

HART UK: 'HIAM Health Malnutrition Rehabilitation and Education Centre' Timor Leste

(MYG020.15)

Year Two Summary Report

Background

This is the second year report for HART UK's Multi Year Grant project 'HIAM health malnutrition Rehabilitation and Education Centre'.

This project is about to enter its final year and Hart have requested their final payment of £87,000.00.

The start of this project was delayed by one year due to an issue with an external donor and will therefore be completed in 2019.

Project Overall Objectives

The project delivery plan stated five key objectives:

- In-Patient Care of malnourished children enabling them to return to their villages, both as healthy youngsters and also as a source of encouragement to villagers to adopt HIAM Health's nutrition programme.
- The refining, upgrading and increasing of HIAM-Health's educational materials and staff skills.
- The screening of children for malnutrition.
- Developing nutritional diversity.
- Training of those supplying outreach into the communities, such as the Agricultural Extension Workers (AEW) and Community Mobilisers (CMB).

Much malnutrition had been caused by ignorance and cultural taboos. Therefore the project also seeks to educate the people of the region.

Activities

As a result of HIAM's monitoring, 6 out of 109 gardens, which had been unsuccessful due to the Moringa not being planted correctly, were re-planted to make optimum use of water storage and irrigation, a process which is now better understood having been carried out throughout the course of the project.

The Community Mobilisers for the pilot project has now been complete and they are now developing gardens and horticultural improvements in their communities. HIAM continues to support these. Community Mobilisers help train others in their communities to help expand the knowledge on agriculture and the nutritional value of food-

In July 2018, a recipe/cookery book was published showing how Moringa leaves and powder can be used in existing Timorese recipes. Moringa plants are a good source of nutrition as well as being draught resistant, meaning nutrition have be supplied all year around if the

Moringa plants are planted and cared for properly within the first two years of plantation. The cook book also explains on how to cook food correctly to retain the highest level of nutrition; Timorese people are known to 'boil vegetables to death'.

HIAM Health was able to officially register as a Training Centre under Timorese Government regulations. This is in support of its role in the national curriculum for NSA (Nutritional Sensitive Agriculture), to allow wider training projects in which HIAM can teach their philosophy of nutritional security.

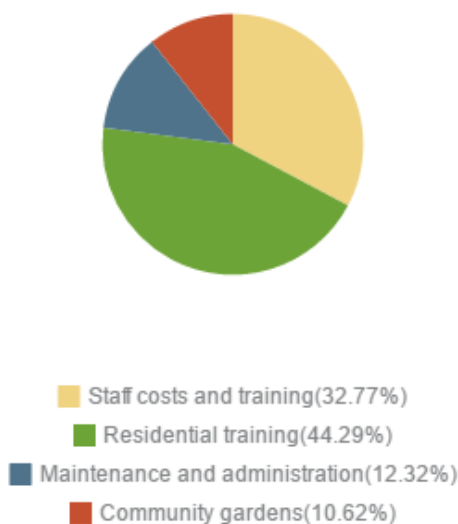
Overall, 180,000+ people have been reached by AEW's, 16,000 people in communities have received training and teaching about how to establish a functioning gardens, 520 family members involved specifically in gardens, 110 AEW's attended updating courses and an additional 90 AEW's trained in nutrition Sensitive Agriculture and more skills in health and hygiene.

Challenges

A continuing challenge for the project is the lack of effective transport links; the countries underdeveloped and unsealed roads means that transport is limited in the wet seasons. As a result, access to markets and health services is difficult for several months, as well as yearly food shortages and higher food price.

Malnutrition is as much of a socio-cultural issue as it is an availability issue. Behavioural change is needed at the roots and community levels to ensure the importance of good nutrition and diverse diet is taught, acknowledged and understood. HIAM is continuing expanding people's knowledge through educational activities

Budget Summary: August 2017 – July 2018



HART UK received £87,000.00 from the Isle of Man Government, to which, £7,600.00 was for monitoring by HART and the remaining amount of £79,400.00 was transferred to their project partner, HIAM Health. These funds were exchanged into \$108,755.52 US, the national currency of Timor-Leste.

The full amount is intended to be utilised, however, HART UK has \$21,838.87 remaining which will be used for the remaining two months (August and September 2018).

A brief overview can be seen in the pie chart to the left, above.

Of the funds which have already been spent, 32.77% of the total was spent on staff costs and training, including; staff development and salaries. Residential training costs came out at 44.29% of the costs; this was due to the cost of the training courses for the residents in the community. Community gardens used a small percentage of the funds, only at 10.62%,

this is because once the gardens are established, costs are reduced greatly as maintenance will be the only thing required. Administration and maintenance on the residential care unit came to 12.32%, however, the Isle of Man Government only allows for 10% of the overall funds to be utilise for admin costs meaning, they have gone slightly over budget in the timeframe of August 2017 – July 2018. This may be corrected in the remaining two months of the grant.

Final Year Activities

HART UK and HIAM Health will be continuing to develop activities which they have been undertaking throughout the project time period such as providing training courses, establishing community gardens and providing better knowledge on nutritional value and neo-natal nourishment. . HIAM Health is hoping to re-start the residential care for malnourished children; a programme which had been so successful during the first funded grant from the Isle of Man Government. In a few months' time, HIAM is intending to build another floor upon the roof of the single story carport; this will contain the Centre's offices for Administration (finance and general).

