

SUPPORT CAMBODIA

Charity Number 1160483
Helping Communities in North-West Cambodia

MANGO NEWS

February 2021



Can't afford to feed your baby?

A story from Filipino missionary **Betty Millena** in Siem Reap: a baby...similar to this little boy....ten months old...his dad has left....and his mum can't afford to buy him milk

It's one of the most distressing problems facing women in very poor rural communities in Cambodia.

The situation has been exacerbated during the pandemic by loss of earnings, reduction in food supplies and family break-up, plus the effect of adverse weather over the last few months. An 800g tin of formula milk in Cambodia currently costs just under £10 and feeds a baby for a month. The monthly wage for an unskilled rural worker is around £50/£60 - provided the family has an income source at all.



Sister Vangie in Pailin tells us she currently has more mothers coming to ask for milk than she can help. So although it's not strictly a 'community' project, more a matter of survival, **Support Cambodia** are intending to use money from our Nutrition and Women's Health Funds to help the situation where we can.

News in Brief

Emergency Flood Appeal

The remaining **£3,760** from the **Emergency Flood Appeal** has now been distributed, the bulk of it via **Brother Francis (Pailin)**, to assist more farmers than anticipated, to begin replanting their crops and the rest for food packs in rural villages in **Siem Reap** and **Pailin** Provinces. Thank you again to all who contributed to the final Appeal total of **£9,117.88** - a truly astonishing result which has helped so many people in real need.



Nikum Borewells

After much delay due to Covid-19, the repairs to two old **borewells in Nikum** have now been done. Formally opened and blessed by parish priest **Father Rajat Hassapurti** at a ceremony on 27th December, the wells finally bring a permanent water supply to 400 families in the central part of the Nikum district.



Reedonkao Toilets

A year after our last visit, the new toilet block at **Reedonkao** near Battambang is nearly complete. This follows on from the borewell put in by **Support Cambodia** in 2019/20 and which has made such a difference to the health of this very poor farming village. Huge thanks to **Vary Nivaa** and **Brother Francis** for their untiring help in bringing this project to fruition.



More on both these Water Fund initiatives on the website under [PROJECTS](#).

Hygiene Bags

135 Hygiene Bags arrived safely in Siem Reap via DHL and have been distributed, along with basic toiletries to women in the rural villages of **Peasaneng** (Siem Reap Province) and **Pheasabao** (Pailin Province). Thank you, once again, to everyone who contributed by making bags. Please visit the website for videos, more photos and reports on the project.



New Play Equipment

In the last issue we showed first pictures of the **new play equipment at Rohal Primary School** funded by **Support Cambodia** as part of their Health Education Programme. Now, with Cambodian schools open again, the children are really able to enjoy their new play area... and make full use of the Handwash Facility also funded by **Support Cambodia** in 2020. More pictures and a lovely video on the website under **PROJECTS**.

The children of Rohal say " Okoon - yeung sop-bai nas!"[Thank you - we are very happy]



Donations

This year marks the fifth anniversary of our **Coins for Cambodia** scheme. In that time, your 'loose change' has raised the grand total of nearly **£5000**, initially for Water projects and now, for Women's Health. To accommodate the decreasing use of coins, there is now a choice of other ways to continue supporting the scheme and we are so grateful for everyone's commitment to this.

If you'd like to join the scheme, please contact:

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We would also like to take this opportunity to encourage donors to consider setting up a regular **Standing Order**, which can easily be set up by contacting your bank. Necessary details are on our [website](#) under DONATE or [contact us](#) for a form.

And please...if you donate via the bank or [VirginMoneyGiving](#), add a reference to tell us what it's for (e.g: Coin Jar)!!

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If you are a UK taxpayer, and you have not yet registered with us for Gift Aid [online donations via [VirginMoneyGiving](#) automatically give you the Gift Aid option] please would you complete a Gift Aid form, available on the website or it can be send to you on request. Gift Aid adds another 25% to your donation so it really helps. Thank you.

Finally, if you regularly **shop online**, please consider using www.easyfundraising.org.uk - it's a very simple way to shop and donate to **Support Cambodia** at the same time. There's a choice of over 4,000 retailers and it doesn't cost you a penny extra!



Change of Contact Details

Please don't forget to let us know of any change of contact details - address, mobile number or email - it makes it so much easier for us to get in touch! Thank you

Photographic Competition

Hot off the press....

Our Spring Photographic Competition has just launched!

Out for a 'lockdown' walk? Take your camera

and capture great pictures on the theme of **Nature**. Enter your photos in the competition for the chance to win a cash prize (not funded by the charity).

Closing date is April 30th.

Further details are available on the website



Support Cambodia Shop

The fundraising has continued despite the pandemic restrictions.

Katie Maidment opened a pop-up Christmas shop in her porch and sold Cambodian crafts, simple gifts and homemade produce. The shop attracted visitors from far and wide and in the four weeks it was open raised **£331.98** for the **Nutrition Fund**. Thank you to all who contributed, especially **David Pattrick**, whose 'Bird' calendars proved very popular.

Encouraged by its success, Katie is planning to run a similar Spring-themed shop in the run up to Easter, as well as pop up stalls where the pandemic and the weather allow. Please check social media and the website for further details.



Although the Plant Sale has now been moved (scroll down for more on this), we will still be **selling plants throughout the summer!** Last year several **Support**

Cambodia plant stalls were set up in private locations (Wickmere, Cawston, Aylsham, Hoveton) and were very successful.

We hope to do the same this year, so **plant growers.....**if you're seed-sowing soon, please consider sowing some for us....and if you'd like to help by having your own plant stall... PLEASE ASK!

Dates for 2021 (subject to restrictions)

AGM - April 2021

The **Support Cambodia AGM** will take place online on Wednesday 7th April at 7pm and is open to everyone. If you would like to attend please contact **Katie Maidment** to let her know and in order for a Zoom link to be sent to you nearer the time. The Agenda will be available on the website a week ahead of the meeting. We look forward to seeing you there.

The Annual Plant Sale - Postponed

In view of potential problems with holding an event in May, we have decided to postpone the event until the autumn, probably late August. With the change of season, it will be rather different to previous Plant Sales - more of an 'end of the summer' show to whet your appetite for the glories of Chelsea in mid-September!! More details soon.

Advance warning - we will be looking for donations of jams, chutneys, produce, flowers in addition to winter bedding, plants, bulbs etc.

Other dates tbd: see the website/Facebook for latest news.

Can You Help?

Planning for **fundraising events** has become somewhat of a challenge during lockdown.

We would love to hear from anyone who would like to host an event in aid of **Support Cambodia**, either now or after restrictions have been lifted. We would be very happy to offer you any support you might need. Thank you.

Contact Us

Would you like to know more about Support Cambodia? We can offer illustrated talks on both Cambodia and the work of the Charity. There is no charge but donations are welcome

Become a Supporter

SUPPORT CAMBODIA

Call on: +44(0) 1263 577784
Send a text to 07759982011

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Sponsors

Thank you, as always, to all our Administration Sponsors, especially over the last year when increased costs have included sending out Emergency Appeal money and dispatching the Hygiene Bags. Since the charity takes no costs from charitable donations, our Sponsors' ongoing contribution has been particularly appreciated.

We are always looking to boost our number of sponsors and would love to hear from anyone who might be interested in contributing to the work of the charity in this way



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