

LÖÖF
FOUNDATION

NEWSLETTER

No. 8, February | 2019

FREE DENTAL CLINIC IN NEPAL



NEW PUPPY SANDY AT HOME OF HOPE



| KENYA

**INAUGURATION OF
BUILDING OF THE
KENSWEDE HEALTH
CENTER**

| NEW ZEALAND

**FEEDING THE
HOMELESS OF
AUCKLAND**

| POLAND

**SUPPORT TO
THE YOUNG
FOREST**

| INDIA

**VISTING ANATHA
SHISHU NIVASA
ORPHANAGE**



DEAR READERS,

The year 2018 has now come and gone and what a wonderful year it has been. I met His Holiness, Dalai Lama who said

- We have to take care of others well-being, we are social animals and everyone wants to have a happy life. Peace will come through practice of compassion and selflessness.

I truly believe in these words and all of the projects we have engaged in also promote this saying. It was such an overwhelming feeling to see the Kenswed Maternity & Health Center building standing tall and proud and know that the start of my dream of building a maternity ward is coming true when I visited in November 2018. Walking through the building and seeing it almost complete made me feel happy and proud of all the hard work done so far.

In December I visited Home of Hope again and I felt so emotional meeting the children. They were all bigger, grown up and living like a family together. It was equally special to hold a free dental camp for the whole village of Ratankot. Most of the villagers had never seen a dentist before and to give them the opportunity to have their teeth checked was a great feeling.

Providing Home of Hope with a new pug puppy Sandy, was very cute. I had read much research and studies about the benefits for traumatized children to grow up with a dog and it was wonderful to see how well the children adapted to him quickly. Many of the children hold him like a baby in their arms, wrapped in a blanket. This puppy has brought the children comfort, love and a new friendship!

I will practice His Holiness's words throughout our continued work in Lööf Foundation and encourage others to do the same, so we can have more peace around the world!

Warm regards,

Sophie Lööf

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SWEDEN

MEETING WITH GESHE PEMA DORJEE LAMA

In November 2018, our monk Pema Dorjee Lama came to visit Lööf Foundation. He is the guardian of our project Home of Hope in Nepal and has helped give us guidance and wisdom in many of our projects. It was great to speak to him and ask many questions.



MEANING OF LIFE

Pema thinks that the meaning of life is to use your life to help other people and try to make others happy because everyone wants to be happy and not to suffer. We have to think, today I will not harm anybody by my words, my physical body or by my thoughts.

SOCIAL MEDIA

Reflecting on the effects of social media on youth Pema says, I think we have to give some sort of education, mainly through the school and also parents, how we can use our life in the best way. Is there any other meaningful thing that we can engage in other than using social media, expecting likes, thumbs up or thumbs down says Pema.

Pema continues saying that youth is so addicted today. It becomes a cold atmosphere in the family because they don't see each other, they only see social media. You need to set some sort of timing to use social media. It is such a waste of time and life. Likes or no likes is not true and those people who are pressing like, are they really 100% pure that they like? That button is so easy to press.

SUPPORT TO HELPING HANDS OF DEVONPORT

In August 2018, Sophie Lööf traveled together with her daughter Stella Mårtensson, 4th generation of the family business, to New Zealand to help support the great organization Helping Hands of Devonport once again. There they met with Judith Stewart to buy many needed items and supplies for the homeless. After buying different materials, they joined volunteer Laurie McCloud in serving the local people hot meals outside the Auckland Library.

We have previously supported Helping Hands of Devonport in 2017. They are such a great organization that helps provide the homeless of Auckland with food, clothing and hygiene products. We visited them during August where we got to help volunteer hands on. Each Sunday and Tuesday night they set up tables outside the Auckland library with different types of home cooked meals on them.



SUNDAY NIGHT

We helped them set up the tables and food, where there was already a long line of people forming to receive a meal. Some brought plastic containers to take seconds home with them. Each night approx. 150 people show up, the majority of these are males between the ages 40-60 years.

