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**SUPPORT CAMBODIA**

Charity Number 1160483

Helping Communities in North-West Cambodia



**MANGO NEWS**

**Autumn / Winter 2022**



### **“I Can’t Afford To Feed My Baby”**

A story from Filipino missionary **Betty Millena** in Siem Reap:  
*“A baby...similar to the little boy in the picture...a few months old...his dad has left ... his mum has no milk and no regular income. What is she to do?”*

Yes...you’re right. We’ve told this story before...but unfortunately it’s a continuing problem in rural Cambodia. Part of much wider, long-term issues of inadequate maternity care, unstable families and lack of opportunity, the whole situation is greatly exacerbated by poverty and results in undernourished mothers unable to feed their babies.



Formula milk now costs over **£11** for an 800g tin and with an average monthly income for a rural worker of **£50 - 60**, feeding the baby alone can account for around a third of the monthly wage. And a single mum with no regular job doesn't even have that 'luxury'. Unlike the UK, there is no benefit system in Cambodia, so assistance from Non-Government Organisations [NGOs] is often the last resort. This is where **Support Cambodia**, through partners such as **Betty** [Siem Reap] and **Sister Vangie** [Pailin] come in. The long-term answer is, of course, an improvement in living and working conditions for the poorest families, but that takes time and is mostly outside the remit of NGOs like **Support Cambodia**. But babies need food NOW, so in this situation, "a helping hand" is not enough - a handout is needed and this is one of the reasons we have a **Nutrition Fund**.

*IF YOU'D LIKE TO HELP, read on...*

## **The Support Cambodia Coffee Morning...**

**is next week!... on or around Friday 18th November [or even in December!]**



UK Registered Charity No. 1160483 **SUPPORT CAMBODIA** Helping Communities in NW Cambodia  
NO COSTS TAKEN FROM CHARITABLE DONATIONS

## **SUPPORT CAMBODIA**

invite you to host a

# Coffee and Cake Morning



for a small number of friends/neighbours  
on or around

## Friday November 18<sup>th</sup>

[choose your own day & time]

All money raised will help to provide Formula Milk for babies under 12 months old in rural Cambodia.



### Coffee Morning Packs

[with poster, invitations, collecting box, **SUPPORT CAMBODIA** information and lots of ideas] **are available [FREE] to help you host an enjoyable event.**

**TO OBTAIN YOUR PACK OR FOR MORE INFORMATION**

**PHONE: Katie on 01263 577784**

**EMAIL: [katie@supportcambodia.org.uk](mailto:katie@supportcambodia.org.uk) or [www.supportcambodia.org.uk](http://www.supportcambodia.org.uk)**

This event has been kindly sponsored by

**Cafe Converso [Norwich]**

SPANISH TUITION AND CONVERSATION.....

.....ONLINE OR FACE TO FACE



But it's not too late to get involved. The idea is to invite a few friends or neighbours for coffee/tea, cake and a chat...and **'Support Cambodia'** at the same time.

To help you do this, there are free **Coffee Morning Packs** available and all money raised for our **Nutrition Fund** [specifically for Formula Milk] will be gratefully received.

This event is sponsored by 'CafeConverso[Norwich]'.  
[cafeconverso17@gmail.com](mailto:cafeconverso17@gmail.com)

## **News from Cambodia**

Selection of the first students to benefit from the **Bob Maidment Vocational Training Fund** has begun and will be completed by 15th December. The process involves reports from the students' teachers, family visits, interviews and recommendations from



mentors including **Father Carlos** and **Sister Vangie** and the students' final exam results. This is all due to be completed in time for the successful candidates to start their courses in January 2023 - we hope to be able to introduce them to you before then.

This is a new project and understandably will take time to get going, so please be patient, especially if you're one of those who has already generously donated specifically to this Fund. As we said in the last issue of Mango News, this is an ongoing project in Bob's memory and we need to ensure funding continues year-on-year so donations are always appreciated. Please reference such donations "**Training Fund**".

*Details of the scheme may be found in the Summer issue of Mango News [sent to you July 27th] and are also available at [www.supportcambodia.org.uk/NEWS](http://www.supportcambodia.org.uk/NEWS).*

**The Sewing Centre in Pailin** is moving forward. Despite several breaks due to the illness of the professional Sewing Trainer and heavy rain closing the Centre for a week, the first intake of trainees are now confident in their ability to produce shirts and blouses in bulk and are having extra tuition from the local tailoring shop in **Pailin City** to get up to speed on trousers. In the picture is **Cheom Net**, 40 years old and married with 4 children. She is doing the training course so she can set up her own business, support the family income and send her children to school.



**Sister Vangie** is, rightly, insisting on these first trainees taking the time to achieve a very high standard of skill across all the clothing lines, so that the Centre builds a reputation for excellence and quality. The process of making the Centre self-sufficient within three years has begun with some items being sold locally. As with the Vocational Training, this is an ongoing project which will grow at its own pace - so we will all have to be patient!



