



# NEWSLETTER

## NUMBER 1 | 2014







**IN MY FAMILY** it has always been a matter of course to stand up for others. Tore my grandfather was among the first to support and help those around him, whether it was family, employees or the local football club Gullspångs IF.

In my life, it's been important to feel an involvement in social issues and to give something to someone else, it gives me the feeling that my life is meaningful. I think everybody benefits from focusing on others' well-being and development.

With this newsletter, I want to take the opportunity to inform you about the projects that our foundation, Lööf Foundation – which was formed in 2013 – currently participates in and implements. It is essential that our assistance can arrive and make a difference and here you can read the ways in which we are involved and contribute, both locally and globally.

With the help of the organisation Hand in Hand we have supported a village in India over a two year period. Three Partex ambassadors have been of great help in the work. In Nepal, we have begun to build an orphanage where the orphans will receive accommodation, care and a safe place to live.

I love my home town of Gullspång, therefore I am happy and grateful that Lööf Foundation has also been able to support young people in school and unemployed youth in the municipality and in neighbouring municipalities.

This is the first newsletter about the Lööf Foundation. So join our journey of supporting and contributing to others. And who knows, maybe next time you're the one traveling to Nepal!

**Sophie Lööf,**  
chairman Lööf Foundation

## PANAPURAM – OUR ACTION AGAINST EXTREME POVERTY

In collaboration with Hand in Hand - a non-profit organisation - we have supported the Indian village Panapuram during a two year period. We have helped to take the village out of extreme poverty.

In Panapuram we have already noticed a number of positive changes. Our work has focused on five main areas, each of which is important to lead to a situation where people on the ground get power over their own lives and can create a tolerable living situation.

### CHILDREN AND EDUCATION

We have established three kindergartens and three schools in the village. We have worked actively for the children to go to school instead of working. This has led to the village receiving the "Child Friendly Panchayat", a village that looks towards the best for the children. 17 children have gone from work to school, which feels absolutely amazing! An evening school has been formed with different skill levels so that all children can benefit. A 17-year-old boy has been admitted to medical school, which is unique for a village like this!

### ENTREPRENEURSHIP EDUCATION FOR WOMEN

The program was targeted towards women, to teach them how to read, count and manage economic issues through self-help groups. They get the chance to practice on saving, borrowing, and lending money. 158 microloans have so far been distributed (1 microloan is equivalent to 110 EUR, which can provide a cow, five goats or a pedal sewing machine). They have been offered additional studies in how to start their own businesses, such as; tailoring, saree manufacturing and cooking.

### CIVIC CENTRE

The programme focused on democracy work and computer literacy. 647 people have participated and currently 24 people pay their bills over the internet instead of spending a significant amount of money on the bus trip to the bank.

### HEALTH

Five medical camps have been conducted in the village where 798 people have been treated. 105 children have been treated by pediatricians. 17 women with anemia have been cured. 1 215 people have been trained in hygiene and health. Also, 25 toilets have been built, 12 of which are biogas toilets. Lavatories change lives, especially for women, who had previously only been able to carry out their needs outdoors at night. Occupational pans were distributed and several kitchen-gardens have been built. We have also conducted veterinary camps where 2 184 animals have been treated.

### ENVIRONMENT

20 training sessions in environmental studies have been conducted, for example, the entire village has been cleaned from waste on several occasions. 1 210 trees have been planted to provide shade for the school areas and to prevent soil erosion. We have donated two water cleaning units for the schools. We have also provided two syntax tanks that give clean water to 135 households. We have also built a gate to keep the school children at school.





# HOME OF HOPE – A HOME FOR ORPHANS

Home of Hope is the name of the orphanage the foundation is building in Nepal. At the Home of Hope, 20 children who lost their parents are able to get a home and good care. The first stone is placed to mark the beginning of the project.

The village, where the orphanage Home of Hope is being built in 2014/15 is called Ratankot. It is a stunningly beautiful place at about 2000 m altitude on the way to Mount Everest, about a six hour drive from Kathmandu.

## CONSTRUCTION PROJECTS WITH FOLLOW-UP

Löf Foundation will build and operate the orphanage in close cooperation with the Tibetan monk Pema Dorjee Lama. The villagers will participate in the construction work and have donated the land that the orphanage will be built on. We will have a volunteer on site on several occasions to monitor the building process so that everything goes according to plan. Below you can study the floor plan for the orphanage.

## A BRIGHTER FUTURE

The goal for the Home of Hope is that the children get all the support they need to become self-sufficient adults in their home village or in the surrounding area. We also help the village with school supplies, teddy bears, blankets, fleece jackets and football equipment for the soccer team.

## VOLUNTEERS

Löf Foundation has also developed a volunteer program, and there is great interest to be involved and to contribute to the Home of Hope. To the right you can read about a day in a volunteer's travel to Nepal, where our contribution makes a big difference. A warm blanket change lives.

