

# MEMORY OF ACTIVITIES 2017

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# About us

**helpingtohelp** has been born with the mission of serving as a bridge between people and/or companies who have the desire and the capacity to help, and collectives who need it. Since 2001, we work in favor of vulnerable people who are in danger of social exclusion, by supporting co-development projects in countries of Africa, South America and Asia as well as in Barcelona (Spain). We especially focus on helping children and their families by providing them with a basic nutrition, health, a place to live and education.

According to our principles, donations go entirely from the donor to the applicant entity. At the same time, we invite the recipient of any type of help to be at the same time a donor, through giving the 10% of the help received to another group or project who is as well in need.

This practice of receiving and giving a part of what is received, has the purpose of strengthening solidarity and allows to act as an engine of economy, thus achieving the creation of multiplying networks of solidarity.

## Our goals are:

- To attract economic and human resources and offer them to those people or groups who are in need, to institutions that carry out activities aimed to foster human, economic, cultural and social development, or to any organization that promotes the dignity of people and the human values.
- To support already existing projects, especially to those which due to their characteristics or lack of means does not have access to the conventional financial channels

**helpingtohelp** signs up as a private foundation in Barcelona on February 20th 2001 with 1508 as the registration number.

## The patronage is formed by the following people:

**President:** Xavier Barata Martí

**Vicepresident and Treasurer:** Agustí Viñas Rexach

**Vocals:** Jordi Cussó Porredón

**Secretary:** Joaquim Planasdemunt Tobeña

Eduardo Elizalde Bedos

Pere Guinart Palenzuela

Josep M. Pursals Marco



# Our actions

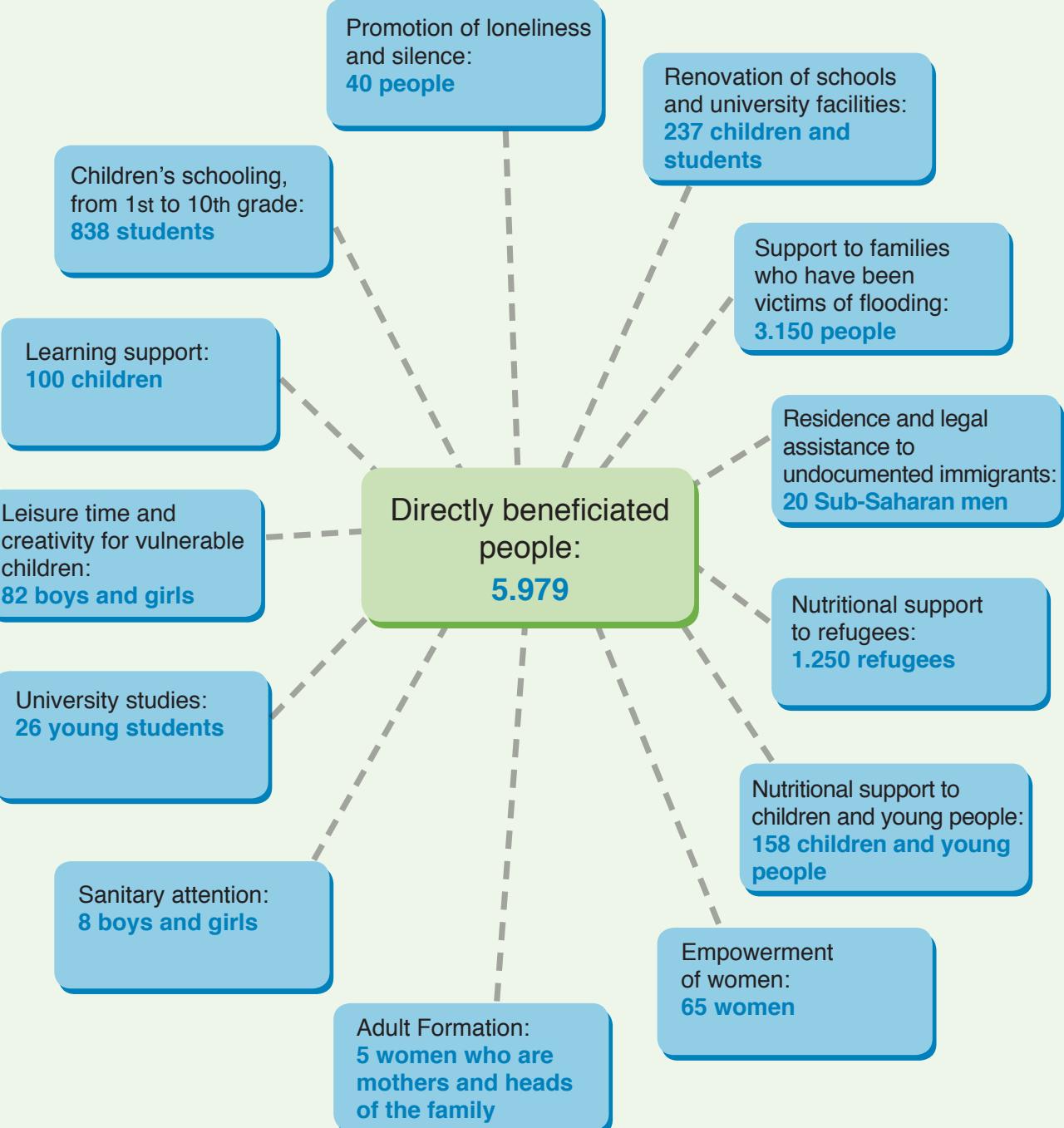
## Our lines of actions are:

- **Mediation:** to create bridges, join efforts and connect synergies between different entities giving solutions to the needs of the most vulnerable people.
- **Supporting projects:** to achieve economic or other type of resources for those entities which have difficulties to access to the conventional helping channels.
- **Sensibility and diffusion:** to offer comprehension tools over contemporaneous societies and an approach to the same reasons of solidarity.
- **Volunteering:** to promote this type of collaboration (**a disinterested contribution of time, knowledge and abilities**), both for the foundation as well as for those international projects who request it.
- **Human and social promotion:** A program of small grants in the form of scholarships or microcredits in order to train people in the labor field, or to promote a small familiar company and/or community for self-sustaining.

As a transversal axis of all these actions, there are the education in both solidarity and interculturality.



# What we have done in 2017



How have we done it?

Organizing charity acts

Mediating with "Cáritas Diocesana de Barcelona" and with the "Asociació Somriure Humil"

Volunteering

With the support of different people and entities

# With you we have made it possible

## We have supported 11 projects:

- Scholar, nutritional, educational and cultural support to highly vulnerable children.  
*Fundación Zua (Bogotá, Colombia)*



- Promotion of the loneliness and silence Sta. María del Bosque  
*(Fúquene, Colombia)*



- Support for the rehabilitation of a teenager with some disabilities.  
*Asociación Grupo Claraeulalias (La Cuchilla - Rep. Dominicana)*



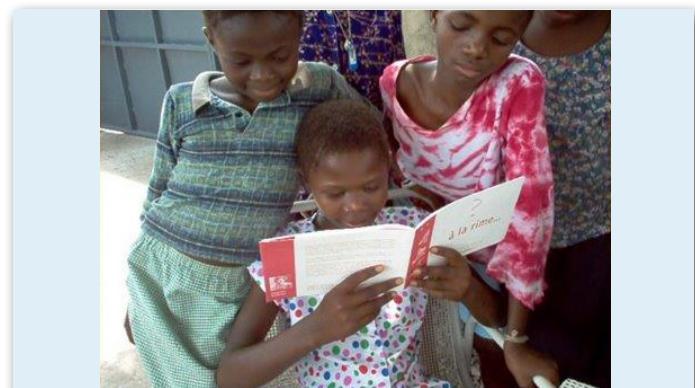
- Host of orphans and sick children, at the care home Azalea.  
*(Xichang-China).*