But there's been a slight change in the other **Dressmaking Project in Siem Reap**. In the **September Update** it was announced that **Betty Millena** was also starting dressmaking classes with some of the women who attend her education group at **Piak Snaeng** and that **Support Cambodia** would be funding this. For various practical reasons [not least the collapse of the £ against the \$] the classes are being funded by another source and the plan now is that **Support Cambodia** will help to fund the next stage of Betty's scheme: helping the women to make commercial use of their sewing skills to earn money. Details of this are under discussion - we'll keep you informed.

*To contribute to either of these Sewing Projects, please reference your donation "Sewing".*

## Other News

### Trustee Visit to Cambodia 2023:

**Katie Maidment** [Chair] and **David Patrick** [Treasurer] will visit Cambodia from 25th January - 6th February to check on as many of the charity's projects as possible. The trip is not paid for from charity funds.

This will be our first visit since 2020, so it will be great to reconnect with our partners on the ground and bring you first-hand reports.

We will be based in Battambang, Pailin and Siem Reap and hope to bring you a daily blog and photos on Facebook.

**A Reminder** that our Facebook page is live streamed to our website so everyone can read it, even if you don't 'do' Facebook.

<https://www.facebook.com/supportcambodiaorguk/>

<https://www.supportcambodia.org.uk>

### Mango News:

It has been decided to reduce Mango News to **three issues** a year: Spring [March], Summer [July] and Autumn/Winter [November] with three Updates [January, May & September] and occasional 'Extras' in between if needed.

Join our Mail List to receive all of these direct to your Inbox [paper copies available on request].

### Annual Appeal:

There will be no annual appeal this year.

## From the Trustees - Reminders

### Standing Orders & Gift Aid:

Sincere thanks to everyone who contributes via Standing Order and to all those who have registered for Gift Aid. Both of these help the charity enormously.

Find out more about how to donate [HERE](#)

### Our Restricted Funds:

A reminder that in addition to General Fund, **Support Cambodia**

has five ring-fenced funds - Water, Education, Nutrition, the Sewing Projects and Bob Maidment Vocational Training. Donations may be made to any of the funds. If nothing is specified, the money is allocated to General Fund or at the discretion of the Treasurer.

### Referencing Donations:

it would be most helpful if donations, whether by cheque, BACS or JustGiving, could be referenced so we know where to allocate the money. Thank you.

### Donation Reminders:

Following the closure of the Coin Jar Scheme in December 2021, a number of people made a commitment to an annual donation, many of them around this time. Given the current economic situation, you may wish to change this but please get in touch to let us know so we can update our information. Thank you.

### Easyfundraising:

The 'shopping season' is upon us and many of you will be making your purchases online. Please consider signing up to Easyfundraising which will give **Support Cambodia** a donation for every purchase you make *at no additional cost to you*. If you're unsure as to how to sign up or want to know more, please get in touch with us and we'll talk you through it. Thank you to those of you who regularly shop this way - every little helps and it's much appreciated.

Join Shop Raise

Collect FREE funds for us any time you shop with

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Sign up now

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## Our Sponsors

As you will be aware, the charity's running costs are largely covered by our Administration Sponsors in return for advertising, thus allowing all charitable donations to go directly to the projects. In the September Update, we expressed our thanks to our outgoing Sponsors including **S&M Supplies [Aylsham] Ltd**. After we went to print, however, S&M very generously offered to renew for a further year for which the Trustees are enormously grateful.

A warm welcome to our two new Sponsors for 2022/23, **Ace of Spades Gardens [based in Marsham]** and **JLH Autos [Aylsham]** who join **The Bottle & Jar Company [Sussex]**, **Peggy Little's Products**, **S&M Supplies** and **4u2SEW [formerly Tuliptree Fabrics]**.

Thank you to all of them for "Supporting Cambodia" - please support them where you can.

*We are always keen to attract new Sponsors. If your business would like to be involved, please [contact us](#) for details.*

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Become a Supporter

## “A Helping Hand, not a Hand-Out”

Noel Oliver S.J is a Jesuit brother from Pune in India. For nearly 60 years he has inspired communities in India, Cambodia, Afghanistan, Timor-Leste and Sri Lanka, passing on his diverse skills and vast experience in agriculture and engineering to empower disadvantaged people.



The **Support Cambodia** team were fortunate to meet Noel in Cambodia several years ago when he was, among many other achievements, pioneering the radical System of Rice Intensification method of rice farming – now widely used across North-West Cambodia. Noel is now back working in India and recently he recalled an incident from the 1980s which illustrates perfectly his life-long approach to helping the poor.

