

LÖÖF
FOUNDATION

NEWSLETTER

No. 7, June | 2018

COMING THIS YEAR:

MATERNITY & HEALTH CLINIC IN KENYA



| KENYA

**MATERNITY WARD
WITH ZELMERLÖW &
BJÖRKMAN FOUNDATION
AND REJLERS**

| PHILIPPINES

**SUPPORT TO
GIRL'S RAZKAL
FOOTBALL TEAM**

| UNITED KINGDOM

**SUPPORT TO
EDIBLELINKS
FOOD BANK**

| NEPAL

**UPDATE ON
MARTIN
LUNDSTEDT'S
WORKSHOP**



DEAR READERS,

Summer has now arrived, and I hope that you are all doing well during this beautiful time of year. Thank you for reading and follow our work in the Löf Foundation! This year we have celebrated the five-year anniversary of Löf Foundation.

Over the past five years we have been able to give support and help to over 16 000 people around the world. I feel so proud and happy of the work we have been able to do, and grateful for all contributions over the years. The power of giving is contagious, and I hope that this newsletter gives you the inspiration to go out and help those around you.

I feel very proud knowing that my dream of opening a maternity clinic is coming true. It feels great to build the Kenswed Maternity & Health Center with such strong partners as the Zelmerlöv & Björkman Foundation and Rejlers.

I feel joy for the new children that have moved into Home of Hope, they are developing, happy, receiving good school results, getting fed properly and having their own beds to sleep in at night. The chicken house and greenhouse continue to be a great source of food and education to the children as they learn how to be self-sufficient.

I'm happy knowing that new knowledge is given to the children of Ratankot through Martin Lundstedt's technical workshop at the Ratankot school, where they learn about woodworking and sewing. This education will be useful to them in their futures where they may become entrepreneurs and start their own businesses one day.

It fills my heart to know that we have been able to help support the girl's Razkal football team in the Philippines with football items. Now these underprivileged girls will continue to get support through football and gain skills in team work, communication, leadership and sportsmanship. These are valuable lessons that the girls will be able to carry on in their futures.

Warm regards,

Sophie Löf,
Chairman and Founder, Löf Foundation
sophie@nordfasinvest.se



WE CONTRIBUTE TO UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS



End poverty in all its forms everywhere.



End hunger, achieve food security and improved nutrition and promote sustainable agriculture.



Ensure healthy lives and promote well-being for all at all ages.



Ensure inclusive and quality education for all and promote lifelong learning.



Achieve gender equality and empower all women and girls.



Ensure access to water and sanitation for all.



Ensure access to affordable, reliable, sustainable and modern energy for all.



Promote inclusive and sustainable economic growth, employment and decent work for all.



Build resilient infrastructure, promote sustainable industrialization and foster innovation.



Reduce inequality within and among countries.



Make cities inclusive, safe, resilient and sustainable.



Ensure sustainable consumption and production patterns.



Take urgent action to combat climate change and its impacts.



Conserve and sustainably use the oceans, seas and marine resources.



Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss.



Promote just, peaceful and inclusive societies.



Revitalize the global partnership for sustainable development.

FOLWENI HIGH SCHOOL



We have been supporting Folweni High school in Durban, South Africa since 2015 with the Star for Life program where they have 1 450 students. Star for Life is a non-profit organization that provides programs to young people. Our promised support for three years to the school has now come to an end and we feel very happy and proud for the positive results shown in the school.

To provide the best education, learning skills and life lessons, the teachers and principal have engaged in leadership workshops, and have had school management team meetings. Five students have attended a peer education camp. They learned how to live a healthy lifestyle and how to teach other children this knowledge and contribute to educational school campaigns in the future. In the grade 8, 9, and 12 class they have held workshops in anger management, self-esteem, career, life-dreams, health and drug awareness. One-on-one consultations have been provided with Star for Life social workers for learners who have

challenges in their studies. They have been involved in many of the workshops, and they have even had parent meetings to discuss proper parenting, delinquency and helped parents learn how to look over their children's homework. Many of the students come from crime, violent and poverty-stricken communities, which can create some challenges for the students. Star for Life reports that many of the students are showing high levels of commitment towards their education.

