help each other*

## 2012 annual report

horticulture  
rehabilitation  
and nutrition  
in Timor-Leste



# message from the Director

Dear friends, colleagues and donors of HIAM HEALTH,

I am pleased to present this report on the work of HIAM HEALTH in 2012.

First I would like to say a big thank you to everyone who has helped HIAM bring us to where we are today.

There were many good things that happened during 2012, and some things that were not so good.

The major event was on 12 May, 2012 when the President, Dr Jose Ramos Horta accepted the honorary position of Patron for our NGO.

In June we had to cease operations in the rehabilitation centre as we were unable to find enough funding to keep this part of our work going. This also meant that we had to reduce staff. We put this time to good use and developed our skills and methods. Also this gave us the opportunity to focus on conducting 'weeklong' residential training workshops for community groups from remote areas. They came to the HIAM Centre to learn about how to implement a garden and the connection between planting, diversity and a daily balanced diet.



We were very happy to re-open the rehabilitation and education Centre again in January 2013 thanks to the support from the Optical Superstore (Aust).

For several years HIAM HEALTH ran an outreach program to Atauro off the coast of Dili. The program provided supplementary feeding for children under 5 years, and pregnant and lactating women. We did this with financial support from Hart (UK) and food supplements provided by World Food Program. From July 2012 the program was handed over to government.

Our horticulture department joined together with an organisation from Perth called SAI (Smallholder Agriculture International). Together we were successful in receiving funding from the Sunrise Joint Venture Consortium (Woodside, Shell, Conoco Phillips & Osaka Gas). These funds are to further develop and expand our program for family and community gardens for nutrition. One of the Directors from SAI, Danny Fyffe has been giving excellent training to HIAM's horticulture team including low cost drip irrigation.

There is still much to be done to address malnutrition in Timor-Leste, and it is my dream that HIAM HEALTH will continue to work towards solutions until we are no longer needed.

**Hamutuk Ita Ajuda Malu**

Rosaria Martins de Cruz, Director

# the year in review

horticulture ● rehabilitation ● nutrition



## About HIAM HEALTH

HIAM HEALTH was formed in 2003. It is a unique health and nutrition training, community gardening and rehabilitation centre for children with malnutrition in Timor Leste.

Overall, 2012 was a very successful year at HIAM. We were able to build on our efforts in many ways. We received funding from the **Sunrise Joint Venture** so we could expand our programs and build a seedling house. Former Prime Minister **Jose Ramos-Horta** became our Patron and visited the centre in May. We trained many groups in **horticulture and nutrition**. Due to funding shortfalls we had to close the rehabilitation centre for several months, but it **reopened in 2013** and a steady stream of families are now coming through the program. We hosted several **volunteers** who have joined us to progress a variety of projects.

## Supporters

Sincere thanks to the many individuals and organisations who have supported HIAM HEALTH:

- ▶ Optical Super Stores (Ian & Margaret Melrose) (VIC Australia)
- ▶ Sunrise Joint Venture Consortium
- ▶ Former President of Timor-Leste, Jose Ramos-Horta
- ▶ Fortimo Fund (VIC Australia)
- ▶ Hart (Humanitarian Aid Relief Fund) (UK)
- ▶ Hart (Humanitarian Aid Relief Fund) (Australasia)
- ▶ TCRP (The Chain Reaction Project, (Singapore)
- ▶ AusAID (ETCAS)
- ▶ 'Friends of HIAM' group (Perth West Australia)
- ▶ Rotary DIK (Donations in Kind)
- ▶ Lion Clubs Australia
- ▶ The Chain Reaction Project (Singapore)
- ▶ Rotary Club of Queenstown (Singapore)
- ▶ SETRA (Seattle East Timor Relief Association)
- ▶ Halsion (Timor-Leste)
- ▶ SAI (Smallholder Agriculture International)
- ▶ All the individual dedicated people who continue to donate through the website



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## horticulture and for long term change

## gardens

The horticulture program received extra funding and has grown steadily in the last couple of years. We employed new staff and spent a lot of time training them in the various techniques that suit Timor Leste's climate, soil and seasons. One feature of our approach is using a raised bed, which is not a common practice in Timor Leste. We make edges from mud to hold the beds in place, which is especially important during heavy rain. In 2012 we established eight new community gardens, six family gardens and trained twelve groups in horticulture and understanding basic nutrition concepts.

We held a small celebration in September with our funders, the Sunrise Joint Venture Consortium. They also provided funding for a new seedling house to protect young plants as they germinate.

Two international volunteer groups visited HIAM and got 'down and dirty' in setting out two new gardens in Dili. We love hosting groups and enjoy the energy and enthusiasm they bring. These groups were the initiative of TCRP (The Chain Reaction Project) Singapore.

We received the first donation of equipment from Lions Australia, which has already been put to good use.



donated equipment from Lions Australia.

## 2 the transforming power of rehabilitation



This child weighed just seven kgs when he was referred to HIAM HEALTH, which is around 70% of what he should have been for his age. After five weeks at the centre he had gained two kgs and found his smile! Staff member Mario visited the family at home a couple of months later, and was pleased to report that he was maintaining his weight. Our statistics show that around 87% of rehabilitation cases are successful long term.

