Helping Hands Annual Report 2018
Dear supporters,

2018 was full of big changes and exciting developments at Helping Hands! We’re very excited to report that we now have electricity on-site at our school! Not only does this mean we have sockets in every classroom to run laptops and fans, but it meant we were able to install an electric water pump and now have a fully functioning water system. No more tireless hours hand-pumping water and carrying buckets around the site, instead we have clean drinking water at just the turn of a tap! This is a welcome relief to both students and staff and has made a significant difference to the daily running of the school.

We’re also happy to announce that in line with the new school year, December brought a new curriculum and timetable, incorporating more teaching hours and a wider variety of subjects. We’ve seen some great examples of individual development and empowerment throughout the year. There’s been success stories within our own Staff, with a couple of promotions, as well as from past students who’ve completed their further studies and are now in employment and are financially supporting themselves and their families.

Alongside the many successes we’ve had this year, we have also had some challenges. We sadly said goodbye to two key members of the team, Project Coordinator Nang, and Programme and Communications Manager, Sita. The completion of our electricity and clean water projects, as well as our new timetable have brought additional running costs, which is putting a strain on our annual budget. Looking to the year ahead, we continue to focus on providing the best possible education and level of care to our students. We also require 3 new tables for our outside classroom, and are looking to insulate our classroom roofs to add some sound proofing ready for the rainy season.

To ensure we can deliver these improvements to our Programme, we are looking to secure more sustainable funding. We are working on partnering with some local Businesses and Social Enterprises to support this goal, but we do still need your support. We are very grateful for any and all donations and hope you will continue to support us through this next year.

Thank you, from the bottom of our hearts.

Sopheap, Jess, and everyone at Helping Hands.
Helping Hands was founded by Australian photographer Deborah Groves in 2005 following a request from the community to offer health care and education in their village. With the help of 90 villagers, the school was built in 2006 and steadily grew to offer breakfasts and health and social care. In April 2013, Helping Hands handed over its management to UK registered charity Globalteer (charity no. 1119706), and has grown sustainably to the holistic, community-led education and development work that we deliver to this day.

Helping Hands operates a school in the rural village of Prasat Char, about 25km from Siem Reap Town, Cambodia. We provide an on-site supplementary Education Programme to 300 children between the ages of 4 and 20. We teach the local language (Khmer), English, Maths, Sports, Arts and Crafts and Health and Hygiene. We also run a Food and Farming Programme in which we provide daily, nutritious breakfasts made with organic vegetables grown on-site at the school. We provide health and social care to our students, and also have a University Scholarship Programme to encourage our students to pursue further education, and follow their dreams.

Helping Hands is more than just about teaching the children English or Khmer, we strive to build up the pride and dignity of individuals, families and the village community as a whole.

Aims & Objectives

Our aim is to provide a locally staffed project where the village children can receive free supplementary education. Here they can learn new skills that will lead to opportunities for a self-reliant and sustainable future, breaking the cycle of poverty. Through providing education and life skills we help the community to help themselves.

Education:
We teach up to 300 students between the ages of 4 and 20 years old, from 7:30a.m. to 5 p.m. Monday to Friday. Our students receive lessons in Khmer Literacy, Numeracy, English Language, Creative Arts, Sports, Health & Hygiene and Life Skills.

Scholarships
We provide Scholarships for University and Vocational Training Courses to up to ten young adults from the village yearly. We support them with school fees, educational materials and emergency medical care, to encourage our students to continue their education, and pursue the career of their choice.

Health Care:
Nutritional Health
We provide a healthy and nutritious breakfast to around 100 students daily. The breakfast is prepared within the guidelines of the World Food Program and contains vegetables from our own onsite organic garden.

Medical Health and Hygiene
We teach weekly Health and Hygiene lessons, and practice hand-washing and tooth brushing daily on site. We provide first-aid treatment on site, and transport to the free children’s hospital in Siem Reap for students who require more urgent medical care. We also provide toothbrushes, toothpaste and dental treatment.

Social Work:
We build up and maintain trusting relationships with our students and their families, to help work through any issues such as low attendance, to ensure that students can keep attending both the Government School and Helping Hands.

