

MCF'S SEMESTERLY NEWSLETTER
WINTER 2022



JO UR NE YS

INSPIRE AND BE INSPIRED



HELEN'S MESSAGE

It is encouraging to know that despite the difficulties and challenges during the COVID period, MCF has not only been able to continue with its current projects, but also has initiated new ones in supporting disadvantaged children. Our circle of Friends, partners and sponsors are growing as a result of what MCF believes in and is achieving through commitments and efforts shown by all.

During the second half of the year, MCF's achievements included providing over 300 full medical check-ups to children. In addition, a recently initiated Dental Care Program provided a dental care teaching session to 240 students. The children learned the proper way to brush their teeth, the importance of dental care in a fun way, and over 40 children were given fluoride treatments courtesy of Oasis Hospital. MCF's Glasses Galore Program provided over 600 eye examinations and over 100 new pairs of glasses.

On a lighter note, the Universal Beijing Resort, compliments of their Senior Vice President of Operations, invited 40 school children to enjoy the experiences and activities of the newly opened theme park in Beijing.

UNICEF, for the first time, extended an invitation for an internship in their organisation to two students. We are hopeful this will be the start of a more sustainable partnership.

MPROV continues to support MCF's goals by holding their improvised comedy evenings and promoting MCF to their audiences. This is a worthy gesture on their part and it is greatly appreciated. By way of a small 'plug', I would like to say that it is a very enjoyable evening for anyone who likes a bit of sharp wit and repartee.

Shortly before Christmas, the Finnish Embassy extended an invitation to over 40 school children to experience the land from where Father Christmas hails. The children were treated to games, goodies and a taste of the land famous for sleighs and reindeers. My gratitude to Madam Ambassador Mikkola for opening the Embassy's doors to the children.

Another Embassy that opened its doors to MCF over the Christmas period was the British Embassy, where the British Chamber held its Christmas Bazaar in support of MCF. As always, a great day was had by all. This was the result of excellent organisation, plentiful food and drink, lots of vendors displaying interesting and colourful items, and carol singing courtesy of both the migrant and international school children.

On the theme of international schools, the second half of the year saw great support from a number of these institutions. MCF's partnership with the British School of Beijing, Sanlitun (BSB) has proved a great success to date and the strength of the connection is developing in a both promising and beneficial manner.

Equally commendable, the contributions by the students and teachers of the following International Schools is likewise amazing. Beijing World Youth Academy (BWYA), Canadian International School of Beijing (CISB), Dulwich College Beijing, Harrow International School Beijing and Yew Chung International School (YCIS), all have shown both interest and commitment to what MCF aims to achieve. This is both notable and greatly appreciated by our organisation and I trust it will continue.

With regard to organisations, a special mention and thanks for all the support shown by the JinShang Group.

Looking at the above lists of all those that have contributed in some way to MCF's activities, it is both encouraging and greatly promising to see such well developed bodies showing such enormous interest and support to what MCF stands for.

Helen Boyle OBE.
大英帝国勋章获得者

MCF VOICES

ABB EY

Abbey came to Beijing in summer 2021 for her husband's posting at the British Embassy. She met another MCF friend at a playground during her first or second week in town and got involved because she loves finding ways to make a difference wherever she lives. She has spent most of her career teaching, and believes passionately that all children deserve quality healthcare and an excellent education. Abbey's first Friends activities with MCF involved cultural exchanges with young learners, and now she is helping with the curriculum of the Future Thinkers project.



CHRISTINE

After being in Beijing for almost 2 years as a homemaker, I decided to step out of my comfort zone and find ways to give something back to the community. I found out about MCF and was inspired by what MCF had done. Starting with no expertise at all and in doubt on what I could help with, eventually I was exhilarated when I realised how much I could do to help the disadvantaged children. I got involved in the many MCF events as well as the Friday teaching sessions. Firstly, I am putting my effort in the community through MCF, but I got even more back in return. MCF not only makes me realize my personal potential, but I also gained meaningful insights from each of our unique volunteers from different parts of the world. I am truly glad to be part of the MCF family.



MCF VOICES

When my husband and I came to China in early 2019 I knew that I wanted to spend my time giving back to the people of Beijing. Through MCF I am able to use my talents to, hopefully, inspire disadvantaged children and learn more about the Chinese culture.