Star for Life has noticed that the activities and workshops have been implemented successfully at Folweni High school. The workshops have contributed significantly towards the student's academic performance and attitude towards



Students at peer education camp

life in general. The students face many challenges in their daily life, but we and Star for Life are hopeful for a continued positive change throughout the school. They believe the students will continue to move onward and upwards in a positive direction. We think that Star for Life has done a great job with the students at Folweni High school, and feel that the students have been engaged, interested and taken lots of valuable knowledge from the Star for Life program! We wish the students at Folweni High school all of the best luck in their futures!

UPDATE ON SPONSORSHIP TO ANELE



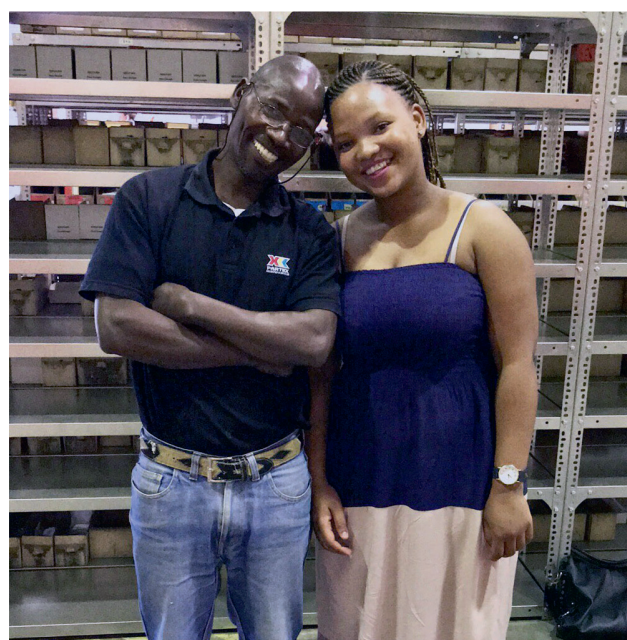
We were so happy to meet and follow up our sponsorship to Anele in South Africa who is currently in her second year of her teaching degree in early childhood development. She will graduate from the program in 2020, where she will teach grades 4-9. She attends the University of South Africa in Durban. She expressed to us that she is so happy studying and that she truly feels like teaching is her calling.

To fulfill her academic requirements, Anele has taken part in two work experiences which she did at the school Intongela. The school has 600 students ranging in grades 4-9. Anele was supposed to shadow the teachers teaching grades 4-9, however there was no teacher for the grade four class. Anele became the proper teacher for the fourth grade and taught the students art, culture, isi

zulu and math. She felt hesitant at first to teach the children on her own, but after a couple of days the kids respected her and looked to her as their teacher.

We feel very happy and proud of Anele as she is working hard, going for her dreams and learning so much.

She said that she feels as if she is on the right path as she loves children.



Anele with her father, employee at Partex South Africa

KENSWED MATERNITY & HEALTH CENTER

Each year countless mothers die from complications related to pregnancy or childbirth around the world. Even worse, is that millions of children die before the age of five around the world due to disease and malnutrition. In Kenya these death rates are still high. Most of these deaths are preventable with the right medical care, education and nutrition. We want to help reduce and prevent unnecessary deaths. Therefore, we wanted to be the initiators for our project of building the Kenswed Maternity & Health Center in cooperation with the Zelmerlöv & Björkman Foundation and Rejlers who is a family company in technical consultant businesses. Måns Zelmerlöv is a famous Swedish singer and Jonas Björkman is a successful Swedish tennis player, who together started their foundation.

