

The Andrew Clark Trust

June Newsletter

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Friday, 27th June 2025

Dear Sponsors and Supporters.

Hello again. I do hope that my newsletter for June will arrive and find you all well and that you will have read with interest the news updates in my May edition. So many kind messages have been received in response, so to all of you who have very kindly taken the time to write to me I thank you sincerely. It means a lot and makes all the hard work in preparing and producing the monthly editions worthwhile. Thank you.

Before I go any further however, I would really like to pass on another message to you that I have received from Khine, the devoted manager at the Mittarwaddy care home. She has told me of the continuing food aid that is being provided to the home for the residents from the kind donations we have received specifically for them, and that they are all extremely happy and full of gracious thanks to the people from all around the world for helping them to continue to live. They say many big thanks from their hearts and ask me also to tell you that they are not so hungry now. Some of the residents have become a little more active too now and have begun spending some time in the gardens looking after the flowers. She also tells me that the home's cats and dogs seem to realise that the residents are much happier as well and are enjoying lots of friendly attention. So, on behalf of Khine, all her staff and all the residents - human and animal, I too say thank you to everyone who has kindly donated specific funds to help them.

While I write this month's newsletter, I think of the time that has passed since so many people became displaced and I am saddened by the ongoing suffering and hardship that families are still having to endure. There are so many concerns, but it is here where we find the immense kindness of friends worldwide who never fail to support aid programmes that will in some way alleviate the suffering and hardship of these gentle people, enabling us to provide as much assistance as we possibly can, but in also recognising all the great effort and wonderful determination in overcoming the logistical challenges that are being faced by Oliver and his amazing team of volunteers as they continue on with their own earthquake relief journey. I thank everyone for the wonderful support of all the aid projects because without you we couldn't do this. Together, we can bring hope and in the following pages, I write again with more news that is bringing hope to so many.

People have enquired to me as to how the three 'adopted' children I wrote about last month are doing now they are in a safe family environment. I am happy to tell you that reports say that the children are well and content and have become more settled and less shy. The little boy Kyaw Soe Lin is especially happy and along with his two sisters, is embracing the happy secure family life a child should have. We are providing Daw San San Win with food aid for all the family and will support her if there are any areas of need or concern. I shall continue to pass on further updates of the family as the months go on.

On the following pages, I am including some further pictures that I have received from Khine at the Mittarwaddy, as well as further updates and pictures from Oliver's latest journey along

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with the details of the real struggles of people enduring terrible sickness whilst having to cope with the monsoon rains. Some exciting news of another 'possible extreme challenge' that might be under consideration follows, and then a personal letter with more updating information from our star student of medicine Amy. Finally, a very special 'story' that I have been saving for you and that I have been longing to include. This is especially charming and very worthwhile taking the time out to watch so will you please be sure to click on the link at the page. I am sure that you will enjoy it. 😊

Lastly, I would just like to include one final paragraph:

'We should never underestimate the power of kindness' - I recently read these words and thought how true they are and then I added to them another of my favourite words that of **'Love'** and thereafter I believe truly **'that every act of kindness is a little piece of love we leave behind'**

I Thank you all for your gift of 'kindness and love'

With all my kindest regards to you.

Tilly

Tilly Wilkinson
Trustee Administrator

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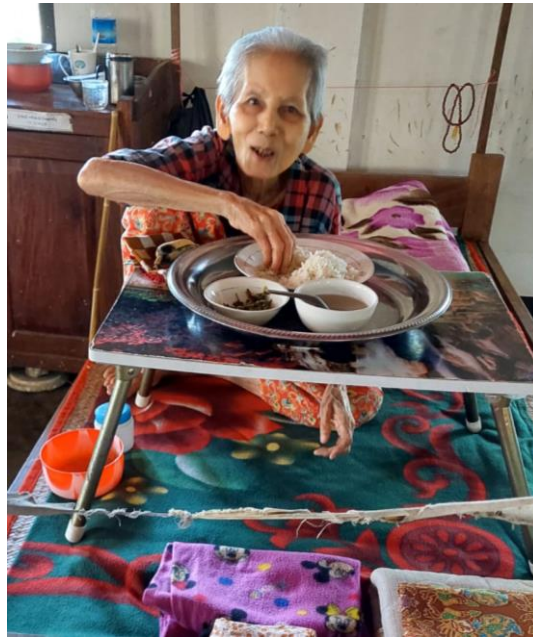
Here at the Mittarwaddy garden, between the rains the residents have begun spending a little time outside tending the flowers and the greenery.



