

From: Many Hands International contact@manyhands.org.au
Subject: Many Hands International guest speaker and Annual General Meeting, 18 December 2014 - Preview
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To: kim.dunphy@manyhands.org.au

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culture based community development

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Winding up the year

Dear members and supporters of Many Hands International,

We're pleased to be winding up 2014 with much good news of our work supporting development in Timor-Leste, using an assets-based approach that focusses on culture. We hope your year has also been fruitful and successful.

Photo: *Women's wellbeing workshop, Baucau, November*

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Annual General Meeting, Thursday 18 December with guest speaker, creative arts therapist Marita Jacobsson

We invite you to attend our Annual General Meeting, 6 – 7.30 pm, next Thursday December 18th, at East Melbourne Library, 122 George St, East Melbourne, Victoria.

Join the MHI team and friends for drinks and nibbles to celebrate the end of a successful year's work contributing to the development of communities in Timor-Leste.

Guest speaker will be Marita Jacobsson, creative arts therapist from Woodend, Victoria. Marita has just returned from a two week visit to Timor-Leste where she led a series of workshops on wellbeing with women in the rural areas of Baucau and



on wellbeing with women in the rural areas of Baucau and Lospalos with MHI Director Kim Dunphy. Women in Timor-Leste face significant hardship in caring for their large families with the very few resources available to them. They often have to walk to long distances to collect water and wood for cooking and washing, and to tend to their food gardens. Almost all women have lived through hard times in the past and many are currently victims of domestic violence. Of the women attending the women's wellbeing workshops led by Marita and Kim, none had had such an opportunity before. The response was very positive and many requests were made of Marita and the team for similar activities in the future, and activities for both women and men. In her presentation at the MHI AGM, Marita will share some of her insights from working cross-culturally, exploring creativity as a contributor to wellbeing.

Marita's visit was supported by Many Hands, the Hanny Exiner Memorial Foundation, Deakin University and a group of women from the Macedon Ranges who fundraised to cover the costs of program delivery in Timor-Leste. Community welfare graduate Kelly Seu made a marvellous contribution as interpreter, research assistant, chaffeur and ice-breaker throughout this series. In Baucau, the events were capably hosted by women's group, *Centro Feto Haburas Desinvovimentu*.

RSVP: Please RSVP by Wed 17.12.14 to kim.dunphy@manyhands.org.au if you can attend.

Photo: Marita Jacobsson, creative arts therapist; Nelinha Pereira MHI Administration Manager; Kim Dunphy, MHI Director at women's wellbeing workshop.

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Promoting cultural vitality: skilling community members to record their own cultural heritage

Our public programs for 2014 came to an end last week with our involvement in a two day workshop for community members in Lautem district. Participants from across the district came together to learn how to use UNESCO's framework for recording tangible and intangible cultural heritage. The workshop was intended to encourage communities to be pro-active in identifying aspects of their heritage that are important to them and recording them for posterity. This event was a collaboration between UNESCO, MHI and our major partner, the Timor-Leste State Secretariat for Arts and Culture.



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Supporting health and wellbeing: establishment of the Timor-Leste National Alliance for Tobacco Prevention

MHI's Health Promotion Officer Thomas Lopes had huge successes in October and November in the first public events that he organised to focus on the prevention of tobacco use in Timor-Leste. In the small regional town of Lospalos and in the capital city Dili, large enthusiastic groups met to share ideas about action to take. Participants ranged from high school students to senior staff with tobacco prevention portfolios from the Timor-Leste Ministry of Health and the United Nations' World Health Organisation. This group were very keen to see faster progress in tobacco prevention in Timor-Leste (which has the highest rate of male smoking in the world) and to work with government and civil society to this end. Participants agreed to form the Timor-Leste National Alliance for Tobacco Prevention and to meet regularly to ensure Timor-Leste makes inroads on this very significant public health issue.



This week the MHI team were thrilled to support Lospalos' first smoke-free shop: a family business that has committed not to sell tobacco products and not to allow smoking in their shop. A courageous and very encouraging move! MHI's office is also smoke-free and we are working with our local colleagues to prevent indoor smoking and discourage all public smoking in the Lautem Cultural Centre. MHI acknowledges the valued support of Deakin University for this project. Find out more [here](#).