To my surprise, MCF has become so much more than a volunteer opportunity. It has become a home away from home. Through this organization I have been able to meet and work with so many wonderful, talented people from all around the world. Everyone is genuinely dedicated to helping the disadvantaged children of Beijing. Everyone that I have met at MCF truly strives to live up to their motto, Inspire and Be Inspired, and you can't get any better than that.

MICHELLE



KAYE



Kaye is a Filipino lawyer and entrepreneur who has in 2020 joined her husband on his posting in Beijing. She helps MCF in its CSR efforts and cooperation with other institutions. "MCF is truly unique in that it attracts friends of different backgrounds and strengths – all wanting to genuinely contribute to helping disadvantaged children. This is the kind of synergy that is created in MCF that enables it to have such an impact on the lives of disadvantaged children. This genuineness rolls off from everyone in MCF which makes it such a pleasure to be part of."

MCF PROJECTS OVERVIEW

AUGUST 2021 - JANUARY 2022



HEALTH CHECK-UP PROGRAMS

MCF AT SCHOOL

CHRISTMAS SPECIAL

MCF IN ACTION

MCF STORIES

LATEST PROJECTS

MEET FRIENDS OF MCF

MCF HEALTH CHECK UP PROGRAMS

GENERAL CHECK UPS

Due to the COVID situation last October, we could not meet the parents at the school to discuss their children's medical report after the checkups the children received. As a result, we delivered 125 students' Health Check Up reports to the school. However, the medical team from the GlobalCare Hospital has organised an on line platform for parents to contact the doctor to discuss their children's report.

In December 2021, 46 migrant children received the Health Check Up. MCF would like to thank our partners and all the sponsors along with the Drs. and staff at the GlobalCare Hospital for all their time and support. Special thanks to our helpers for giving their time to distribute Christmas gifts to the children.

In January 2022, MCF accompanied a doctor and William who presented the health check up reports to the parents of the children that had their check up in December 2021. This gave the parents the opportunity to clarify any points that they might have had with regard to their child's health report. MCF would like to express their thanks to the hospital staff for conducting the examinations and providing the follow up visit.

DENTAL CARE PROGRAM

In November 2021, MCF visited a kindergarten providing 280 children with gift packages of a tooth brush and tooth paste as part of MCF's Dental Care program. MCF believes maintaining personal hygiene is so important for the children and helps them in having a healthy life.

The MCF team comprised of William from the GlobalCare Hospital, who managed the video presentation on how to maintain healthy teeth, and asked the children questions throughout the session. Jane and Tang, two other MCF Friends, helped to distribute the children's gifts and information leaflets.

It was an amazing sight to see so many children show their enthusiasm and excitement at what was being presented.



MCF believes that they will remember everything they were taught and will apply what they learnt faultlessly. The Raffles Clinic was instrumental in helping to make this experience so worthwhile by contributing 60 tooth brushes and tooth paste gift packs along with the leaflets. Of course, William, Jane and Tang made the day possible by providing their time and input. I would like to thank them once more for helping MCF 'make a difference'.



FEMALE HEALTH PROGRAM

In the first November week 2021, a group of students from YCIS delivered female sanitary packages to grade six female students at one of our migrant schools. As part of a community project, the high school students wanted to raise awareness on a health topic and teach girls common knowledge on the menstruation cycle.

They raised funds and prepared 32 care packages to gift. Thank you girls of YCIS. A very worthwhile undertaking on your part and hope it achieves everything you aimed for.



MCF AT SCHOOL

Jane and Helen visited one of the schools that MCF supports and paid for the term's fees of Lixiao Qin and her sister, and Zhangzi Qun and his brother. Lixiao Qin told me that she had undergone her regular checkup and all appeared ok.

These children have all grown into young teenagers and look as though they are developing well. My thanks to Jane for coming to help ensure everything was ok with the school and in particular these 4 young people.



In August, MCF visited the Beijing Huiling community unit and spent time with 15 of their young adult residents. The community unit cares for both children and young adults who have learning difficulties. On this occasion, we spent the visit piecing together cardboard puppet dogs from kits brought along for that purpose.

Depending on their capabilities, some could identify and name different parts of their models, whereas others required assistance in helping to construct the puppets. Upon completion of the activities, group photographs were taken, summer blankets were distributed to everyone.

