



Helping Communities in North-West Cambodia

March 2018

MANGO NEWS

March 2018

TRUSTEE VISIT TO CAMBODIA 2018 Ian Andrews writes on **PAGE 2**



Trustees with good Friends



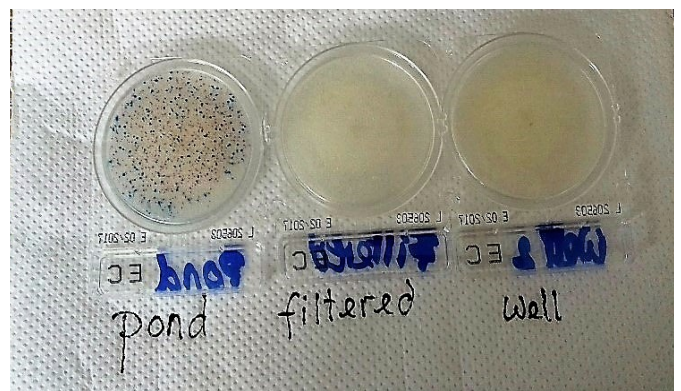
Bikes at Nikum Village



Sewing Machines at Rohal



Kitchenette at Day So Primary



Gill testing pond water at Nikum Village On **PAGE 4** she explains the results!!

PLUS.....

- **THE PLANT SALE [MAY 19th].....FROM THE TRUSTEES.....PAGE 3**
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SUPPORT CAMBODIA Trustee, **IAN ANDREWS**, writes about the recent charity visit to Cambodia

Fellow Trustee **Bob Maidment** and myself, accompanied by 'SUPPORTER' **Pauline Andrews**, visited Cambodia from 15th January to 4th February, It was a wonderful experience!

The aims of the visit were, as always; to check on the progress of ongoing and previous projects; to investigate possible new needs; to distribute needed supplies and cash; and, importantly too, to maintain close personal contact with "those on the ground". Our guides **Daly** and **Somary** together with "**Mr. T**" our expert minibus driver, greatly smoothed our way at all times.

The provision of **clean water** for isolated villages and centres has been a priority for a long time and water filters bought from Sunderland-based **Safe Water Trust [SFT]** have greatly facilitated this work. Not only have SWT generously donated one Community and twenty Family Filters to **SUPPORT CAMBODIA** but three of their trustees, **Gill Griffith**, **John Griffith** and **Faith Williams** accompanied us in Cambodia for three days, observing our work and carrying out their own water quality tests. The results were truly amazing! [picture page 1] - a happy and useful link-up for everyone. In addition, 20 more Family Filters [funded through the 'Coins for Cambodia' jars] were presented in several locations, including for the first time, **Taom**, **Chomnaom** and **Peak Snaeng**. The Kindergarten at **Nikum** Village received a much-needed Community Filter: thanks again to the "**Gorleston Ladies**".

Six ophthalmoscopes donated to **SUPPORT CAMBODIA** by Norfolk-based charity **Hospice Ethiopia UK** were gratefully received at **Battambang Clinic** as well as several pairs of second hand reading glasses and 3500 **vitamin tablets** [Ed: Thanks to **Rob & Clare Hardie** for their contribution to this] - It was good to see this clinic functioning so well.

Our charity has long been involved with **rice feeding programmes**; in particular in **Svay Sisophon**, **Pongro Village** and now, in **Pailin Province**. In conjunction with **Sister Vangie's** Community Development Programmes, the **SUPPORT CAMBODIA**-funded **kitchenettes**, now numbering 5, are all in operation and feeding a total of 700 children every week. We have again provided funds for the rice-feeding in Sisophon and in Pongro Village.

Agricultural projects supported by **Microfinance** were checked in order to monitor progress and are now moving towards self-sufficiency, such as the one at **CROAP** in Pursat Province, led by Mrs. Vany. The group of ladies at **Rohal Village** use their micro-finance support for a wide range of projects including agriculture, duck rearing and piecework in the garment trade (using sewing machines bought with our financial help). It is heartening to see local people assuming responsibility for these projects and especially that it is the women who are the leaders. In Cambodia women often are not treated as equal to men.