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Supporting health and wellbeing: Violence prevention and conflict resolution workshops

Addressing another significant public health issue in Timor-Leste – conflict and violence in the home and community – MHI hosted a workshop for professionals in November. This event was the third in a series of annual events MHI has held in collaboration with the Timor-Leste Psychology Interest Group. It was again supported by Deakin University, particularly Professor John Toumbourou, as well by as clinical psychologists Drs. Ruth and John Rudge from Southern Cross Psychology, Darwin.

Twenty-five participants from a range of community health and government organisations were offered theoretical and practical methods for reducing conflict and preventing violence, based on the most recent evidence and effective approaches. Drs. Ruth and John followed up this workshop with a day of supervision for those working in psychology and counselling roles. The Psychology Interest Group are making great progress in their efforts to establish the profession of psychology in Timor-Leste and MHI is keen to continue supporting them given the need for such services in a nation whose people have suffered so much. More information including presentations in English and Tetun available [here](#).

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Staff news: Vale Senior Justino Valentim

It is with the greatest sadness that MHI conveys the passing of Justino Valentim, beloved and respected team member and community leader. Justino was a cultural leader of Lospalos and national hero of the resistance, instrumental in Timor-Leste's fight for independence. He worked as a school teacher and cultural researcher and in a number of high-level positions in the public service and NGOs after independence, including as Sub-District Administrator of Lospalos. From 2012, Justino worked as Senior Researcher on a range of cultural projects with Many Hands International, whom he represented in a variety of fora both in Timor-Leste and internationally. The impact of Justino's work on cultural maintenance and heritage protection has been significant and has led to the safeguarding of a range of forms of Fataluku cultural knowledge and practice that would otherwise have been lost.



We miss him very much.

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Support our work: art therapy programs for women and young people in 2015

We offer grateful thanks to all those who have offered financial and in-kind support of our work throughout 2014. As a result, we are achieving many positive outcomes using cultural programs to promote creativity, positive identity, the recognition of heritage, social cohesion, health and economic development.

We encourage you to keep supporting us: a small amount goes a long way in Timor-Leste, and as all our Australian staff are volunteers and the management of our organisation is undertaken by volunteers, 100 per cent of your donation goes straight to communities in need.



This month our particular request is for support for art therapy programs for women and young people's wellbeing. We will offer these in early 2015 led by Australian art therapist Karma Barnes, building on the success of those we led this month. Karma will work as a volunteer and she is fundraising to cover costs of the programs she will offer. She has made a collection of beautiful art pieces that she is selling to this end. [Her website](#) has details of her work and this collection of unique

Christmas gifts that give twice.

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Support our work: purchase *Evolve* for Christmas!

Melbourne photographer and digital artist Renae Harkness, Director of *SeeIn*, has generously donated two of her photographic art works to support MHI's activities.

Renae's works are digitally printed on glass and can be found in a range of settings, including Etihad Stadium, Melbourne Water, The Radisson Hotel, Cannon Australia and numerous private residences.



The two works available for purchase are *Evolve*, a close-up of a beautiful blue flower, and *Tram2*, a street scape centred on one of Melbourne's iconic trams. Framed, the works are 55cm wide and 20cm high. Visit the [SeeIn online gallery](#) for closer viewing of the works.

Cost: \$350 per work.

Local pick in Melbourne or postage can be arranged at purchaser's expense.

All proceeds from the sale go to support the work of MHI in Timor-Leste.

Contact holly.schauble@manyhands.org.au to purchase.

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Support our work: Purchase *Tram2* for Christmas!

Purchase Renae Harkness' *Tram2* and support the work of Many Hands International.

Contact holly.schauble@manyhands.org.au to purchase.

Our [website](#) also lists easy ways to donate to us. We welcome one-off donations and regular contributions.



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Christmas creativity in Timor

We share here a photo of a talented young Timorese artist we met last week. With a group of friends, he has been busy this month making a series of original sculptures like this one, out of mud, for a *presepio* (natiivity scene) they are making in Lospalos. We were impressed by the group's entrepreneurial spirit making art with only their bare hands and mud dug from the river near their homes. They had had not training for their craft, but developed skill through trial and error and sharing ideas with each other.

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Season's Greetings

Wishing you all a safe and happy festive season.

Holly Schauble, Kim Dunphy and Lisa Mori



Directors, MHI

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