



LÖÖF
FOUNDATION

NEWSLETTER

No. 3, October | 2015



| **NEPAL**

HOME OF HOPE IN RUINS

| **NEPAL**

**SUPPORTING
1 200 PEOPLE**

| **SWEDEN**

**SUCCESSFUL
CHARITY GALA!**

| **MOSCOW**

**A CHEERFUL
MEETING**

| **SOUTH AFRICA**

**A SIX MONTH
SUMMARY**



SIX MONTHS has passed, and it feels like so much longer. 2015 has brought so much joy, but also a great deal of despair and sadness. We have published our first book – one of the many contributions to the rebuilding of the family home called Home of Hope, which sadly was severely damaged during the earthquakes this spring. Thanks to generous donations from our fantastic employees at Partex, the public, guests at our charity gala and at the Gothenburg Book Fair, we now have the funds necessary to start the rebuilding process. Hopefully, we will be able to hold an inauguration for the family home in April 2016!

This autumn we visited an orphanage/school called Furagin in Moscow. It was overwhelming to see the children's happiness over an unexpected visit from abroad, but also heartbreaking to think that small children are left behind due to great human tragedies.

Our Star for Life® cooperation continues and we met and had a lovely time together with our South-African friends at our charity gala. You can read our 6-month report in this issue. Our work against the HIV virus continues. Now we also have two ambassadors in the Folweni High School project to help in our struggle, Ronja Lundquist from Partex Gullspång and Simon Hooper from Partex UK, thank you both for your commitment!

The rest of this year I will try to focus on positive change, I hope you will join me in that thought. In Sweden we see a lot of proof that people have a strong will to help others, we can make a huge difference in each others lives if we only put our heart in it!

Sophie Lööf
Founder, Lööf Foundation

NEPAL, Home of Hope

DEVASTATION FOLLOWED EARTHQUAKES IN NEPAL

The family home, 'Home of Hope' for the orphans in the village Ratankot, Nepal was almost completed. But the powerful earthquakes that hit Nepal in April and May of this year destroyed it.

The inauguration of the family home for the orphans was planned for June 6, Sweden's national day. Just a few weeks prior, the earthquakes almost destroyed the entire family home. Lööf Foundation decided right away to rebuild the family home. First, the aim was to provide emergency support, both materially and spiritually, says Sophie Lööf, chairman of Lööf Foundation. As of now, fourteen children are waiting to move in, so there is no time to wait!

For three weeks, Lööf Foundation representative Johan Magnusson worked hard to support the needy villagers with both medicine and food, and created a plan for rebuilding the family home. Johan's experiences and profound encounters with people who are struggling to regain their everyday lives are described in the newly published book 'Dreams of an Orphanage'.

Johan met a lot of grief but also a lot of gratitude and joy. Lööf Foundation helped the people of the village with everything from tents and blankets to bandaging injuries. The kids were given teddy bears and some soccer balls. To see how much a soccer ball can mean made me extremely concerned, says Johan, who also works with the construction, planning and management of the family home.

You can read part of Johan's diary on the following page, and here are some results from his journey:

- Restored energy and hope to the villagers that were traumatized
- Donated tarpaulin for the building of temporary homes
- Served food, to raise energy levels which gave the people some relief
- Stocked food to last for weeks

Example of things we bought:

- 70 fleece blankets for small children
 - 70 pieces of good quality tarpaulin to build tents for all the families with small children
 - Sleeping mats for everyone
 - Soap
 - Tooth paste
 - Tooth brushes
 - 70 teddy bears
 - 2 footballs
 - 3 badminton sets
 - 1 solar panel
 - 1 battery
 - 1 solar charging station
 - 4 LED lamps and wiring
- Medicines*
- Anti-diarrhea tablets
 - Fever suppressant
 - Cough suppressant
 - Wound cleaning
 - Antibacterial ointment
 - Plasters
 - Bandages

TRAVELLING IN THE MIDST OF DISASTER

Representative Johan Magnusson's fourth travel to Nepal in May was lined with sorrow. The village of Ratankot lay in ruins, and people were tired and listless. But they were still alive. Here are a few of Johan's days, transcripts from our book 'Dreams of an Orphanage'.

MAY 20, 2015

12:30 We stop at Home of Hope on the way and discuss how we should proceed with the future building construction. Shyam says we cannot start reconstruction work until the monsoon is over and all the roads are repaired. We should be able to start in early September. We may be able to arrange the inauguration in January. It all depends on how many people we can assemble.

12:45 We go on, almost everyone wants to talk to us or invites us to have some berries or home-brewed rice beer, so the journey takes some time.