Much loved residents pets include Kyaw Nyo the dog and Yar Yar the cat



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The residents give blessings and thanks for their food and are immensely grateful to know that every day they will now be assured of having food to eat. Thank you.

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Preparing their next mission, as MCA Myanmar Chefs, Oliver and his team had requested that a truck be permitted to cross the border into Thailand to collect aid for the earthquake victims provided by the Thai chef's CWB group. Both groups being impartial organisations, they didn't experience any issues with their request being granted and after arriving and loading up the vehicle, Oliver's group began their journey all the way back through the Shan mountains to their Mandalay MCA vocational training centre. From there, they downloaded everything in preparation for the distribution of food aid to the earthquake's most desperate needy people throughout the camps in Amarapura, Tha Da Oo, Sagaing and Mandalay. Further arrangements had been made between the teams in Myanmar and Thailand for permission to transfer 2.5 ton of food and urgent medical aid for the earthquake victims. Surprisingly, this was organised and arrangements made for it to be flown in to save another long and arduous journey and on the expected day of the flight shipment landing, in a very well organised arrivals hall at Yangon's Mingalardon airport the airside workers had off-loaded all the boxes and crates onto 17 luggage trolleys in readiness for collection. Surprisingly, this was all done and cleared before any passengers from Thailand arriving on that same flight were allowed to collect their own luggage. So it was all fast-tracked and went without any hitches. The team were ready to load the consignment onto their waiting truck outside the arrivals hall in preparation for the teams leaving on 27th May for their next journey. On this journey, Oliver and his team allocated food aid to families at Inle Lake and delivered urgently needed drugs and medicines for the Union Goy Station Hospital in the Inle Lake area. Food baskets, sufficient for 4,700 families (approx. 25,000 people) were given out to the needy around Mandalay and Amarapura which included supplies of rice, oil, salt, chicken powder, dried noodles, chickpeas and dried green tea. Completing security checks and the further compounding effects of the damaged roadways at times caused some huge difficulties in getting urgent aid to these specific areas because of the logistical challenges for vehicles and delays in getting access over the damaged terrain, but the journey was completed with overall great success. Oliver's aid group are doing a remarkable job in managing such challenges as these with great fortitude and we understand that they are already in the process of planning their next trip. We thank them for all that they do by continuing their aid provision for the homeless and desperately hungry people and look forward to hearing from Oliver again with more updates when he can. We wish them all a very safe and secure journey.



At Mingalardon Airport, Yangon.

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As we enjoy the arrival of our summer months, hoping for the sunshine to bless us with some warmth, in Myanmar, the monsoon season has arrived causing further hardship to those widespread communities where so many displaced people are living. Although ordinarily local folk deal with the annual downpours with outstanding resilience, in so many areas the after-effects of the earthquake have escalated their difficulties and their suffering. The affected communities who have lost their homes and who only have access to damp and overcrowded temporary shelters, often perhaps under plastic sheeting, tarpaulins and tin sheeting, are living alongside stagnant water and in such unsanitary and damp unclean conditions, are at risk of serious illness such as dengue fever, lung disease, pneumonia and scabies. Scabies causes intense discomfort as the skin itches, and it can spread rapidly over the body where mites may have burrowed under the skin which then causes an allergic reaction that goes on to intensify the itching. Scabies mites prefer warm moist areas of the body – under arms, waist, groin etc and the weather only goes on to exacerbate the condition and people with a weakened immune system can sometimes get a rare type of scabies which is highly contagious. We need to help as much as we possibly can in providing aid and medicines that will help those suffering this dreadful condition and wherever possible we are offering urgent assistance, not only with medication to help stop the itching, but also advising of the importance of frequent hand washing and personal hygiene (difficult without access to clean running water) and importantly, not sharing items of clothing or bedding. Try to imagine what their lives must be like in conditions such as these.