Uniforms
We provide all students with a tailored school uniform at the start of the school year. This school uniform is essential for our students to attend their half day Government School. The uniforms are made and printed by a locally run organisation training disadvantaged young adults. We also provide the necessary Educational supplies such as pens, pencils and notebooks.
Helping Hands: Year in Numbers

**EDUCATION**

- 18 students graduated
- 31 new students enrolled
- 5 University Scholarships awarded

**BREAKFAST PROGRAMME**

- Over 650kg of organic vegetables grown on-site
- Over 1000kg of rice cooked
- 15,631 nutritious breakfasts served to our students

**HEALTH AND SOCIAL CARE**

- 276 new uniforms
- 300+ toothbrushes distributed
- 5 alumni trained in first-aid

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**Financial Report**

<table>
<thead>
<tr>
<th>Total Income</th>
<th>Total Expenditure</th>
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<td>$29,925</td>
<td>$28,119</td>
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**2018 EXPENDITURE**

- **Education**: 17%
- **Health and Nutrition**: 46%
- **Social Care**: 19%
- **Other: Buildings, Maintenance and Utilities**: 18%
Electricity and Running Water!

Our biggest achievement and step forward this last year, was of course, the installation of electricity and the completion of our clean water project. Volunteer Tom from the UK was a huge part of getting these projects off the ground. In June he got to work digging and laying the pipe work to our toilets and kitchen. It took a lot of sweat and hard work, but he did an incredible job!

The next phase was to run wires from the school to the nearest electricity pole in the village. With the help of some of the villagers we started work on this at the end of July. On 28th September, after a final push for funding, we finally had running water!

The addition of running water has significantly changed the daily workload and tasks of our gardeners. Watering now takes a fraction of the time it used to, allowing our gardeners to focus on growing more crops and maximising the land. Health and hygiene standards have also improved and clean drinking water is available at just the turn of a tap!

A huge thank you goes to all of our generous donors who contributed to our electricity and water projects, and a special thank you to volunteer Tom for getting the project off the ground. We’re also enormously grateful to all the villagers of Prasat Char for giving their time to help us along the way.

Curriculum and Timetable Developments

At Helping Hands we are constantly evaluating and developing our curriculum to ensure we are providing classes that are not only educational, but also fun and interactive for our students. This year has seen two moves forward in our bid to improve the education we’re providing.

In January, we added an extra hour of lessons for each student. We want to ensure that our curriculum supports our students studies at Government school, and from discussions with the Principal at the village Government school, it was decided that the extra classes would rotate between Khmer, Maths and Arts and Crafts. This was a great success with students (and teachers) enjoying the variety and increase in teacher time.

In December, when the new school year started, we launched our brand new timetable and curriculum, bringing additional subjects and increased student teacher time.

Sport, music, maths and reading are all now scheduled into the daily timetable, giving our students much more variety, as well as new opportunities to excel. The children have all quickly adapted to their new schedule and are enjoying their extra lessons, as well as, of course, the additional time they get to spend with their friends!

Highlights of 2018

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We held our first Temple Run back in August 2017, and our students loved it so much we brought it back in August of 2018. For the Temple Run, our students are split into teams and run a relay race around the beautiful village and old temple in Prasat Char. The kids all had so much fun and are eager to make it an annual event!

This past year we've organised various events for our students, with the main goal being to have fun!

We ran our very first Football Tournament in March, with all our students competing across three different leagues to see which teams would come out on top! It was a great lesson in team work and sportsmanship, and a lot of fun too! We also raised enough money from sponsors to fit nets in our brand new goals!

In May we organised a very unique sports event, a Slow Bicycle Race! The aim was to cycle as slow as possible without any feet touching the ground (or falling off!), the last one to cross the finish line, won the race! It was a day full of fun, from hat making to water balloon throwing, and of course plenty of bicycle racing!

To recognise the hard work and commitment of some of our exceptional students, we have started monthly school trips to the town of Siem Reap. It’s a day of firsts, as for these children, Siem Reap is somewhere they’ve not visited before, and taking an escalator is a big excitement for them.

The trip includes a tour around an arts and crafts workshop, a visit to a bookstore and some pizza – another first for the students!