I would like to thank Trefin, the Rotaract President, along with Li Nan and Lionel for giving their time and helping on the day.

CHRISTMAS SPECIAL

Secret Santa Projects

In continuation of our Christmas Secret Santa program, in the end of December over 350 Christmas presents were delivered to the children. These presents were kindly donated by various international schools, individuals and other organisations in keeping with the seasonal spirit of giving. A huge thank you to all those who contributed and participated in making this possible.

For the first two weeks in December, the MCF team was busy preparing Christmas gifts and goody bags to be delivered to school children of the schools that MCF supports. After preparing 285 presents, they were delivered to the first of the schools that we support by members of the team. From the photographs below, it's obvious the gifts had the desired effect and gave a lot of happiness and excitement to the children.

I would like to thank all those involved in dealing with 'Santa's Grotto' and the hard work that involves! I would also like to thank our partners and donors who were so generous in their gift giving. This included BSB Sanlitun, Dulwich School, Shang, Cafe Zarah and Erin. It would be remiss of me if I didn't mention a particular story which made me feel all our efforts are so worthwhile and mean something. Neema, a young pupil from BSB Sanlitun, celebrated her birthday

recently by donating the whole of her birthday gift proceeds to MCF school children- quite amazing! I always look forward to the Christmas season and the pleasure that it creates amongst children when they receive gifts that our partners and sponsors provide.

Thank you to Beijing World Youth Academy's Student Council for their ongoing support towards MCF! The Student Council plans and executes fundraising events throughout the school year to contribute back to their school and community. They presented two cheques to MCF received by Helen (Founder and Director) and Diana (Manager of Connect Program), as well as 25 Christmas goodie bags to the MCF choir members at one of our migrant schools.



CHRISTMAS SPECIAL

Father Christmas at the Finish Embassy

Forty school children from a school supported by MCF were invited to the Finnish Embassy and enjoyed a morning that included Father Christmas, learning about Finland, decorating gingerbread biscuits, games and receiving pre-Christmas goodies along with goody bags from Father Christmas.

This was all arranged by the Finnish Embassy and I would like to thank Madam Ambassador Mikkola and her staff for their consideration and kindness.



Christmas Market at the British Embassy

Another amazing event at the British Ambassador's Residence! Everyone celebrated in fine style at the British Chamber's Christmas Market. There was a buzz of excitement and anticipation as visitors came to enjoy the attractions of the day in preparation for the Christmas Festive Season that was nearly upon us.

Once again, the British Chamber's efforts and organisation made the day both memorable and something for everyone. With the British Ambassador's Residence providing the venue, it was a perfect setting for a 'Taste of British' type Christmas Market, as well as a reflection on what many hold so dear at Christmas.

CHRISTMAS SPECIAL

Steve Lynch, The British Chamber's managing director, his team and the staff of the British Embassy were ever present to ensure a warm welcome to everyone. Their attentiveness was both inclusive and impressive. The British Chamber, as always, gave great support to MCF on the day and I would like to express my sincere gratitude for their recognition of MCF's work and continued support. During the day, besides providing activities for children, MCF along with the other vendors provided items in keeping with the 'festive season'. A group of children, from one of the migrant schools MCF supports, sang Christmas carols during the day while enjoying the experience of being VIPs.

That said, for MCF the day would not have been possible without the selfless enthusiasm and commitment of a dedicated group of volunteers who set aside their Saturday to further the aims of the Foundation's belief of making a difference. To mention them all personally here would take too long and for that please accept my profuse apologies for not doing so, but their contribution of time and involvement was exceptional. It's a constant source of reassurance to see so many of them giving of their time and effort - it is quite inspiring and I would, as always, like to express my thanks and appreciation for what they are doing.



CHRISTMAS SPECIAL



MCF Xmas market at SHANG

On Sunday, December 20, MCF held their Christmas Market at the SHANG building in Xindong Lu. The vendors displayed a fine array of gift items that would take pride of place in the most discerning of Christmas stockings. Plenty of members of the public turned up to see what was available.

I would like to thank SHANG management and staff for ensuring that all went well on the day and, as always, volunteers from MCF showed how enjoyable MCF events are because of the planning and effort- along with the enthusiasm and friendliness.

All this was enhanced by a number of restaurants from the SHANG building, viz. Bottega, Turkish Feast, Q Mex and Qubbe for providing much appreciated tasty sustenance for those on the front line.