Recently more women, children and teenagers are showing up. We met a mother of 14 and some of her children who came to get a proper meal. It was very special to meet one man who lives under the harbor bridge and comes every week for a meal. He said that these nights were the best nights of the week for him!



SHOPPING

We had the pleasure of supporting their cause by shopping at a big supermarket and supplying them with many products. We supported them with:

- Blankets
- Plastic containers
- Underwear
- Socks
- Toothbrushes
- Sanitary pads
- Deodorant
- Body wash
- Baby wipes



Judith Stewart and Sophie shopping



Delivering all items we bought to Helping Hands of Devonport

FACTS ABOUT HELPING HANDS OF DEVONPORT

- Serve hot meals on the streets of Auckland, New Zealand every Sunday and Tuesday night.
- Helping Hands of Devonport also supports with more than food. They provide people with clothes, hygiene products, blankets, sleeping bags, etc.
- Majority of homeless people are males between 40-60 years old.
- Not only homeless people coming for food, but also people with low-income who cannot afford food, but have somewhere to live.
- Helping Hands of Devonport is run by volunteers and donations only.

WAYO WAYO KIBRA SPORTS FOR PEACE AND DEVELOPMENT PROJECT

During our trip to Kenya in September 2018, Morgan Young and Monica Hellström revisited the Wayo Wayo Kibra Sports for Peace and Development Project, where we supported them with football items. We had previously visited and supported them in March 2018, where their aim is to educate youth by using sports as a vehicle to address social issues to the youth living in the Kibera slums.

We received donations of footballs from the IF Weimer football team in Lyrestad, Sweden and uniforms and socks from Katarina Magnusson in Sweden. We brought these for the children and distributed all items to them. We got to watch them practice in their new uniforms and use the new balls.



GOOD LIFESTYLE

After speaking with some of the children they told us that football keeps them out of bad influences like drugs, gives them good physical activity and makes them feel part of a group or family. They were all so thankful for the items we distributed! It felt great to meet some of the female football players and hear from them how this project has positively influenced their lives.



FACTS ABOUT WAYO WAYO KIBRA SPORTS FOR PEACE AND DEVELOPMENT

- Project started in 2016 by Abdul Hussein.
- Kibera slums is the biggest slum area in Nairobi, Kenya with over 1 000 000 living there in extreme poverty, earning less than USD 1.90 per day.
- Helps youth stay away from bad influences such as drugs, alcohol and crime.
- Project also has jump rope team for boys and girls and an environmental program where they have clean-up exercises and plant trees.
- Youth learn about important topics such as life skills, substance abuse, financial education, gender equality and environmental issues.

FOLLOWING UP THE BUILDING PROCESS OF THE KENSWED MATERNITY & HEALTH CENTER

During September 2018, Lööf Foundation representative Morgan Young and Lööf Foundation Friend and nurse Monica Hellström traveled to Kenya to follow up the building process of the Kenswed Maternity & Health Center. While there we provided the construction workers with a good lunch and held a health workshop for the students at Kenswed Academy.

The building process of the Kenswed Maternity & Health Center started in June 2018, where they laid the foundation for the building. During the two weeks on site in September, the construction workers worked endlessly. They completed the digging for the septic tank digging for the placenta pit, laid a concrete layer on the foundation and built the walls both inside and out. It was amazing to see the building grow around us every day that we were there.



BUILDING PROCESS

On top of the foundation, the construction workers laid a concrete layer that would act as the flooring of the building. Once this was dried, they started to make the walls. Each brick was hand laid and measured to perfection. They were able to build all of the walls before the end of our trip. The septic tank, placenta pit and incinerator holes were all dug by hand during this time as well. It was fascinating to see everything created so quickly even though done by hand.



