Helping Hands school was founded by Australian photographer Deborah Groves, in 2005. The community wished for local provision of health care and education, so with their help Deborah built the school in 2006. In April 2013, Helping Hands handed over its management to UK registered charity Globalteer (charity no. 1119706), and it has grown sustainably to the holistic, community-led education and development work that we deliver today.

Helping Hands school operates in the rural village of Prasat Char, around 25km from Siem Reap in Cambodia. We provide a 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. Our Food and Farming Programme provides nutritious breakfasts made with organic vegetables grown on-site at the school, and food packs to take home during times of school closures. Additionally, we provide health and social care to our students, and run a University Scholarship Programme to encourage local youths to pursue further education.

Having built up years of trust within the local community, we are able to increase our reach to parents and other schools in the area. We offer workshops to parents and other local adults, and collaborate with neighbouring schools to offer sports lessons. The Goals for Girls initiative, run by the Globalteer Sports Project, promotes gender equality and female empowerment through sport, and works with girls at Helping Hands school, as well as from schools in the wider community.

Our goal isn’t to just teach children English or Khmer, we strive to build up the pride and dignity of individuals, families and the village community as a whole.

Helping Hands Cambodia
works to empower Cambodians living in poverty, to help themselves.
Our main vision is to ‘give a hand-up’, not a ‘hand-out’. Through education, we empower our students and their families to break out of a life of poverty in rural Cambodia.

About Helping Hands Cambodia

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Our goal isn’t to just teach children English or Khmer, we strive to build up the pride and dignity of individuals, families and the village community as a whole.
Travel across communes was forbidden, and outside excursions were limited to twice a week for purchasing food and essential items. Our team showed incredible resilience and determination to continue supporting our students and their families, and after negotiations with the Village Chief and Commune Leader, we were granted permission to distribute food, books and worksheets to students, on-site at school.

Our students, armed with bowls and containers, came to school at allotted times. They collected face masks and sanitised on arrival, then one by one collected rice, eggs, and fruit and vegetables to take home for themselves and their families. Each student also collected a pack of work to help them keep up with their studies.

As the weeks passed we realised the situation wasn't improving, and we needed to do more to help our students. As challenging as this was given all the restrictions, our team, as ever, showed such determination. Staying active isn't just good for our bodies, it's good for our mind, and boosts our mood, so we began offering hour long sports sessions to small groups of students. Our sports field is big enough to accommodate social distancing guidelines, and masks were worn to minimise risk of infection. The response from students was phenomenal; they were so excited to do something 'normal', to see friends, and even to see their teachers!

But, in September, after a surge in Delta cases, large areas of Siem Reap were placed in a 'red zone'. This is the strictest and most severe level of lockdown in Cambodia. With little notice, all shops and markets within these red zones were told to close, road blocks went up, and there was a scramble as those living in these areas rushed to stock up on food and supplies. Residents in red zones were only permitted to leave their homes in an emergency. No outdoor exercise and no shopping for food. We were forced to pause all support, including, most concerningly, the provision of food packs. It was an incredibly tense and worrying time for the community, who were not only concerned about contracting the virus but were constantly worrying about how they would feed their families.

Thankfully this lockdown was relatively short lived and we were able to return to providing food and work packs, and running our small group sports lessons. Just a few weeks later, the very welcome news came that we could re-open school, and on Monday 1st November we did just that!

After more than 18 months of disrupted learning it was clear that our students had some gaps in their learning, but their continued enthusiasm for studying and gaining knowledge has been truly inspiring. Throughout the school closures, Khmer and English lessons remained the focus for learning, so one of the biggest and most welcome improvements to come from school reopening, is the return of our full programme, with a whole range of subjects!

Perhaps the most appreciated addition for our students, are the regular sports classes. Last year when we asked them ‘What are you most looking forward to doing when covid ends?’ 100% of our students said ‘coming to school’ and a huge 88% said ‘playing with friends’ and/or ‘playing sport’. We've finally been able to fulfil their wishes!

Looking to the year ahead, we are primarily focussed on getting our students learning and development on track, whilst also bringing back routine, and time for some fun with friends. As always, we pride ourselves on continuous development and we are also focussed on increasing our reach to the wider community, hoping to give a helping hand to more and more people. The pandemic has had a significant and detrimental impact on our income and we are in real need of funding to sustain and continue developing our programme. We are incredibly grateful for any and all donations, and hope you are able to support us through this challenging time.

A sincere and heartfelt thank you, from all at Helping Hands Cambodia.
How we Supported Children in 2021:

A Safe Space

Whilst we’d have loved for our students to have been in school for the whole year, we feel that at least something is better than nothing!

During the school closures, our students were able to interact with their friends and teachers when collecting food and homework packs and their hour long sports lessons were hugely welcome, giving them the space to simply enjoy being kids!

