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Getting to know Helping Hands better.....

There is always a lot happening at Helping Hands but in this newsletter rather than focus on what we are doing right now, I thought I'd take a look back at the history of Helping Hands; some of the milestones, our philosophy, our staff and a photo gallery showing "then and now".

THE HISTORY OF HELPING HANDS

Helping Hands Cambodia is a small grass roots aid organisation which was founded by Deborah Groves. Deborah used to run a wedding photography business on Australia's Sunshine Coast.

2004 – APRIL DEBORAH VISITS CAMBODIA AS A TOURIST

Deborah travelled to Cambodia in April 2004 and was so moved by the poverty she saw there that she decided to move to Cambodia to try to do something to help the poor people. Deborah thought she might simply teach English to poor children. She never imagined that she would set up an aid organisation.



2005 – JUNE FIRST VISIT TO PRASAT CHAR VILLAGE



On 7th June, 2005 Deborah and a friend visited Prasat Char village, a poor village approximately 25km's from Siem Reap. At the very first house they came to they met Mr Som. Mr Som was dying of tuberculosis and had been sick for two years. His family were so poor that they couldn't afford medical help. They had pawned everything they owned. Deborah felt compelled (and obliged) to offer help to Mr Som and his family.

days later.

Deborah organised for Mr Som to be taken to hospital in Siem Reap, but unfortunately he passed away about 10

Deborah sent out an email asking for donations from family, friends and acquaintances to help pay for Mr Som's medical treatment. People were very generous. Deborah even received donations from people she didn't know.

2005 - JULY HELPING HANDS HAS "UNOFFICIALLY" BEGUN

Deborah then began asking the villagers how she could help them. Their requests were simple and dignified, they didn't ask for handouts – they asked for watering cans, tools and seeds so that they could grow vegetables.





2005 – DEBORAH MEETS LITTLE LEE-A

Deborah encountered little Lee-a in the same village. Lee-a had been burnt as a baby and had received little medical treatment at the time. Deborah organised for her to go to Phnom Penh to have rehabilitative surgery.



2006 - MAY THE FIRST BRIDGE IS BUILT



Because of the state of this bridge during the wet season Prasat Char village was virtually cut off. It was clearly ready to collapse and was very dangerous.

A decision was made to build a new bridge, despite the fact that Helping Hands only had usd\$3,000 in the

bank. (The bridge cost usd\$9,000 in total.) Fortunately donations always came through in time. The villagers were employed as labourers on the bridge.



2006 – MAY DEBORAH MEETS CHANTY

Chanty has been employed by Helping Hands since May of 2006. He is now the Director of Helping Hands and oversees the implementation of all of our projects.



2006 – OCTOBER HELPING HANDS BEGINS ITS “WORK FOR A BICYCLE PROGRAMME”

After consultation with the villagers about the best ways to assist them, Helping Hands starts its work for a bicycle programme. Helping Hands has now provided over 1,500 bicycles.





2006 – OCTOBER A SCHOOL IS BUILT

Helping Hands builds a school in the village of Prasat Char. The school has more than 200 students and teaches English, Cambodian literacy and health and hygiene subjects.

2007 HELPING HANDS BECOMES OFFICIAL

In 2007 Helping Hands is officially registered as a Non-Government Organisation in the Kingdom of Cambodia.

2006 to TODAY HELPING HANDS EXPANDS TO INCLUDE OTHER PROGRAMMES AND EMPLOYS MORE STAFF

Helping Hands now has 10 Cambodian staff (plus Deborah, who is an unpaid worker. Deborah supports herself through her photography business).

Programmes now include:

- Our school
- The breakfast programme
- Health and hygiene education
- Various medical programmes
- Agriculture training
- Infrastructure improvement – building bridges and roads
- “Work for a bicycle” programme
- Community income generation
- Sanitation education and toilet construction



2007 to TODAY HELPING HANDS EXPANDS INTO NEIGHBORING VILLAGES.

At the time of writing, Helping Hands works in five villages.

THE HELPING HANDS PHILOSOPHY

“GIVING A HAND UP, NOT A HAND-OUT”

Helping Hands is NOT about giving charity.

The aim of Helping Hands is not to give “hand outs” which can cause people to become reliant on aid, but to enable the people to help themselves.

Our aim is to build up the pride and dignity of the individuals, the family units and the village community as a whole.

It has been said that the way to help a hungry man is to give him an income. We firmly believe this and also believe that giving him an income rather than “handouts” helps to build his dignity and pride.

Whenever possible we try to set up our programmes in such a way that the villagers have to “earn” the aid that we are offering. They then don't just feel pride and dignity that they earn't the item but they also take ownership of it.

For example:

- In order to receive a bicycle from us, the villager must complete 5 days labour fixing a road in his/her village.
- To qualify to receive a toilet from Helping Hands, the villager must participate in a 6 week course about sanitation, pass a short oral test on sanitation and actually build the toilet themselves with the materials we provide.
- To qualify for an irrigation system the villager must complete a 12 week agriculture training programme.
- We happily supply materials to build small bridges and causeways if the villagers are prepared to volunteer their own time to repair roads within their village.

Furthermore, we firmly believe that education is an extremely important part of our work. For example, without teaching someone about sanitation they will not understand the importance of a toilet. We try to design all our programmes on a solid base of education.