Hand dug hole for septic tank



LUNCH

We were so impressed by the quick and hard work done by the construction workers, that we wanted to give back to them by providing them with a healthy lunch. We bought them a large pot of cooked goat meat with vegetables, bread and juice, as this was their favorite meal. They were all so happy for this lunch and thanked us many times!



HEALTH WORKSHOPS

We wanted to promote healthy lives and well-being for the students at Kenswed Academy by providing them with health workshops about mental and physical health. Monica held a workshop about puberty and sexuality, while Morgan held a workshop on self-esteem, self-love and self-awareness. They held the workshops for grades 10-11 with approx. 200 students in total. After they finished the workshops, the students asked many serious questions which lead into great discussions. The workshops seemed very positive for the students and hopefully have started an important conversation among the students.



Morgan and Monica with Kenswed Academy students

INAUGURATION OF THE KENSWED MATERNITY & HEALTH CENTER

The Kenswed Maternity & Health Center is being built to reduce the death rates of mothers and their babies in Kenya. It feels great to do this project together with the Zelmerlöv & Björkman Foundation and Rejlers. We broke first ground in March 2018 and the building process has progressed significantly since our last visit in September 2018. On November 8, 2018 we all came together to celebrate the building so far, even though it is not finished yet. It was a joyous day together with all supporters of the project!

Finally, the big inauguration day for the building of the Kenswed Maternity & Health Center was here on November 8, 2018! The center is not finished yet, but much work had been done since our last visit in September such as completed walls, roof, ceiling, septic tank/placenta pit/incinerator and the windows had been installed. The plumbing and electricity had also been installed to connect in the future.

We felt very happy and proud of all hard work completed on the building in two short months. It was a wonderful moment for Sophie to stand in front of the building and see the start of her long-lived dream coming true.



Emergency C-section was conducted when Sophie gave birth to Stella, because her pelvis was too narrow. Would not have been possible without great medical care in Sweden. Happy to give back to other women and babies!



FACTS ABOUT HEALTHCARE IN KENYA

- Average maternal rate is 509 deaths for every 100 000 live births in Kenya. Compared to Sweden where the average maternal rate is 4 deaths for every 100 000 live births.
- Average child mortality rate is 49 deaths for every 1 000 live births in Kenya. In Sweden the average child mortality rate is 3 deaths for every 1 000 live births.
- 75% of Masaai women give birth on the side of the road.
- Approx. 10% of Masaai women die while giving birth on the side of the road.
- Approx. 20% of infants die during delivery on the side of the road.

INAUGURATION DAY

We celebrated the inauguration together with many people who came to show their support. Entertainment was provided by Måns Zelmerlöw with his song “Heroes”. Everyone joined in for the walk through of the building to see all of the rooms, which they were very impressed by the building and space inside. It was such a special day to share with everyone and we are now working very hard to fundraise the last portion of funds needed to finish the building 100%, so we can hopefully open the clinic doors to the public during the second quarter of 2019!



Dance by the Masai people



Stella Mårtensson with local Kenyan woman



Måns Zelmerlöw with local Masai woman



Sophie Lööf cutting cake for everyone to share



Stella and Sophie with Måns Zelmerlöw's baby Albert



Jonas Björkman, Micheal Hjelmaker Deputy Ambassador of Swedish Embassy, Måns Zelmerlöw

THE YOUNG FOREST

The Young Forest is a family home for youth who come from unstable homes that include alcohol abuse, domestic violence, prostitution or crime. The Young Forest provides these children with love, education and care. Sophie, together with Partex Poland staff Agnieszka Rujner and Kinga Puszyńska were thrilled to meet the youth who live there and help support them with toys and sports equipment!

The Young Forest has been running since 1946 and is supported by the local government who helps financially for salaries, repairs, and basic needs for the children. Anything else for the children or home is a luxury to them and is provided by private sponsors. We were so happy to visit together with Partex Poland and meet the children who live there.



