



Our mission... to restore Hope, Dignity and Promise to these once proud and prosperous people

Newsletter

November 2012

Thank you Sponsors



The Helen Bonner Clinic is generously supported by a number of invaluable sponsors. People who volunteer their time, their finances and those who send

packages of essential items which are otherwise unobtainable here in Siem Reap. Without these people it would not be possible for us to continue caring for the people of Siem Reap and seeing their health and future improve.

A few weeks ago we received an email from a supporter who asked what they could do to help before they landed on the ground at New Hope. We sent them a copy of our clinic "wish list" and they promptly responded by sending a massive box of 150 dressing packs to us. It was just like Christmas in the clinic as we had been struggling without dressing packs and to receive so many at once was incredible.

We also receive regular donations from Di, a nurse in Queensland whose second home is New Hope. She emails me nearly every week to check what dressings or supplies we need and then she sends them over. Without the special dressings that she sends for us to use on burns and large wounds, the patients would be suffering with these injuries for longer and their outcomes would not be as great.

There are many other supporters who send an array of items for us and supplies which are vital to the work we do, so on behalf of the patients who are treated in the clinic and all the clinic staff, we would like to say thank you to all of you for improving our work and our lives – Thank you.

Sacrificing his locks for New Hope



On 21st September 2012 Sakai Naismith who was then SE Asia Operations Manager for GAdventures made one of the most courageous sacrifices in his life to date - he cut off his beloved dreadlocks and ponytail all in the name of raising money for New Hope Cambodia.

Sakai introduced GAdventures, a Canadian based tour company to New Hope, which resulted in the establishment of our amazing Training Restaurant. GAdventures and Sakai continue to provide invaluable support to NHC.

Sakai set up a Gofundraise website before the big event and raised an amazing \$2,600 for his efforts. Of the funds raised, \$900 has been allocated with Sakai's blessing to fund five additional trainees in the restaurant for a period of 6 months where they will receive either Front of House or Kitchen training and we plan to place these trainees at the end of their tenure with a position at a local hotel or restaurant.

We thank Sakai sincerely for both his personal sacrifice and fundraising efforts.

Introducing Jane and Thomas



By Jane Crowder

I am a registered nurse from Australia and am volunteering at New Hope with my 15 year old son Thomas for six months.

On many levels I feel very lucky to be here having this most amazing experience, the volunteering in particular has been extremely rewarding. I am fortunate to have had the opportunity to work in three different departments at New Hope: the school, outreach and medical clinic all of which I have found really enjoyable.

In the school the kids are all beautiful, very eager to learn and bursting with enthusiasm. In outreach it has been interesting to see the beginning and ongoing process of the sponsorship program, meeting the families and hearing their very sad stories. My highlight in the clinic would be having the opportunity to visit people in their homes which was a very humbling experience.

Tom is in full time school here at 'International School Siem Reap'. With a total of 12 kids in the senior school and only five in his class, it has been a very different schooling experience but he has enthusiastically embraced the change. After school, he also volunteers at New Hope three afternoons a week. He has really enjoyed helping out in the classroom and has particularly enjoyed the Saturday morning staff v volunteer soccer matches which are lots of fun!

But it would be the people that we've met whilst at New Hope that have made our stay here so special. The staff are all amazing, extremely friendly and have made us feel very welcome but it would be their determination that I admire the most. We have also met lots of other very interesting volunteers from different parts of the world and walks of life.

It's going to be very hard to leave at the end of January. I would love to be able to stay for longer... we are already planning our next trip back.

The story of baby Pheatirith



At the end of July we had a three month old baby brought into the clinic with his very unwell mother. His mum, On, was so sick she could barely sit up. She had a

terribly high fever and her blood pressure was also dangerously abnormal. We immediately treated her in the clinic with intravenous antibiotics and medicine to bring her fever down. As she was so sick, we kept her with us during the lunch break and she slept and ate a small lunch but her baby boy just cried. Little Pheatirith wasn't being breast fed as his mum wasn't able and due to their extreme poverty, On was only able to feed him water with rice noodles in it. Pheatirith was underweight and had chronic diarrhoea.

