

SUPPORT CAMBODIA

Charity Number 1160483

Helping Communities in North-West Cambodia

Autumn 2019

MANGO NEWS

Autumn 2019



Support Cambodia stalls in Aylsham at the Trimmingham Trosh.....and.....



The Annual Race Nightare helping to rebuild the Kon Damrai Day Care Unit



TRUSTEE VISIT

Bob & Katie Maidment and David Patrick
will visit Cambodia from
4th - 25th February 2020

Follow the trip on Facebook
or join our *WhatsApp group*

Details on PAGE 4

ANNUAL GENERAL MEETING

Thursday 5th December 6.30pm

Catholic Church, White Hart St., Aylsham

Open to all.

REVIEW OF THE YEAR.....TREASURER'S REPORT
PLANS FOR 2020.....FUTURE PROJECTS.....

please note: this is a meeting not a social event

See PAGE 4 for our 2020 dates

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DIARY DATES 2020:

FOLLOW the Trustee Visit on Facebook or WhatsApp
[4th - 25th February]

Soups & Slides [28th March].....Plant Sale [16th May]....Table Top Aylsham [30th May]

SUMMARY OF PROJECTS FUNDED [Financial Year ending 30/11/19]

- **Family & Community Water Filters for 8 rural locations**, North-West Cambodia
To date requests for another 10 filters have been received.
- **Contribution to rebuilding houses in Chomcatamau Village**, Kompong Chhnang
- **Transfer of unused Community Water Filter** to Student House, Pailin
- **Contribution to Sister Franny's Education Programme**, Pursat Province
- **Repairs to the Kindergarten play equipment**, Nikum Village
- **Support for everyday expenses at Sister Vangie's student hostel**, Pailin City
- **Support for rural dance group**, Preah Vihear Province
- **Hygiene and education items** distributed across 18 centres in North-West Cambodia
- **Lining of the walls** at the Day Care Centre, Pongro Village, Banteay Meanchey
- **Tiled flooring for the new Kindergarten Dining Hall**, Tampoung
This building is being well used for a range of community activities.
- **Hand wash facility for Rohal Primary School**, Banteay Meanchey
- **Borewell at Ree-don Kao Village**, Battambang Province
- **Student Bikes** in Svay Sisophon, Nikum and Pailin
- **Student Lunches** at St. Ann Centre, Pursat
- **Sunday Rice Programme & House Repair** at Nikum
- **Water Tank & Nourishment Programme**, Pongro Day Care Centre, Banteay Meanchey
- **Baby Milk**, Pailin Province
- **6 Toilets** at Chomcatamau Village, Kompong Chhnang
The Trustees will be visiting this project in February
- **10 Wheelchairs for landmine victims**, Jesuit Service Cambodia, Svay Sisophon
- **Rebuilding Kon Damrai Day Care Unit**, Pailin Province
Building is underway to be completed by January. Picture PAGE 1
- **Rice Soup & Baby Milk Programmes** Svay Sisophon. *Fundraising via Annual Appeal in November 2019 [see PAGE 3]*

That **SUPPORT CAMBODIA** has been able to complete so many projects is largely due to the generosity, commitment and energy of many, many people, especially our Coin Jar holders, regular donors and those who help at our events.

If you are one of these... a personal 'okoon charen': it couldn't happen without you. **Particular thanks** to those 'SUPPORTERS' who responded to the Trustees' request earlier in 2019 to organise their own Support Cambodia fundraising events.

Jill Kemp, Fran Ludden, Roma Brooder, Linda Roy, David Shippey & Susie Thomson:
YOU'RE STARS!...every one of you!! THANK YOU SO MUCH.

To everyone whose contributions have made these projects happen
THANK YOU FOR SUPPORTING CAMBODIA IN 2019

Full details of funds raised and distributed in 2019 are available on request: please contact Trustee BOB MAIDMENT [Treasurer].

Alternatively, you are invited to attend the Trustees' AGM on THURSDAY 5th DECEMBER at 6.30pm which is open to everyone. Details on Page 1.

Accounts for 2018 are available to view at www.charitycommision.gov.uk.

RACE NIGHT 2019 [picture PAGE 1]



JEFF SHORT

Our annual **Race Night** on October 12th was a great evening, expertly compered by Jeff Short and wonderfully supported. The final total was a spectacular **£960.35**, enabling us to complete the rebuilding of the **Day Care Room at Kon Damrai Primary School** [picture PAGE 1]. Grateful thanks to all who comtributed especially our Race Sponsors and Raffle donors: *Ace of Spades Gardens [Norwich], Buckenham Farms [Beccles], Bretts Fruiterers [Aylsham], ESP Merchandise [Norwich], Jason Mawe Photography [Aylsham], Lavender's Blue Florist [Aylsham], Mary Jane's Fish Bar [Cromer], Peggy Little's Products [Cawston], Rosie's Art [North Walsham], S & M Supplies [Aylsham] Ltd, Pavilion Theatre [Cromer], The Fat Cat Pub [Norwich], The Green Room Cafe [North Walsham], Threeways Nursery [Sporle], Tuliptree Fabrics [Marsham] and The Unicorn Pub [Aylsham].*

SUPPORT CAMBODIA APPEAL 2019 is **NOW ON!** and runs until the end of November. Proceeds [no costs taken] will go to the **Svay Sisophon Rice Soup, Baby Milk & Women's Health Programmes** in Banteay Meanchey Province. The target is **£1200**. Rice Soup Programmes play a vital role in not only providing food for under-nourished families but also in bringing rural communities together, especially young people and mothers with young children. Donations may be made in cash, by cheque, via our website or at www.virginmoneygiving.com/fund/appeal.