- Economic empowerment of women in rural areas.  
*Kanini Kaseo (Kithunthi, Kenia)*



- Schooling and accompaniment of street girls and young people.  
*Centro VTA (Kinshasa, Rep. D. Congo)*



# With you we have made it possible

- Maintenance of a rural kindergarten.  
*Pursat - Keov Mony (Cambodia)*



- Nutritional Support to refugees.  
*En Red SOS Refugiados (Athens, Greece)*



Foto: En Red SOS Refugiados

- Reception of undocumented Sub-Saharan immigrants.  
*Pueblos Unidos – Baobab (Madrid)*



Foto: Pueblos Unidos

- Integral Support to the schooling of children from 1st to 10th grade.  
*Chamchenga and Takumana (Malawi)*



- Helpingtohelp people through scholarships.  
*(Dominican Republic, Chile and Colombia).*



*"When you tell yourself that you cannot solve everything, is then when you can do everything, no matter how helpless you feel or even if it seems impossible".*

(Felicitas Cembranos, driving for of the center VTA of Kinshasa).

# With you we have made it possible

Fruit of our mediation work with Caritas Diocesana of Barcelona the following projects have received their help:

- Scholar help for vulnerable children and young people.

*Religioses Dominiques de la Presentació  
(Croix des Bouquets, Haití)*



- Nutritional and scholar support to refugee families.

*Missionaries della Consolata  
(Ali Sabieh, Djibouti)*



- Support to vulnerable families who have been victims of flooding.

*Society Don Bosco (Katmandú, Nepal)*



- Installation of solar light points in a rural school.

*Dominiques de l'Anunciata.  
(Pangasinan, Philippines)*



- Renovation of a university students residence.

*Missionaries Combonianos  
(Addis Abeba, Etiopía)*



- Renovation of a school dining room

*Carmelites Missioneres.  
(Quito, Ecuador)*



## Visits of Project managers:

- In January Sister Gloria Inés González, Dominican of the Presentation and director of the San Carlos Borromeo mixed school in Haiti visited us. She had the opportunity to meet the doctor Casademont, who is a pediatrician in Barcelona, and really wanted to volunteer in the pediatric Center directed by the same congregation in Haití.



Sister Gloria could also meet the volunteering group of Caritas Diocesana of Barcelona, entity which they have received help from.

- We also received the visit of Sister Felicitas Cembranos, founder of the VTA host and accompaniment program to street girls and teenagers, in Kinshasa (Congo Republic). Since three years ago she is living and working in Andalucía, in Campohermoso (Almería), attending immigrants.



## Welcome, training and accompaniments:

- Advice Pilar Vicente, Senior Vice President of the entity INTLStone of Spain and Portugal.
- The collaboration of students of the Montserrat school in an research project. The theme of the work is about the use of domestic water from the creation of a product and its subsequent sells. The prevision was to allocate the benefits to support one of our projects with the construction of a water well in Kenya.



## Charity Acts:

### • 3rd benefic spring concert with Ihsanlulu

With the goal of raising funds for the maintenance of the Keov Mony kindergarten project (Cambodia), the group Ihsanlulu offered a concrete in which they performed songs of the 80s from different authors: Llach, Serrat, Cohen, Beatles...



### • 10th Concert of Santa Llúcia

With the occasion of the 10th anniversary of these concerts, we had the collaboration of the group Ensemble Incordare, which is formed by the soprano M<sup>a</sup> Teresa Vert, the pianist Daniel García and the violinist Enric Riera. M<sup>a</sup> Teresa Vert is the driving force of this initiative, with Mrs. Montserrat Barata, who we remember and honor.



# Volunteering

This year we have facilitated the realization of international volunteering to three different people:

Sandra Corberó, a young pre-university student spented three months in Sanghé (Senegal), she collaborated at two schools from the Sisters of the Immaculate Conception of Castres.

