

SUPPORT CAMBODIA

Charity Number 1160483



Helping Communities in North-West Cambodia

Spring 2019

MANGO NEWS

Spring 2019

CAMBODIA VISIT 2019

Fran Ludden writes on **PAGE 2**



PLUS.....

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Fran Ludden gives her impressions of Cambodia, eight years after her last visit.....

The first thing to hit you after the 30 hour journey from England is the early evening heat and the red dusty atmosphere as the sun sets over Phnom Penh. Once you leave the airport you begin to remember the pace of life in the capital, the noises and the smells, and later, the taste of the first of many Khmer rice and noodle dishes. Life in the city is very busy.



It's eight years since I visited Cambodia and I was eager to see what had changed. I have now been back home for nearly 2 months and my head is still spinning with images of the places we visited and people we met and I am only now beginning to be able to put my thoughts into words.

Many things haven't changed. Although the names and faces may be new, once again, more than anything else, I was overwhelmed by the energy and commitment of so many people in loving and serving the poor. It is truly humbling, challenging and inspirational.

There is more money in Cambodia today, the infra-structure is improving, the use of technology for communication and in education is now widespread and all these things herald progress in so many ways. Foreign aid is making a difference, but so is foreign investment, and not always in a positive way. These developments, plus the growth of tourism and trade, have improved much of city life but for the poorest of the poor, particularly in rural areas, daily life is still a struggle. The provision of clean water, housing, nutritious food, medical support, access to decent education and basic necessities such as toiletries is still patchy and often dependent on being "on the radar" of an NGO [non-governmental organisation]. This is where "small money, big difference" charities such as **SUPPORT CAMBODIA** really come into their own.

It was an exhausting three weeks, full of highs as well as lows. My overwhelming impression is that the work of **SUPPORT CAMBODIA** changes lives. It may only be a small charity but time after time, I witnessed first-hand how careful planning between those on the ground in Cambodia and those who work for and support the charity back home really does improve the lives of people who otherwise might go unnoticed or forgotten. Every penny is well spent and every penny counts.

My heartfelt thanks to Bob, Katie and Jan for their company, their kindness and their commitment.

NEW FOR 2019

- Help promote the charity with one of the new **SUPPORT CAMBODIA TOTE BAGS** eco-friendly, 100% washable cotton. Just £3.95 each

- *Don't do Facebook?*

No problem! now you can receive our latest news/pictures via our WhatsApp 'Support Cambodia Update Group'.



Just message KATIE on 07759982011 and we'll add you to the group

To avoid 'message fatigue', Group members are asked to reply ONLY to Katie!



- Important changes to **SUPPORTERS** from 1st April EVERYONE on our UK Mail List will be known as **SUPPORTERS**. The old 'blue' registration forms will be discontinued but we do still need to know the names of anyone willing to offer their support. All forms of **practical help** are needed, from baking, sewing or helping at an event to providing photocopying or technical advice. There's a list on our website or we can send you a **SUPPORTERS** form. We try hard not to ask the same people all the time, so the more offers of help [regular or occasional] we have, the better it is for everyone. And you can always say 'no' if it's not convenient! **TO OFFER YOUR HELP**: go to www.supportcambodia.org.uk/contacts OR phone/email us for a **SUPPORTERS** form. **CONTACT DETAILS ON PAGE 6.**



8th ANNUAL PLANT SALE

SATURDAY 18th 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.....

Proceeds will provide BICYCLES for students to get to school

CAFE with tea & coffee.....cake....bacon rolls

website: www.supportcambodia.org.uk

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

***QUALITY, LABELLED PLANTS & SUNDRIES** [ask your gardening friends]

CONTACT: Bob Maidment [01263 577784]

***BAKED GOODS FOR SALE AND/OR REFRESHMENTS**

CONTACT: Ginny Keane [07733430270]

***PRESERVES/FRESH PRODUCE [FRUIT, VEG, EGGS]**

***DISTRIBUTING POSTERS, MOVING PLANTS** and especially **ON SALE DAY from 7am**

CONTACT: Katie Maidment [01263 577784]