We cleaned Pheatirith, dressed him in new clothes, sterilised his bottle and bought some formula to feed him. He drank the entire bottle in a matter of minutes and then slept. It was the first time he had stopped crying since they had come into the clinic that morning.

Although the day started in quite a rough way for this young mum and her baby, it turned out to be a very lucky day for them. There were some lovely ladies from Australia visiting New Hope and they happened to come into the clinic while On and Pheatirith were with us. They were so saddened by this small baby and his mother that they immediately decided to sponsor and support them.

On and Pheatirith are now living in the New Hope Halfway house and both of them have put on weight and regained their health. Pheatirith did have to spend some time in the Angkor Hospital for Children when his diarrhoea would not settle but he is now a fit, healthy and extremely adorable little fellow. He has certainly taken to his formula feeding which the clinic supplies for him.

On and Pheatirith come into the clinic every few days just to say hello and have a cuddle. Their story is one to warm the heart and give hope for the future for the people of our village.

Bo Vy's story



Jiu Ruan was born in Phrek Sro Mouch village on the shores of Tonle Sap Lake in Siem Reap province. Her parents were rice farmers who died from illness many years ago. Ruan had three sisters and three brothers. The children never had a chance to go to school. The family was very poor so they were sent to work as soon as they were old enough. Life was very hard however when Pol Pot came into power it became even harder.

Ruan and her siblings were sent to work in the brutal labour camps where many died from the combined effects of forced labour, malnutrition, poor medical care and executions. Ruan's two brothers were shot and killed by Khmer Rouge soldiers. After Pol Pot was deposed life did not improve very much as fighting between government forces and the Khmer Rouge soldiers continued for many years. Food and work were scarce and education was out of reach for the poor.

It was during this time that Ruan met her husband, Bai Bo. Bo worked as a fisherman and rice worker and together they had five children. Although one son and one daughter are relatively healthy, the other children all suffer from severe mental impairments requiring a great deal of extra care. Despite Ruan and Bo working very hard to feed their needy family there was never enough to eat. As a result Bo would eat very little, giving his share of food to the children. This dedicated father eventually succumbed to a starvation related illness.

In time, their son Bo Vy married. Thankfully Vy and his wife have two healthy children. Their daughter Bo Punh, who suffers a mental impairment, married and presently has three sons. Punh's oldest two children also have intellectual disabilities, as yet they are unsure about the nine month old baby. To make matters worse, Punh's husband has recently left her, placing an added burden on Vy. At least Punh's impairment is not so severe that she cannot work a little. She receives no help from her husband.

About one month ago Vy decided to move the family to Siem Reap city in the hope that he and Punh could find employment as cement workers. Thankfully a kind workmate offered them a small hut inn which to live. The tiny hut has a tin roof but has only three walls made of plastic bags. There is no toilet but at least they have some shelter.

The concern is that Vy's friend doesn't own the land or the hut. The friend has an agreement with the landowner to live rent free in return for caring for the land but now that pact has been broken. As the owners don't live locally it is hoped they will not find out another family has moved onto their land.

Despite living in Siem Reap city Vy continues to have great difficulty feeding the family. There is very little work during the rainy season so Vy does whatever he can to earn an income. The family's dedicated and loving grandmother, Ruan, is now 64 years old and unable to work. Recently weighed at the New Hope Medical Clinic it was found she weighs a mere 28 kilograms. Ruan told workers she has no trouble eating but she is adamant that the children must be fed first. Surprisingly apart from the mental health issues, the family's general wellbeing is reasonable. Hunger is their main concern. There is no hope of any form of education as there is no special needs schools available.

This family now has hope. New Hope Cambodia has found a sponsor who has very generously offered to provide ongoing sponsorship so we may support the family with food and also a little bit of money to ensure the family does not go hungry even when Vy can not find work.