*Being a volunteer is a unique opportunity which leads to get to know other realities that teach you how to learn to value and share, and see that with very little you can still find happiness. On top of everything, being a volunteer is contributing to make, in this unfair world, a fairer world.*



Dra. Rosamaria Casademont, is a pediatrician in the CAP Vallcarca-Sant Gervasi (Barcelona). She devoted her holidays to collaborate with the pediatric center Marie Poussepín in Croix des Bouquets (Haiti).

*Volunteering is an approach 'AS MUCH AS I CAN' from my teachers, from when I was little.*

Aleix Anducas, is the director of logistics in SAF-Holland.

He did a volunteer work in the care house Azalea (Sichuan, China).

*Volunteering is to enjoy an opportunity to grow.*



Likewise, we have as well advised other young people who have been interested in completing some international volunteer work during 2018,

# Awareness and diffusion

- The start of the project Glances (*Miradas*) in Instagram.

The goal of this project is to offer a weekly reflection through an image of a topic related with cooperation, the environment, people, etc.



- Conference of Márcia Skibick about biocentric education throughout a project that is held in the San Vicente de Meruoca rural community of Brazil. This activity took place thanks to the collaborations of the center ADES Salut of Barcelona.

**La educación Biocéntrica y el modelo comunitario**  
12 de Diciembre de 19:30 a 21h

El modelo de sociedad occidental, sus exigencias y ritmos, a menudo nos dificulta desarrollar el potencial de plenitud y bienestar que nos es propio.

La educación biocéntrica nos acerca a otra manera de vivir, partiendo de un nuevo paradigma cuyo objetivo es la conexión con la vida, y cuya metodología es la vivencia.

La Comunidad de San Vicente de Meruoca (Ceará, Brasil) nos acerca a este nuevo modelo sostenible de comunidad, colaborativa, participativa, en la que los individuos se involucran activamente en su comunidad, comprometidos con los valores de respeto y vinculación propios del modelo biocéntrico.

encuentro informativo y vivencial a cargo de Márcia Skibick  
En Av. República Argentina 167

Ades Asistencia gratuita estorBE Impar de Brasil

El vínculo fortalece la identidad del individuo, conlleva a probar su fuerza y valor, y consecuentemente su grandeza. Cuando la gente se reúne para una acción colectiva, se da una relación entre uno y el universo mismo. En este punto, hay un campo creativo entre las personas, que dejan de diferenciarse y se diluyen en la totalidad. (Rolando Toro)

- Workshop on *Communication for life*, in charge of Rosa Rovira, a helpingtohelp's volunteer.



- Periodic edition of the News Letter and the presence in the social networks.

Fundación ajudantajudar ayuda a personas para la Copa Mundial La Copa Mundial empieza el 14 de junio y tiene miles de fans en Facebook. Organiza un evento y avíta a que los fans locales jueguen a sus equipos favoritos.

Organización sin ánimo de lucro en Barcelona

Tweets Tweets y respuestas Multimedia

Ajudantajudar @ajudantajudar Fundación que trabaja en favor de colectivos desfavorecidos, especialmente la infancia en situación de riesgo, alimentación, educación y salud.

1 Twit 214 Seguidores 184 Me gusta 1 Línea 0 Momentos

A quién seguir - Actualizar Ver todos

Ajudantajudar @ajudantajudar 30 may. MIRADAS - Trabajo Trabajan conjuntamente pero... Instagram.com/p/BfjBzJgRbIC/...

Ajudantajudar @ajudantajudar 22 may. MIRADAS - Trabajo Tener poco o mucho, no... Instagram.com/p/BfjBzJgRbIC/...

Ajudantajudar @ajudantajudar 16 may. Demà tenim cita amb el Gospelt A les 20:30h l'esperem a Alta Diagonal (Av. ...)

# Institutional relations

- Collaboration of the CBRE Company in the assignment of spaces for the celebration of charity acts of **helpingtohelp**.
- Collaboration and mediation with the *Somriure Humil* (Terrassa) to help some projects.
- Collaboration with *Red Azul de Voluntariado* or the realization of international volunteering.