The maternity clinic will be built in the town Ngong in Kenya, 20 minutes outside Nairobi. The land for the building has been donated by Isaac Macharia Wanjohi and his wife, who are Kenyan elite runners. Isaac grew up in extreme poverty and after becoming successful in his running career he feels passionate about giving back and helping those in need. This is why he donated the land for us to build the center on.

We have drawn up the blue prints for the building of the clinic and have had the great pleasure of breaking ground for the building of the Kenswed Maternity & Health Center together with Måns

Zelmerlöv and Kasper Skarrie where we held a small celebration ceremony. We will build the center in Kenya as the ZB Foundation has existing projects next door to where our clinic will be built.



These two projects are the Kenswed Academy which is a high school in the Nariobi slum areas, and a boarding facility for 51 homeless teenage girls.

Our clinic will have a maternity ward to provide prenatal (before birth) and antenatal (post-birth) care to women, as well as general health care to the public and sexual education to youth and medical checkup for school children. Our goal is to provide the best medical care possible in Kenyan standards to everyone that walks through our doors.

Upon returning from our trip to Kenya, we were invited to be on a Swedish television talkshow “Efter Tio”. The show aired on April 24 in the morning with Sophie, Måns Zelmerlöw and Jonas Björkman from the ZB Foundation. We spoke about the cooperation in our project of building the clinic together. It was an absolute pleasure to be on the show and share our exiting project. We will hold the inauguration of the center in the beginning of November 2018.

We are so happy and grateful that we have the opportunity to work alongside ZB Foundation and Rejlers to create an educational, safe and clean place for mothers, babies and the local people to receive medical care!



Left to right: Architect, construction manager, Måns, Sophie, Isaac Wanjohi, Veronica Nyaruai, government rep. from Health Department and Kenyan doctor

WAYO WAYO KIBRA SPORTS OF DEVELOPMENT PROJECT



Wayo Wayo Kibra Sports of Development Project is an organization started in 2016 by project manager Abdul Hussein, in the Kibera slums in Kenya. Abdul grew up in the Kibera slums and he wanted to give back to society in some way. The Kibera slums is the biggest slum area in Nairobi, with over 1 000 000 living there. Most of the people living in Kibera are in extreme poverty, earning less than USD 1.90 per day. Many people living in Kibera are without running water, electricity, and toilets. The project aims to educate youth by using sports as a vehicle to address social issues affecting youth.

We had the great pleasure of donating 50 000:- Kenyan shillings to the Wayo Wayo Kibra Foundation. It is the largest donation they have ever received. Abdul expressed that this donation will play a major role in transforming the lives of youth/beneficiaries of Wayo Wayo Kibra.

Wayo Wayo Kibra Foundation's goal is to teach youth about sports while at the same time teaching them about life skills, substance abuse, financial education, gender equality and environmental issues. Their goal is to empower, educate and give hope to youth living in the Kibera slum.

The project has three different boys football teams for different age groups and two girl football teams. The football teams play in friendly matches and tournaments. They also have a jump rope team for boys and girls and an environmental program where they have clean-up exercises and tree planting activities.

It is such a great feeling to be able to help and contribute to this wonderful organization that gives back to so many children that are in such need in this

slum area. We are truly impressed by the dedication and heart of Abdul to help these youths.



SUPPORT TO GIRL'S RAZKAL FOOTBALL TEAM

We traveled to the girl's Razkal football team in the Philippines during February to support them. The girl's Razkal team was created to allow underprivileged girls the opportunity to play sports instead of going down the path of drugs and to hopefully give them a chance to get a scholarship through football. The girl's Razkal team has given the girl's life skills in leadership, teamwork skills, self-discipline and is teaching them how to work hard.

We wanted to support their hard work and team by visiting and supporting them with football items.