In keeping with the spirit of Xmas, two choir groups, one being from BWYA and the other a migrant school MCF supports, sang carols for those attending the market.

A big thank you to all of the above-mentioned groups who made the day so enjoyable for everyone.



CHRISTMAS SPECIAL



MCF IN ACTION

MCF's first Dance Marathon

In October 2021, MCF had a Dance Marathon at the Riviera Country Club which drew on the expertise from dancing instructors in Zumba, Bollywood, Jazz and Jindafit. People from all ages attended and they were not disappointed. Everyone took part in dances which were probably new to them, but from the glee on their faces, thoroughly enjoyed.

Of course, my personal thanks go to the dancing instructors who generously gave both their talent and their time. Also, Riviera Country Club for providing the venue and for David, the manager, for ensuring the whole experience went smoothly. It was wonderful to see so many people attending, some faces familiar, and others for the first time. Regardless, a good time was had by all. The proceeds from the Dance Marathon will go to the MCF's Health Checkups for the school children it supports.



Running for a cause

Over 50 people started a somewhat wet Saturday on an autumnal morning by committing to run/walk various distances in aid of MCF's Health Check-ups Project. As a show of support and appreciation, I went along to the Great Leap Brewery in Sanyuanqiao to meet with Morag, the organiser of the event, and a number of the first runners at 6:00 in the morning. This magnificent gesture of helping to 'Make a Difference' made me realise how many amazing people are happy to leave their comfort zone to help others.

Throughout the day, reports were coming in regularly showing the progress of the participants and giving details of distances covered and times taken. Besides the challenge itself, one of the most obvious achievements was how well the event was organised. From supporting the runners/walkers during the day by distributing water to organising a 'feast for the heroes' at the Great Leap Brewery at the end of the day, Morag ensured everything was taken care of and that the day was not only a success but a great time had by all. For that, I am so grateful. It only remains for me to express my sincere gratitude to everyone for showing their consideration and commitment to a worthy cause, and also to Great Leap Brewery for giving their premises as a 'watering hole' and at such a generous cost.

MCF IN ACTION

MCF x Art

This mild summer evening proved to be both very pleasant and enjoyable for the many guests present, with old acquaintances being renewed and new ones being made. Daniel named the event 'Dreams of the Ocean', and the evening was his maiden venture into the world of photographic exhibitions, having previously undertaken work as a freelance photographer.

From the raffle's proceeds, thirty-one children will be provided with eye tests and glasses.



My sincere thanks go to all the guests for being so generous and supportive of not only Daniel and his work, but also to MCF's efforts on behalf of under privileged school children.

Also, my appreciation to Paula for coming and helping with the MCF table and raffle. Last but not least, to Café Zarah's team for helping to make the evening go smoothly.

MCF IN ACTION

MCF x UNICEF

UNICEF invited MCF to provide students to attend a week of workshops raising the awareness among young people to the social needs of others less fortunate. The young students MCF provided joined others for a week that was well organised and gave an insight into a world not encountered on a daily basis by most.

The feedback was that it proved thought provoking and encouraged the class to consider what they learnt in terms of their own situation. My thanks to UNICEF for inviting students connected with MCF to be part of the week's seminar, also to Alex and Frank from the BWYA International School for their participation.



MCF AT UNIVERSAL

In September, thirty children from one of MCF's supported schools visited the Universal Studios Theme Park where they were given free rein to experience all the new rides that Universal Studios have incorporated in their new Beijing theme park. It was a truly magical day for them and I have a slight suspicion for the teachers and volunteers as well who had the responsibility of ensuring there were no mishaps.



This day was made possible by courtesy of the Senior Vice President of Universal Studios operations who is not only a personal friend, but also a supporter of MCF.



The children were divided into 5 groups and each group was supervised by 2 adults to ensure their safety. Amazingly enough, all the groups managed to cover almost 90% of the amusement rides and activities within the 9 hours that they were there. By 7 pm, the children were ready to go home with stories galore. I would like to take this opportunity to thank the Universal management team for bringing magic into the lives of these children who I'm sure will never forget the day they had at the Studio's Theme Park.



Last but not least, my thanks to our volunteers Jane, William, Christine, James and Martin for supporting and supervising the children on the day.