Agnieszka and Kinga with the kids of the Young Forest standing in front of the kitchen Partex Poland supported them with



SUPPORT

Partex Poland started supporting this home two years ago by helping to redecorate the floors of the home, painting and repairing walls. During this visit they supported by providing the home with a brand-new kitchen along with new household appliances. We helped support this great home with skateboards, push scooters, footballs, bed linens, blankets and towels. It was wonderful to see the faces of the children light up when we distributed all the items!



Agnieszka shopping with us



ANATHA SHISHU NIVASA ORPHANAGE

During November 2018, Sophie and TorBjörn Lööf traveled to the Anatha Shishu Nivasa Orphanage together with Partex India staff. We wanted to help support this haven for children by giving them lots of food, hygiene products and toys.

The orphanage was founded in 1942 by a group of Indian philanthropists. There are 64 children at the orphanage between the ages of 9 months up to 18 years of age. The children are either referred by the welfare society government department or the children are dropped off. There is an outside area designed for mothers and fathers who cannot for some reason care for their children to anonymously leave their babies at a safe place. There are full orphan and semi-orphan children who live here. Semi-orphan children come to live here as their parent is living in extreme poverty and cannot care for them.



Sophie with 9-month-old baby boy who came to the orphanage when he was 3 days old



Mikael Persson, CEO of the Partex Group gives out cakes to all children at Anatha Shishu Nivasa Orphanage

FACTS ABOUT ANATHA SHISHU NIVASA

- 60% are full orphan.
- 40% are semi-orphan.
- 40% get adopted.
- 60% live at the orphanage until they become an adult at age 18.

MEETING THE CHILDREN

This was such a wonderful project for us to contribute towards together with the Partex India staff. This orphanage gives the children a place where they are cared for, education, opportunities and love they deserve. We were so happy to be able to support them with lots of food, hygiene products, and toys! It was touching to hear that many of the children who have lived here come back later on in their lives to visit, as this is a place they consider as home.



Happy girl with teddy bear we gave her



Children playing the games we gave out



It was a very happy moment together with all children at the orphanage

FREE DENTAL CAMP FOR WHOLE RATANKOT VILLAGE

In the village of Ratankot it is very rare for a villager to have ever seen a dentist. We wanted to support the village people by offering a free dental clinic. We hired three dentists and three dental hygienists from Kathmandu. They traveled to Ratankot to provide a two-day dental clinic which was free to the public. They started by checking the Home of Hope children's teeth. We were happy to hear that many of our children had perfect teeth, while a few were treated for minor dental problems.

The dentists checked all of the local villagers' teeth. The oldest person was 84 years old and this was her first time ever seeing a dentist in her life! This camp was so important for the villagers as they said they have never seen a dentist before!



Sophie and Morgan with dentists from Kathmandu



Ratankot student with dream of becoming a dentist helps assist dentists with camp



84-year-old woman sees dentist for the first time ever



84-year-old treated - 2 root stumps removed



Root stumps



Tooth with large cavities removed

FACTS ABOUT DENTAL CAMP

- 383 people treated.
- 68 teeth and root stumps removed.
- Oldest person treated was 84 years old and youngest was four years old.
- Toothbrushes and toothpaste handed out to everyone.
- 3 dentists and 3 dental hygienists from Kathmandu held camp.

DENTAL CAMP

The dentists continued to look at the Ratankot students' teeth, Upper Ratankot school children's teeth and Shree Koldon Devi Secondary School, where our oldest Home of Hope children attend. The dentists also treated all the teachers of these schools. Some children had nothing wrong with their teeth, but majority of children had cavities, and all children were given education from the dentists on how to properly brush and clean their teeth.



Children lined up waiting to see the dentist



School children with their toothbrushes and toothpaste we handed out



School children receiving dental education from dentists

UPDATE ON MARTIN LUNDSTEDT'S TECHNICAL WORKSHOP

We followed up on the technical workshop we built one year ago as a 50th birthday gift to Martin Lundstedt. We took part in the woodworking part where the teacher and the students were working to make a bench. The children have worked to make benches, boxes, chairs, stools, shelves, door frames, window frames and were learning how to paint while we visited.