## “THE ART OF LIVING” Testimony from the Fundación Zúá (Colombia)

*One of the most important lessons that I have learned and was thought to me in Zúá came from a little girl, who when she got to know me as her teacher - in that moment I was only 17 years old-, she asked me if I had kids and I just said no. My answer to her question surprised her, as she told me that it was common for her to see young mothers so she thought that it was strange that I had no kids at my age and also the fact that I was studying at University was something almost unthinkable.*

*From that moment I realize the importance of the work of the foundation, because they teach us that not because we were born in the conditions that we were born and the way we have been grown up, we have to follow this lifestyle. Conversely, we can change it and it starts with ourselves.*

Thanks to the foundation, today I can say that I am a TURISTIC AND HOTEL MANAGER

Judy Alejandra Campos  
Bogotá - Colombia

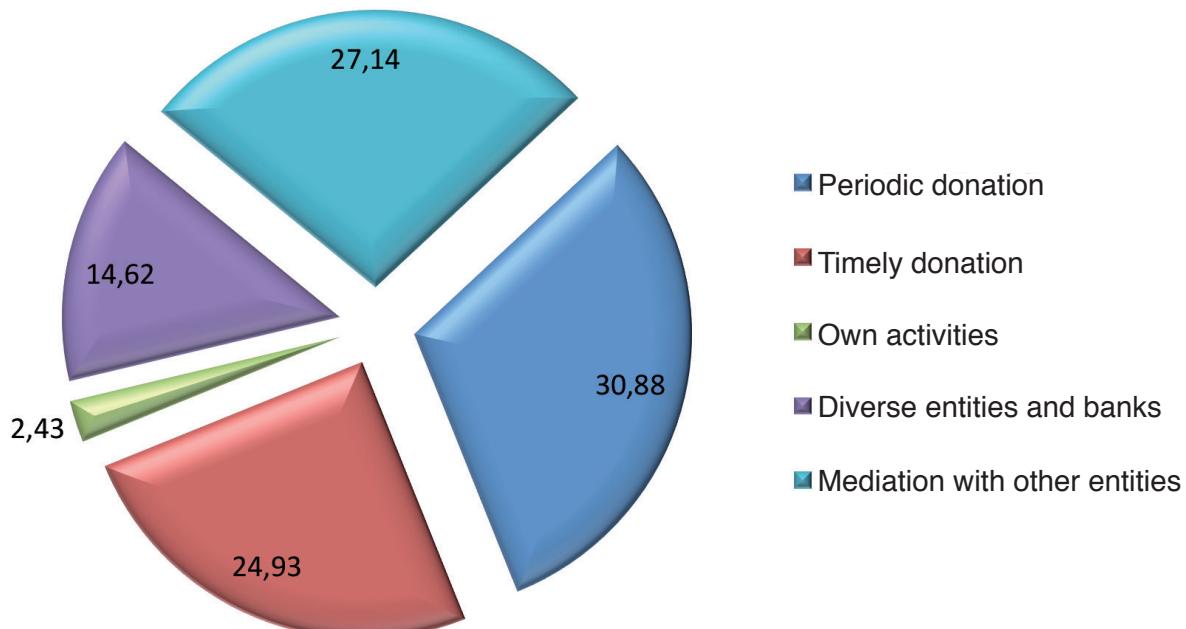


“No one is so rich that he cannot receive  
nor so poor that he cannot give.”

