



# CNCF UK Newsletter

**Volume 9  
March 2010**

## Mongolia's worst winter on record



Mongolia is experiencing its worst winter on record, with temperatures reaching -50c in some regions. Christina was in Mongolia towards the end of last year where she described the situation as desperate. The country has lost 60% of its herd because of the freezing conditions and the Government set up emergency centers for desperately needed food and fuel supplies. CNCF staff distributed essential food items as well as blankets, clothing and candles. To read and see footage of the situation visit the sky news webpage and search for: Mongolia- frozen cattle.

## 800 children on the Mongolian. Sponsorship waiting list



Eammon Thornton, General Manager in Mongolia, has contacted the UK office to update us on the situation in

Mongolia. They currently have over 800 children on the waiting list living in extremely poor conditions. If you know of anyone who would like to sponsor one of these children, we would be most grateful if you could contact us and we can give them more information about sponsorship. The severe winter has made life even tougher and will have a knock-on effect as farming families lose their livelihoods and flock to the cities in search of work. Life in Mongolia is extremely tough at the moment with the cold winter not just affecting the nomadic herding families. With prices rising each year for the most basic of commodities whilst wages stay the same, the poorer families are struggling to survive.

## Inside this Issue

<a href="#">Mongolia's worst winter on record</a>	<a href="#">Page 1</a>
<a href="#">Mongolia Sponsorship Appeal</a>	<a href="#">Page 1</a>
<a href="#">Tet Celebrations in Vietnam</a>	<a href="#">Page 2</a>
<a href="#">Open Heart Surgery Recognition</a>	<a href="#">Page 2</a>
<a href="#">Fundraising events</a>	<a href="#">Page 2</a>
<a href="#">14 day walk for CNCF</a>	<a href="#">Page 3</a>
<a href="#">Rugby 7's</a>	<a href="#">Page 3</a>
<a href="#">Project review: boys shelter</a>	<a href="#">Page 4</a>
<a href="#">Have you thought about Volunteering?</a>	<a href="#">Page 4</a>
<a href="#">Collection tins at Earls Court</a>	<a href="#">Page 4</a>

## Tet Celebrations in Vietnam





The Vietnamese New Year, Tet, is probably the biggest celebration of the Year and there was no exception at CNCF. There was a wonderful atmosphere at the Social and Medical Centre which was beautifully decorated for the occasion by the staff who also organised traditional celebrations for the children over the three day Tet period (13 to 15 Feb). The children at the Centre and The Sunshine School received a bag full of gifts, as well as the traditional lucky money, a few low value notes placed in red envelopes and given out to all of them.

This year sponsorship gave out ten special gifts for the poorest families from The Educational Assistance Programme and 10 from The Sponsorship Programme. The gifts included items such as fish sauce, rice, sausage, candies and biscuits.



Ten of the poorest families from sponsorship receiving their special gifts.

## Open Heart Surgery achievements



On the 25 February 2010, our Director Nicolas Pistolas, was presented with a 'Certificate of Merit' from the Ho Chi Minh City People's Committee. The award was presented in high recognition of CNCF's cooperation and support to Children's Hospital No 2 regarding the 'Irish Doctors Exchange Programme'.

In 2002 CNCF assisted Irish Doctors to undertake and participate in a 'knowledge exchange' between Irish Specialists and Vietnamese Doctors. This exchange was specifically designed to assist and train Vietnamese Doctors/Surgeons to acquire modern techniques regarding different aspects of medicine and surgery and

therefore be able to perform these life saving surgical procedures in Vietnam. Over the past eight years, Irish Doctors and surgical specialists have travelled annually to consult, operate and conduct seminars. Since 2002 the number of annual visits has increased to twice per year.

To further the work and expand this valuable training initiative, in November 2007 an 'Agreement' was signed between Children's Hospital No. 2, Royal College of Surgeons in Ireland (RCSI) and Our Lady's Children's Hospital. This Agreement was to create and participate in a programme called "Open Heart Surgery" where Vietnamese Doctors were given the opportunity to travel to Ireland to further their knowledge and skills. This was all made possible through the support and help of the Christina Noble's Children Foundation.

On Thursday 25 February 2010 the High Tech Paediatric Cardiology Unit in Children's Hospital No 2 was officially opened. Now, thanks to the Exchange Programme, Vietnamese Doctors are equipped and able to perform open heart surgery.

This certificate is very prestigious in Vietnam and Nicolas Pistolas was very honored to accept the award on behalf of Christina Noble and her Foundation.

## Get involved in fundraising and have a great day out too



Are you looking for a challenge? An opportunity to raise a bit of money for CNCF? Why not take part in one of the funniest fundraising events taking place this year!! The **Superhero** 5K run/jog/walk through Greenwich park in London takes place on **Sunday 13<sup>th</sup> June**. All contestants dress up as superheroes and your costume comes free! Please visit [www.doitforcharity.com](http://www.doitforcharity.com) to find out more and to book your place. The web page is full of events not only UK based but charity trips of a life time from around the globe.