Education is the key to progress for Cambodians and **SUPPORT CAMBODIA** has long supported the residential hostels that have been set up so that children from the poorest families in distant villages are able to access secondary education. Help from the charity for the hostels at **Pailin**, **Tampung** and **Svay Sisophon** was gratefully received: toiletries, cleaning materials, sanitary towels, educational supplies and vitamin supplements all contribute to improving the students' quality of life as well as offsetting the running costs.

Bicycles are another means to enable students from remote locations to attend school regularly. This time, six bikes were presented at Nikum [Ed: thanks to two private donors for these] and a further five at Tampung. The growth of tourism in Cambodia has benefited some Cambodians as well as bringing new problems, but away from these centres the needs of isolated villages – often an hour's drive down dirt roads – mean that there is still plenty for **SUPPORT CAMBODIA** to do.

[Ed: Having had to miss the trip, I am enormously grateful to everyone who kept me supplied with photos, especially Pauline Andrews who did a wonderful job, providing daily reports and pictures]



7th ANNUAL PLANT SALE

SATURDAY 19th MAY from 9am>

Sacred Heart Catholic Hall, Norwich Road, North Walsham NR28 9JP

perennials...bedding plants...shrubs....herbs....garden sundries...

cake stall.....preserves.....fresh produce....Cambodian crafts.....



tea & coffee.....cake....bacon rolls

TV coverage of the Royal Wedding



website: www.supportcambodia.org.uk

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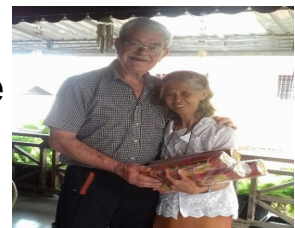


THIS IS OUR BIGGEST EVENT OF THE YEAR AND WE NEED YOUR HELP WITH:

- * quality plants/sundries [ask your local nursery/gardening friends]
CONTACT: Bob Maidment [01263 577784]
- * baked goods for sale and/or refreshments CONTACT: Ginny Keane [07733430270]
- * preserves and fresh produce [fruit, veg, eggs] for sale
CONTACT: Carol Shippey [07778124119]
- * advertising sponsorship and help distributing posters
- * advance help in the week and especially ON THE DAY from 830am
CONTACT: Katie Maidment [01263 577784]

FROM THE TRUSTEES: Bob Maidment writes.....

Cambodia is changing as it tries to take its place in today's world and there are indeed many signs of progress: better roads, more vehicles and commercial buildings and many more restaurants and hotels in the big towns.



But much of this masks the very real difficulties still faced by the majority of ordinary people, especially in rural areas and they still need the help of charities like **SUPPORT CAMBODIA** to become healthier and more self sufficient. Clean water, better education and nutrition, more efficient farming techniques and microfinance are all contributing to this improvement.

Thanks to our generous donors and many dedicated people on the ground, **SUPPORT CAMBODIA** is very much part of this, making a significant contribution to the future of Cambodia – long may it last.

NEWS ROUND-UP

- **Connection** to a main water supply for the small village community of **Chomcatamau, Kompong Chhnang** was identified during the Trustee Visit in 2017 but is now actually happening, thanks to the efforts of **Jesuit Brother Joseph Vanlieu**. The plan is that the villagers will pay their own water bills and be responsible for maintaining the equipment.
- **SUPPORT CAMBODIA**'s first project of 2018 is a **Community Building** for **Pheasabao**, a remote village 35k from Pailin City. This is **Sister Vangie**'s latest initiative and will enable a range of community activities to take place there. This will include a training course in compost making as local farmers increasingly reject commercial compost in favour of self-help. Further information and pictures on our website, on our display boards and on our MyDonate page. www.supportcambodia.org.uk or www.mydonate.bt.com/supportcambodia
- Regular readers may recall that the proceeds of our Coffee Morning & 'Soups, Slides & Crafts' events in March 2017 paid for the **Dormitory Upgrade at Tampung Student Centre**. This has now been completed [pictures P1] and we intend to finish the rest of the Centre flooring this year. Well done to **Ravuth Voeut** for getting the work done. More pictures on the website.
- The **SUPPORT CAMBODIA** 'COINS FOR CAMBODIA' collecting jars have raised **over £1600** for water projects in the two years since the scheme started – a wonderful result. Thank you to all jar holders for your generosity. Jars are now called in every 12 months or when they're full, whichever is the soonest. **UK Tax Payers: your jar money can be Gift Aided**. If you would like to do this and you are not yet registered for Gift Aid with **SUPPORT CAMBODIA** please ask for a form or send the money in online where it can be Gift Aided for you.