The family has now been provided four blankets, two mosquito nets, two mats, a tarpaulin, rice and a bicycle to ride to work. Previously 11 family members shared one small mat and one mosquito net. The family did not own a blanket.

There are many families in desperate need for sponsorship. If you would like to become a sponsor please visit our Families in Need page on the website or email outreach@newhopecambodia.com.

To Support our Crisis Care Club go to the website:

www.newhopecambodia.com/crisis_care_club.pp

If you would like more information please contact outreach@newhopecambodia.com

Dara's Story

By Arlene Gormley



At the end of March 2011 I met a little boy and his blind father walking along 'Pub Street' in the baking heat begging for money. There are lots of

street kids in Siem Reap and generally they seem boisterous, despite their poverty and hunger. But this small boy was crying and it was the first time I had ever seen a child cry in Cambodia. I asked a waitress at the cafe I was eating at if she could translate for us. I asked him why he was crying and he said it was because he was thirsty, hungry, hot and tired. I knew that our organisation could help them so I asked them to come into New Hope so that we could do their 'family profile' and make a plan for them, if possible.

NHC is happy to report that Dara is still attending school and his father got remarried so now he has a mum, who he loves very much and she grows vegetables out the front of the house and mends his clothes etc.

Dara can read and write just as well as other children his age who have been in school much longer than him thanks to Jody and Pearom who tutor him every day!

He still makes bracelets, but now the priority is on his education.

Since meeting him in March 2011 he has grown so much and is now the picture of health!

Outreach Stats for August to October

Bicycles	24
Mosquito nets	71
Blankets	18
Mats	22
Tarps	2
Houses repaired	13
Houses purchased	2
Bicycles repaired	11
Rice	1165 kg
Updates forwarded	105
New Profiles	18
Funerals	2

Volunteering and meeting my sponsor family



By Sharee Cock

I visited Thailand, Cambodia and Vietnam in 2009 and fell in love with Cambodia. Over the next two years I researched NGO's in the country and in 2011 I returned with my mother and together we volunteered with New Hope Cambodia for one week.

During this period I volunteered in the school and my mother being a nurse volunteered in the medical clinic. Before we left we decided to sponsor a family and were fortunate enough to be able to visit our family at their home. It was one of the most rewarding and humbling experiences of my life and I knew that I would be back.

Since then I have been fundraising and planning my return trip. In October 2012 my mother, a friend and I returned to Cambodia to volunteer for three weeks again with New Hope. This time as well as helping out in the school I also had the opportunity to work with the outreach and public relations departments which I really enjoyed. Working with outreach gave me the opportunity to participate in village visits and assessments while working in the public relations department allowed me to develop the newsletter and learn about individuals and families stories.

We were also fortunate enough to be able to catch up with our sponsor family again. This time they came into New Hope Training Restaurant and had lunch with us. It was fantastic to catch up with them and after lunch we handed out gifts and went back with them to their home.

Volunteering with New Hope Cambodia and working with these humble and gentle people has had an enormous impact on me; so much so that I am now studying a degree in Community Development and plan to return at least every 12 months to visit everyone!

NHC Monthly Blood Drive a dual purpose initiative



The New Hope Cambodia (NHC) Medical Clinic has initiated a monthly blood drive to support the Angkor Hospital for Children (AHC). Based in Siem Reap, AHC's mission is to "provide free pediatric healthcare to the children affected by both poverty

and disease in Siem Reap Province and Northern Cambodia and to strengthen Cambodia's health infrastructure through training of doctors, nurses and other health professionals as well as rural government health workers and communities"

(www.angkorhospital.org). Like most hospitals throughout the world, AHC struggles to maintain an adequate supply of blood.

"I am told the AHC on average receives 100 donations a month. This equates to only 35 litres of blood. However, all donated blood obviously undergoes a rigorous screening process, so of this 35 litres not all of it will necessarily be available for use," said NHC Medical Clinic Coordinator Jody Bonar.