PLEASE CONTACT US WELL IN ADVANCE TO ARRANGE COLLECTION/DROP-OFF

NEWS ROUND-UP

While in Battambang we caught up with **Ismael Lim**, former Head Teacher at **Phnom Priel** where we sunk our first two borewells in 2016. [NB: *all 8 borewells are working and in use*]. We hope to visit his new school next year.....The 'Soups, Slides & Crafts' event on 16th March was sold out and raised an astonishing **£807.10** to fund the **Rohal Hand Wash Project** [see PAGE 5]. Big thanks to all who came or helped make it a real success.....The **Community Hall at Pheasabao Village**, paid for by the 2018 'Soups' event and one of the many initiatives of the amazing **Sister Vangie**, is being very well used [picture PAGE 1].....28 Family and 2 **Community Water Filters** were presented during our trip. Thanks to the **Safe Water Trust** for their continued support and to a private donor for the big filter at **Pursat Kindergarten** where we were delighted to renew acquaintances with **Sister Franny** [picture PAGE 1] and meet some of the 800+ young people she and her Sisters help every week.

17 days, 31 locations, over 1600 miles [mainly on dirt roads] distributing everything from vitamins and clothes to toiletries, stationery and money for underwear, furniture and playground equipment, far too much to detail here but it's all in the **TOUR DIARY** [see PAGE 5]...it's a good read!!!

An inspiring appreciation by FATHER MARK LOPEZ of his 'Fearless-Girl' volunteers

Elaine, mid-twenties, is a licensed nurse from Singapore. She used to work for one of the big hospitals back home, but now she runs the health care program of the Catholic Church in Kampong Thom through which we try to look after the needs of the elderly and chronically-ill in our very poor



communities. (To be poor, elderly and chronically-ill, is often to be lonely, forgotten and neglected here in Cambodia).

Everyday, with Singaporean reliability, consistency and promptness, she gets on her old motorcycle and drives off to our mission stations to attend to her patients. Some patients are 15-20 km of rough dirt road away. Some have advanced Parkinson's, some have failing vision, some are paraplegic or quadriplegic. Many have complications arising from hypertension or diabetes. Elaine attends to them and is also able to quickly identify who of the sick must be brought to the hospital to see a doctor. (Often,

she will help to bring them to the hospital herself, and will help them navigate through the sometimes complicated health-care system for the poor here).

Her partner in this sometimes death-defying enterprise of going off into our farther flung villages (they have fallen off their motorcycle more than once) is Priscilla, our other Fearless Girl-volunteer from the Philippines.

Priscilla runs the children's libraries in three of our mission stations here. She also occasionally brings a sack full of books to places where there are no libraries or no schools, conducting "mobile library" operations, under the shade of a tree or wherever children like to gather. Prior to working in Kampong Thom, I had never seen or heard of kids who cheerfully demand for a library to be opened or who insist on their English lessons, but that is the case when children see that Priscilla is around.



She has magically imparted a love for books, a love for learning, and most recently, a love for Lego.

And the fearless catch - she has done this over the past 2 years with no Khmer language skills whatsoever. But the children love her, because she knows how to patiently sit and watch, teach and play, mother and love them in her uniquely gifted way. Oh and by the way, Priscilla happens to be in her early sixties. (Yes, friends, because even in the volunteer world, 60 is the new 20.)

Here's to all you fearless girls whose rights should not only be protected and promoted on this day, but whose giftedness - to our missions, to our families, to our workplaces, to leadership, to our governments, to our pulpits and altars, to our liturgies, to our faith communities, and to the world - should ceaselessly be celebrated and set on top of a hill, for your beautiful and fearsome light to always be allowed to shine. And woe to any of you who dare to think this cannot or should not be so. Father Mark Lopez SJ is Parish Priest of Kompong Thom. Article reproduced with permission.

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

After 4 years, we say '**GOODBYE**' to **Jan Northway** who has stepped down as Trustee for family reasons. Jan was a founder member of the charity and we will miss her conscientious commitment to the post and the hours spent standing on stalls in the cold! Thanks so much for everything Jan.



In her place we are delighted to welcome **Mr David Patrick** as a Trustee.

A geologist by profession and married to Felinda who is from Indonesia, David's experience of international working and travelling brings a new dimension to the charity. We look forward to working with him.

ONLINE DONATIONS: Please note that following BT's decision to close down MyDonate, we have now switched our online donation platform to **Virgin Money Giving**. This operates in the same way as BT: simply [go to www.supportcambodia.org.uk](http://www.supportcambodia.org.uk) > **DONATE** and click on the red button which will take you to our **Virgin Money page**. Card processing fee is 1.45% [29p on a £20 donation] and donors have the option of also covering the transaction fee which gives the charity an extra 2%. Gift Aid is available as before. Any problems with the new arrangement, please call us.