We were given many football items from Katarina Magnusson in Stockholm, Sweden. We brought many uniforms donated by Gullspångs IF, cones to practice, training vests, futsal (indoor footballs), goal keeper gloves and foot-



ball shoes to a couple girls who did not have. We held three workshops, a team building workshop for the girl's team as well as a self-awareness workshop for them. It really allowed the girls to open up and learn more about themselves. We provided many of the football girls with mental and emotional support as many of the girls come from very difficult family backgrounds. We held a self-awareness and gender equality

workshop for the grade 12 students at Mohon Divino Amore National High school, which they were very grateful for as they commented saying how educational the workshops were to them.



GULLSPÅNGS IF

Gullspångs IF is a sports club in Gullspång, Sweden that was started in 1924. It allows youth and adults to engage in sports.



Abegail Manondo

Age: 17

Abby comes from a family of 10 siblings. She works every Sunday to be able to play football. She feels that by being on the team it keeps her well trained and disciplined.



Cherrielyn Lozada

Age: 15

She lost her mother and step mother. She lives alone in a three-walled room, receives little support from her father and brother. She works at the school canteen to pay for football. The Razkal's team saved her life as she has dealt with severe mental health issues.



Keshia Pono

Age: 17

Her mother and father divorced, and she is not sure where her father is. Her mother works hard to support her and her three siblings. Keshia loves to play football but sometimes has a hard time to play because she is hungry, since often times there is not enough food for the family.



11TH TRIP TO NEPAL – NOVEMBER 2017

We traveled together with Swedish filmmaker Niklas Bergman. Our goal for this trip was to build a technical workshop at the Ratankot school in honor of Martin Lundstedt's 50th birthday. Martin is the board director of Partex Marking Systems group and the CEO of Volvo worldwide. While in Kathmandu we purchased many technical workshop items such as hammers, screws, nails, carving tools and hinges. We also bought many sewing items such as material, zippers, fabric chalk, buttons, needles, fluff and a peddle sewing machine.

We gave the classroom a fresh coat of paint and wrote the title of the workshop on the wall. We moved all the furniture and items into the room and organized them. Niklas filmed throughout the process and made a film of the creation

of Martin's technical workshop. The workshop was finished on November 12. We held a small inauguration and celebration with all school children. In just two weeks, the school children were able to make stools to sit on and small chairs. We have one woodworking teacher and one sewing teacher that comes once a week to teach.

Niklas also made a film about the Home of Hope children, their daily lives and their life stories. It was amazing to see what he captured as he took the first drone footage ever, over Ratankot



village. We are now able to see Home of Hope, the chicken house and greenhouse from above!

The films are available on youtube. Search for: "Martin Lundstedt's technical workshop film, Nov 2017" and "Home of Hope, Nov 2017".



12TH TRIP TO NEPAL – APRIL 2018

We traveled with volunteer Solveig Sundberg, a nurse from Sweden to check up on the children who were in good health, growing taller and gaining weight. Many of the children have received great marks from school and moved many positions ahead in their classes.

It is amazing to report that Preeti Lama who is in grade nine has moved eight positions since our visit in November 2017. She was position 12 out of 30 students and is now position four out of 30 students during our visit in April 2018. The same has happened for Binita K.C. who is also in grade nine and has moved 10 positions. As well as Anita Tamang who has moved seven positions. These children have commented saying that they have worked extremely hard

to get good grades to fulfill their dreams in the future and to make their sponsors proud. The children continue to follow the chore chart and help in the home, greenhouse and chicken house.

The children have grown and strengthened their bond and relationship with housemother Asha and housefather Shyam. During the interviews with the children it came up that some children needed to strengthen their relationships with each other. We held a "trust fall" exercise with all of the children, where they were paired and had to fall back into the arms of another child. The children found it very fun and were able to start the process

of gaining more trust for one another. It was also a great activity for Asha and Shyam to learn, as they can do this again in the future.



Home of Hope children in t-shirts from Kenya (gift from Sophie Lööf during her latest trip to Kenya)



NEPAL, Home of Hope

SCHOOL LUNCH

At the Ratankot school the children do not receive any lunch from the school, nor do they bring a lunch from home. The students must go the day from 10:00-16:00 without food. Often times even longer than this as many have to walk one hour to and from school. Some children at the school only get two meals per day, some only getting one, depending on the family's economic status, number of family members and whether there is enough food for everyone that day.

