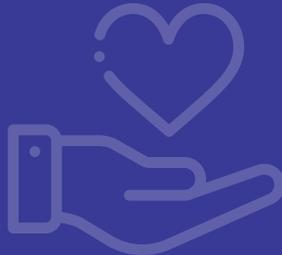




# SPORTS PROGRAMME VIETNAM & MONGOLIA



ANNUAL REPORT 2019



“

It's not just about mending bodies, it's about restoring people's independence, giving them a life, not just an existence. First you feed a child's stomach, then you feed their spirit.

- Christina Noble OBE -



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## ABBREVIATIONS

<b>DOLISA</b>	Department of Labour, Invalids and Social Affairs
<b>CNCF</b>	Christina Noble Children's Foundation
<b>MOLISA</b>	Ministry of Labour, Invalids and Social Affairs
<b>HCMC</b>	Ho Chi Minh City
<b>BIS</b>	British International School
<b>CIS</b>	Chinese International School
<b>WHO</b>	World Health Organisation



# OUR VISION, MISSION, VALUES

**Vision:** A united world where children are free from suffering, poverty, exploitation, fear, and oppression. Where children are aware of their fundamental human rights.

**Mission:** The Christina Noble Children's Foundation is dedicated to serving the physical, medical, educational, and emotional needs of vulnerable children. We believe that every child deserves love, respect, and freedom from all forms of exploitation. We establish long-term relationships with the children we support and empower them to live happy, emotionally rich, and independent lives.

**Values:** Our values represent our beliefs and guide how we behave. They are love, compassion, respect, honesty, and integrity.

# PROGRAMME OVERVIEW

## VIETNAM

<b>ESTABLISHED</b>	1997
<b>LOCATION</b>	Ho Chi Minh City (HCMC), Vietnam
<b>OBJECTIVES</b>	The aim of this programme is to use the transformative power of sports to support disadvantaged children in building self-esteem, self-confidence, their physical health and the development of social skills by encouraging them to participate in a variety of physical activities in a safe, supportive and loving environment
<b>BENEFICIARIES</b>	Children from the Sunshine School, Sunshine Boys' Home, Sunshine Girls' Home, Child Sponsorship Programme and other disadvantaged and/or street children in HCMC
<b>LOCAL PARTNERS</b>	MOLISA (Sunshine Social & Medical Centre and Sunshine School) and DOLISA (Sunshine Homes)

## CNCF ACCOUNTABILITY

CNCF is fully responsible for funding, programme management, monitoring and evaluation

## MONITORING AND EVALUATION

The Sports Programme management team follow regular monitoring and evaluation processes. The programme coordinator conducts site visits during programme activities. Weekly internal meetings are held to discuss programme related issues and updates. Monthly reports and semi-annual reports are provided to the Board of Management and an annual review of the programme is made available to all stakeholders. Most importantly, the progress of the children in the sports programme is celebrated through games, examinations and tournaments throughout the year

## ACTUAL COST 2019

USD \$19,539

## REPORTING PERIOD

January – December 2019

## 2020 OBJECTIVES

- To maintain our current sports curriculum and work to innovate new ideas for programme delivery
- To increase the number of students participating in the programme

# PROGRAMME OVERVIEW

## MONGOLIA

<b>ESTABLISHED</b>	2010
<b>LOCATION</b>	The capital city Ulaanbaatar and the Songino Khairkhan District
<b>OBJECTIVES</b>	The aim of the programme is to provide the children within our care with a variety of fun sporting activities to support their physical health, psychological wellbeing and social development
<b>BENEFICIARIES</b>	Children from the Blue Skies Ger Village, Blue Skies Kindergarten, Child Sponsorship Programme, siblings and friends of children enrolled in CNCF's programmes and children of CNCF staff members
<b>LOCAL PARTNERS</b>	Good Neighbours Mongolia; Mongolian Taekwondo Association; Mongolian Olympic Association; Tulga Taekwondo club; Songino Khairkhan District's

Sports' Agency; Songino Khairkhan District's Mayor; Songino Khairkhan District's Children's Development Center; Mongolian Rugby Association; Seoul Taekwondo Association; Jeonju Taekwondo Association; Tsahilgaan Nudarga Taekwondo Club; Child, Family and Youth Development Authority; Unur Bul Mongolian National Orphanage; Dambosko Centre- Children's shelter; Mongolian Cricket Association