PROJECTS 2019: Thanks to your generosity, 3 private donors in particular, **SUPPORT CAMBODIA** has had a great start to 2019, already funding three substantial projects: a **BOREWELL** at Reach Don Kao, near Battambang, **NEW INTERNAL WALLS** at Pongro Day Care Centre and a **HAND WASH PROJECT** at ROHAL PRIMARY SCHOOL: these last two near Svay Sisophon. A fourth project, completion of the **FLOORING** at the new Kindergarten Dining Hall at Tampoung will be started shortly.

Details/pictures at www.supportcambodia.org.uk/NEWS

DEPENDING ON FUNDING AVAILABLE, FORTHCOMING PROJECTS INCLUDE:

BIKES FOR RURAL CHILDREN [proceeds of the Plant Sale on May 18th]: **WATER FILTERS, RICE SOUP, BABY MILK, MATERNAL HEALTH** and **WHEELCHAIRS**. **Thank you for 'SUPPORTING CAMBODIA**

THE WHEELCHAIR FUND

Following a request from JSC [Jesuit Service Cambodia] the Trustees have approved the setting up of a separate fund to **provide wheelchairs for the very poorest people with a disability**, mainly landmine



victims. Lack of mobility affects both the whole family and the close community, especially in a rural village so although it is the individual who receives the chair, everyone benefits. **Wheelchairs, made in Cambodia, COST AROUND £100** [contributions can be any amount, from £1 upwards] and are allocated according to need with the poorest and most remotely located having priority.

DONATIONS TO THE WHEELCHAIR FUND may be made via the usual methods [online, cash, cheque or standing order]. Please mark your donation "**Wheelchair Fund**". If appropriate, please register with us to Gift Aid your donation. More details on our website under **DONATE** and **ABOUT US**.

THE TOUR DIARY 2019

If you weren't able to follow the Trustee Visit on social media or you'd like to know what we did/where we went, the **TOUR DIARY** is available to read on the NEWS page of the website. It's not perfect but gives a good idea of the trip 'as it happened'. It's also available as a printed copy for a small donation to cover the printing. www.supportcambodia.org.uk/NEWS

INFORMATION & CONTACTS

DIARY DATES

MAY

Monday 6th : Support Cambodia Stall at Walsingham. All day.

Saturday 18th : Support Cambodia Plant Sale, Catholic Hall, North Walsham 9am onwards
SEE INSET ON PAGE 3 FOR DETAILS.

JUNE

Saturday 1st : Table Top Sale [Aylsham]

LOOKING AHEAD

Saturday August 3rd : Table Top Sale [Aylsham]

Sunday September 1st : Stall at Mannington Charities Day [all day]

Sunday September 8th : Support Cambodia Stall at Walsingham. All day.

Saturday October 12th : Race Night at North Walsham

FOR LATEST EVENT DETAILS PLEASE GO TO:

www.supportcambodia.org.uk OR our Facebook Page OR WhatsApp

THANK YOU TO OUR FIVE ADMINISTRATION SPONSORS 2018/19



AND OUR OTHER 'BUSINESS SUPPORTERS'.....

AYLSHAM: Carousel Chocolates...The Unicorn Public House

NORWICH: Charge Unit Skate Park...The Fat Cat Public House

OTHER LOCATIONS: Ludham Village Stores

MAIL LIST

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

OR complete the online form www.supportcambodia.org.uk/CONTACT US

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.

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

email: info@supportcambodia.org.uk **website:** www.supportcambodia.org.uk

Facebook: Support Cambodia

WhatsApp: Support Cambodia Update [to join: message Katie **on 07759982011**]

phone: 01263 577784 **text:** 07759982011

post: Katie & Bob Maidment, 22/23 Regent Street, Wickmere, Norwich, Norfolk, NR117ND

NEXT EDITION: JULY 2019 Contributions to the Editor by June 30th please

*****PHOTO GALLERY*****



The "SOUPS..." event raised £800 for the Rohal Primary School Hand Wash Project



Microfinance for farmers: Pailin Province



Marist Pre-School, Pailin with their new fence



Bracelet making at Pongro Day Care Centre



Opening of the Tampung Dining Hall



Snail!!!!



Baby Milk Programme



Family visiting in Pailin