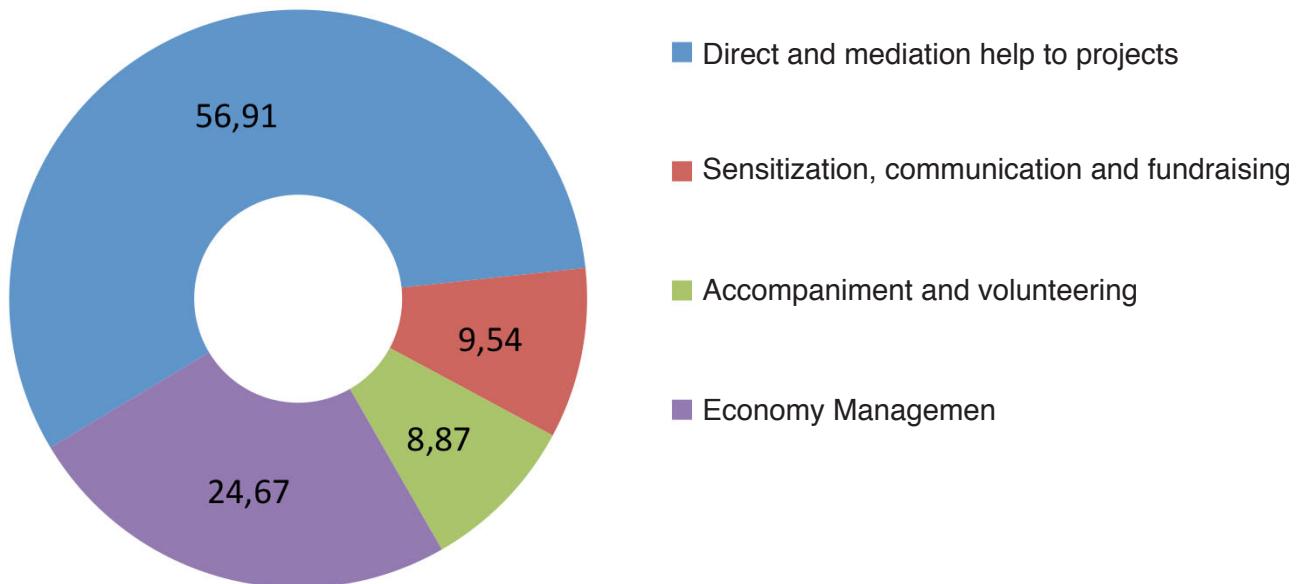
(Dom Helder Camara)



## Origin of income:



## Distribution of the expenses:



# Our collaborators

- Airbnb
- Alta Diagonal
- Artyplan
- Bambola
- Bufete Gomariz, Carballeda Abogados Asociados S.C.P.
- Caritas Diocesana Barcelona
- CBRE
- Centre Dietètic Casellas
- Centre Edith Stein
- Clinicum Seguros S.A.
- Coca Cola
- Compensa Capital Humano S.L.
- Coral Da Capo
- Departament de Justícia - Generalitat de Catalunya
- Departament de Benestar i Família Generalitat de Catalunya
- DJ Seto
- Dominium Viatges
- Editorial Edimurtra
- Estrella Damm
- Freixenet
- Fundació Cottet-Mor
- Fundació Gandara
- Fundació l'Avet
- Fundació Isolana
- Fundació Mas Molas
- Fundación Antoni Serra Santamans
- Gesurius
- Glovo
- Gran Hotel Central Barcelona
- Grup de Joves del Santuari de Sta. Eulàlia de Vilapicina
- Grup Perelada
- Grupo Ático
- Häglofs
- Helped by you
- Institució Josefa Maresch Servet
- Institut d'Estudis Catalans
- Institut Diversitas
- CaixaBank
- Meller
- Momo Media
- Moove
- MRW – Acció social
- Musical Difusió
- Natura
- Phun
- Portaventura Fundació
- Propaganda
- RACC. Bonus
- Raúl Campuzano.com
- REVOJ
- Salas Plushàbit S.L.
- Seremp
- Subarna
- Teaming
- Treballadors públics solidaris de l'Hospitalet de Llobregat
- Único Hotels & Real Estate SLU
- Winche Redes Comerciales S.L.



If you want to help us, you can make your donation at:  
**CaixaBank: ES38 2100 3317 1922 0012 0293**  
**Thank You!**