13:00 We arrive at the house of Preeti Lama, one of the orphanage children. The house she lived in with her grandma and grandpa was completely destroyed. The hut they currently live in is built out of old plates. Preeti was working in the field when the first earthquake hit and she feels concerned about new earthquakes. She wonders if we are able to rebuild Home of Hope again and when I tell her that we are she gets very happy! I feel a little surprised to know that the news about Home of Hope isn't really getting around.

She invites us to eat berries from the forest which they refer to here as 'the jungle'. They tell me that there are three types of monkeys and even some form of leopard living in the jungle which strikes me as the most likely reason why they take their goats and dogs inside at nighttime.

14:00 We arrive at the home of another orphan – Sorajacti Nepali, a fourteen year old girl. The name Nepali means that she is of low-caste. A Nepali should not enter Shyam's house as he is of a higher caste but Shyam disregards this. He and his family believe that all people are equal. Sorajacti was gathering food for the goats in the jungle when the first earthquake struck. She felt very worried that all her relatives

were dead and that she would be left alone. Thankfully no one in her family died. It feels very purposeful to visit these children and they get so excited when Shyam and I come to visit.

14:40 We go downhill for about 400 metres to a village that looks totally obliterated. Shyam says that five people died here in the first earthquake and that we may have another orphan here, a little girl. Her mother and two sisters died when their house collapsed. The girl was dug out alive from beneath her mother and two older sisters. She is only about four or five years old. It is very emotional when her father tells me about this. In Nepal it is very difficult for single parents to care for their children. Shyam and Karma will come back and do a formal interview in accordance with the admissions process.

We also meet another of the orphanage children – Purna Kumari Thapa. After the earthquake she moved down here to live with her aunt. She is very happy to see us. She tells us that she was on the toilet when the first earthquake came. She was really scared and she worries about more earthquakes. She lights up when she hears that we will rebuild the orphanage.



AVAILABLE NOW!

www.adlibris.com
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www.looffoundation.org





Fredrik Reinfeldt, former Prime Minister of Sweden with Sophie Lööf



Tilde de Paula Eby, TV journalist

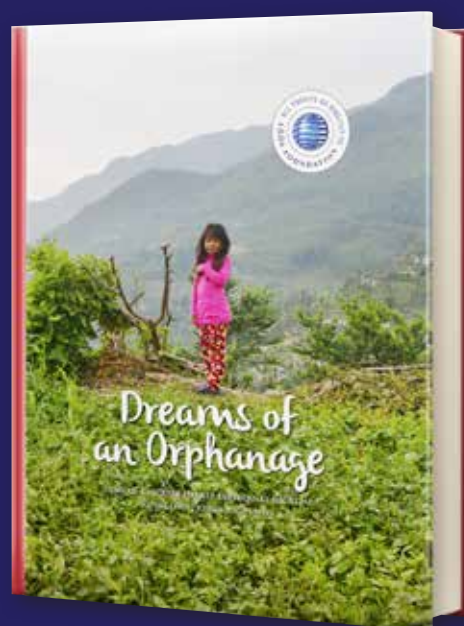


Conchita Wurst, Artist

JOHAN'S DIARY BECAME OUR FIRST EVER BOOK!

This book of Johan's transcribed diary entries, follows his experiences with the people in Ratankot, Nepal. The reader is confronted with heartfelt encounters and difficult decisions together with very touching life stories, that give hope but also pose questions about how we live and how we treat each other in Sweden and in western society as a whole. All profits from the sales of the book will go directly to Lööf Foundation's work in helping others. Finally the book is available to all on www.bokus.se, www.adlibris.se or in our webshop at www.looffoundation.org

In September we visited **Göteborg Book Fair**, we treated our audience with nepalese goodies and a lecture. The book was appreciated by many and we were greeted with great enthusiasm and curiosity.



CHARITY GIG IN LONDON IN FAVOR OF HOME OF HOPE

The band Never Too Late held a charity gig in London on Saturday, October 3rd to raise money for Home of Hope. The event was held at The Oaks Theatre, where Numama Choir, and the Skiffle Express with the Lonnigans joined on stage to play. The night was a success as they raised EUR 3 731 for Home of Hope!

Many thanks to the band Never Too Late for your contributions!



BRACELETS STILL AVAILABLE!

We raised EUR 1130 in the selling of armbands at the charity gala, they are still available for sale at: www.looffoundation.org



MOSCOW, Furagin orphanage/school

MOSCOW ORPHANS EXPERIENCED THEIR FIRST VISIT FROM ABROAD!