LATEST PROJECTS

MCF's Virtual Buddy Program has finished. We had a total of twenty-five migrant students participate, led by students from six international high school partners. Migrant students were paired up with an international school student for one-on-one sessions every Saturday morning for eight weeks.

The session contents were very creative and engaging, ranging from cultural exchange to mentoring in English, math Chinese literature, French, and more!



In late February, MCF visited a school in ChangPing and delivered belated holiday gifts to over 280 children. The children were very pleased with their gifts. The gifts included backpacks, stationery, books, plush toys, legos, games, puzzles, action figures, dolls and more.

We were met there by representatives from the Australian Olympic Team who donated milk and food items to the school. A huge thank you to all the sponsors. We were also able to deliver gifts to two schools in Tongzhou.



M C F S T O R I E S

Nala's Story

For those that follow the story of Nala's education; Jane, Nala and myself visited a few schools in the Beijing Changping district. We finally confirmed a place for Nala to study Media Design and Creativity at the Beijing Institute of Applied Technology (previously called University of Beijing Applied Technology). Founded in 1986, it is a full-time comprehensive private non-academic higher education institution approved by the Beijing Municipal Education Commission.

The course consists of three years full time study at the institute, including internship and experience in projects. She enrolled and her fees for the first year were paid during the visit. I would like to thank both Jane and the Head Administrator for the time and interest they gave to assist Nala throughout the process. While on the subject of Nala's education, I would like to thank Adam for privately sponsoring a new laptop to help Nala in her studies.

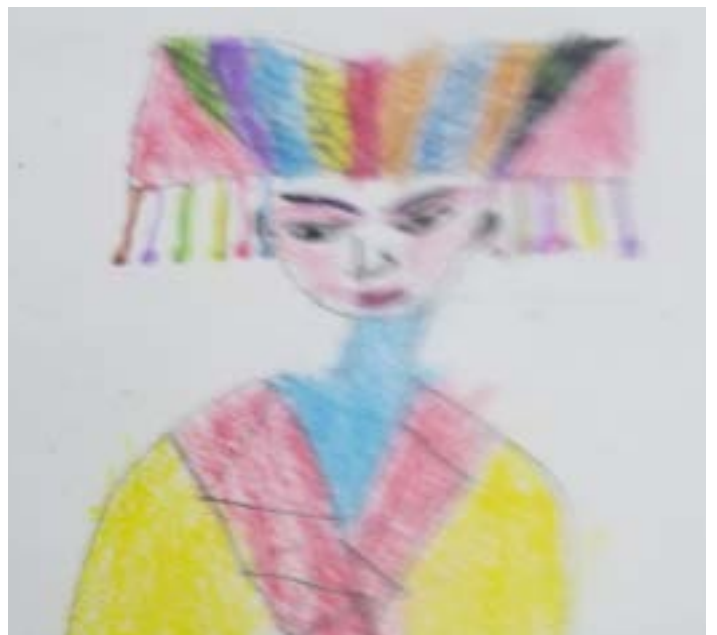


M C F S T O R I E S

Peng's Story

For those who are familiar with the story of Peng Changyu, the little boy who had an operation in 2017 to improve his hearing, this afternoon I went with him and his mother to the Beijing United Hospital for a checkup to assess his progress.

The situation is that, though the hearing in his left ear has improved somewhat, Peng Changyu's case is complicated by other physical problems. That said, the doctor believes therapy can improve his condition. As this will be a long term commitment, it requires more than just treatment for a limited period of time. In view of this, MCF is actively looking for a specialist school in the Beijing area that will provide the necessary facilities to support him.



M C F S T O R I E S

FanFan's Story

Helen first met Fan Fan in 2015 when she saw him being carried around by his mother and decided to find out why. His mother explained that her little boy was unable to walk, so she had to carry him around everywhere. Upon hearing this, Helen decided she must help them. After MCF organized his medical tests, Fan Fan was diagnosed with cerebral palsy and later epilepsy.

Ever since that first meeting, MCF has been supporting Fan Fan so that he gets the healthcare he needs, including speech and physical therapy. Fan Fan is now able to stand on his own, is learning to walk, taking horse-riding lessons, and can say simple words like 'baba' and 'mama'.



Li Xiaoxing's Story

MCF started supporting Xiaoxing in 2017. At only twelve years old, she has been battling liver cancer, an extremely rare condition found in children. Due to the severity and rarity of this condition, her parents struggled financially to cope with the treatments needed for her.