Villagers building a road in their village in order to earn a bicycle.



The proud owner of a new bike.



This man asked us for a battery so that he could have a TV repair business. Rather than just give it to him we gave him several days' work and paid him with the battery.

THE HELPING HANDS TEAM



THEN AND NOW

Our first big project.



Replacing this dangerous old bridge.....



.....with this!



Many, many kilometres of road have been dramatically improved.



This used to be the only way in or out of the villages we work in.....



This is the same road today.



Another bridge is built, making an area that was previously impassable in the wet season accessible all year round.



Thanks to our agriculture programme previously unused land that used to look like this.....



now produces beautiful vegetables like this.



This woman, Loeum, was blind for over 20 years. After two surgeries she can now see again.



The difference in little Lee-a since her surgery is remarkable.

DONATING - The Aussie dollar is very strong at the moment. That means your donation goes much further, so it's great time to donate!

Please remember to let us know if you want a tax receipt. Details on how to donate are below.

Our contact details:

Deborah Groves - Founder
092 442 669 (in Cambodia)
0412 665 656 (in Australia)

Email contact is the best way to get in touch initially.

Ho Chanty - Director
012 286 382 (in Cambodia)
+855 12 286 382 (from outside Cambodia)

Web: www.helpinghandscambodia.com
Email: grovesphotography@yahoo.com.au

HOW TO MAKE DONATIONS

The work that Helping Hands Cambodia does is only possible because of the generous financial support of our donors.

There are a number of options for making donations. Simply choose the option below that suits you best.....

Do you want to deposit directly to our bank accounts ?	Please go to OPTION 1
Do you want to donate via Paypal ?	Please go to OPTION 2
Do you want to post a cheque or money order?	Please go to OPTION 3
Are you an Australian and require a tax receipt ?	Please go to OPTION 4
Are you an American and require a tax receipt ?	Please go to OPTION 5

OPTION 1 – Deposit directly to our bank accounts

Australian bank account details:

Bank: St George Bank
Account Name: Helping Hands Cambodia
BSB No: 114-879
Account No: 419 526 714

Cambodian bank account details:

Account Name: Helping Hands Cambodia
Account Number: 743105
Bank: ANZ Royal Bank (Cambodia) Ltd
Swift Code: ANZBKHPP

OPTION 2 – Donate via PAYPAL

- ❖ This method allows you to send money to an email address.
- ❖ Just go to www.paypal.com
- ❖ The relevant email address to send the payment to is: helpinghandscambodia@yahoo.com.au

OPTION 3 – Sending a cheque or money order via post

You can send a postal order or cheque, made out to *Helping Hands Cambodia*, to:

Helping Hands Cambodia
PO Box 3870
Caloundra D.C., Qld, 4551,
Australia.

See next page for option 4 and 5 – tax deductible giving.

OPTION 4 – If you require an Australian tax receipt

Global Development Group is an umbrella organisation that we partner with in order to be able to issue tax-deductible receipts to Australians and Americans. There are several options for making tax-deductible donations via Global Development Group.

***IMPORTANT NOTE:** When making a donation via Global Development Group you must make sure you mention that it is for **project J213**.*

- A. By secure **CREDIT CARD ONLINE** at www.globaldevelopment.org.au.
- B. By **CHEQUE**: Post to Global Development Group,
56 Goorari Street,
Eight Mile Plains, Qld, 4113.

Don't forget to include a note containing:

- a). the total of your donation
- b). that your donation is for Helping Hands Cambodia Project J213
- c). the name and address to mail (or email) the receipt to.

- C. By **DIRECT DEPOSIT** to Global Development Group's bank account:

Account Name:	Global Development Group
Account number:	10200094
Bank:	Commonwealth Bank of Australia
BSB:	064-118

Don't forget to email us your donation details. info@globaldevelopment.org.au. Please include:

- a). the details of your deposit
- b). Helping Hands Cambodia Project J213
- c). the name and address to mail (or email) the receipt to.

OPTION 5 – If you require an American tax receipt

Global Development Group is an umbrella organisation that we partner with in order to be able to issue tax-deductible receipts to Australians and Americans. There are several options for making tax-deductible donations via Global Development Group.

***IMPORTANT NOTE:** When making a donation via Global Development Group you must make sure you mention that it is for **project J213**.*

- A. By **CREDIT CARD ONLINE** at <https://www.globaldevelopment.org.au/usa/donations.php>
- B. By **CHEQUE**. Post to Global Development Group USA Inc.
1314 Longwood Oaks Blvd
Lakeland, Florida 33811 USA

Don't forget to include a note containing:

- a). the total of your donation
- b). that your donation is for Helping Hands Cambodia Project J213
- c). the name and address to mail (or email) the receipt to.

- C. By **DIRECT DEPOSIT** to Global Development Group's bank account:

Global Development Group USA Inc
Routing Number: 263179804
Savings Account Number: 39599501

Bank Information:
Mid Florida School FCU
6040 South Florida Avenue
Lakeland, Florida 33813
(863) 688-3733
www.midflorida.com

Don't forget to email us your donation details. info@globaldevelopment.org.au. Please include:

- a). the details of your deposit
- b). that your donation is for Helping Hands Cambodia Project J213
- c). the name and address to mail (or email) the receipt to.

Thank you for caring!