Unfortunately we had to close the centre between June and December 2012 due to lack of funding. Funding has since been found for 2013 and the centre is now a rowdy and busy place filled with families and children getting the support they need.

According to a report from the World Bank <sup>1</sup>, almost 60% of children in Timor-Leste are underweight for their age, which may have irreversible effects such as stunting and brain development delay.

<sup>1</sup> (see World Bank study from 2006 – <http://devpolicy.org/wp-content/uploads/2013/05/Percentage-of-under-5-malnourished-as-measured-by-height-for-age-stunting-for-the-20-worst-countries.png?1adc15>)



outreach training, Atauro



mothers learning new cooking skills



interactive learning techniques



mothers at the centre receive daily training

### 3 Education for the future

HIAM staff had a busy year delivering training in nutrition and health. A range of techniques are used to impart information to groups, both at the Centre and in outreach programs. Hygiene, cooking techniques, balanced diet and other health topics are all covered. Group sizes are generally kept to a manageable size to ensure trainees are able to participate in their own learning. Nutrition training is an important part of the work of HIAM HEALTH and is available to groups from Timor-Leste. Training programs can be tailored and delivered at our site or in districts.

HIAM produced a second recipe and health message book, and copies have been distributed through HIAM's contacts.

From 2007- 2012 Hart (Humanitarian Aid Relief Fund) (UK) funded us to deliver supplementary feeding to villages on Atauro island, off the coast of Dili. This program was aimed at the first **1000days** e.g. 40 weeks pregnancy & first 2 years of an infants life. We took a 4WD on the ferry and used boats to reach remote villages. The program was handed over to the government during 2012.



handwashing demonstration



## Organisation

### news

During the year we received a number of visits from our partner organisation from Australia, SAI. They provide expert training and instruction on horticulture knowledge and technique. HIAM staff have developed strong relationships with SAI are really benefiting from the knowledge they are building up from each visit. **In May** our new Patron, Dr Jose Ramos-Horta visited the centre. A small ceremony was held to mark the occasion



**Representatives** of the Sunrise Joint Venture visited the centre in **September** to officially hand over funding for the horticulture program. (photo top left hand)

We continue to receive great support from a diverse range of international **volunteers** who bring skill and expertise to HIAM HEALTH.





<b>INCOME STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2012</b>					
in US Dollars	2012	2011	in US Dollars	2012	2011
Revenue	248,071	284,414	<b>CASH FLOW STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2012</b>		
Other revenue			<b>CASH FLOW FROM OPERATING ACTIVITIES</b>		
Administration expenses	-8,226	-4,840	Receipts of grants and donations	245,071	284,827
Project costs	-233,434	-266,475	Payments to suppliers and employees	-131,342	-317,910
Surplus/(deficit) after income tax	6,411	13,099	Net cash generated from operating activities	113,729	-33,083
<b>BALANCE SHEET AS AT 31 DECEMBER 2012</b>			<b>CASH FLOW FROM FINANCING ACTIVITIES</b>		
<b>ASSETS</b>			Net cash generated from (used in) financing activities		
<b>CURRENT ASSETS</b>			Net increase/(decrease) in cash held		
Cash and cash equivalents	193,464	79,735	Cash at the beginning of the financial year	79,735	112,818
Trade and other receivables	3,000		Cash at the end of the financial year	193,464	79,735
<b>TOTAL CURRENT ASSETS</b>	<b>196,464</b>	<b>79,735</b>			
<b>NON-CURRENT ASSETS</b>					
Property, plant and equipment	66,610	66,610			
<b>TOTAL NON-CURRENT ASSETS</b>	<b>66,610</b>	<b>66,610</b>			
<b>TOTAL ASSETS</b>	<b>263,074</b>	<b>146,345</b>			
<b>CURRENT LIABILITIES</b>					
Trade and other payables	176,954	66,636			
Short term provisions					
<b>TOTAL CURRENT LIABILITIES</b>	<b>176,954</b>	<b>66,636</b>			
<b>TOTAL NON-CURRENT LIABILITIES</b>					
<b>TOTAL LIABILITIES</b>	<b>176,954</b>	<b>66,636</b>			
<b>NET ASSETS</b>	<b>86,120</b>	<b>79,709</b>			
<b>EQUITY</b>					
Funds available for future use	86,120	79,709			
<b>TOTAL EQUITY</b>	<b>86,120</b>	<b>79,709</b>			

In the eleven years since independence, the people of Timor-Leste have progressed a long way. Peace has come. The population has boomed, and the economy is growing steadily.

While these statistics are encouraging, there is still a long way to go. It takes years to build an effective and efficient health and education system that will support a population. Malnutrition rates among children under five are still very high, which has long term impacts on human development.

In a small but steady way, HIAM HEALTH is addressing this issue with education, prevention and rehabilitation programs. We refine our programs as we go and teach and learn in equal measure.

We appreciate the support of our many donors, and appeal for those donations to continue until we have achieved our aim of reducing malnutrition among the children of Timor-Leste.

If you would like to support HIAM HEALTH, please see our website for more information.

[www.hiamhealth.org](http://www.hiamhealth.org)

**Photos by:**  
HIAM HEALTH staff  
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text by Dianne Lagerwey & Jill Hillary

July 2013