It felt great to see that the work continues for the children and they really enjoy the workshop. When we asked the students what they thought about the workshop they said, "I feel in my future I can work with this", "I like to make table the most", "I can use this in my future, I want to be a carpenter in the future".



"I can help my parents, we can make things ourselves now"



"The chair was the best to make!"

**SEWING**

In the sewing portion of the workshop they have learned how to make pillows, shorts, towels and bibs for babies. They have learned how to do this both by hand and by sewing machine. It was so great to see both boys and girls equally taking part in both parts of the workshop. The children seem to gain more confidence with the more knowledge they learn from the workshop each trip we take to Nepal. It felt great to hear from the children directly how the workshop has impacted their lives and futures!

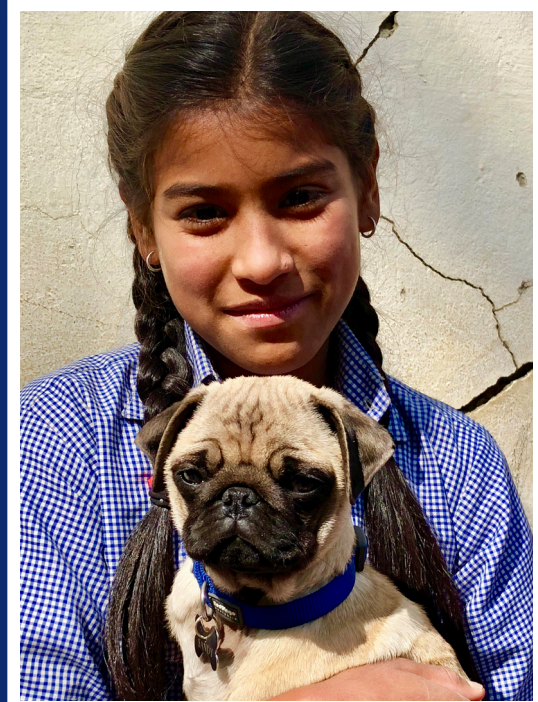
NEW PUPPY AT HOME OF HOPE

Many studies and research show that “growing up with pets is linked to higher self-esteem, cognitive development and social skills.” The impact of pets on children is “reducing stress, providing social support and companionship and improving children’s communication skills.”

We found Sandy, a 10-week-old pug. Our Lööf Foundation Friend Rachel Phillips from UK helped teach the children how to care for and train Sandy. We were happily surprised when the children were so excited for Sandy. They all wanted to pet him, walk him and hold him. Often, we would find Sandy wrapped in a blanket, sitting in one of the children’s lap. He is already such a great addition to Home of Hope, and it was great to see the joy he brings to the children’s faces!



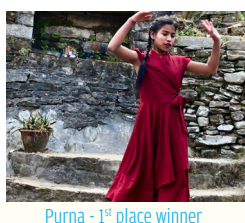
Rachel Phillips with Sandy



Home of Hope child Purna with Sandy

DANCE COMPETITION AT HOME OF HOPE

We created a small dance competition at Home of Hope and invited everyone in the village to participate. We had many children show up and they were all such great dancers and danced to different Nepali songs. Some even came dressed in traditional Nepali clothing. We handed out prizes at the end for everyone who came to dance or just simply watch. It was a very fun day with everyone!



Purna - 1st place winner



LUNCH AT RATANKOT SCHOOL

As we always do during each trip we make to Nepal, we wanted to extend our support to all the children living in the Ratankot village. We feel the best way to do this, is to provide the Ratankot school children with lunch as the children do not receive any lunch from school, nor do they bring lunch from home. All the children appreciated it very much!



Served boiled eggs, potatoes, vegetables and bread