We wanted to provide all the children lunch, so we had a local villager cook lunch for all 84 students. She made boiled eggs, pan bread, cooked potatoes with vegetables and a lentil/pea mixture. We handed out a plate for each child, some of the children ate very fast, while others ate slowly. They all were very happy to get a meal and it was great to see them all with full bellies!



300 EGGS FROM HOME OF CHICKENS



New eggs at Home of Hope

GREENHOUSE IS GROWING



New vegetables growing

SOLAR PANEL NOW ACTIVE



Giving Home of Hope hot water



SOLVEIGS WORK

We were happy to have a 66-year-old nurse, Solveig Sundberg from Sweden join us for our 12th trip. While in Nepal she helped to do a follow-up health check on the students and reported that all children are in overall good health and it is clear that they are being well taken care of by their housemother and housefather. She gave yoga and baking lessons to the children. Together with representative Morgan Young, they held a follow-up sex talk where the children seemed to remember lots from the last sex talk given in May 2017.

Solveig did work in the health clinic educating the two nurses there, donating medicine and condoms brought from Sweden, and gave a follow-up lesson on how to properly use a condom to the nurse. She also did work at the Ratankot school by doing a health checkup on the students, treating wounds, common cold, fever and scabies. She handed out notebooks and pencils to the children that she donated and held a workshop together with Morgan about gender equality, going for your dreams, hygiene and waste management. It was very beneficial to have Solveig present to contribute her knowledge, and medical expertise. She helped so many children and people in the village, which they all felt very grateful for!



UPDATE ON OUR HOME OF HOPE SPONSORSHIP PROGRAM



During our visits to Home of Hope we had the great pleasure of handing out the sponsorship letters and photos to all the Home of Hope children from their sponsors. Some of the children received small gifts from their sponsors such as a pen, stickers or hair clips. All of the children are so excited to get their letters and cannot wait to read through them and look at the photos attached.

The sponsorship program allows for the children to be able to read and write in English, which helps further their

education in language. It was very special to see the positive impact firsthand when our youngest child Saroj Tamang who is six-years-old be able to write a letter to his sponsor in English. In November he had difficulty to write in English, but during our recent trip, with help he was able to write easier. As much as it is useful for our Home of Hope children to practice in English, we also asked our children to write letters in Nepalese to their sponsors. This way our sponsors would get the opportunity to also look

at a new language and gain insight into the Nepalese culture that the Home of Hope children come from.

We have seen the excitement and benefits in our Home of Hope children through the sponsorship program and received many positive remarks from our sponsors. We feel so happy that this program continues to grow and has created long lasting relationships across the world.



SAROJ TAMANG
"Thank you, so sweet!"
Martina Rejler, Sweden



PREETI LAMA
"I'm very happy because it seems that the last letter from Preeti was clearer, more awareness and more private than before."
Agnieszka Rujner, Partex Poland



SALINA SAPKOTA
"Amazing and a wonderful letter, both of them."
Stina Palmqvist, Sweden



RAJAN TAMANG
"It's wonderful to hear about Rajan's progress and I definitely want to go there and visit him some day."
Lisa Rejler, Sweden



SUNITA TAMANG LAMA
"Thank you for all"
Gaetano DiFazio, Partex Germany



AREN BHANDARI
"Thank you very very much!"
Juliane Curow, Partex Germany



LAXMI TAMANG
"Brilliant! Many thanks and I look forward to reading all about Laxmi's progress!" *Nigel Thompson, Partex UK*