For more about the Appeal go to www.supportcambodia.org>NEWS&PROJECTS

FROM THE TRUSTEES



BOB CAROL DAVID KATIE

The Trustees would like to express their gratitude to our outgoing **ADMINISTRATION SPONSORS** **Bon Bon's and Eclipse Hair Studio** for their great support over the last 3 years and welocme three new sponsors: **Broadland Travel [North Walsham], Carousel Chocolates [Aylsham] and S&M Supplies [Aylsham]** who join **Peggy Little's Products [Cawston], The Tech Geeks [North Walsham] and Tuliptree Fabrics** who are now in wonderful new premises at **Old Norwich Road, Marsham**

[NB: They're also selling beautiful Cambodian silk handbags: luxury present idea?]

Thanks also to our other **BUSINESS SUPPORTERS** [**Bonds Chip Shop, Bon Bon's, Ludham Bridge Stores, The Fat Cat & Unicorn Public Houses**] for displaying our collecting tins on their premises. *If you run a business and would like to 'SUPPORT CAMBODIA' [eg: have a collecting tin, sponsor or advertise our events] please CONTACT US.*

PLEASE.....HELP SUPPORT CAMBODIA THIS CHRISTMAS.....



After three years, we still only have 19 people signed up to support us via the online shopping site www.easyfundraising.org.uk **PLEASE...IF YOU'RE SHOPPING ONLINE FOR CHRISTMAS, sign up, follow the instructions and raise cash for SUPPORT CAMBODIA.** Once you're set up, it only takes **ONE CLICK** and **IT'S FREE!!!** <https://www.easyfundraising.org.uk/causes/supportcambodia/>

SUPPORTERS....ARE YOU RECEIVING US?

If you are on our Mail List, you should be receiving our communications [Mango News in March, July & November with Updates in January, May & September].

If we're not reaching you.....**PLEASE TELL US**and we'll try to find out why.

INFORMATION & CONTACTS

DIARY DATES

NOVEMBER [*proceeds of all events in November will go to the Appeal*]

Sunday 17th : Music Recital Catholic Church, White Hart Street, Aylsham. 3pm

Woodwind and piano music by pupils of Linda Roy and David Shippey. Retiring collection. Teas.

Thursday 28th Nov – Tuesday 3rd Dec: Christmas Tree Festival: Aylsham Parish Church.

Friday 29th ‘Switch-On’ night 5pm – 8pm. *Come & see our ‘Khmer’ themed tree* [sponsored by Bond’s Chip Shop, Aylsham] and visit the **Homemade Craft Stall at Aylsham Town Hall**

Saturday 30th : Support Cambodia stall at Cromer Christmas Fair 10.00 – 5.00pm

Cromer Parish Hall. *Cambodian crafts, unusual gifts, good bric-a-brac*

DECEMBER

Monday 2nd : Homemade Craft Stall at Aylsham Parish Church Christmas Market 9 – 12noon

Thursday 5th : **TRUSTEES’ AGM & OPEN MEETING** 6.30pm Aylsham Catholic Church

Saturday 7th : Bag Packing at Aylsham Tesco. 10 – 3pm. *Volunteers to help with this urgently needed.*

PLEASE CONTACT KATIE IF YOU CAN HELP, even only for an hour.

LOOKING AHEAD TO 2020

FEBRUARY: 4th - 25th February: Trustees’ Visit to Cambodia

MARCH: Saturday 28th: Soups, Slides & Crafts event @ Sacred Heart Hall, North Walsham
11.30 – 2.30pm [soup served from 12noon] *Tickets on sale: 1st March*

MAY: Saturday 16th : Support Cambodia Plant Sale @ North Walsham. Lots of help needed!

PLEASE PUT THE DATE IN YOUR DIARY and OFFER YOUR SERVICES!

Saturday 30th : Table Top Sale at Aylsham 9 – 12noon *.Help is always needed*

OTHER EVENTS TO BE CONFIRMED. LATEST EVENT DETAILS ON THE WEBSITE

MANGO NEWS

To receive Mango News by post or email please ask for a blue **SUPPORTERS** form OR go to the CONTACT US section of the website and complete the online form.

ADD OUR EMAIL TO YOUR ADDRESS BOOK [and check Junk!] TO BE SURE OF YOUR COPY!

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

TALKS

Would you like to know more about Cambodia? We can offer illustrated talks on any aspect of Cambodia, tailored to your requirements and bring crafts for sale if it's appropriate. There's no charge but a donation to the charity is always appreciated. **Now booking for 2020 and beyond.**

DONATIONS Cash, standing order or cheques made 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 it's value by 25%. Please ask for a form.

CONTACT US

www.supportcambodia.org.uk

email: info@supportcambodia.org.uk *please use this for charity business NOT katbob@live.co.uk*

Facebook: Support Cambodia

phone: +44[0]1263 577784

text: 07759982011

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

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

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



The **SUPPORT CAMBODIA** Dining Hall [2018] at Tampung is being well used by the community



50 bikes [proceeds of the Plant Sale] have been distributed to needy students



Wheelchairs = respect and independence. Funding for 12 chairs has been sent this year



Formula Milk is far more expensive than in the UK and the poorest simply can't afford it. But it's a lifeline for mothers too under-nourished to feed their babies themselves. The **SUPPORT CAMBODIA Appeal** will help mums & babies like these,