These trips are all possible thanks to the generosity of donor Brenda, and her family, who after a visit to Helping Hands were keen to provide our students with new experiences. These trips build their knowledge, and open their eyes to some of the options and possibilities for future careers and jobs. We are immensely grateful to Brenda and her family for their support!

Helping Hands Fun Days And Events!

Creative Writing Workshop

In March of this year, 11 students from our Elementary class, took part in a Writing Through Workshop.

The 6 day workshop worked to enhance conceptual and critical thinking, self-confidence, and English Language fluency. The students wrote poems and short stories, both individually and as a group, before proudly presenting their work to friends and family.

Monthly Field Trips

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In January, we sadly said goodbye to Project Coordinator Nang. Although he is very missed, his departure made it possible to promote someone else into his role; someone who was more than ready for this amazing opportunity - our very own English Teacher Sopheap!

Sopheap, born and raised in the village, started out as Helping Hands’ very first young English teacher with little experience but big determination and eagerness to learn. In the 10 years that followed, Sopheap grew into a phenomenal teacher and active community member. Sopheap is a born leader, empowering his own and the younger generation to improve their lives in the village.

His story is one of the most successful ones in the history of Helping Hands – and he is the perfect person to now finally fill the shoes of Project Co-ordinator, in managing Helping Hands, alongside our Globalteer management team.

Women’s Empowerment

Alongside Sopheap, Rhi, our gardener, has also been given a promotion. She has proudly taken on the very important responsibility of coordinating our breakfast programme.

Rhi, who when starting out at Helping Hands a few years ago, couldn’t read or write and still had lots to learn in farming, is now literate, and grows the most delicious veggies in the region (we believe!) – all because of her urge to learn, grow and develop! She has enthusiastically taken on all learning opportunities that Helping Hands could offer.

Teacher Yoeuy starts University

In May of this year, Teacher Yoeuy began studying for his TESOL at University in Siem Reap. Yoeuy has shown a great deal of commitment to his studies and to Helping Hands over the years, having started out as a student himself before returning to volunteer a couple of hours a day, and then successfully taking on the role of Basic English Teacher.

Helping Hands awarded Yoeuy with a Scholarship to support him through his studies, which will equip him with the knowledge and confidence to continue developing and pursuing his dream of teaching.

University Scholarship Programme: Supporting students through further education

University successes!

We’re very proud to announce that Scholarship student Lap graduated from his degree in nursing earlier this year. All his hard work paid off, and he is now a practicing nurse at a local hospital. Huge congratulations Lap!

On top of this we supported our first student through a Masters Degree. Lyheang had proved his commitment and dedication to developing himself and is currently studying for a Masters Degree in Accountancy, alongside working at the Angkor Hospital For Children in Siem Reap. We wish Lyheang the best of luck with the rest of his studies.
**Giving Back**

**to Helping Hands and the wider community**

We’re all so proud of our alumni Helping Hands student Lap, who was also one of our University Scholarship Students, and now has a Bachelors degree in Nursing, and works at a local hospital. An excellent example of hard work and dedication paying off.

Lap was so keen to give back to Helping Hands for giving him the opportunity to study and supporting him through his university studies that he came back to school to deliver first aid workshops to 5 of our other alumni who currently volunteer at Helping Hands.

Not only did this help our 5 alumni build up their skill set and confidence but we also now have 5 qualified students to help deliver first aid to our students and staff.

He’s set such a great example to our students, showing them how education and hard work really can change your life!

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**Alumni return to volunteer**

As mentioned, we currently have 5 alumni’s who give a couple of hours each day to volunteer at Helping Hands. Their tasks vary from managing the library and organising the office, to assisting teachers, and even shadowing our social worker.

The hands-on experience these volunteer students gain from working with us, will give them the opportunity to explore different working fields and will set them in good stead for securing a job in the future.

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**Prasat Char Villagers give a Helping Hand**

The generosity of the villagers of Prasat Char is often overwhelming. Despite having very little, many families have donated money towards our Fence Fund, to enable us prevent animals from getting at our crops. They are also very generous in giving their time and energy to help us! From building a tower to hold our water tank to helping with our electricity project, when we need a helping hand, in true community spirit the local villagers are always ready and willing to offer their assistance.