SUPPORTERS' CORNER

SUPPORTERS help the Trustees to run the charity by offering their time/talents on a regular or occasional basis.

The new fundraising season is upon us and we need your help!!

Please make a note of our main dates [see page 6] and offer your services as and when convenient. It's hugely helpful if YOU CALL US rather than waiting for us to call you!! And we do try not to ask the same people all the time - that's why we need lots more hands-on **SUPPORTERS**.

We are also planning to introduce **BUSINESS SUPPORTERS**, selected local businesses who regularly 'SUPPORT CAMBODIA' in some practical way.

IF YOU KNOW ANY LOCAL BUSINESS WHO MIGHT BE INTERESTED PLEASE ASK FOR DETAILS.



The banner features three icons: a pink heart with 'Join', a green shopping basket with 'Shop', and a gold coin with 'Raise'. To the right, the text reads 'Collect FREE funds for us any time you shop with' followed by the 'easyfundraising' logo (a blue 'e' in a circle) and the tagline 'feel good shopping'. On the far right, a teal button says 'Sign up now'.

ONLINE SHOPPERS!! PLEASE...sign up to this FREE scheme which will bring in money for **SUPPORT CAMBODIA**. Presently we are missing out on a considerable amount of FREE DONATIONS. It costs you nothing. Shop as normal. 1000's of retailers to choose from....travel, household, books, services.. **PLEASE...AT LEAST LOOK AT THEIR WEBSITE.** www.easyfundraising.org.uk. Thank you.

• **INFORMATION & CONTACTS**

DIARY DATES

APRIL

- **Saturday 21st : Table Top Sale, Aylsham Market Place 9 -12noon. Bric-a-brac, cakes, plants. *A volunteer [or two] to run this table top would be greatly appreciated***

MAY

- **Monday 7th : Support Cambodia Stall at Walsingham. All day.**
- **Saturday 19th : Support Cambodia Plant Sale, Catholic Hall, North Walsham 9am onwards SEE INSET ON PAGE 3 FOR DETAILS.**
- **Sunday 20th Aylsham Rotary Garage Sale. All day. Support Cambodia ‘Pop-up Cafe’ TBC**
- **Monday 29th : ‘Support Cambodia’Stall at Costessey Fete. All day. Please support us!**

LOOKING AHEAD

Saturday July 7th : Table Top Sale [Aylsham]

Saturday 11th August: Store Collection [Morrison’s Cromer] TBC

Saturday September 8th : Stall at Aylsham Music Festival

Saturday 29th September: Race Night at North Walsham

FOR LATEST EVENT DETAILS PLEASE GO TO:

www.supportcambodia.org.uk & our Facebook Page [no Facebook alc? access via our website]

THANK YOU TO OUR FOUR ADMINISTRATION SPONSORS 2017/18



MAIL LIST

To receive Mango News and other updates **by email** please email Katie [details below]

To ensure you get Mango News PLEASE ADD OUR EMAIL TO YOUR ADDRESS BOOK

Mango News is also available online at: www.supportcambodia.org.uk

To receive Mango News and updates **by post** please contact us with your name and address.

DONATIONS Cash, Standing Order or cheque payable to “Support Cambodia”.

Barclays Bank a/c no 13194868 Sort Code: 20 – 03 – 26 or donate online via the website

Gift Aiding your donation increases its value by 25%. Please ask for a form.

CONTACT US

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NEXT EDITION: JULY 2018

Contributions to the Editor [Katie Maidment] by **June 30th** please