Nutritional Support

This has always been a key part of our programme; providing nutritious breakfasts to energise our students and help them get the most out of their day.

During school closures when we were unable to provide breakfasts, we instead distributed food packs, with rice, vegetables and protein for our students to take home.

A Little Bit of Normal

Focusing on studies and socialising with their peers used to be everyday life for our students, but that changed dramatically when the pandemic hit.

During the periods that school was open, providing some routine and normalcy came as a welcome relief. When schools were forced to close, we were still able to offer an hour of sports for each child each week, ensuring the children had at least a some quality time to spend with their friends!

The Year in Numbers:

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>326</td>
<td>Students enrolled at Helping Hands</td>
</tr>
<tr>
<td>65</td>
<td>New students</td>
</tr>
<tr>
<td>22</td>
<td>Students graduated from Helping Hands</td>
</tr>
<tr>
<td>266</td>
<td>School uniforms provided</td>
</tr>
<tr>
<td>350</td>
<td>Re-usable masks distributed to staff and students</td>
</tr>
<tr>
<td>626kg</td>
<td>Vegetables grown on-site at Helping Hands</td>
</tr>
<tr>
<td>6936</td>
<td>Breakfasts provided whilst school was open</td>
</tr>
<tr>
<td>1440</td>
<td>Food packs provided during school closures</td>
</tr>
</tbody>
</table>
Highlights of 2021

Although it was another tough year, we still had plenty of positive moments and reasons to celebrate.

New Team Members

In January, we were excited to welcome our new Sports Project Manager. Jared (pictured on the left) was already well-known around Siem Reap as ‘the frisbee guy’ as he organises weekly games of Ultimate Frisbee. He can also speak Khmer (the local language) which has been a huge asset.

Jared has slotted into the team perfectly, and enjoys getting stuck in and playing with the kids just as much as he does managing the programme and training the teachers.

Expanding our programme

In February we introduced gardening lessons for our high school students, to teach them how to look after the land and successfully grow crops. Our students got busy planting long bean, chili and eggplant, and thanks to their hard work, our on-site garden was looking amazing!

These students took great pride in knowing they’d helped to grow the fruit and vegetables used to make nutritious breakfasts for our students, whilst also learning valuable life skills. In time, we hope to be able to offer these lessons to our younger students too.

New Provisions

In a bid to reduce our footprint and contribution to waste, whilst also keeping our students safe, we provided all of our students and staff with reusable masks.

Despite schools remaining closed, we were determined to stay positive, and look ahead to when schools could re-open. For that reason, as we do each year, we provided our students with a brand new school uniform.
Looking Forward to 2022

With such a positive end to 2021, we are excited for what 2022 will bring! We will continue our current timetable and full programme, and in addition we have a few exciting projects and events on the horizon.

Expansion of the Sports Programme

Thanks to The SOL Foundation who have agreed to renew a grant for the Globalteer Sports Project, our current sports offering will be expanded.

This project works with a number of schools in the areas surrounding Helping Hands, and also directly benefits our students. This further funding will improve provisions on-site at Helping Hands and will also allow our students the opportunity to play sports with other schools in the area - a huge benefit not only to their sports skills but also for their social skills.

Creative Writing Workshops with Writing Through are Back!

For some of our longer term supporters, you will remember that pre-covid we ran yearly creative writing workshops facilitated by Writing Through. These week long workshops encourage our students to think creatively, explore different ideas, thoughts and feelings, and produce poems and short stories both collectively and as individuals. The week culminates in the students performing their written pieces at a special presentation with parents, peers and key community members invited.

We are currently in talks with Writing Through to get another wonderful workshop lined up for our students in the coming months. Watch this space!

Volunteers Return

After almost 2 full years without any volunteers, we are bursting with excitement to welcome back both familiar, and new, helping hands in 2022.

The first volunteer we have lined up is no stranger to Helping Hands. Kathy, from the UK has become a firm member of the Helping Hands family since her first visit in 2019. Her artistic skills and creative ideas are always a huge hit with our students!

We can’t wait to see her and we also have a few new faces lined up to visit us in the coming months too. We’ll be sure to keep them busy!
Finances

The accounts follow the calendar year: 1 January 2021 to 31 December 2021.
Amounts are in US$.