## A DAY WITH JOHAN MAGNUSSON IN NEPAL

### SATURDAY, SEPTEMBER 20

6:00 Breakfast after a rainy night. I have not slept very well, I am not used to sleeping with the rain pounding and a water buffalo grunting nearby. We hand out Löf Foundation fleece blankets to the old, a woman has walked three hours down the mountain to get the blanket. She had so much pain in her leg, it was very moving to see how important a fleece blanket can be when winter approaches.



In the morning we visited the school to arrange all the things that we had brought for the kids from Sweden. I brought various aids, posters and toys. The teachers are very grateful and help in the work. Thank you all in Sweden who contributed to this!

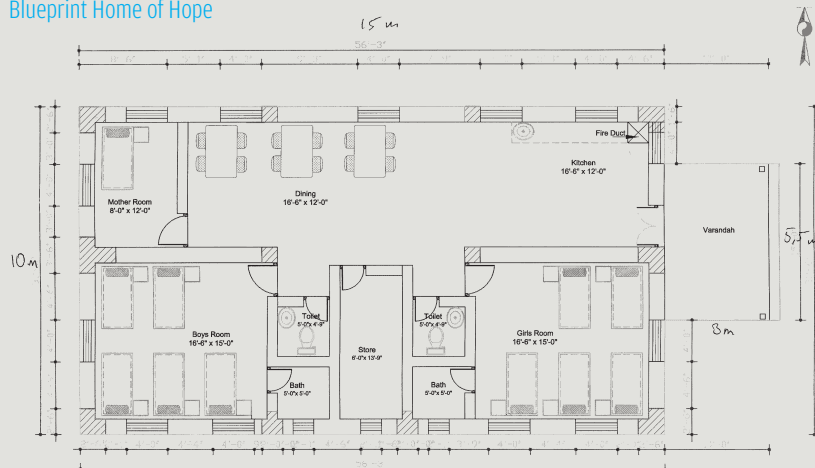
14:00 Lunch was dried food for me and now we are waiting for the architect who should have been here at 12. We'll check out the place where the orphanage will be built and reconcile drawings against reality. We distribute more blankets while we wait.

19:00 Dinner, we sat in the kitchen and showed photo books from the last time we were in Ratankot in April this year and the project in India that we have supported for two years.

The architect has arrived, only seven hours late, which seems to be normal in Nepal. We sit in the kitchen talking, the villagers come and go, they are all very open and welcoming – a lovely atmosphere!

I am very grateful to have had the opportunity to make this journey and get a chance to be involved and to help and contribute with the Löf Foundation.

## Blueprint Home of Hope





## LÖÖF FOUNDATION TO INSPIRE YOUTH FOR THE FUTURE

One of Löof Foundation's first projects was to focus on the unemployed youth in Gullspång.

Our idea was to let the unemployed youth in the Gullspång municipality and neighbouring municipalities take advantage of confident adult experiences. This would be done through a series of seminars and would increase their knowledge on personal development, communication, motivation and inspiration.

Our goal is to help young unemployed people gain more control over their lives, to "sit in the driver's seat." In 2014 we had several talented lecturers visit and give talks to young people to help with their self-confidence and inspire them towards a positive future.

Young people today can feel great hopelessness, they need motivation. We at Löof Foundation hope that our lecture series has contributed to helping with their motivation.

Ola Tornberg, coach, and one of our lecturers, has also been involved in a project we call "School Support". Ola has lectured to the Students, teachers and principals in Gullspångs municipality on empathy, self image and how to communicate with more understanding and compassion.

We hope with these initiatives we may see future changes in attitudes and a greater sense of hope and confidence in our young people in the local area. If we all connect with young people in a meaningful way, we can change their future.

### IF YOU WANT TO CONTRIBUTE

Löof Foundation will create a volunteer program for the Orphanage Home of Hope to which interested candidates can apply. You contribute with your time and your commitment. Löof Foundation stands for the round-trip. The aim is that the responsible people at the orphanage get help with the children. You can help with activities, household work, help the

matron and teach the children different skills – knitting, crocheting, painting or carpentry!

Our goal is for these children to have all the love, warmth, kindness, care and knowledge they need in order to grow into confident adults and become self-sufficient in their home village or in the surrounding area.

## NEWS FROM THE GULLSPÅNG AREA

### JOY IN CATSHELTER

In Töreboda energetic enthusiast Lisbeth Johansson, who manages the local cat shelter, had an unexpected visit. Sophie and her children Stella and Vilda and volunteer Sam arrived with the local grocery store's whole stock of cat food which they donated to the shelter. It was a very welcome contribution!



### PLAYGROUND IN GULLSPÅNG

During spring 2015 Löof Foundation will sponsor play equipment for a playground in Gullspång.

### CULTURAL EVENT FOR REFUGEE CHILDREN

We are taking unaccompanied refugee children in Gullspång to the show "The Marriage of Figaro" at the Opera in Gothenburg.

*If you are interested and think you are the right person, or if you want to contribute financially to our foundation's work, please contact Sophie Löof, Chairman Löof Foundation, tel. 46 551-20100, [sophie@nordfasinvest.se](mailto:sophie@nordfasinvest.se).*

Please visit [www.looffoundation.org](http://www.looffoundation.org)