Noel has agreed to share this story:  
He writes:

*“In 1984 I got my first transfer to the Technical Institute in Shrirampur. It was situated in the rural area of our state and most of the students were from our various Mission Stations. The majority of them were from poor families. Since that Institute had only about 100 trainees then, of whom 27 were accommodated in our Hostel, I was also given the responsibility of looking after the students in the Hostel as well.*

*The students had to pay about 4\$ per month for training costs and about 8\$ per month for training costs and about 8\$ per month for*



their food and stay in our Hostel. In the Hostel they would receive freshly prepared breakfast, lunch and dinner. Many received some support by way of scholarships.

A few months after I came to the Institute I felt that I needed to ask the boys whether they were satisfied with their meals and the quantity being served. They were happy but would have liked a little more. So I made them give me a list of the quantity they would like. When I gave the list to the cook she just told me: "Brother, it is too much". I told her that the boys had asked for it but then, I also told the boys: "No wastage".



A few days later, I noticed some food being wasted. I got the cook to reduce the quantity a bit but I also called the boys and gave a first warning. Even that quantity seemed to have been too much as there was wastage again. Again, I reduced the quantity and gave a second warning to the boys. When it happened the third time I called the boys and told them that I had decided that we were going to return to the boys the money they were paying for their food. They would now have to go to the market and purchase whatever they needed and cook their own food. We got the cook employed with the Jesuit community.

"We do not know to cook" they said. "Then learn to cook" was my response. We did give them some financial support. There was no waste after that and the boys learned the value of food. Till today the boys cook their own food in that Institute."

People in need don't want charity, they want to be empowered to help themselves "A helping hand, not a hand-out" has long been **Support Cambodia's** principle - it's so encouraging to have it confirmed by someone of Noel's standing and experience.  
**Thank you Brother Noel!!**

For more about Brother Noel Oliver and his work, please read his latest newsletter at [www.supportcambodia.org.uk/NEWS](http://www.supportcambodia.org.uk/NEWS).

## Event News & Fundraising

### On or Around Friday 18th November - Support Cambodia Coffee Morning

See Above...

### Friday 26th November - Aylsham Christmas Lights Switch On

**Stall in the Town Hall** selling inexpensive gifts and crafts (5-8pm) AND the charity's **Cambodia-themed Christmas Tree** sponsored by **4u2Sew** at **St Michael's Parish Church. 5-8pm.**



### Saturday 3rd December - Cromer Christmas Event - Cambodian Craft Stall



Parish Hall. 10am start. This will be an 'end-of-line' of Cambodian crafts sale with most items at reduced prices..... so come along and get yourself a bargain!

**Proceeds from all these events to the Nutrition Fund.**

See our Facebook page/website nearer the time for further details.

**Planning Ahead for 2023...**

The Trustees are very keen to encourage **SUPPORTERS** to organise small events [like the Coffee Morning] in aid of the charity - not to raise large amounts of money but more to spread awareness of what we do. Please consider supporting us in this way... and get in touch if we can help.

**Save the Date...**

January 25th - February 6th : **Trustee Visit** to Cambodia

Saturdays 3rd June & 1st July: **Table Top Stalls** booked in Aylsham Market Place

**A Pub Quiz** and a **Support Cambodia Cook Book** are being planned - details to follow.

**Talks**

Knowledge and accurate information are key to providing effective help for those in need and we are **very keen to give talks** on any aspect of Cambodia - any-sized group and any venue [your own home, village hall, church centre etc]. Even if talks are not relevant to you, **we'd be grateful if you could publicise this offer among your friends and contacts.**

*If you would like to know more, please get in touch.*

**Support Cambodia Shop**

This summer, The **Support Cambodia Shop & Hutch** have raised a wonderful **£575** for the Sewing Centre. The Hutch is now closed until Easter but the **Christmas Shop** will open from **Monday 28th November until Christmas Eve** selling **Support Cambodia** preserves, homemade goodies and inexpensive gifts. **Shop open daily 10am - 3pm.**



**Items For Sale**



**For Sale - £15**

Edinburgh Crystal -  
Cut Glass Trifle Bowl  
(with box) diameter  
20 cm depth 8 cm



**For Sale - £15**

Dartington Glass -  
Footed Bowl (with  
box) diameter 24 cm  
height 13cm



**For Sale - £15**

Edinburgh Crystal -  
Cut Glass 2-piece  
Candle Lamp height  
18 cm

All three items are unwanted gifts and are in excellent condition. Delivery within 5 miles of Aylsham, Norfolk. Otherwise post and packing will be calculated and added to the cost.

*If you're interested in any of these beautiful items, please contact*

Fran Ludden on [fran.ludden@btinternet.com](mailto:fran.ludden@btinternet.com) or phone 07849 602227.

## Contact Us

# SUPPORT CAMBODIA

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Send a text to 07759982011

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