Löf Foundation has been to visit and support Furagin orphanage/school approximately 1.5 hours outside of Moscow. There are 120 children with special needs living there, who are 7-19 years of age. Many of them are orphans, and many of the parents have problems with drugs, alcohol, or crime. Sadly, it doesn't seem very unusual in Russia to leave children with special needs behind.

We started the day off with shopping, managers in the orphanage told me that they were in great need of toilet articles.

We purchased the following:

- 45 Packages of toothbrushes
- 18 Tubes of toothpaste
- 5.8 Litres of pump soap
- 1200 Ear cleaning
- 1200 Rolls of toilet paper
- 360 Napkins for hands
- 100 Pads
- Lots of tissues when having a cold
- Lots of serviettes, both in general and a little more festive
- 5 Packages of Air Freshener for the toilet
- Cleaning both toilet and kitchen
- 100 Patches
- 2 Nasal spray
- Clinical thermometer
- Cotton
- Wound cleaner
- Moisturizer

From Sweden we had brought with us:

- 25 teddy bears for the younger children
- 120 Pencil cases with pencils, an eraser and a pencil sharpener
- 10 Bottles of bubbles

- 5 Twist ties
- 5 Jump ropes
- 5 Paint sets
- Set with pearls to do art
- 20 Swedish flags
- 48 Notebooks

HEALTH ISSUES

When we arrived, we were sitting in the managers office and she spoke no English (and I know no Russian) but thankfully our Russian office manager translated. The manager told me that many children have severe health problems and many of them have congenital troubles.

ABOUT FURAGIN

Furagin orphanage/school is funded by the State. It is clean and tidy but has probably remained the same in the 40 years that it has existed.

At the school, 50 teachers work with the children, and all have special training to support these children in the best way. At night, there are six nurses working.

In each room, there are 2-4 children. The bathrooms had no toilet paper, luckily we brought lots of toilet paper with us! The children get four meals a day and they all sit together in a large dining room with long tables and desks. Volunteers often come to play with the kids and many local businesses are supportive.

FOREIGN VISITORS

This was the first time the kids had met someone from another country, they thought it was really exciting! We talked to each other by interpreter and it went great! They were very happy for all the things they got and I hugged all of them!

COMPUTER SUPPORT

On the way back to the airport we stopped at a computer store and bought two computers for Furagin, as they only had very old computers, it felt good to be able to improve their standard. Staff from our Partex Russia branch will go back next week to help the personnel at Furagin to set them up and get started. What a wonderful working day!
| Sophie Löf





NEPAL, Home of Hope, visit 5, September

A BRIGHT FUTURE SEEMS FAR AWAY, AS JOHAN VISITS NEPAL FOR THE FIFTH TIME

Volunteer Johan Magnusson's travel diary, written for Lööf Foundation. This is the story of Johan's visit in September to follow up on the building of Home of Hope family home. His mission this time was to assess the needs of the villagers, but also to plan and find help to rebuild Home of Hope.

Back in Kathmandu, people seem to be, if not back to normal, at least more active and energetic than at my last visit. It felt good to see that they took initiatives and seemed to have left the trauma behind, at least for the moment.

Back in Kathmandu, after the monsoon stopped, Karma and I bought the following things to bring to Ratankot:

- 12 footballs
- 10 volleyballs
- 4 volleyball nets
- 10 chess games
- 10 board games
- 30 frisbees
- 2 piece board game
- 200 teddies
- 170 large bags
- 850 notebooks
- 340 pencils
- 5 whiteboards for the school
- 216 toothbrushes
- 200 tubes of toothpaste
- 600 detergent 'soaps'
- 1 000 kg sugar
- 1 000 soaps
- 6 large boxes of medicine, bandages, wound cleaners, plasters etc.
- 260 nepalese bananas

As always I was struck by the thankfulness showed by these people. I wish that people in Western societies could appreciate the little things in life more, and not take things for granted.

We filled the medicine cabinet, which now seemed closer to a pharmacy. Shyam was doing great as the local 'nurse'! We met up with some of the Home of Hope children outside what is to become the 'new' home. I really hope to have the new place ready for them in April 2016.

Back in Kathmandu I had a meeting with the construction engineer. I managed to get him to understand my ideas, and he also had some really good ideas on how to move forward. Karma and Shyam joined us later on. We discussed the possibilities of building with earthquake safety, but still maintain the original outlay of the building structure. We decided to use concrete and reinforcing bars this time.