PUJA TAMANG
"Thank you for the update!"
Magesh Ramadoss, Partex India

EDIBLELINKS FOOD BANK

During our visit to the Partex company in UK, we had the great opportunity to visit and donate a fridge to the Ediblelinks Food Bank that has been running since April 2016. The food bank provides many community groups, schools and families with food each day. The community groups that they help support are groups that provide meals to people with dementia, community cooking classes to the public and community groups who cook meals for the homeless. The food bank receives food from Ocada, an online super market who gives them surplus stock or food from canceled



orders. They also receive food from private donations, as well as food collected at the local Co-op by the local people and food from other stores that cannot sell the food. They feed up to 50 families per week and the families they feed are referrals from social workers. They also provide schools with food for their breakfast program to feed children who wouldn't have access to breakfast otherwise.

The food bank is run by Sonya Johnson who oversees the 17 volunteers who contribute their time there. They are located in two warehouse units that are provided free from the

local authorities as they are a registered charity. We met one mother who has two children and a working husband. However, her husband has a low-income job which is not enough money to support the family with food. She expressed that if it weren't for the food bank that her and her family would starve. The only food that she and her family buy from the grocery store is milk and bread. Now with the new fridge we have donated to the food bank, they will be able to keep fresh milk on stock. Now this family can save some money from not having to buy milk at the store as they will be able to get fresh milk from the food bank now!



REVISIT TO ELMHURST YORKFIELD FOOD PANTRY

During December 2017 we were happy to return to Elmhurst Yorkfield Food Pantry to follow up and continue our support. Together with the Partex USA branch we donated and did volunteer work by supporting them with hygiene products which they said they were most in need. We supported them with 300 items consisting of soap, deodorant, toothbrushes, toothpaste, laundry detergent, dishwasher detergent, cleaners, shampoo, conditioner and hand soap.

They have now built a new fantastic building as the old building was difficult to work in as the storage was not connected to the store. The new building is very thought through and has now turned into a great store for those in need. The building is 2 500 square feet and only one level which makes it accessible to all people including those in wheelchairs. The food pantry is open for those coming from seven different communities around the area and feeds around 505 households. Of these people, 25% are children under the age of 12 years old. They also support a retirement

home once a month with food.

They receive 80% of their food from donations from supermarkets, manufacturers and private donors in the area. The other 20% of the food is bought with donated money. They now have a nutritionist coming on a regular basis to give support to the food pantry

customers. She writes nutritious recipes and teaches the customers how to cook healthy meals. The food pantry is run by 400 volunteers. It felt great for us to return and see the progress they have made since our last visit and to contribute to this great cause once again.



WE CELEBRATE 5 YEARS!

On March 28, 2018 we celebrated our 5th birthday!

It's hard for us to believe that we have been running for five years now. Over the years we have grown and expanded worldwide, having supported projects in 12 different countries. We live by our motto that we "seek to promote the care and education of children and young people and focus on environmental and

social aid activities" and even after five years, we strive to fulfill this motto each and every day.

This motto has helped us be able to give back in some way to over 16 000 people. Each person that we have encountered has impacted us in some way, and we are truly grateful for all the beautiful faces we have come across around the world.

Our work would not be possible without the countless number of people who support us, donate to us, contribute their time, love and support. We cannot thank you enough for all that you have given to us. We would like to say thank you for the past five years and we look forward to the next five!



USA



India



South Africa



Nepal



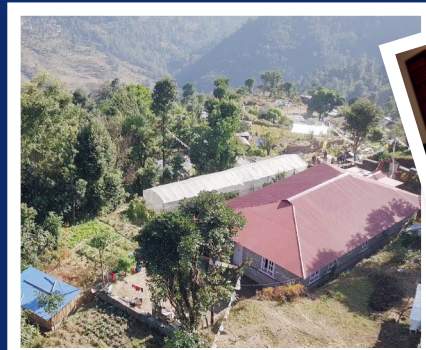
Sweden



Philippines



Kenya



Nepal



Russia



New Zealand



Nepal



South Africa



Germany



Sweden



South Africa



Brazil



England

For further information: www.looffoundation.org



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