

July, 2014



## Estrela+ Timor Leste March-June 2014

*Estrela+' vision is to see a community that understands HIV so that there will be no more discrimination or stigmatization against PLHIV and a future where there will be no more people dying of AIDS or dropping out from ARV treatment.*

*Estrela+ aims to achieve this through providing HIV/AIDS community education and advocating for the rights of PLHIV in Timor-Leste.*

### Interesting statistics:

- As of March 2014, there were 426 people diagnosed with HIV in Timor-Leste
- Total Condom distribution from March up to June 2014 three hundred (300) pieces.

## Estrela+ Finalises Registration with the Ministry of Justice

**Dili:** Finally, after five years and lots of paperwork, Estrela+ was delighted to receive its Certificate of Registration from the Ministry of Justice.

This certificate means that Estrela+ is now officially a PLHIV membership association in the eyes of the Timor-Leste government, an important administrative step in Estrela+' development.



### Issue 4:

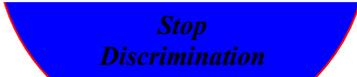
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## Executive Director of Estrela+ attends WAPN+ Strategic Planning Meeting in Bangkok from 9-11 June 2014

**Dili:** Ines Lopes, the Executive Director of Estrela+ and Regional Representative for the Women of APN+ (WAPN+), travelled to Bangkok, Thailand from 9-11 June 2014 to participate in the WAPN+ Strategic Planning Meeting.

The meeting was attended by representatives of HIV positive women from throughout the Asia Pacific region and over the two days delegates gave presentations about the experiences of HIV positive women in their own countries and participated in discussions about regional priorities for WAPN+ including sexual and reproductive health and rights, violence against women, barriers to accessing safe and equitable treatment care and support and resource mobilisation.

The outcome of the meeting will be a new strategic plan for WAPN+ for 2014-2016.



*Stop  
Discrimination*

## Family Planning Workshop 29-30 May 2014 with Marie Stopes International Timor-Leste



**Dili:** With support from Marie Stopes International Timor-Leste (MSI-TL), Estrela+ provided a two-day training to members of the PLHIV community about family planning, reproductive health and nutrition.

to manage symptoms the symptoms of HIV. This was followed by a cook-off between which participants who, equipped with fresh ingredients, healthy recipes and a gas stove, competed to produce the most delicious nutritional dish.



Highlights from first day the training included a session on family planning from Senyora Fernanda from MSI-TL and then on the second day Ines Lopes, the Executive Director of Estrela+, provided an information session on good nutrition and how this can be used



## AIDS Candle Light Memorial 16 May 2014

**Dili:** Every year, in solidarity with the International AIDS Candlelight Memorial, Estrela+ holds a Candlelight Memorial to remember those who have died from AIDS in Timor-Leste.

This year's memorial was held on 16 May at the SSPS Rest home in Becora. More than 20 members of the PLHIV community attended, as well as representatives from the Ministry of Health, the National AIDS Commission, FTH, CTVL and Isean Hivos and Gay Mor.

The first speaker was Senyora Antoineta from NAC who talked about



NAC's role in supporting PLHIV community, followed by Senyora Saturina from the Ministry of Health who discussed ARV adherence and care and support for PLHIV. Father Adriano from Caritas Dili then spoke, followed by Ines Lopes, the Executive Director of Estrela who talked about the situation facing people living with HIV in Timor.

All of the participants then lit a ceremonial candle and placed them together, forming the distinctive red AIDS ribbon, ablaze with light.

## Estrela+ Communications and Training Officer attended APN+ Annual General Meeting in Bangkok from 25-27 June 2014

**Bangkok, Thailand:** As a member of APN+, Estrela+ was invited to participate in APN+ Annual General Meeting in Bangkok from 25 to 27 June 2014. Estrela+ was represented at the AGM by Franki Baba, Estrela+, Communications and Training Officer. In addition to the business of the AGM, the meeting provided an excellent oppor-

tunity for country representatives from 28 countries to meet to share their experiences and discuss priority issues such as pharmaceuticals and intellectual property, sexual and reproductive health and rights and treatment developments.



## Estrela+ Executive Director attends Global Fund South and East Asia Regional Workshop in Cambodia 16-18 June 2014



**Cambodia:** From 16 to 18 June, the Executive Director of Estrela+, Ms Ines Lopes, representing Timor-Leste civil society attended the South East Asia Regional Workshop for the Global Fund to AIDS, Tuberculosis and Malaria in Phnom Penh, Cambodia along with nine other representatives from the Ministry of Health and civil society.

The meeting was organized by The Global Fund, WHO and UNAIDS with the objective to increase countries' understanding of the need to achieve impact under the Global Fund's new funding model through targeted strategic interventions, with a particular focus on key affected populations.



## Sharing personal experiences of ART Treatment

**Dili:** My name is "L". I discovered in 2006 that I was affected by the HIV virus. In that moment, I was seriously ill and my condition was very grave. Because I showed symptoms of another illness, I lost 20 kilograms of my body weight and my CD4 cell count was below 50. But then I found treatment from Dr Daniel at Bairo Pite Clinic. At that time, after just one week of treatment, there was immediate change in my condition.

I gained weight and my appetite improved. At that time I also found support from the NGO Timor Aid who shared information with me about the HIV virus and gave knowledge to me and my friends affected by HIV.

This opportunity I really want to inform to friends and family that people who are affected by HIV can live healthy lives, just like people who are not affected. It is important that people follow treatment properly and if they experience some symptoms in relation to the medicine, don't forget see a Doctor to control it quickly and don't stop ARV treatment.

**"...people who are affected by HIV can live healthy lives, just like people who are not affected."**

## ART and Adherence Training in Maliana 17-18 June 2014

**Bobonaro:** Estrela+ staff, together with staff from partner organisations, travelled to Maliana in Bobonaro district to deliver ART and adherence training to members of the PLHIV community in Maliana from 17-18 June.

The training was part of Estrela+ program to build the capacity of the PLHIV community through increasing their

understand of ART and improving treatment adherence.

The first day of training explored the topic of ART and the related issues of viral load and CD4 testing and when people should start ART and what they need to know before that happens.

This was followed by basic information about ARV's and how they work. The second day con-

tinued with information about HAART and factors that increase or decrease its effectiveness

