

Fun fundraising ideas

There are hundreds of different ways to fundraise. Here are a few ideas to get you started.

- > **Asia night.** Organise a quiz on Asian history, geography and wildlife.
- > **Recipe for success.** Hold a lunch club and serve some warming Cambodian-style rice dishes.
- > **Who's who?** Run a baby photo competition.
- > **Lights down.** Stage a fun Cambodian-style shadow puppet show.
- > **Tight fit?** Clear out your wardrobe and run a clothes swap at work – charge a small fee.

> **Go online!** Set up a page on our fundraising website www.myactionaid.org.uk where you can collect donations, share ideas and upload photos.



Photos: Istockphoto

Real lives: Mong Meon's story



Mong Meon, Battambang, Cambodia.
Photo: Nicolas Axelrod/ActionAid

Meon's husband died of AIDS in 2001. Soon after she found that she too was HIV-positive. "After my husband passed away, my neighbours were not very nice to me. They would say things about me and my family behind my back and told people not to buy the food I made."

Project staff offered her support. "They helped me understand HIV and AIDS and told me about things I could do to keep healthy. They also told me that there were many other women in my position... This was really when my life began to change."

Meon is now a community worker, informing people about HIV and how to stay healthy. The project also helped her start a mushroom-growing business. With the income she buys food, sends her children to school and invests the rest in her business. Without the support of the project, Meon says:

"I don't know how I would survive. I have become a stronger person and met many good people who are now my friends. I thank ActionAid and all the people who support them."

Priority Projects

actionaid

Cambodia: HIV and AIDS care for women and orphans

Fact: Cambodia has one of Asia's highest HIV and AIDS rates, and women and children are particularly vulnerable.

Aim: to provide 350 women and 500 orphans with the care and support they need to live positively with HIV and AIDS.



Yun Try, seven, with his mother Touch Sim at a school for orphans and vulnerable children in Battambang, Cambodia.

Photo: Nicolas Axelrod/ActionAid

HIV and AIDS in Cambodia

Almost half of new HIV infections in Cambodia are among women who don't know their husbands carry the virus.

Remote communities have no access to HIV and AIDS information, increasing their risk of infection. If people become infected, treatment (though free) is hard to get. Food shortages and poor nutrition speed the progression from HIV to AIDS, leaving people too ill to work or feed their families.

There are around 60,000 AIDS orphans in Cambodia. With no-one to care for them, many end up on the streets, at risk of abuse and with no chance of an education.

Cambodia factfile



- > The population of Cambodia is 14.4 million.
- > Average life expectancy is 59.
- > Only 44% of births are attended by skilled health staff.
- > 82 in every 1,000 children die before the age of 5 (in the UK it is 6).
- > ActionAid has been working alongside communities in Cambodia since 2004, improving people's livelihoods and access to land, healthcare and education.

Real lives: Ne's story



Srey Ne, 10, Battambang, Cambodia.
Photo: Nicolas Axelrod/ActionAid

Ten-year-old Ne was orphaned by AIDS and now lives with her foster mother, Ty, in Thnom village, Battambang.

"My mother kept getting ill," recalls Ne. "She would often have a fever. I was scared because I didn't want my mother to leave me and my sister alone."

But when Ne's mother died, local ActionAid partner DCWO supported her in her new foster home by providing a school uniform, study materials, pens, pencils and a school bag so she could attend the school closest to the village.

"I would like to be a teacher when I grow up, to teach the children," says Ne. "Or maybe a doctor, because I would like to help people who are ill."

How you can help

The project

This project will provide some of Cambodia's most vulnerable women and children with the advice, information, healthcare, educational and livelihood support they vitally need.

What this Priority Project will do:

- > Provide home based care for 350 women and 500 children living with HIV and AIDS – a team of health professionals will provide basic medical care and check ups, counselling and support, training for care-givers and referrals to health centres where necessary.
- > Give orphaned children access to informal schools that will help them get the education they miss out on from government-run schools.
- > Train women to treat minor illnesses using locally grown herbal remedies.
- > Run education sessions to ensure communities understand HIV and AIDS and how to prevent it, reducing the rate of infection and stigma.
- > Support women with training so they can provide for themselves and their families. This will include agricultural training and training in handicrafts and sewing, so women can learn new skills and sell their products at market.



Khat Seyha, four, Kim Samnang, ten, Vy Davith, six, at a school for orphans and vulnerable children, Battambang, Cambodia.

Photo: Nicolas Axelrod/ActionAid

What your money can buy

£7

could pay for a uniform and school materials for a child orphaned by AIDS.

£14

could pay for a volunteer literacy teacher for one month to teach orphans and vulnerable children.

£68

could train a woman living with HIV and AIDS to rear animals and grow crops.

£290

could pay for a year's community education on HIV and AIDS, primary health care and child rights for orphans.

£1,480

could recruit and support 12 HIV-positive women community workers.

£6,000

could provide home-based care services for 240 women and 500 orphans living with HIV.