### CNCF ACCOUNTABILITY

CNCF is entirely responsible for funding, programme management, monitoring and evaluation

### MONITORING AND EVALUATION

The Director of Operations and Ger Village management team conduct regular site visits during programme activities. Weekly internal meetings are organised by CNCF staff for programme discussion and updates. An annual report is made available to all stakeholders. Most importantly, the progress of the children is celebrated at performances, sporting events and tournaments throughout the year

### ACTUAL COST 2019

USD \$19,291

### REPORTING PERIOD

January - December 2019

### 2020 OBJECTIVES

- To maintain our current sports curriculum and work to innovate new ideas for programme delivery
- To increase the number of students participating in the programme

# EXECUTIVE SUMMARY

In 2019, the Sunshine Sports and Blue Skies Sports Programmes continued to provide the children in our care with a variety of fun sporting activities to support their physical health, psychological wellbeing and social development. This year, the programmes included Taekwondo, Judo, cricket, swimming, general fitness, and a variety of enjoyable, team-building sports days and competitions.

In 2020, we aim to maintain our current sports curriculum and explore ways to innovate programme delivery, while increasing the number of students engaged in sports activities.

## VIETNAM



**105**  
CHILDREN

engaged in the Sunshine Sports Programme



**55** CHILDREN  
attended Taekwondo  
classes



**50** CHILDREN  
attended Judo classes



**56** CHILDREN  
attended Ky Dong  
Swimming Club



**32** CHILDREN  
attended BIS Swimming  
Club



**17** 5TH GRADE  
STUDENTS  
completed the Water Safety  
course



# EXECUTIVE SUMMARY

## MONGOLIA



**82**  
CHILDREN

engaged in the Blue Skies Sports Programme

- 45** CHILDREN from the Blue Skies Ger Village
- 12** CHILDREN from the Child Sponsorship Programme
- 07** CHILDREN from the Blue Skies Kindergarten
- 18** CHILDREN were siblings or friends of children in CNCF's sponsorship programme or children of CNCF staff members



**55** CHILDREN attended Taekwondo classes



**39** CHILDREN attended Cricket classes



**87** MEDALS were awarded to Taekwondo students who participated in **3** international and **8** domestic tournaments



REPORT 2019

# PROGRAMME DESCRIPTION

CNCF strongly believes in the transformative power of sports. Athletic activities provide children with the opportunity to develop a healthy understanding of the importance of physical fitness. We believe an education without exposure to sports is not a complete education.

For many children who live in poverty, economic inequality remains the barrier to children's engagement in sports. This lack of access to physical activities has negative impacts on their physical health, mental health and overall well-being.

With the implementation of the Sunshine Sports and Blue Skies Sports Programmes, CNCF empowers our children who come from disadvantaged backgrounds with adverse childhood experiences to take part in physical activities, benefitting their development of gross motor skills, self-esteem, mental health and self-confidence. These experiences enable our students to improve their overall health and gain essential life skills for their future.





REPORT 2019

# PROGRAMME DESCRIPTION

## VIETNAM

Established in 1997, the Sunshine Sports Programme provides children with the opportunity to participate in a variety of sports activities, allowing children from the Sunshine School, Sunshine Homes, Child Sponsorship Programme and other disadvantaged and/or street children in HCMC to connect and build social connections while engaging in physical activity.

The sports lessons instill a level of motivation and bravery in the children, increasing their confidence and self-esteem. By focusing on their desire to build social connections, our students also develop positive sportsmanship and are able to foster a balanced mindset and see defeat as an opportunity to grow and improve. These are the essential skill sets that support the psychological development of young people and are the keys to achieving academic and professional success in the future.

We also provide our Sports Programme students with exposure to a variety of activities such as tournaments, competitions and performances to acknowledge their achievements and encourage them to be brave and to never underestimate themselves.

Currently, the Sunshine Sports Programme offers swimming, Taekwondo and Judo classes, which was a new addition in 2018.



CNCF's Taekwondo Teacher and Sunshine Children after class.