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Gary's Marathon Challenge

Since Gary's London Marathon fundraising appeal that I wrote about last month closed, he has spoken to me of his plans to take on further challenges in the future to raise funds for our charity once again. He tells me that *"this is not where it ends - I'm already planning my next venture!"*. Now Gary is some tough guy, but he tells me that one possibility, and he stressed at this stage it is only a possibility being considered, would be a tough commitment. More than a run along the streets and roads of London and absolutely considering the timing of the monsoon rain season as well as any other marathon options in 2026, Gary is considering running up Mount Popa !. Now there is every likelihood that many people will have never heard of Mount Popa and will therefore have no knowledge of it whatsoever. I can tell you first hand that although it is stunningly beautiful and a spiritual experience for many pilgrims, Mount Popa is one very tough climb and a real physical challenge. It is an extinct volcano in central Myanmar in the region of Mandalay about 50 km southeast of Bagan in the Pegu range. It stands 1,518 metres above sea level and in clear weather, it can be seen from the Ayeyarwady River around 60km away! Mount Popa is probably best known as a pilgrimage site with the sacred Taungkalat Monastery at its top. There are numerous Nat temples and relic sites surrounding it. Now as I mentioned, it is only a thought just now, and we must wait to see if it might be a realistic option for Gary next year but it certainly would be a really tough challenge. I shall report any decisions Gary tells me about in due course. See some of the pictures to get an idea of what a challenge that would be. Gary, we applaud your courage if this might be a serious contender.



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Above: Outside the hospital building during clinical rounds.



Above: In scrubs, preparing for patient interaction.

Amy's Medical School Journey Update:

I wanted to take a moment to share a little update about my journey in medical school and to express my sincere gratitude for the continued support.

I'm currently in my third year of medical school. My days are quite full — I usually spend mornings in the hospital and attend lectures in the evenings, or vice versa. This year has been the most challenging one yet, as it's my first real experience interacting with patients and taking medical histories.

As someone with a quiet and shy personality, stepping into clinical settings has pushed me far outside of my comfort zone. But I'm adapting, learning, and growing with each experience. Despite the challenges, I've remained focused and determined, and I can genuinely say that I'm starting to feel more confident in my role as a future doctor.

None of this would have been possible without the massive support and opportunities I've received. Thank you so much for providing me with the necessities and encouragement. Your help means the world to me, and I couldn't have come this far without it.

Warm regards,
Amy

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When writing my previous newsletters I have mentioned that I would like to share with you some stories from our recent visit to Yangon. They are stories of determination to carry on, stories of challenges to succeed and stories of bright young hope. Here today is the first. It is a story that I really am sure you will enjoy.

One early Monday afternoon, we travelled across Yangon city to visit our teacher Ma Thandar and her class of students who were attending their lessons. Ma Thandar introduced us to the children as 'friends from the UK' and the children responded with bright enthusiasm telling us their names and their ages and what their favourite subjects were. Ma Thandar explained that her pupils today were at differing levels of learning English and were each busily engaging with different lesson projects that they had been assigned. Even though we as visitors may have been somewhat of a distraction to the children, they continued with their class work enthusiastically. As we listened to Nyan Min Htet, Su Set and Hnin Akari as they responded and answered the set questions from their different lesson papers we took some photographs and some short clips of their responses and then we were amazed at the calmness of this charming bright young boy Aung Bhone Khant as he sat up straight and after reminding us of his name began by saying "I would like to read you my story about visiting the zoo" With a nod from Ma Thandar, he took a deep breath and began. Please may introduce you to