**Total Income 2021** $26,796.06

*Income received from individual donations, institutional donations, grants and fundraising campaigns*

<table>
<thead>
<tr>
<th>Expenditure 2021</th>
<th>Amount in US$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education (Classroom Supplies, Teaching Resources, Teacher Salaries, Printing &amp; Stationary Costs, Computer Equipment)</td>
<td>$15,137.69</td>
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<tr>
<td>Food &amp; Farming Programme</td>
<td>$4,575.23</td>
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<tr>
<td>Scholarships</td>
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<tr>
<td>Administration (Accountancy Fees, Banking Fees, Legal Expenses, Office Supplies)</td>
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<tr>
<td>Uniforms</td>
<td>$1,318.25</td>
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<tr>
<td>Medical &amp; Health</td>
<td>$365.50</td>
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<tr>
<td>Social Work</td>
<td>$341.00</td>
</tr>
<tr>
<td>Utilities</td>
<td>$115.47</td>
</tr>
<tr>
<td>Repairs &amp; Maintenance</td>
<td>$114.99</td>
</tr>
<tr>
<td>Transport</td>
<td>$92.48</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$25,110.39</strong></td>
</tr>
</tbody>
</table>
Our hearts have been especially warmed this year, by the continued support of so many people around the world, during such a difficult time. Thank you for believing in what we do at Helping Hands Cambodia, and for continuing to support us even in the face of the global crisis.

Our work wouldn’t be possible without the hard work and dedication of our staff or the kindness of our generous donors and fundraisers. We are extremely grateful to you all! And of course, thank you to the children of Helping Hands school, who have been so patient through the hardships of the last 2 years. They have thrown themselves back into learning at Helping Hands, with so much enthusiasm!

Our sincere thanks to each and every one of our helping hands - our donors and fundraisers all around the world who supported us in 2021:

Adrian Bull                Jason Muzzarelli                Prabhakar Deshpande
Agouram Mohamed            John Edge                         Rachel Wilson
Alan Parker                John Stott                        Ratana Voan
Alex Vanderpol             Jonathan Reza                      Rebecca Lillington
Aline Bersoule             Jovana Roknic                    Reborn Aura
Alistair Walford           Julien Champ                      Richard Carter
Allanah Jarman             Kathy Dover                        Robyn Foote
Amanda Mettias             Keith Burridge                    Sabrina Duong
Andrew Zheng               Kevin Kopjak                      Sabrina Brown
Anna Tang                  Kimberly Johnson                   Sally Bateman
Annie Sok                  Lai Mun Khim                      Sarah Meehan
Benedikt Bürig             Laura Rekario                      Sarah Preston
Brenda Fahn                Lawrence Finsen                   Simona Battipaglia
Brian Kuhl                 Lesley and Lawrence                Sita ter Horst
Camilo Vargas              Summer                               Solong Taing
Christine Shiel            Liz Bolger                        Stephen Elliott
Clifford C Gardner         Louise Chalkley                   Stephen Tighe
Colin and Simon             Magdalena Grozdanova            Susan Jenkinson
Darron Gurney              Malika Adam                       Talya Ladell
Derek                      Maria Flores                      Tegan Elson
Elaine Chau                Mary Golden                       Telisha Jenkinson
Eva Deix                   Meng Taing                         Tscheligi Anett
Felicity Gibbins           Natalie Quek                      Vuong
Gayle Noble                Nicole Quek                       Welch Er
Glenn Conrades             Nicole Perks                      Yee Janice
Herbert Colonius           Norman Shaw                       Yukii Washige
Holly Humphrey             Oh Teck Ghee                      A special thank you goes to The Sol Foundation for continuing to fund the Globalteer Sports Programme which directly impacts our students at Helping Hands Cambodia.
James Hy                   Pauline Nixon                     All care is taken to ensure we name all our supporters, however please accept our sincerest apologies if we have neglected to credit anyone.
James Tham                 Peter Waite                        
Pitsuda Manvichachai

Thank you also, to all of our donors who wish to remain anonymous.
How You Can Help

Donate
By donating to Helping Hands Cambodia you help improve access to, and quality of, education, nutrition and health and social care in rural communities; creating brighter futures for children.

Donate Now
Donate With US Tax relief

Spread the Word
Help us reach more people by telling your friends, family and colleagues about Helping Hands Cambodia. By sharing our social media posts with your friends and followers, you help us reach people who would otherwise never hear about us.

Volunteer
Join our dedicated team of staff, and volunteer in Cambodia! Whether you’re interested in supporting our English Classes, giving a helping hand to our Gardeners, or getting active with our Sports Programme, get in touch!

Volunteer

Fundraise
Use your connections to fundraise for us! For fundraising ideas and support to organise your fundraising event or activity, please email us at project.development@globalteer.org
Contact Us

Visit our website, follow our social media pages, or contact us today to find out more about Helping Hands Cambodia and the ways you can help!

[www.globalteer.org/helpinghands](http://www.globalteer.org/helpinghands)

Search Helping Hands Cambodia on Facebook and Instagram

Email us on helping.hands@globalteer.org

Donate: [www.globalteer.org/gift/donations/helping-hands](http://www.globalteer.org/gift/donations/helping-hands)

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

**CHILD PROTECTION**

We are committed to child protection at our Helping Hands Cambodia, and all staff and volunteers must adhere to our policies. For details of our Child Protection Policy, Donation Policy and Volunteering Policy please contact us at: [helping.hands@globalteer.org](mailto:helping.hands@globalteer.org)