Dear supporters,

2019 was an exciting year of growth and development for Globalteer’s Cambodia Community Project. Helping Hands school saw a number of advancements, and the return of the Sports Programme not only brought big changes to school sports lessons, but has, and will continue to help our reach go beyond the school gates, to impact the wider community.

Having obtained electricity at the school in 2018, we were able to continue developing the facilities by adding fans in all the classrooms. This is a welcome relief from the blazing heat for students, staff and volunteers! With thanks to AmmanyA we purchased hard-wearing stone tables for the sheltered outside areas. These spaces provide additional teaching areas and offer room for training and workshops, as well as providing extra space for students to enjoy reading books, eat their breakfast and do their homework.

We’ve seen some wonderful examples of individual development and empowerment throughout the year. Our team has grown considerably, as we welcomed 7 new members of the local community to our team. This included one very familiar young lady; former student Dalie, who you can read more about later in our report.

Our increase in staff numbers not only means increased knowledge and experience to share with our students but has also meant our reach and impact within the community has grown exponentially. We nearly doubled our intake of new students at Helping Hands versus 2018, workshops with parents are taking place, and other schools from the Commune are being engaged in our Sports Programme.

As is typical, alongside the many successes we’ve had this year, we have also had some challenges, and deeply saddening times. Hann, our much-loved gardener and cook sadly passed away at the end of October. Having fallen ill with high blood pressure, the doctors were unable to help her, and we sadly lost this wonderful, hard-working and warm lady. Hann was an integral part of our team; caring for our garden, cooking delicious breakfasts for our students and preparing tasty meals for staff meetings. Always happy and willing to do anything asked of her, and always with a smile on her face. Hann is dearly missed by all of us.

Looking to the year ahead, we continue to focus on providing the best possible education and level of care to our students. We are also heavily focussed on increasing our reach to the wider community, hoping to give a helping hand to more and more people. To ensure we can deliver these improvements, we do still need your help. 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 the Globalteer Cambodia Community Project.
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.

The Helping Hands school operates 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, Music, Dance, 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.

In our efforts to reach a wider portion of the community, we offer workshops to parents and other adults in the local vicinity, and collaborate with neighbouring schools to offer Sports lessons and hold events. Our goal is more than just teaching 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 locally staffed projects where village children can receive free supplementary education. A place 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 communities to help themselves.

### Education:

We teach up to 300 students between the ages of 4 and 20 years old, from 7:30 a.m. to 5 p.m. Monday to Friday. Our students receive on-site lessons in Khmer Literacy, Numeracy, English Language, Creative Arts, Sports, Health & Hygiene and Life Skills. Additionally, we run workshops for parents and other adults in the local community.

### Scholarships

We provide Scholarships for University and Vocational Training Courses to up to ten young adults from the village yearly. We support them through the application process, with school fees, educational materials and emergency medical care.

### 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 necessary Educational supplies such as pens, pencils and notebooks.
Year in Numbers

EDUCATION

- 15 students graduated from Helping Hands
- 75 new students enrolled at Helping Hands
- 5 University Scholarships awarded

BREAKFAST PROGRAMME

- Over 23,000 nutritious breakfasts served to our students
- Over 600kg of organic vegetables grown on-site at Helping Hands
- Over 1600kg of rice cooked and served

HEALTH AND SOCIAL CARE

- 276 new uniforms provided
- Over 1000 toothbrushes distributed
- 9 alumni trained in first-aid

School Finances

Total Income $35,471
Total Expenditure $34,914
In March we had 3 healthcare workers from the UK volunteering at Helping Hands. As well as supporting our teachers in English classes, Telisha, Kiran and Jayne ran first-aid workshops for our staff and alumni who volunteer at the school. The young volunteers in particular, loved learning new skills and are so proud that they’re able to help our students and others in the village if they need it. They now also have a mini first aid kit each, and so are fully equipped to help anyone in need of first aid care.

Electricity is still a bit of a novelty to everyone at Helping Hands, but we’ve now gone one step further and installed fans in all the classrooms! The air movement makes a big difference to concentration levels and general comfort. A very welcome addition by staff, students, and volunteers!

We’ve increased learning space with the addition of strong, stone tables which sit outside under the shade of trees. These tables provide space for reading, doing homework, meetings and running workshops and are a welcome addition to our facilities.

Child Protection has always been a focus among our staff and volunteers, and we’re now implementing lessons for our students too. These include online safety, home hazards, safe and unsafe touches, and stranger danger. Through a variety of activities we are bringing awareness to some of the risks our students face. Our aim is to build close, open relationships between students and teachers, to ensure our students feel safe talking to, and potentially reporting to, our teachers.

The goal is that if a dangerous situation does arise, students will be able to identify it, and will have a support network to report to and seek help from. Through this program they will be empowered to act on their rights. Adults within the local community expressed a great deal of interest in learning about Child Safety themselves, so Social Worker Kong has already gone on to deliver the training to parents in the local area.