AUNG BHONE KHANT

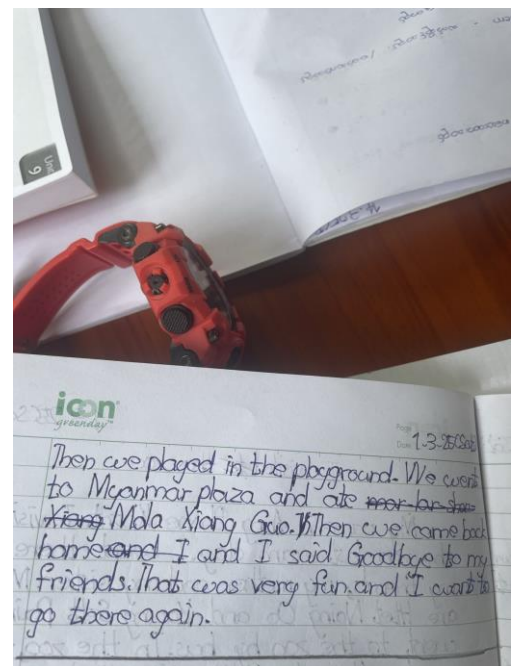
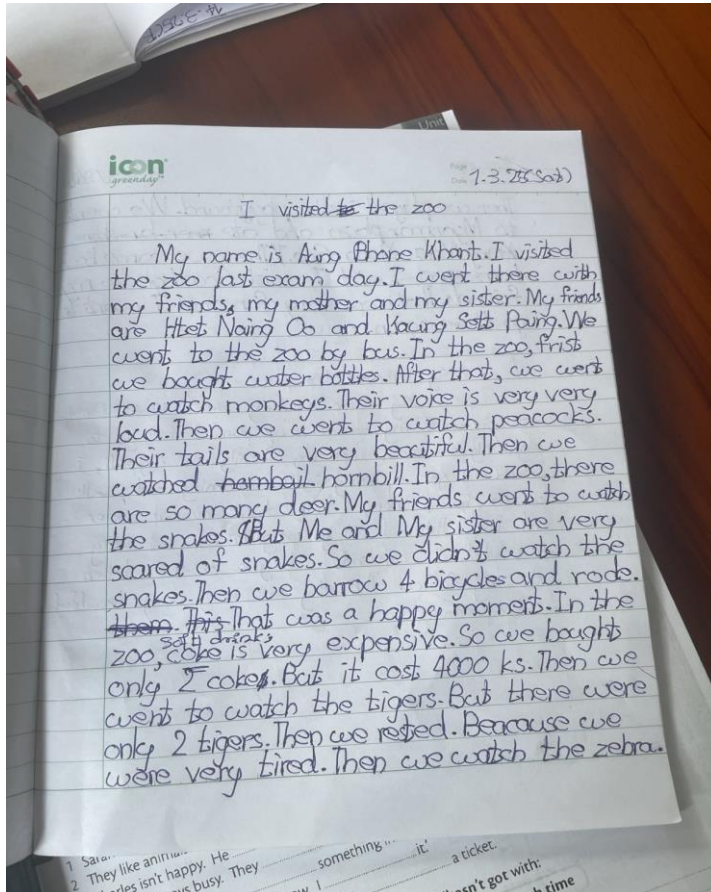


HIS STORY FOLLOWS ON THE FOLLOWING LINK.

<https://photos.app.goo.gl/jkg1iySDyS9HVhxU7>

PLEASE BE SURE TO CLICK ON THE LINK ABOVE TO HEAR HIM TELL YOU OF HIS VISIT TO THE ZOO.
The transcript of his story can be found on the final page of this newsletter. Enjoy enjoy !

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THANK YOU