

LÖÖF
FOUNDATION

NEWSLETTER

No. 10, July | 2020

BABY BRAVE - FIRST BABY BORN AT OUR MATERNITY CLINIC IN KENYA



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**FREE GYNECOLOGY
WOMEN'S HEALTH
CAMP FOR
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**SUPPORT
TO ABUSED
FILIPPINO
WOMEN**



DEAR READERS,

I have always been very passionate about health and through the Lööf Foundation we have focused a lot on giving back quality health care and well-being to those around the world. One big highlight was being able to provide the women of Ratankot in Nepal free gynecological health care in their own village. So many women in the village work hard all their lives to raise children, provide for their families and put everyone first before themselves. It was wonderful to put the women and their health first.

The best news from Kenswed Hospital arrived in January, when we found out that the first baby was born at our clinic. Words cannot describe how overwhelmingly happy I was to hear that both mother and baby were happy and healthy. This was the meaning behind the hospital, to provide women a safe place to give birth and we have achieved that. I feel so proud of everyone and our staff who has worked hard to get this project up and running.

It was a very touching moment when I met many abused Filipino women in Dubai. The strength, determination and strive for a better future left me in awe of them.

Revisiting the Young Forest in Poland gave me a deeper appreciation for mothers and their bonds with their children. After visiting young mothers and their children, I realized how much a mother will fight to do well for their children, and care for their children no matter how young.

This year has been all about health because of the COVID-19 situation. Health comes in many different shapes and forms; mental and physical. One lesson I have learned through our work is that if we take the time to care for our individual health, then we are better equipped to help others with their health.

Warm regards,

Sophie Lööf

Chairman and Founder, Lööf Foundation
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LÖÖF FOUNDATIONS 14TH TRIP TO NEPAL

During September 2019 we revisited Home of Hope in Nepal. While there we held a free women's gynecology health camp in Ratankot. The greenhouse for Home of Hope had collapsed earlier that summer due to strong weather conditions. We rebuilt the greenhouse using metal bars and stronger plastic to withstand any future storms.

REBUILDING THE GREENHOUSE

During the summer of 2019 the greenhouse that we built for Home of Hope collapsed from the strong monsoon season. During our 14th trip we rebuilt the greenhouse using metal bars and thicker plastic so it could withstand any future storms. It was amazing to receive donations from Rachel Phillips, Wills & Trusts in the UK, Gnosjö Global Association, Jonas Lexing, Lundins Kök and Solveig Sundberg. A big thank you to everyone who contributed!

WOMEN'S GYNECOLOGY CAMP

It felt important to give back to the women who live in Ratankot as they work hard and struggle to receive proper health care, due to low incomes and poor transport to a health facility. Together with Gnosjö Global Association we held a two day, free women's gynecology health camp where we brought seven gynecologists from Kathmandu. We were able to treat 251 women in two days! The majority of the women who came to the camp had never had a physical exam in their life. For one 85 year old woman, it was her first time ever to receive a physical exam.

TRAVELING FOR HEALTH

It was very touching to meet one woman who had traveled for five days, to attend our health camp. She spent three days traveling by bus and two days walking. She received a quick test for cervical cancer and were relieved when it came back negative!

EDUCATING SCHOOL CHILDREN

Not only did we treat the women, but each girl student saw the doctor and all school children attended a sex education workshop.

HELPING DURGA THAPA

We met Durga Thapa from the health camp. After she was examined, it was found she had a severe rectal prolapse. The only way to fix this was with surgery, which she could not afford. We raised funds in Sweden so she could receive a successful surgery in Nov-19. She was so thankful for the support!





LÖÖF FOUNDATIONS 5TH TRIP TO KENYA

In February 2020 we revisited the Kenswed Hospital and met the first baby born at the hospital! We distributed donated seeds to the local people and visited Wayo Wayo Kibra Sports for Peace and Development to support them further with football equipment.

MEETING BABY BRAVE

On January 11, 2020, the first baby was born at Kenswed Hospital. He was named Brave. We had the privilege of meeting both mom and baby while in Kenya. She said the labor didn't hurt so much because our staff were there supporting her. After five pushes, baby Brave came out and cried right away. Both mother and baby were healthy after the birth, with minor complications. The mother said that giving birth at Kenswed Hospital was the best experience of her life!

REVISITING KENSWED HOSPITAL

It was great to see the staff members again and see all their hardwork. The clinic has been running well and the feedback from the patients has been that it is a "clean, friendly and caring clinic." Since opening the hospital we have treated a total of 1 882 people.