With huge thanks to the Globalteer Sports Programme, we’ve been able to significantly expand our sports offering both within Helping Hands School, and to the surrounding communities.

Teacher Lak runs a variety of sports classes every day, incorporating fun warm up activities, skills training and plenty of games, as well as teaching our students about the benefits of a healthy lifestyle.
New Experiences, Additional Learning Opportunities and Fun Days!

Creative Writing Workshop

Former Programme Coordinator, Sita, and Writing Through came together to run another creative writing workshop at Helping Hands in April. Using the natural world as inspiration, the group of students produced poems and short stories both individually and in groups.

At the end of the week, the students did themselves proud, presenting their work to their peers, parents and the Village Chief. It was wonderful to see our students being creative and exploring different ideas, thoughts and feelings. They all thoroughly enjoyed the week and produced some beautifully written work.

Monthly Field Trips

Each month, to recognise the hard work and commitment of our exceptional students, we run school trips to the town of Siem Reap. It’s a day of firsts for these students, Siem Reap is somewhere most have not visited before, and often the highlight for them is seeing all the shops and taking an escalator for the first time! 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. These trips build our students knowledge, and open their eyes to some of the options and possibilities for future careers and jobs. They also serve as a wonderful reward and motivation to study hard. We are incredibly grateful to Brenda and her family for making this all possible!

Sports Days and Events!

Helping Hands once again ran their annual Temple Run, and they also added an exciting new sporting event to their calendar, thanks to the Globalteer Sports Project.

Temple Run

Every year in August, Helping Hands hold their Temple run. A fun (albeit slightly competitive) relay race around the beautiful local temple. In a slight change to previous years, the Temple Run was held on a Saturday, to allow more parents and key community members to attend and cheer on the battle.

The battle commenced and despite the threat of rain, and gruelling heat, everyone had a great day!

It was a close call between the Rabbits, Tigers and Lions. But in the end there can be only one winner...! The team that came out on top were the Rabbits, lead by Senior Sports Coach Lak.

Sports Festival

In December, the Globalteer Sports Project organised a Sports Festival Day to take place at Helping Hands school. Students of all ages participated in events ranging from relay and sack races, to football and local Khmer games.

Parents, local school Directors and the Village Chief all came along to enjoy the festival. We plan to host more events in the future which will include other local schools and the wider community.
Senior Sports Coach

Meet Lak, Globalteer’s new Senior Sports Coach, initially focussed on developing the sports programme at Helping Hands school, with the goal of then working to grow the programme to include more schools in the local area.

Having grown up in Prasat Char, and with a love of volleyball, Lak jumped at the chance to work within the sports field so close to his home, and he has fitted into his role perfectly! Lak has played a key role in implementing our new sports programme and his passion for sport and for training others is clear to see. As well as teaching our students, Lak is also responsible for coaching young trainees who will support him in rolling out the sports programme to other schools in the neighbouring villages.

Former Helping Hands Student Becomes a Teacher

Early on in the year, Teacher Thong sadly left us to explore new opportunities. Although we were all sad to see her go, we were very excited to welcome Dalie to the team!

Dalie is a former Helping Hands student and a current University Scholarship recipient, thanks to the support of the Stott family. Having already completed 2 teacher training courses, and gained practical experience from working at the local government school, Dalie was the perfect choice to replace Thong.

Dalie has settled into her new role perfectly, the young students love her fun and interactive classes and all the staff are thrilled to have her on the team.

Empowerment At Full Blast!

Empowering the villagers and building up the dignity of the community as a whole has always been Globalteer’s objective and strength.

Training Success and a New Job!

We’re very proud to announce that a very hard-working and determined young man that Helping Hands has supported, graduated from the prestigious Haven training school in Siem Reap. Having completed his Chef training with Haven, Koan went on to complete a 4 month internship in a local hotel to perfect the skills he had learned.

We’re very happy to share the news that his internship resulted in the offer of a full-time position, which he of course jumped at the chance to take!

Congratulations Koan and the very best of luck for the future!

Further Education and Training

Helping Hands school is a key part of our community efforts, but it doesn’t stop there. We continue to support young adults through training and further education, helping them secure the job of their dreams.

Yet Another Success to Add to Yoeuy’s Belt!

One of our great success stories; teacher Yoeuy, never stops pushing himself to learn more and continue developing his skills. For around 6 months of the year, alongside his full-time teaching job and studying in the evenings for his degree, Yoeuy took on extra teacher training on Saturdays to improve his skills further.

All the hard work paid off and Yoeuy successfully completed the highly respected Interactive Teacher Training course. Not only did this training improve Yoeuy’s own skills, but it hugely impacts all of the students Yoeuy teaches, improving their engagement in class and overall learning.

Well done Yoeuy, we’re all so proud of your hard work and determination.

Dalie in her new role!

Koan and his very proud mum!

Dalie graduating from his teacher training and celebrating with his fellow classmates!
Together We Can Do So Much...