# PROGRAMME DESCRIPTION

## VIETNAM

### Swimming

Recognising the importance of water safety, we ensure that every student achieves water competency and develops fundamental safety skills in and around the water. In addition to improving the strength, flexibility and endurance of a child, swimming also stimulates the children's senses, promoting further brain development.

Swimming is a compulsory course for fifth grade students from the Sunshine School. Each week, all students participate in a 1-hour session at the Ky Dong Swimming Club. Lessons focus on water safety, breathing and swimming techniques. Each class takes place from 4 months to 9 months depending on the progress of the students.

To attain course completion, each child must be able to tread water for 30 seconds and swim at least 25 metres using the freestyle stroke without a floatation device. Each student also receives swim attire and a light meal consisting of a sandwich and milk after the swimming session.

In 2018, an additional swimming club in collaboration with high school student volunteers of the British International School (BIS) was formed to support our young children in developing their water skills. CNCF students who need additional practice attend a one-hour session once a week to work individually with BIS students to improve their swimming skills and techniques. This additional support enables the students to build friendships and develop confidence and social skills.





REPORT 2019

# PROGRAMME DESCRIPTION

## VIETNAM

### Judo

The judo class was added to the Sunshine Sports Programme in August 2018. Since then, it has become one of our children's favourite sports. Judo classes are open to all children. The class is sponsored by the Lugdunum Judo Club in France and taught by professional instructors of the Tami Judo Club in HCMC.

The students attend a 2-hour lesson guided by 3 Judo teachers every weekend. Activities include warm-ups, stretching, falls and throws. All children participating in the class also receive uniforms and a light meal after each lesson.

Taking part in Judo class not only supports our students in gaining physical fitness, but it also improves their focus, develops positive attitudes and increases self-esteem, discipline and respect, laying the foundation for our young people to grow into healthy and self-aware adults.

### Taekwondo

Through the Taekwondo lessons, our students are empowered to improve gross motor coordination and develop persistence, self-discipline and self-regulation. For many of our children who come from adverse childhood backgrounds, it is important that these young people have a safe outlet of peace and balance through sports.

Taekwondo students gather for 90-minute training sessions twice per week with activities including warm-ups, stretching, kicking and punching, self-defence techniques and kata forms. Our Taekwondo teachers provide guidance to all children and prepare them for their belt upgrade examinations which are organised throughout the year. Each student also receives new uniforms twice a year and a light meal after each class.

Students who show a keen interest in the sport and wish to advance their skills are encouraged to join our Taekwondo Competition team, to take part in local tournaments and competitions. During the year, children in Taekwondo also demonstrate their skills at CNCF events such as the School Opening Ceremony and Teachers' Day celebrations. These are valuable opportunities for our young people to showcase their talents and what they learn in class as well as gaining self-confidence, teamwork and self-belief.

# PROGRAMME DESCRIPTION

## MONGOLIA

The Blue Skies Sports Programme was established in 2010 at the Blue Skies Ger Village with an aim to provide the children in our care with the opportunities to cultivate new interests and hobbies that support their physical, psychological and social development.

The Programme initially introduced Taekwondo classes to the children at the Ger Village benefitting their physical health, focus ability, discipline and self-confidence as well as becoming the place for our children to express their emotions in a therapeutic way.

Since its inception, the Sports Programme in Mongolia has expanded its scope to include cricket and archery, supporting the health and wellbeing of children at the Blue Skies Ger Village, Child Sponsorship Programme and their siblings and children of CNCF staff members. Besides the sports classes, the basketball court and volleyball net at the Ger Village have become the heart of the place where our students and CNCF team gather and enjoy time together.

Throughout the year, CNCF staff organise a variety of sports activities, such as morning exercises and a Ger Village Sports Day. We also encourage our Blue Skies Sports Programme students to participate in numerous national and international competitions and tournaments, fostering bravery, self-confidence and encouragement amongst their peers.



# PROGRAMME DESCRIPTION

## MONGOLIA

### Taekwondo

Many of our children come from extremely traumatic backgrounds where they experience daily behavioural, emotional and psychological distress. It is therefore important that we support their emotional development and empower them to express their feelings with mindfulness, leading to a greater sense of peace, happiness and fulfilment.