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**Community Clean Up**

In November, 20 of our students gave up their Sunday’s to participate in a clean up along the riverside in Siem Reap. Following 3 days of celebrations for the Water Festival, the river was lined with litter, but our students, along with hundreds of other volunteers worked hard to get it looking spick and span again!

We’re very proud of our students for giving their time to support their community. Such a great example to set!
Supporter Spotlight

We are incredibly grateful to have so many generous and committed supporters around the world. Their partnership is crucial to the on-going success of our work. There are too many wonderful people to mention but here is a snapshot of some of our supporters and the amazing work they have been doing.

Group Volunteering

Our annual group of students from Redlands University were busy bees during their two week stay with us in May. They assisted our teachers in English Classes, ran their own extra classes in everything from dance to biology, organised and donated prizes for our Slow Bicycle Race and even found time to paint the wall of our kitchen, adding a lovely splash of colour to the school yard!

Volunteers Katie and Tom from the UK, with our brand new taps!

Katie, a primary school teacher put together a workshop for our teachers to offer them some tips and advice on things she’d learned during her teacher training, whilst Tom put his practical skills to use by working with Sopheap to design our Clean Water Project. Tom then got stuck in to installing plumbing to our kitchen and bathrooms. Katie and Tom’s enthusiasm and genuine willingness to help in anyway possible was inspiring. A truly wonderful couple!

Brian and Aline: with their delicious lunch cooked by our students.

Two of Helping Hands earliest supporters continue to be key parts of the Helping Hands family. Brian and Aline, both bring financial and physical support to our school each year. We are always so excited to welcome them back to the school. Here they are in July, digging into a lunch made by one of our classes to say thank you.

They are both true Helping Hands Champions and we are eternally grateful for their generosity, passion, enthusiasm and support for what we do.

Family of four give a helping hand in more ways than one...

In December we had a lovely family of four volunteering with us for a couple of weeks. Each one brought their own skills and passions and they were all equally hard-working and keen to help! From reading in our library and practising conversational English, to assisting our teachers and working in the garden, they were all very busy!

The family also rallied support from friends, colleagues and their local community to collect mountains of stationery and books to donate to Helping Hands, along with monetary donations. Such a generous family, we’re so grateful to have their support.

Prem giving our garden a good water!

Reading, and conversational English practice.
Thank You Very Much

to all our donors and volunteers who’ve supported us this past year.

Thank you also to all of our anonymous donors - your support is enormously appreciated. All care is taken to ensure we name our donors, however please accept our sincerest apologies if we have neglected to credit anyone.
How you can help...

We have made some significant developments this last year and are all so proud of our achievements. These changes have however brought increased running costs with them and we not only wish to maintain our Programme but continuously look for ways to improve and expand. We therefore humbly request your support.

Volunteer: if you’re able to spare some time, why not volunteer in our English Classes, or give a helping hand to our Gardeners Rhi and Hann? Or if you have other specific skills, you could help with in areas such as maintenance or painting? Get in touch today to find out more!

Donate: You can help us by making a donation today. We welcome all donations, no matter the amount. We are particularly grateful for recurring donations, which really help us to ensure sustainability of our Programme, helping us to plan for the long term and allowing us to spend less time focusing on marketing and fundraising, instead focussing on providing the best possible education and care to our students:

Fundraise: You may not personally be able to financially support us, but everyone can give us a helping hand to fundraise, anything from organising a raffle draw to a car boot sale can raise valuable funds to support our day to day running. Get in touch today to let us know how we can support you with marketing materials, fundraising ideas or anything else.

Spread the word: Tell your friends, families and colleagues about who we are and what we do, perhaps tell them why you support us and what our project means to you.

Contact us

Visit our Website, follow our Social Media Pages or contact us today to find out more about Helping Hands and the ways you can help!

www.globalteer.org/helpinghands

Search Helping Hands Cambodia on Facebook and Instagram

Contact us on helping.hands@globalteer.org

Donate at

www.globalteer.org/helpinghands/donate

Helping Hands is a Cambodian registered NGO and is part of Globalteer, registered UK charity 1119706.