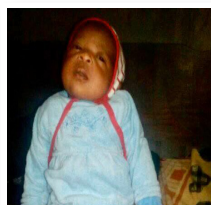
Three babies have been born and one was even named Sophie! The majority of symptoms they have treated for have been upper respiratory tract infections, tonsillitis and maternity care.

DISTRIBUTING SEEDS

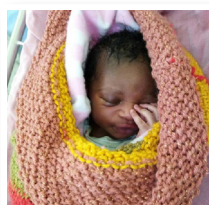
Thanks to Wills & Trusts in United Kingdom, Seeds Program International and Rachel Phillips for providing us with 5 000 packages of seeds, we were able to bring 700 packages to distribute to the local people. We had five different types, carrots, cabbage, spinach, tomatoe and raddish. We distributed to people in Masaai land, Kenswed Academy's kitchen garden and other local people with irrigation systems. The seeds will be able to provide these households with income and great produce for themselves.



Baby Brave
Born: January 11, 2020
Weight: 2.5 kg



Baby Sophie
Born: March 17, 2020
Weight: 3.1 kg



Baby Vanessa
Born: April 28, 2020
Weight: 2.7 kg

SUPPORTING ABUSED FILIPPINO WOMEN IN DUBAI

In November 2019, we visited an organization that works towards helping women who have been abused by their employer seek freedom and justice. In total the organization actively works to help 185 women.

In Dubai there is an organization that works together with the Philippine Consulate Embassy officials to help Filippino women who have been abused by their employer in some way, either mentally, physically or sexually while working in Dubai. They are often times stuck in Dubai through their employer and cannot leave.

Together with the Partex Middle East staff, we visited some of the women. We supported the women with needed items of food, sanitary items and household products.



As well as items for the women, Sophie brought flowers for each woman and handed them out one by one. With every flower she handed, she looked each woman in the eye and gave words of encouragement. Sophie also held a speech for all the women, to encourage them to continue striving forward even in dark times and to never give up.



REVISIT TO YOUNG FOREST IN POLAND

In February 2020, we revisited the Young Forest, a family home for youth with special needs or have come from unstable homes. We visited a home for young mothers.

While there we met three young, inspiring mothers. We supported them with clothes and baby kits. These mothers have faced many challenges. One young mother who was 18 years old is taking care of her son alone as the father is in jail. Another 17 year old would lie to the social worker about her fathers alcohol addiction and her father would lie for her about her smoking and skipping school. She is now caring for her 8 month old alone as her boyfriend ran away. Lastly one 18 year old is raising her 1.5 year old son alone as her boyfriend is in prison. She used drugs and alcohol throughout her pregnancy and used to travel around Poland selling drugs illegally.

It felt great to speak to these young girls and hear that they were in a safe place now and determined to be and do better for their babies they are raising!



MEASURES AGAINST COVID-19

The Corona virus pandemic has been very devastating for many countries. Lööf Foundation post-poned all upcoming travels in 2020 to reduce the spread of the virus. All of our projects have been running smoothly. At Home of Hope all of the children are staying at Home of Hope, with little movement. The schools in Nepal have been closed. In Kenya, the Kenswed Hospital has taken the necessary measures needed to protect themselves, while at the same time providing the same dedicated care to their patients. We at Lööf Foundation are staying safe, we hope you are too!

THE MISSIONARIES OF CHARITY MOTHER TERESA ASHRAM

In March 2020, we visited the Missionaries of Charity Mother Teresa Ashram, that was founded in 1981 by Mother Teresa in Agra, India. The missionary takes care of 210 disabled adults and 45 children with special needs.

The missionary is run by 9 sisters and 20 members of staff. It was so great to meet and support them with clothes and toys for the children. We met a very special seventeen year old named Tracy who has special needs. When she was born her mother did not want her and left her at the hospital. Thankfully Mother Teresa's Ashram picked her up from the hospital and have given her the best care and love since!



DR. SHIVANI CHATURVEDI MATERNITY CLINIC

In March 2020, we visited Dr. Shivani Chaturvedi's maternity clinic where she is helping women during pregnancy and when giving birth.

The clinic has been doing a great job through their field work in rural areas to educate people in their teenage years about their bodies and minds. One important lesson Dr. Shivani teaches is that we must give equal sexual education about our bodies to both men and women. Often times we are focused on empowering women and the men get left behind. It was great to see their operating room and learn valuable information that we will try to implement in our future work.