Why not take part in the '**Across the Divide**' Just Walk on **Saturday 15<sup>th</sup> May**. The walk starts at Goodwood



racecourse and you can take part in either a 10, 20, 40 or 60K walk. The walk takes you across the beautiful South Downs in West Sussex and it's a really well planned event with medical staff and drink and food stops all organized by Across The Divide. It cost from £15 to £65 to register depending on which distance you choose, but you can then collect sponsorship for your challenge. The organisers welcome groups or single applicants. It's a really sociable event, so you'll soon make friends. There's also the **Just Bike** event which follows the same principles. Happening on **Saturday 18<sup>th</sup> of September** it starts in the Coate Water Country Park in Swindon, Wiltshire, and takes in picturesque villages, ancient tracks and rolling downlands. Again, it's up to you to choose if you would rather do 30 or 100K! For those wishing an even bigger challenge have a look at the Across The Divide web page at: [www.accrossthedivide.com](http://www.accrossthedivide.com) and check out their treks and adventures as diverse as Vietnam and Kilimanjaro. If you would like to take part and raise money for CNCF please contact our office. We can send you out sponsorship forms, leaflets and flyers as well as collection tins.



Want to do something even more challenging? CNCF UK and CNCF Ireland are in the process of coming together to arrange a parachute jump to raise money for CNCF. If you are interested in being one of the daring jumpers let the UK office know.

## 14 day walk in aid of CNCF



Rosie Hazelton normally runs outdoor holidays in the Highlands of Scotland, but while running a charity walk in Vietnam for CNCF with Charity Challenge, she was inspired by the people she met who between them had

done so much work to raise money for the Foundation in Vietnam. She writes: "When I visited the projects in Vietnam I was so moved by the work that's done that I was determined to raise some money." On April 12th Rosie and a good friend, Lorraine McCall, an experienced mountain guide, are walking from Fort William to Cape Wrath on the North West tip of Scotland, a 14 day walk through some of the wildest countryside in Britain. They will pass through Knoydart into Rosshire and up to Sutherland ending in Cape Wrath. They will be staying in bothies (mountain huts) along the way.

Rosie is visiting Mongolia in July to learn felting techniques from nomadic herders. After learning these skills she hopes to take them back to the Highlands and teach them locally. She says "I hope the money we raise for the Foundation will in some way be a thank you to the people of Mongolia for the skills I will learn while I am out there." If anyone would like to find out more about Rosie and Lorraine's adventures they will be writing about it on their website [www.wildrose-escapes.co.uk](http://www.wildrose-escapes.co.uk) or if you would like to support them please visit their Just Giving page [www.justgiving.com/wildrose-escapes#](http://www.justgiving.com/wildrose-escapes#).

## Rugby 7's: CNCF International Vets tour



Christina Noble was in Dubai last November to see the CNCF International Vets team win the rugby 7's league for the third year running. The event not only gave the 40,000 spectators a chance to see some of the greatest names in Rugby play such as Austin Healy, Abi Ekoru and Kevin Yates, but also raised some serious fundraising and awareness for CNCF's life changing, life saving projects.



CNCF would like to thank all its players for their time and support.

## Project review: The Boys shelter



**Christmas day at the boys shelter where all boys receive a gift.**

The CNCF Boy's Shelter first opened in 1994 to give a safe and loving home environment for children previously living on the streets. 25 boys between 6 and 18 live in the Shelter and are generally runaways from abusive parents or from families so impoverished they can no longer care for their children and have abandoned them. Most children when they first arrive haven't been to school for many years so the emphasis is on getting them into reintegration school, to get them up to speed. It is important to get the boys equipped for life after they leave and vocational training, apprenticeships, and teaching them a trade is encouraged. The Shelter has a high success rate of boys being taken onto scholarships and work placements. All the boys in the Shelter receive medical insurance and regular check ups and they are also all taught about personal hygiene, something which is often overlooked when living on the streets. A great emphasis is placed on extra curriculum activities and the Shelter has instruments, computers, books, toys and a TV room for the boys. They are all encouraged to join one or more of the many CNCF Sports, Arts and Music Projects providing a wide range of activities and a survey conducted to

assess the children's thoughts and expectations of these activities was quite positive. Many of these boys have been exposed to such hardship and the realities of life on the street and a lot of work is done around personal and social development to prepare them for a better future.



Do you work in a college or university, a hospital or health centre? The Christina Noble Children's Foundation has found that over the last year and into 2010 the number of volunteers has been down on previous years. We want to attract new volunteers and have designed some posters specifically for that purpose. If you would be happy to put up a volunteer poster please e-mail Hannah at [h.vallance@cncf.org](mailto:h.vallance@cncf.org) and one will be sent out to you. If you yourself are interested in volunteering please call or e-mail the office and we would be very happy to give you more information.

## Collection tins at London Stations



CNCF collection tins were being rattled at Sloane Square, Victoria and Earls Court stations in London on Friday the 19<sup>th</sup> of March by 2010 Mongol Rally Team 'This is our Everest' as a kick-off to their fundraising effort.

Just a reminder, if you haven't already, please send us your e-mail address so we can have it on file. It really helps us keep our stationary and postage costs low if we can e-mail you newsletters and information.

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