Although Xiaoxing is still under medical supervision and taking daily medication, she is well enough to attend school. MCF is sponsoring her school fees and those of her little sister so the family can get back on track after a gruelling twelve months.



MEET THE FRIENDS OF MCF

Become a Friend (volunteer) of MCF

As we look back on this year at MCF, we are grateful to those who have been with us through countless events and have helped us along the way. As we bid a repeated heartfelt goodbye to those who are leaving Beijing, we would like to take the time to invite new Friends to join us on this journey.

At MCF we are always looking for fresh faces with a passion for helping others and inspiring others along the way! Feel free to drop us an email at: friends@mcfcchina.org



OUR YOUNGEST VOLUNTEERS FROM BSB SANLITUN

ASTRID

Astrid first heard about MCF from her mom Abbey and then was over the moon when Helen Boyle went to her school and talked about what MCF does. Astrid came home and kept talking about ways our family could help Helen and the kids she supports. She would see a toy in her house and say, "Maybe we can give this to Helen!" She wondered if she should give some of the money in her piggy bank to Helen. Astrid was thrilled to become a friend by helping at the British Christmas Market selling books (when she wasn't quality controlling them by reading them all first!).



XINHUI



One of our youngest, 7 year old MCF volunteer, Xinhui has been actively joining events with her mum Christine who is also an MCF volunteer. She is currently studying in the BSB international school and she loves reading and sports, especially basketball. She is very friendly and funny, so do say "hi" to her when you see her at the games or crafts table at MCF events. She is proud to be part of the MCF family!

PARTNERS OF MCF

Thank you to our Sponsors!

We at MCF would like to extend a heartfelt thank you to all our sponsors and partners for their contributions during 2021. Your generous contributions, as well as volunteer partnerships, have allowed MCF to continue educating the disadvantaged children of Beijing and providing for them.

We hope that through being involved with MCF, you have also gained a deeper understanding about disadvantaged communities in China and how we can continue to give back to the city in which we live.

Interested in partnering with MCF? Drop us an email at: cs@mcfchina.org



金尚 JinShang

HALLIBURTON



IOP Institute of Physics



ABOUT MCF

WHO WE ARE

MCF is a social enterprise that has been operating in Beijing for over 14 years, overseen by its founder, Helen Boyle. It is a platform for individual volunteers, both local and expat, as well as organizations to work together in a cross-cultural experience to give back to society.

OUR MISSION

MCF's mission is to enrich and develop the lives and education of disadvantaged children, giving them a better chance to reach their full potential.

HOW DO WE ACHIEVE THIS?

We provide opportunities that enhance the children's educational development at no cost. MCF's cultural programs offer experiences as well as extra-curricular activities such as art, science, sports and more. Every week, we work with more than 150 children, and we sponsor several individuals, supporting their education.

In addition, MCF's healthcare programs provide regular check-ups (including eye and dental) to ensure the children's physical well-being is also looked after. We provide glasses if needed, and we have paid for several children's specialist medical care.

OUR VISION

The Foundation brings together people from different backgrounds and uses their talents and experience to help the children develop their knowledge and abilities. MCF volunteers integrate with and positively impact the society they live in, creating opportunities for a better future for the children.

THREE PILLARS OF MCF

These core values guide the life and work of everyone at MCF:

- 1) Inspire and Be Inspired: Spark a chain reaction of positivity in your daily life.
- 2) Make a Lasting Difference: Everyone has a gift to give, so let's make a difference.
- 3) Respect and Trust for All: Create respect and trust no matter what you do!

MCF ANNUAL REVIEW



MORE THAN 60 ACTIVE
INTERNATIONAL FRIENDS



ONLINE HOMEWORK CLUB
STARTED



IN TOTAL OVER 6200 HEALTH-CHECKS
AND 900 EYE-CHECKS
COMPLETED,
600 EYE GLASSES DONATED



SUPPORTING
12 SCHOOLS IN
BEIJING AND THE
SURROUNDING AREA

WHAT INSPIRES YOU?

A series of horizontal dashed lines for writing, set against a background of abstract, flowing brushstrokes in shades of light blue, teal, and lavender.



WWW.MCFCHINA.ORG

INSPIRE AND BE INSPIRED