Taekwondo lessons were reintroduced at the Blue Skies Ger Village in 2015 after a two-year break. The students are divided into three groups based on their school timetable. The kindergarten students participate in a 1-hour lesson, while other students attend two 2-hour sessions per week on Mondays, Wednesdays and Fridays. The lessons are taught by our professional coach who leads each class with pride, passion and attention to the needs of each child. During the classes, our children learn essential self-defense techniques and are ensured to wear protective gear provided by the staff.

In 2019, our students participated in **11 tournaments**, receiving **26 gold, 26 silver** and **35 bronze** medals. Over the past four years, our talented young athletes have won **88 gold, 101 silver** and **177 bronze** medals.

Furthermore, one child was officially recognised as an International Sports Master, two children as Mongolian Sports Masters and three children were ranked as Mongolian Sports Sub Masters. One student also received the Best Female Athlete award at a competition organised by Songinokhairkhan District.

The Taekwondo classes have supported our children to improve physical fitness and develop self-esteem, focus skills and respect towards themselves and others. These achievements are the testaments to the potential that lies within all children if given the right encouragement, support and opportunities.





# PROGRAMME DESCRIPTION

## MONGOLIA

### Cricket

By encouraging our young people to take part in different sports, we ensure every child can explore their interests and passions as well as staying physically fit.

In 2016, our children began attending cricket lessons organised by the Mongolian Cricket Association - the first cricket organisation established in Mongolia. This year, 12 children have shown particular interest and commitment to the sport and formed our CNCF team.

Students attend weekly 4-hour training sessions held at the club's grounds located in one of the capital city's main parks. Headteacher Battulga, the first internationally qualified Mongolian coach, teaches our children with great enthusiasm and passion, empowering them to improve psychological and physical health as well as academic performance.

Being part of the Mongolian Cricket Association allows us to support our children in developing their coordination and fitness while being able to stay active outdoors and build new friendships. Our Ger Village Junior Psychologist Munkhsukh attends a weekly cricket coaching course organised by the club. He encourages and supports our children's development in the sport by overseeing practice sessions at the Ger Village.

This year the cricket team participated in 3 competitive matches to develop their skills, build team spirit and make new friends. Two boys were named the Best Batsman of the day during the annual Cricket Youth Championships.





REPORT 2019

# PROGRAMME DESCRIPTION

## MONGOLIA

### Events & Activities

#### Taekwondo Tournaments

Most Taekwondo championships and competitions take place in other provinces and abroad. In 2019, CNCF's Taekwondo team visited Bulgan Province, Uvurkhangai Province, Vietnam and South Korea to participate in tournaments. During these visits, the team explored each city's highlights and museums, where our students learned about the provinces and countries they had visited for the first time.

During the Korea Open G2 Championship and Kimunyoung Cup International Open Taekwondo G1 Championship, two of our Taekwondo students proudly represented Mongolia and were awarded with a gold and a silver medal.

One of our female students were selected to represent Mongolia in the Asian Open Taekwondo Championship where she was warmly welcomed by our CNCF team in

Vietnam and our CEO Helenita Noble, who participated in a Taekwondo training session with the children of CNCF Vietnam. It was a great experience that both our Vietnamese and Mongolian children came together to practise and get to know each other. Our student successfully won a bronze medal at the tournament.

Travelling abroad to pursue their passion was a life-changing opportunity for our young people, boosting their confidence and opening their eyes to an exciting world of possibilities. We believe that exposing our children to new experiences, people and places plays an essential role in their personal development and ability to believe in their potential to lead the life that they choose.



CNCF staff and children after winning the Cricket Championship.

REPORT 2019

# PROGRAMME DESCRIPTION

## MONGOLIA

### Events & Activities

#### Field trips

This year, CNCF organised several field trips outside of the city to support our children in learning about new places, meeting new friends and gaining a different perspective and inspiration about the endless possibilities life has to offer. For the Snow Festival, we arranged an excursion to the biggest statue of Chinggis Khan and spent the day participating in outdoor games. In spring, 35 children took part in our yearly picnic and internal tournament with the highlight of the day being making Mongolian barbeque.

#### Ger Village Sports Day

To cultivate a sense of team spirit and community at the Ger Village, our CNCF team organised a fun day of friendly sporting competition for our staff and children. The day included a volleyball match, a basketball tournament, relay races and games.