Village Clean-Up
Teaching our students about environmental issues, including the detrimental effects of plastic, and how to care for their local environment is becoming more and more of a focus of ours. In February, our students all took part in a workshop to encourage them to think of ways of reducing plastic and waste in their everyday lives.

After the workshop, armed with gloves and rubbish bags, the students went out into the village sharing the knowledge they had just learnt with their fellow villagers and clearing up waste as they went. They took great care to separate recyclables from general waste, and after filling bags upon bags, they were all so proud of what they had achieved!

Prasat Char Villagers Give a Helping Hand
At the beginning of the year, we had an unfortunate event where some local buffalo got into our on-site garden and helped themselves to lots of our delicious vegetables. In true community spirit, a number of local villagers came to the rescue to help us start building a strong fence around the perimeter of the school, to keep the animals out. On top of this, many more villagers who have very little themselves, donated money to help us buy the materials needed to build the fence. The generosity of the local community is often overwhelming, it’s so wonderful to have their support.

Alumni Return to Volunteer
Each year we have some former students who give back to Helping Hands by volunteering for a few hours each week. This year we were lucky to have 10 wonderful alumni who offered their time and support.

Their tasks vary from managing the library and organising the office, to assisting teachers, and shadowing our social worker. They are also able to join valuable training sessions including our first aid workshop.

Not only is their support hugely appreciated by our staff, but the hands-on experience these former students gain from working with us gives them the opportunity to explore different working fields and determine what interests them. It also provides valuable experience for their CV and sets them in good stead for securing a job in the future.

Communities coming together to Plant 500 Trees
In August, the Helping Hands staff and a group of both students and alumni were among hundreds of people who travelled to Banteay Meancheay to plant 500 trees around Tropeang Tmor lake.

The Helping Hands staff are not only concerned with supporting our students’ education and health and well-being but are also committed to supporting the wider community and environment.
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.

Supporter Spotlight

Return Volunteer Darron

Long-term volunteer and supporter Darron made a return to support the staff at Helping Hands school in April. Darron always brings oodles of energy, enthusiasm and ideas with him, both staff and students love to have him at school.

On top of his hands-on support, Darron rallied his friends and family to help fundraise over $3000 for Helping Hands. We’re all immensely grateful for Darron’s support, and now that he’s a long-term resident in Siem Reap, we know we’ll be seeing much more of Darron this coming year.

Group Volunteering

BEETA International Education Group brought a group of young students from Canada in August of this year. Made up of Canadian and Chinese nationals, this was a wonderful cultural exchange opportunity for our students. As well as introducing our students to Mandarin, and supporting our teachers in English and sports classes, these volunteers also got stuck into some gardening and they did an amazing job of painting educational murals on the sides of our new toilet block.

The Bloom Family, from the UK, did a week of volunteering at Helping Hands in December, but the impact they’ve had on our students and teachers will last for much, much longer! Each member of the family gave their all to helping in any and every way they could, from English and Sports classes, to gardening, and reading with students in the library. Their week of supporting our teachers and staff culminated in our first Sports Festival at the school, which saw father and son really come into their element; refereeing the football matches. On departing, the Bloom family very generously donated a large sum to support our programme this coming year. We hope to welcome this warm-hearted and enthusiastic family back again very soon!

Family of Four Give a Helping Hand in More Ways Than One...

Creative Kathy

Kathy was a huge hit with both students and teachers and she returned in December to give her time and share her skills again. Now in talks to help us expand our arts programme long-term, Kathy will be returning again very soon and we look forward to seeing how we can develop the programme further.

Kathy from the UK joined us in May for a few weeks of volunteering. From the off-set Kathy’s creativity, passion and enthusiasm was clear, and she worked with our teachers to incorporate more music, drama and art into their lessons.

Kathy nurturing the creative skills of our students

The Bloom Family with our staff and students

The BEETA volunteers with our staff and students
A special thank you goes to The Sol Foundation for funding the Sports Programme. Thank you also to all of our anonymous donors - your support is enormously appreciated. All care is taken to ensure we name our supporters, however please accept our sincerest apologies if we have neglected to credit anyone.

Adam Coppoletti
Adam Merrifield
Adrian Bull
Adrian James
Alan Parker
Alden Zeff
Alex Vanderpol
Alex Coles
Alex McDermott
Alexis Jordan Sturgis
Ali Djallian
Aline Bersoullé
Alistair Walford
Allanah Jarman
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Andrea Bradshaw
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April Sunset
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Muazzez Acar
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Susan Jenkinson
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Suzanne Cardillo-Zallo
Taryn Urch
Telisha Jenkinson
The Bloom Family
The Chew Family
Tony Brown
Tracy Webber
Veronica Gorgone
Victoria Gould
Victoria hardie
Vith Soun
Welch Er
Yvonne Ferrari
Zeti Anuar-Mancini
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? 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:

www.globalteer.org/helpinghands/donate

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

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