

SUPPORT CAMBODIA

Charity Number 1160483

Helping Communities in North-West Cambodia



MANGO NEWS

Winter 2021/22



Beatriz [Betty] Millena

Betty writes:

"My name is **Beatriz Millena [Betty]** and I am a lay missionary associate of the Foreign Missionary Society of Quebec. I come from the southern part of the Philippines but I've been here in Cambodia for about 22 years now, serving the Cambodian people.

I am a midwife by profession. After graduating from the midwifery course, I was involved in a particular programme for tribal people who live upland back home. I was helping and giving special training for the traditional midwives related to good hygiene and safe delivery in the village. For 6 years it was a beautiful and fulfilling experience and I was so happy and contented with the life I had at that time. But this made me reflect on how I could continue serving people and also share my love and compassion for the betterment of the life of the people. That is why I followed my desire and the Will of God to become a missionary.

For the first 8 years here in Cambodia, I accompanied and helped HIV pregnant mothers and children. It was one of my most fulfilling missionary works and I'm sure the best time of my life as a missionary in Cambodia. Then I was assisting sick children in paediatric hospitals particularly in **Takeo Province** in the south of the country.

At the same time, I was involved with a basic nutrition program in the villages of Takeo with the Daughters of Charity sisters and accompanying cancer patients in a health centre run by the



After a year's break, I was invited by **Fr. Totet Banaynal, SJ** to help the pastoral work in **Siem Reap** parish. Currently, I am in charge of the group of women in the villages, organising workshops for health education and also in assisting sick and poor people in the parish.

My life is so blessed! I am so grateful to God for the right decision I made and truly it has been God's call for my entire life. No regrets, just grateful and fulfilled. It's a beautiful feeling to get involved in the life of others especially those who are really in need."

*For several years, **Support Cambodia** has been helping Betty's work through our Women's Health Fund, providing formula milk, toiletries, underwear, Hygiene Bags and funding for her women's education classes. See 'A Late Christmas Present' below for more on this.*

News from Cambodia



Cambodia's success in vaccinating its population [81% as at 1st January] has meant a return to relatively normal life with schools, places of worship and shops reopening, movement around the country allowed and tourists encouraged, subject to double vaccination and negative testing.

For a really interesting article on how this has been achieved, just click on this link:

<https://thediplomat.com/2021/09/what-explains-cambodias-covid-19-vaccine-distribution-success/>

- As Cambodia begins to come out of the pandemic, **Father Carlos** is restarting his youth initiative in **Pailin**. This involves the setting up of a football team and a dance group to encourage the youth to come together with the many benefits that come from social interaction. To get the scheme up and running, a UK donor has agreed to fund 15 football strips – thank you. *If anyone else would like to contribute directly to this youth initiative via **Support Cambodia**, please get in touch.*



- With the lifting of restrictions, **Sister Vangie** is now able to get out to the villages around **Pailin**. She says the farmers are starting to replant and so there will be a need for microfinance, but it will take a little time for a full assessment of what is required for these remote communities to get back on their feet. In the meantime we have provided funding for toiletries and assured Vangie of our willingness to help where we can.
- Originally scheduled for October 2021 but delayed due to Covid-19, work on the three **Support Cambodia borewells** in the **Nikum** area was finally due to start on January 20th. Details of this project may be found in the Autumn issue of Mango News available on the website.
- A number of people have asked “**When are you going back to Cambodia?**”. The brief answer is “As soon as we can safely travel in both directions and get around the country”. With the Covid situation as it is in Europe, that is not possible at present without a great deal of red tape, paperwork and expense. So

we must wait.....but we'll be back.....and we're so looking forward to seeing all our Cambodian friends once more.

A Late Christmas Present!



At last...after several weeks delay...The Box is ready to go!!!
It contains 80 Hygiene Bags, 40 each for women's groups run by **Betty Millena** and **Sister Vangie** - and ladies' underwear for women prisoners in Siem Reap, paid for from our Women's Health Fund.



Thank you once again to **Tricia Hunt** and the ladies of **Tuliptree Fabrics** for their sterling work in making the beautiful Hygiene Bags. If you've never visited Tuliptree Fabrics at Marsham, just outside Aylsham, do go...for a 'crafty' person, it's an Aladdin's cave!!!

www.tuliptreefabrics.co.uk



The cost of sending the box has been kindly sponsored by **J.B. Postle and Son Ltd** - thank you very much to **Nikki Filby** at Postles for her help.

This kind of 'sponsorship' is extremely useful to our charity because it means we can truthfully continue to say, "no costs taken from charitable donations" and "all donations go directly to the projects". So we are particularly grateful to **Postles** for their support.
www.jbpostle.com

If any other business is interested in 'one-off' sponsorship in return for some limited advertising, please get in touch with **Katie Maidment** [contact details at the end of this newsletter and on our website].

...and talking of Sponsors

...as we start 2022, a reminder of our six wonderful **Administration Sponsors:**

Crayford & Abbs Ltd
 for all your motoring needs in North Norfolk

Address: Gypsies Lane, Bodham, Holt,
 NR25 6QJ
 Tel: 01263 588160
 Website: www.crayfordandabbsltd.co.uk

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 CHOCOLATES**



and our other **Business Supporters & Tin Holders: Bond's Chip Shop** and **Bon Bon's** [both Aylsham], **The Fat Cat Pub** [Norwich], **The Tech Geeks** [North Walsham] and our newest addition, **Aldbrough Village Shop & Post Office**.