REPORT 2019

# PROGRAMME DESCRIPTION

## MONGOLIA

### Events & Activities

#### Volleyball Course

Four of our children participated in a volleyball course for beginner and intermediate players. Through their determination and hard work, the children were selected to be part of their school league which has empowered them to improve their fitness add gain confidence and social skills.

#### Basketball Course

Two of the children at the Ger Village are students of the basketball course in their school. The children also led our Ger Village basketball team in the National Children's Shelter's Sports Competition, supporting other children in developing necessary techniques.

### Outdoor Morning Exercises

Outdoor morning exercise classes are held at our Ger Village during summer holidays. The sessions are an effective way to empower our children to maintain a good routine during their holidays, improve their fitness and have fun with their friends.

This year, the classes were led by two of our older boys, making sure that the children were up on time and energised for the day ahead. The sessions started at 7am with activities including jogging around the village and aerobics on our basketball court.

### Taekwondo Performances

Throughout the year, our Taekwondo students showcased their skills through performances at Ger Village events such as birthday celebrations, leaving parties and Children's Day celebration.

# PROGRAMME DESCRIPTION

## MONGOLIA

### Life Skills Training & Workshops

To support our students in planning their career development pathways, this year, the children of the Sports Programme took part in a one-day training 'Glory of an Athlete' with Sports Master Chingunjav. The sharing session allowed the children to gain a better understanding of the training requirements and the career challenges of an athlete. One student also joined in a preparation and audition training for the National Team organised by coaches of the Mongolian Taekwondo Association.

### Staff Training & Workshops

In 2019, our Taekwondo coach participated in 2 training seminars arranged by the Mongolian Taekwondo Association and the Asian Taekwondo Association. The training sessions provided knowledge on first aid, the new rules and methods and preparation tactics for athletes.





REPORT 2019

# GLOBAL STATISTICS

Physical activity is beneficial to children and young adult of all ages and abilities, however, the lack of resources and financial difficulties remain the top barriers of universal access to sports for young people from disadvantaged backgrounds. The statistics indicate a need to promote wellbeing awareness and the implementation of a widely accessed sports programme, benefiting the physical and psychological health of young people who experience disadvantage and would otherwise not be exposed to sports.



- Drowning is **the leading cause** of death among 5-14 years olds in low and middle-income countries within the Western Pacific Region <sup>[1]</sup>
- Globally, there are approximately **42 drowning deaths every hour** <sup>[2]</sup>
- More than **80%** of the world's adolescent population is insufficiently physically active <sup>[3]</sup>



## VIETNAM

**86.32%** of school going adolescents aged 11-17 years do not meet WHO recommendations on Physical Activity for Health <sup>[4]</sup>



## MONGOLIA

**78.75%** of school going adolescents aged 11-17 years do not meet WHO recommendations on Physical Activity for Health <sup>[5]</sup>

[1] & [2] WHO 2014  
[3] WHO 2015  
[4] & [5] WHO 2016

# OUR YEAR

## VIETNAM

One of CNCF's core beliefs is that sports activities have the power to transform and improve the lives of children. Through the Sunshine Sports Programme, we provide sports activities that have positive impacts on the lives of children from the most poverty-stricken and marginalised backgrounds, ensuring every child has a healthy childhood and essential skill sets for their future.



**105**  
CHILDREN

engaged in the Sunshine Sports Programme

**51**

Children

8-12 years old

**30**

Children

13-15 years old

**24**

Children

15 years and up



**55** CHILDREN  
attended Taekwondo  
classes



**56** CHILDREN  
attended Ky Dong  
Swimming Club



**32** CHILDREN  
attended BIS  
Swimming Club



**50** CHILDREN  
attended Judo  
classes



**56** INDIVIDUAL BELT  
UPGRADE  
EXAMINATIONS  
were passed for Taekwondo students



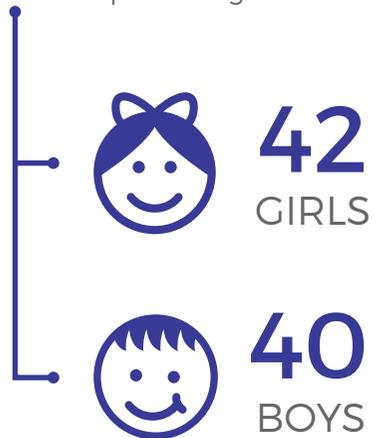
**17** 5TH GRADE  
STUDENTS  
completed the Water Safety  
course

# OUR YEAR

## MONGOLIA

CNCF works to ensure that every child regardless of their circumstances has the right to engage in extracurricular activities and sports in a safe and healthy environment. We empower our children to improve their physical fitness and overall wellbeing while engaging in sporting activities .