We will also add a guest room, since their community hall got destroyed. The engineer promises to get back to me with updated spreadsheets and costs. The next meeting with the engineer brings some bad news. The cost for the rebuilding

is much higher than I had anticipated. Sophie and TorBjörn agreed with me on this so there were some negotiations. We found an offer that both parties could accept, and it was one third of what we first expected. We plan to start the building process in November or maybe December. I think I will return to the village in December.

News from the village is that the villagers have built several tunnel houses instead of leaking shacks or tents but it is not a long-term solution. The school is running but lessons are conducted in tents. The rice fields are only sown to about 50 %, which will mean major food shortages in the winter. Corn harvest seems to have been ok. No real houses are being built, due to the fact that no one has the money. For normal families, it will take 15 to 25 years before they can afford to build a simple house, contributions from the Nepal state is about EUR 200 per family, which is not enough even for here.

Shyams little 'mobile clinic' helped the villagers very much, and I thank the people who contributed, so that we were able to fill the medical supply again.

| Johan Magnusson

LÖÖF FOUNDATION CHARITY GALA LIGHTS UP AUTUMN AND MAKES 'HOME OF HOPE' POSSIBLE!

October 2nd, Lööf Foundation arranged a gala dinner at the Jubilee Theater in Mariestad, close to Gullspång where Partex is situated. The purpose of the dinner was to raise more money for the rebuilding of 'Home of Hope'.

Close to 300 guests walked the red carpet. It was truly a night to remember in Mariestad, Sweden.

So many people contributed to the Lööf Foundation charity gala. As many as 25 locally and nationally recognized artists donated artwork to be sold during the evening and local entrepreneurs sponsored parts of the event. Students from Torsö skärgårdsskola and Lillängsskolan, Mariestad, had made loads of colourful bead bracelets that was also for sale all evening. The children were so eager to work on the bracelets, as they felt empathy for the children in a country that feels so far away, and wanted to help anyway they

could! A photo exhibition from the village Ratankot was staged at the venue and of course the guests could buy copies of the book 'Dreams of an Orphanage'.

Future Volvo CEO Martin Lundstedt held a speech where he spoke of the great importance for modern business managers to consider and integrate social and environmental concerns in their business operations.

Many artists performed throughout the event, amongst others, cover band Remind and jazz artist Gunhild Carling. Star for Life was also represented through Triple & Touch and Star Choir. Ken och Göran of Triple & Touch are Star for Life

ambassadors and work together with Lööf Foundation in Durban.

All in all, everyone managed to raise an astonishing EUR 16 600, which will certainly cover, together with the previously collected money, the expenses for rebuilding Home of Hope. The inauguration will hopefully be held in April, 2016. Any eventual surplus will pay for fruit trees outside the family home as well as a henhouse, which shall be named 'House of Hen'. This way the children will have a proper diet by eating eggs, poultry and get vitamin C from their own fruit and learn how to create their own small enterprise.
| Sophie Lööf, October 9, 2015



STAR FOR LIFE® update

Star for Life® ambassadors 2015

Ronja Lundquist, Partex Gullspång
and Simon Hooper, Partex UK



STAR FOR LIFE® – SIX MONTHS OF HARD WORK, INSPIRATION AND INFORMATION

With the help of Lööf Foundation, Folweni High School in February 2015 was included in Umlazi as one of the 89 High Schools in South Africa and Namibia where Star for Life® will run their program. This preparatory process ended with the visit at the school by Sophie Lööf and her daughter. The school was very impressed with the energy, generosity and resolve that were communicated by the guests – and they look forward to future visits that will further consolidate the partnership between the school, the Lööf Foundation and Star for Life. Upon working with Star for Life® for the first semester, the Deputy Principal made several positive comments in a report to the Provincial Department of Education.

THE STAR PROGRAM

The notion that everyone needs a ‘dream’ is a core message implemented throughout the program. This ensures that the students focus on their studies, and make better daily life choices regarding their health and overall wellbeing. Several workshops implemented by Star for Life® have coaches that remind the students about these core messages. These coaches work directly with student assistants to help facilitate and maintain the knowledge learned throughout these workshops.

SUPPORT PROGRAMS

Grade 8 & 9 students received workshops from The Mobile Health Program regarding a better understanding for what physical

changes will occur during puberty, and how to protect themselves from contracting HIV when and if they choose to become sexually active. The Skills Program gave workshops concerning career choices, requirements for tertiary education, and implementing the idea that entrepreneurship can be an option for these students.

SUMMARY

The Star for Life program is well on its way of making a strong connection with the students. It is our hope that the following semester will be just as satisfying and successful. We are so thankful for the help and participation from the teachers and principal of Folweni High School. Keep up the good work!

