



Practical Help for Communities in North-West Cambodia

November 2015

MANGO NEWS

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BIKES=EDUCATION=FUTURE! RESULT! Thanks to an amazing response from the people of Aylsham on Bike Race Saturday, **Form 10WH at Cheltenham's All Saints Academy** and several generous individual donors, Support Cambodia were able to provide the young people of **Ta Pung Village** with their 'wheels' in record time. We hope to meet the bikes and their owners in January.



An equally successful Collection Day at **Morrison's Cromer Store** raised **£262.93** to plant **coconut and dragon fruit trees** on a sustainable farm at Svay Sisophon. This will eventually benefit the whole local community by providing food, cash crop and employment. Thank you, Morrisons, for the invitation.



Still in Sisophon, another very generous private donation has enabled the building of a **Volunteer Office** at the **De Nobili Church Centre** to facilitate the enormous amount of pastoral and social outreach work that benefits the whole community there.



The final project for 2015 has been the funding of **school uniform for 135 children at KCN, Kompong Luong and Chnok Tru** on the Tonle Sap Lake. An excellent concert in September, given by piano and flute students of **David Shippey and Linda Roy**, raised almost half the money needed and a very successful 'Race Night' in November provided the rest. In fact, so successful that there is a surplus! which will be put towards a water project in 2016 - details in the next issue. A terrific effort from everyone. Special

mention for the "Cromer Crowd" for their continuing support for the charity.

FROM THE TRUSTEES The Trustees will meet on December 3rd and in the meantime wish to say a heartfelt **"OKOON CHAREN"** to everyone who has helped us make this, our first year as a registered charity, so succesful. We really couldn't have done it without you!

GIFT AID: Gift-aided donations [UK Taxpayers only] bring in an extra 25% at no cost to the donor and helps the charity enormously. PLEASE.....if you are not already registered for **Gift Aid with Support Cambodia** please ask for a form. It's a 'one-off' registration so anything you give will automatically be Gift-Aided. Thanks.

Lay missionary RODRIGO SANCHEZ writes about his life in Cambodia [edited]

“We live in Pailin, 25 minutes from the Thai border and form a community with the Marist Brothers; Francis [Ghana], Gilbert [Ghana]. Iggie [Korea] and Tim [New Zealand] which means we meet with them to pray, to eat, to organize activities and share what is happening to us.

My wife, Estela, works as a doctor in the morning in 3 different locations. Health services and education are terrible here. Many doctors buy their titles and aim to extort money from the people; they don't really know what to do with the sick. Estela provides medical care, medicines and financial support in cases requiring further studies or interventions. Also we try to do a workshop a month to educate people in health care.



I teach English: to students, young and old, soldiers, police, and teachers. Given the very low quality of education, the challenge is to work a bit for both teachers and students to improve their practice and have more opportunities.

Our son Joshua [5] attends the local kindergarten and plays happily with Cambodian friends. Lucia [11 months] is cared for by a woman named Oum. They love each other so much, I think when it is time to return to Mexico, Lucia will want to stay with her!

On Saturday morning we have community meeting with the Brothers and in the afternoon we hold a moment of prayer and reflection with young and adult Catholics. On Sunday afternoon there is Mass and then dinner with all the children, youth and adults.

Our work is voluntary. We receive no salary but the Marists pay our board and lodging. So, you see, very ordinary.”

SUPPORT CAMBODIA ANNUAL APPEAL 2015 funds vitamins, medical equipment and basic necessities [eg: stationery & toiletries] to be distributed to the poorest families during our visit. The Appeal runs until **DECEMBER 13th**. Contributions [cash or cheque to "Support Cambodia"] to **Bob Maidment at the address on page 4**.

UNWANTED MEDICAL SUPPLIES [bandages, plasters, dressings, oxygen masks, scissors, needles, urology items and diabetic equipment but **NO MEDICATIONS**] are all needed at the Battambang Clinic. Ask at your local surgery or nursing home or check the bathroom cupboard/First Aid boxes at work. Out of date is fine.... as long as the packaging is intact. **Details: Carol Shippey on 01603 872901**

And while we're asking for help....**WE NEED MORE "SUPPORTERS"** especially people to *bake cakes and help out at events*. Many of you do this already [for which we're very grateful] so please consider filling out a blue **"SUPPORTERS"** form which will help us to know who we can call on. The more **SUPPORTERS** we have, the less often we'll need to call on you! **Contact Katie [see page 4] for a blue form.**

PILLOWCASE DRESSES/SHORTS Thanks so much to the wonderful ladies who have produced between them **over 40 dresses and 24 pairs of shorts**, all very individual, all made with love and care and most of which are now on their way to Cambodia for distribution in January. Lots of Cambodian girls [and boys] are in for a treat!



As far as Cambodia is concerned, we've called a halt to production until after our January visit though if people wish to continue making them, other [mainly African] charities could benefit. Patterns and instructions still available from: **Clare Tuck on 01603 736751**

left Packing dresses and shorts for Cambodia



INFORMATION & CONTACTS

DIARY DATES

27th Nov - 1st Dec: Support Cambodia tree & stall @ the Christmas Tree Festival: Aylsham Parish Church.

Saturday 28th November: Support Cambodia stall at North Walsham Christmas Fair 3 – 6pm.

Mulled wine, mince pies, crafts, gifts

Saturday 5th December: Support Cambodia stall @ Cromer Parish Church Christmas Fair

Cambodian crafts, gifts, jams & preserves.

Friday 8th January: Simple Camboda-style Mass 9.30am @ St John of the Cross Catholic Church.

Anyone free at that time is invited to wish the group leaving for Cambodia on 11th January 'God speed' and ask a blessing on the trip. Followed by tea and homemade cake.

Saturday 5th March: Soups, Slides & Crafts event @ Sacred Heart Hall, North Walsham 12 – 1.30pm

First opportunity to hear/see news and pictures from our Cambodia trip. Tickets on sale: 14th February

Thursday 28th April: Cambodia Evening @ St. Walstan's Catholic Church, Costessey. Details TBA

Saturday May 14th: Support Cambodia Plant Sale @ North Walsham. *If you grow plants, please consider providing some for this event, one of our big fundraisers for the year. Contact Adrian on 01263 722615*

July 16th & September 3rd: Table Top Sales at Aylsham

TALKS

Would you like to know more about Cambodia? We can offer illustrated talks on any aspect of **Support Cambodia's** work, the Catholic Church in Cambodia or just Cambodia in general. We can tailor the talk 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. *Contact us if you're interested [see below]*

MAIL LIST

In the interests of economy and the environment, we prefer to send Mango News by email [and you get to read it in colour!!]

If you would like to receive Mango News and other updates by email and *have not yet registered your e-address*, please email Katie at katbob@live.co.uk. Mango News is available online at:

www.sacredheartnorthwalsham.com

If you do not have email and would like to receive Mango News, updates and information, please phone us with your name and address.

THE WEBSITE Apologies that our website www.supportcambodia.org.uk is still not live! The original plan for the site has not proved entirely satisfactory so we are looking for another way. If anyone has expertise in web-building we'd love to hear from you. In the meantime keep up to date with.....

The official SUPPORT CAMBODIA FACEBOOK PAGE

All charity news and updates appear on this page so please *'like' and 'share' with your Facebook friends* so as many people as possible are aware of the charity and have the opportunity to get involved.

CONTACT US

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Facebook: Support Cambodia **phone:** 01263 577784 **text:** 07759982011

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NEXT EDITION: March 2016

Contributions to the Editor [Katie Maidment] by **February 28th** please