**82 CHILDREN** engaged in the Blue Skies Sports Programme



**45 CHILDREN** from CNCF's Blue Skies Ger Village

**07 CHILDREN** from CNCF's Blue Skies Kindergarten

**12 CHILDREN** from CNCF's Child Sponsorship Programme

**18 CHILDREN** were siblings or friends of children in CNCF's sponsorship programme or children of CNCF staff members



0-5 years old

6-10 years old

11-15 years old

16-18 years old

19-24 years old



**02 CHILDREN** travelled to Korea to compete in 2 international Taekwondo tournaments



**02 CHILDREN** attended Basketball courses at their schools and participated in district competitions



**01 CHILD** travelled to Vietnam to compete in an international Taekwondo tournament



**01 CHILD** attended freestyle wrestling courses at his school and competed in championships. He won a Gold medal at the District Championship this year

# OUR YEAR

## MONGOLIA



**68** CHILDREN  
attended Taekwondo  
classes



**33**  
GIRLS



**35**  
BOYS



0-5 years old



6-10 years old



11-15 years old



0-5 years old



6-10 years old

**31** CHILDREN  
from CNCF's Blue Skies Ger Village

**12** CHILDREN  
from CNCF's Child Sponsorship  
Programme

**07** CHILDREN  
from CNCF's Blue Skies Kindergarten

**18** CHILDREN  
were siblings or friends of children  
in CNCF's sponsorship programme  
or children of CNCF staff members



**87** MEDALS  
were awarded to  
Taekwondo students  
who participated in  
**3** international and  
**8** domestic tournaments

**26**  
GOLD  
MEDALS

**26**  
SILVER  
MEDALS

**35**  
BRONZE  
MEDALS



**39** CHILDREN  
attended Cricket  
classes and  
were from CNCF's  
Blue Skies Ger  
Village



**26**  
GIRLS



**13**  
BOYS

Age	Number of Students
6-10 years old	9
11-15 years old	17
16-18 years old	13



REPORT 2019

# MY JOURNEY TO THE OLYMPICS

"My name is \*Chimeg and I am 15 years old. I came to live at CNCF's Blue Skies Ger Village in 2013. Before arriving at the Ger Village, my sister and I were living on the streets and struggling to survive. I did not get to go to school or have the childhood I always dreamed of. I thought my life would stay like this and utterly lost faith and trust in the world and the people around me, until CNCF found us.

At the Ger Village, my dream of an education came true. My sister and I were able to go to school and participate in a variety of extracurricular activities through CNCF's Arts & Music and Sports Programmes. For the first time in my life I was able to play sports. I took part in Taekwondo classes and quickly found a passion for the sport. For me, I believe the discipline practices of Taekwondo have made me who I am today. It is through practicing Taekwondo that I have been able to develop self-confidence, patience, respect and especially how to communicate with others.

With love, support and understanding from my Taekwondo coach, my teachers and the staff at the Ger Village, I have learned many new things and I am motivated to express myself in a safe

and healthy environment. I have now been training in Taekwondo for 4 years. My focus and dedication have empowered me to overcome my challenges and believe in myself. This year, I flew to Vietnam to compete in the 2nd Asian Open Taekwondo Championship 2019 and won the Bronze medal. I was also thrilled to receive the love and care from other children and the CNCF team in Vietnam. The experiences I have gained from participating in numerous domestic and international tournaments motivates me to develop and achieve even more every day. I felt bliss, pure happiness when I was announced as Mongolia's Sports Master, which inspires me to aim high and set my sights on representing Mongolia in the 2024 Olympics and winning the gold medal.