"Six Medical Clinic staff and volunteers attended our first blood drive in October increasing the hospital's donated blood bank by six per cent. "

"Even if we can get just a few volunteers and staff involved in this program each month we know the benefits will be substantial to the Siem Reap community. AHC treats over 3 000 high level care patients a year. We hope to promote the invaluable work of the hospital and increase their donated blood bank supply. NHC depends upon the hospital's pediatric services to help care for the children in our community so we also hope this program will increase our professional relationship with AHC."

The NHC Blood Drive serves a dual purpose by educating people on the vital role of blood donation in health care. Through this initiative it is hoped NHC will create an awareness among the staff and volunteers and through them the wider Siem Reap community of the importance of blood donations.



Health guidelines restrict individuals to donating a maximum of three or four times a year (depending on the donor's sex). However the NHC Blood Drive will operate monthly, enabling and encouraging the participation of various staff and volunteers.

"Within days of the first blood drive we knew the program would be successful on all fronts. Khmer staff from all departments are already registering for November's drive since speaking with the Khmer Clinic staff about their experience," said Jody.

"I am so proud of the clinic staff for embracing this program and leading the way for Khmers in modern medical care and health education. Donating blood is not a practice promoted within Cambodia. Now clinic staff are educating their colleagues on the importance of blood donation, discussing how easy it is to do and the lives that can be saved."

Oun Nemoll was one of three Khmer Medical Clinic staff to take part in the first blood drive.

"When you walk through the hospital to the pathology department, you pass rooms crammed with very sick children. You see their tears and hear their cries. Though that breaks your heart, you know what you are about to do might just save one of their lives," said Nemoll.

"Most Khmer are not aware blood donation is something we can do. I hope by sharing my experience with my colleagues and friends that I can encourage more of my people to donate blood. Most donations at AHC come from foreigners so I want to help change that."

A Purrr-fect addition to the NHC family!



Many of our volunteers would know of Annie, our adopted stray cat who was given refuge by our long term volunteer and Medical Clinic Coordinator, Jody Bonar. Annie often strolls up to the children and staff purring gently and demanding affection and has become over the months a permanent addition to the New Hope Cambodia family. Annie had been growing a little fat lately and we all began to wonder if we would soon be blessed with kittens. Blessed we were on Wednesday 24 October with the safe arrival of Pepper and Tumeric! We are yet to determine who is prouder though, Mum Annie or Mum Jody!

“One man’s trash is another man’s treasure”



Raffles Grand Hotel D’Angkor generously donated several tonnes of broken equipment to New Hope Cambodia in October.

Staff tirelessly sorted through the used goods to retrieve any salvageable items.

“We found many items that can be fixed. Once we have repaired these we will give some of the equipment to the people in Mondul Bai and keep some for use at New Hope,” said Managing Director Sot Kemsour.

Metals, plastics and broken items were taken to the recyclable goods buyer and sold for \$973.13

“It is wonderful to receive support from the businesses in our local community. We are very gracious to Raffles for their donation,” said Managing Director Sot Kemsour.

Contact Us

Sot Kemsour — Managing Director
(kemsour@newhopecambodia.com)

Ron Carter — Public Relations Officer
(publicrelations@newhopecambodia.com)

Roden Peng — Education Coordinator
(education@newhopecambodia.com)

Jody Bonar — Medical Coordinator
(medical@newhopecambodia.com)

Cheryl Elliott — Outreach Coordinator
(outreach@newhopecambodia.com)

Mark Addington — Volunteer Coordinator
(voluntourism@newhopecambodia.com)

New Hope Cambodia
Mondul 3 Village Slokram
Commune Siem Reap
Kingdom of Cambodia
info@newhopecambodia.com

New Hope monthly soccer match Saturday 3 November 2012 Volunteers 4 df Khmer staff 3