PLEASE SUPPORT ALL THESE BUSINESSES WHEN YOU CAN.

The 'Bears' are back!



Support Cambodia teddy bears '**Karuna**' [Compassion] and '**Metta**' [Mercy] have been joined by '**Sokhem**' [Hope] and '**Sothea**' [Kindness].

As previously, the bears are all donated and 'pre-loved' and, just as people are different, so are the bears. Dressed in their new vests and Kromas [scarves] the Bears will be on sale from April priced at £3, all proceeds direct to the projects.

Huge thanks to **Linda Field** at the **Norfolk Knitters & Stitchers** for a fiddly job very well done!

www.norfolkknitters.org.uk

John Bradley RIP



It is with sadness we report the death of **John Bradley**, a major benefactor to **Support Cambodia** over a number of years. John's great generosity was largely responsible for the rebuilding and complete refurbishment of the **St Francis Student Centre at Tampuan** near Battambang and major improvements to the **St.**

Sebastian Day Care Centre in Pongro Village, Svay Sisophon, both helping to give young people a better start in life.

'Okoon charen, lee-a sen haiee Mr John
thank you and goodbye, Mr John. RIP.

Money Matters

Donating to SUPPORT CAMBODIA

Although we are happy to accept cash, for ease of administration the charity's preferred donation methods are now **bank transfer** [BACS] or **cheque**.

All relevant bank details are available at:

www.supportcambodia.org.uk/donate

FOR ALL DONATIONS MADE THROUGH THE BANK...

PLEASE, PROVIDE A REFERENCE e.g Bikes XXXX [your name]

This helps us to identify your donation. Thank you.

Online Donation is still available but the donation platform has changed to **JustGiving**, which does not charge a platform fee. The *optional* administration contribution is for JustGiving, **not** for our charity - to opt out of this contribution, just click 'OTHER' and put in £0.00.

Please note: donations via JustGiving are anonymous and therefore cannot be personally acknowledged by us unless we are contacted directly by the donor.

Gift Aid

In the last 12 months we have received £4,483.97 in **Gift Aid** from HMRC. This very considerable sum represents refunds from donations received both this [financial]year and last. Thank you very much to those of you who contribute via Gift Aid.

If you are not yet **registered with Support Cambodia for Gift Aid** please consider doing so - the difference it makes is obvious. Gift Aid forms are available on the website under DONATE or we can supply you with a form by email or post.

Coin Jar Scheme

The Coin Jar Scheme is now closed and all jar holders have been contacted at least once. Thank you to those who have notified us as to their future donation preferences, especially to those who have taken out Standing Orders.

IF YOU HAVE NOT YET REPLIED TO THE ORIGINAL LETTER OR THE FOLLOW UP EMAIL [sent 10th January] PLEASE WOULD YOU DO SO. Thank you.

Returning the form, **even if you don't wish to make regular donations any more**, will ensure we know your wishes and avoid contacting you unnecessarily.

From January 1st 2022, all regular donations will go into General Fund unless the donor specifies otherwise. Details of our Restricted Funds are on the website under Projects.

New regular donors are most welcome and all relevant bank details are available at: www.supportcambodia.org.uk/donate

Event News & Fundraising



The Christmas events at Aylsham and Cromer raised a total of **£311.41** with a further **£206.50** from our Christmas Shop at Wickmere, all proceeds to the Water Fund. The proceeds from the sale of the two calendars produced by **David Pattrick** realised a further **£150** - thank you for all the work you put in on these David. Grateful thanks to all who organised, helped or supported these fundraisers and to anyone else who made a special donation over the Christmas period.

As yet there are no fundraising events planned for 2022 so we'd love to hear from you if you have any ideas or would like support to run your own fundraising event. We have booked the charity stall in **Aylsham for Saturdays June 4th [Platinum Jubilee weekend] & July 2nd** but as yet, have no-one to run them. Offers would be much appreciated.

In addition, **we'd like to hear from jam makers** willing to help maintain the supply of **Support Cambodia** jam and preserves. Jars with the special red check lids are available but expertise, time and ingredients are needed. Please contact us if you think you can help.

Easyfundraising



Grateful thanks to the five intrepid **'SUPPORTERS'** who have shopped online via **Easyfundraising** over the last 12 months, raising a total of **£43.73** for **Support Cambodia** *at no cost to themselves*. **OK**..it's not a fortune.... but it all helps.... and just think what we could raise if even a small proportion of our 185 UK-based **'SUPPORTERS'** did the same?

Download the App and the Donation Reminder on phone or pc [it takes 2 minutes]...then it's one click and shop as normal. It's free to you ... and free money for **Support Cambodia**.

Sign up

A Date for your Diary

The charity's AGM is planned to take place on **Wednesday 6th April at 7pm.**

Whether it will be a 'live' meeting, or as last year, via Zoom, will be decided nearer the time and confirmed in the next **Update**, due in your Inbox by **March 13th.**

Please make a note of the date.

Support Cambodia Shop

The Shop in Wickmere is now closed until April but **Support Cambodia** jam and a limited range of Cambodian crafts are available by private arrangement.

In addition:



Epson XP305 Printer
Used condition - Mono only
Free or small donation



Selecline Espresso Coffee Machine
second hand in good condition
Now Only £10
(similar model on Argos - £45)



A range of children's books in very good condition, priced 50p - £2 and kindly donated by Maggie from **Aldborough Village Store**. Available at Docking Market every Wednesday or by arrangement from **Carol Shippey [07778 124119]**. Carol's stall also has other items for sale including jigsaws and CD/DVDs.

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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