I want to show my heartfelt appreciation to CNCF, to my teachers and to my Taekwondo coach for believing in me, for always being by my side and for enabling me to thrive and flourish in a safe and healthy environment. Thank you for everything you have done for me. You have changed my life."

\*Names and identities changed to protect privacy

REPORT 2019

# MY JOURNEY TO THE OLYMPICS

"Chimeg is a great role model for other children. Through her commitment and determination, she was able to overcome many challenges and she has made a positive impact on the behavioral and social development of other children around her."

- Battulga Nasankhuu, Blue Skies Ger Village Taekwondo Coach -

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"When I met Chimeg, she really inspired me. I have learned a lot from her, from her love for Taekwondo to how committed she is to succeeding despite her challenges. I hope to develop my skills and techniques to achieve more, just like Chimeg. I am incredibly proud of Chimeg. I know she will continue to do great things in her life and I look forward to seeing her journey to the Olympics 2024."

- A Child from the Sunshine Sports Programme -





REPORT 2019

# OUR STORIES

## Finding A Passion For Swimming

Ha\* was a young child when her mother gave her away after the death of Ha's father. She now lives with her elderly grandfather and has discontinued contact with her mother.

Since enrolling in the Sunshine School, Ha has found our extracurricular activities to be a place to explore interests and passions. Of all her classes, swimming has had the most positive impact on her. Ha is one of our most dedicated swimming students and has never missed a class. She loves swimming and has found peace and healing through her time in the water.

Ha also attends additional swimming sessions at the British International School (BIS) to further develop her swimming techniques. She takes these opportunities to not only strengthen her swimming skills but also to engage with her peers who she has built lasting friendships with.

Since joining the swimming classes, Ha has improved her swimming technique and developed as an individual, becoming more comfortable in the water and confident socially. Ha has successfully completed a water safety workshop this year and she was proud of this achievement as were we.

\*Names and Identities changed to protect privacy

REPORT 2019

# OUR STORIES

## Testimonial from a Child

"I really like outdoor activities such as Judo and Taekwondo classes, but Taekwondo has been my favourite because we get to learn katas, punches and kicks. As I want my kicks to look good, I enjoy practising kicks the most. The class is also fun and full of laughs because we have two Taekwondo teachers and all my friends at school take part in this class. It is my favourite time of the week and I love it very much."

\*Identities changed to protect privacy



REPORT 2019

# OUR STORIES

## Testimonial from a Grandparent

“My granddaughter had a very traumatic childhood. She grew up in a volatile home and was living in horrific conditions. That is why I took her to live with me. I couldn't offer her much but I knew she would be safer in my care. My granddaughter was very quiet and was afraid of people for a long time. I was so happy when she met the staff from CNCF because she received the care and comfort she had not received for so long. She is so much happier and shares a lot more with me these days and I know that's due to the support she gets from her teachers and staff at CNCF. I think the swimming class has helped her in becoming more trusting and a lot more confident. She always tells me how much she loves the water and how happy she is when she has swimming classes. I hope she continues to pursue her passion of swimming as this makes her truly happy. Thank you CNCF for the support and care you show my granddaughter.”

\*Identities changed to protect privacy





REPORT 2019

# OUR STORIES

## A Life Changed Through Sports

Tamir\* came to live at the Blue Skies Ger Village in 2009 when he was only 7 years old. Tamir's mother was an alcoholic and her partner was an abusive man who often locked Tamir and his brother out of the house, forcing them to roam the streets often hungry and cold.

CNCF night clinic found the boys while they were stealing coal at the local railway road in exchange for food and immediately took the boys into our care at the Ger Village. Tamir was extremely traumatised at first and had difficulty adjusting to a new and positive lifestyle. Our social workers and psychologists supported Tamir to overcome his childhood trauma through therapy sessions and also enrolled Tamir in the Taekwondo classes at the village, enabling him to gain strengths and develop confidence and self-reflection.

In 2016, Tamir was chosen to join the cricket team and developed a passion for the sport. Since then he has been leading the Ger Village cricket team and was awarded the best bowler trophy. Sports has created a safe environment for Tamir to develop self-awareness and instilled in him a sense of togetherness, supporting in his physical, behavioural and psychological development. Tamir is now training with dedication and commitment to pursue his dream of becoming a member of the Mongolian national cricket team and competing in international competitions.

\*Names and Identities changed to protect privacy

# OUR STORIES

## Testimonial from a Child

“My name is Telmen\* and I’m 17 years old. I have been living at the Ger Village for 8 years. My family moved from the countryside when I was 3 years old. I used to live with my mother and my older brother. When we arrived in the capital city, my mother couldn’t find a job and a place for us to live. I still remember that we would often go to the biggest trash yard to collect bottles, cans and plastics and try and exchange them for money. It was like a dream when I attended the CNCF Blue Skies Kindergarten and spent the day playing with new friends, eating nice meals and having fun before having to return to the horrible life we were living at home. But everything worsened when my mother passed away due to liver cancer in 2012 leaving us all alone in this world with no one to look after us. I could not imagine what would have happened if we were left to starve on the streets.

I came to live at the Blue Skies Ger Village when I was 9 years old and was provided with unconditional love and care from the warm-hearted people at the village. Since then I have gone to school and receive tutoring and most importantly I have been given the opportunity to develop through Taekwondo. I’ve been training in Taekwondo since 2015. I love participating in sports and especially the Taekwondo classes because it enables me to have a sense of worthiness and become a better person day by day. This year, I successfully became a Mongolian Sports Master of Taekwondo with a red belt.

I am extremely thankful to my coach who always inspires and motivates me and I am very grateful to everyone at CNCF and my dear sponsor who loves, cares and wishes all the best for me.”

\*Names and Identities changed to protect privacy



# OUR STORIES

## Testimonial from a Parent

"I am the mother of Altan\* who has been in the CNCF Child Sponsorship Programme since 2008. Life was extremely tough before CNCF came to us with their kindness. My husband abandoned us, leaving me with no desire of continuing on living. I had to take care of my children who needed to be fed but I had no job back then. Thanks to CNCF, I was able to send my child to school and get much needed food and clothes for the winter. Today my life is more stable than before and my children are growing up with the ongoing support from CNCF. I also have a job now which comes with a consistent monthly income.

My son Altan was encouraged to attend Taekwondo classes at the Ger Village in 2015 to build self-confidence and to develop social skills. He struggled due to having a developmental delay and would often sit back in his classrooms and not engage with anyone. It has been years of consistent practice in the CNCF sports programme with his talented coach who always believes in Altan, and supports him to overcome his challenges. My son has made positive changes in expressing his emotions and focuses on his physical health as well as academic performance. Altan has also won numerous medals from local and international Taekwondo tournaments.

Thank you CNCF and coach Battulga for believing in my son and making my son a responsible, happy and strong young adult. Thank you for being there for people like me and and being so kind to us."

\*Names and Identities changed to protect privacy



REPORT 2019

# FINANCIAL OVERVIEW

The operational cost of the Sunshine Sports Programme Vietnam was:

**USD \$19,539**

The operational cost of the Blue Skies Sports Programme Mongolia was:

**USD \$19,291**

Heartfelt thanks to our kind donors who enable CNCF to keep this project operating and also to those who generously support with gift and time in-kind which enables us to keep our costs down.

Audit in progress at time of reporting. Our audits can be found at: [www.cncf.org/finance-policies/](http://www.cncf.org/finance-policies/)





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## ACKNOWLEDGEMENTS

By donating to our Sports Programmes, you are giving disadvantaged children the opportunity to participate in activities that enable them to build strong, healthy bodies while having fun and making friends and developing essential character traits such as confidence, discipline and respect for themselves and others.

Thanks to your support, many boys and girls who come from backgrounds shaped by poverty, abuse and neglect have been able to discover new abilities, push their perceived boundaries and establish constructive outlets to channel their emotions.

It is with our most heartfelt appreciation that we thank all our donors and supporters for allowing us to give the children in our care the happy, fulfilled and emotionally rich childhood they deserve.

It is with our most heartfelt appreciation that we thank all our primary donor **John May, Team Lotus** (IE) for making this programme possible on behalf of the team and children at CNCF, thank you. Thank you also to **Liquidnet** (HK) for your for supporting us to give the children in our care the happy, fulfilled and emotionally rich childhood they deserve.



For more information on this report and our CNCF projects in Vietnam and Mongolia please contact:

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