



district 2160  
**Rotary**  
Luxembourg-Hearts



IMAGINONS  
LE ROTARY

# Statutory Meeting 24 May 2023

**Rotary Club Luxembourg-Hearts**



## Agenda:

Welcome

1. Animals-assisted pedagogy and therapy .- Donation to Arcus asbl
2. Enthronement of two new members: Gilles and Salah
3. Let's look at the RCL Hearts Rotary Year!
4. WEGA NGO



# Animal-assisted Pedagogy and Therapy

For children and young people  
living in Distress





# Animal-assisted pedagogy and therapy

Animal therapy or pet therapy refers to the use of animals as a way to help people cope with and recover from some physical and mental health conditions. Depending on the function of the therapy, people may choose from various animals, including dogs, horses, and birds.

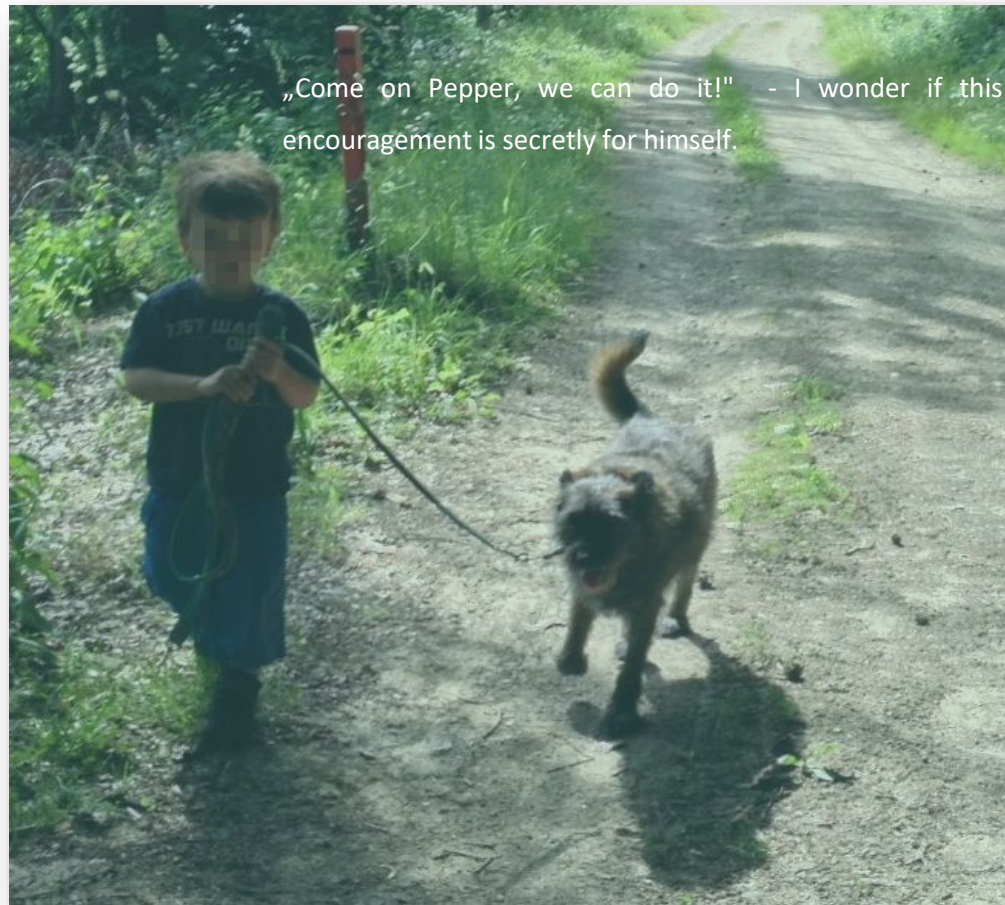
Research has found that animals can have an overall positive effect on health and improve mood and quality of life. Studies have documented some positive effects of the therapy on subjective self-rating scales and on objective physiological measures such as blood pressure and hormone levels. The positive effect has been linked to the human-animal bond\*.

- The biophilia hypothesis (also called BET) suggests that humans possess an innate tendency to seek connections with nature and other forms of life and was introduced by Edward O. Wilson in this book *Biophilia* (1984). He defines biophilia as "the urge to affiliate with other forms of life".





# Animal-assisted pedagogy and therapy



## *The Kannerhaiser*

The *Kannerhaiser* accompany and care for children and adolescents who are in a precarious living situation, are exposed to an increased risk of danger and need a temporary separation from their parents.

Arcus asbl has a total of 113 places in 14 different living groups, which are located in Capellen, Grevenmacher, Echternach, Junglinster, Sandweiler, Itzig and Noertzange.

Children and young people living in the *Kannerhaiser* will benefit from this project.



# Animal-assisted pedagogy and therapy

## *The Youngsters*

The youngsters from the *Kannerhaiser* often show characteristic traits such as self-esteem problems, relationship and attachment disorders, learning disabilities, behavioural and perceptual disorders, psychological disabilities and motor development disorders.

The background of the young people is often characterised by relationship breakdowns, learning and performance difficulties as well as exclusion.





# Animal-assisted pedagogy and therapy

## *The animals and their soothing and calming effect*



Through the help of animals, children and young people who have experienced many relationship breakdowns and have thus become distrustful can often rebuild self-confidence and/or redevelop trust.

The animals act as social partners for anxious and withdrawn children. Aggressive and overstimulate youngsters quickly learn that the animal is only willing to cooperate under certain conditions. Therapeutic approaches could be reactivated, and conversations or treatments initiated.

# Animal-assisted pedagogy and therapy

## *Animal farms*

[Bienvenue - A Schmatten \(a-schmatten.lu\)](https://a-schmatten.lu)

[Equimotion - Zertifizierte Reittherapie Ausbildung / Weiterbildung zum Reittherapeut \(equi-motion.de\)](https://equi-motion.de)

[Home | Bricher Paerdsstall](#)



A therapy session costs between 40 and 80 euros per hour. Arcus needs between 6,000 and 9,000 euros per year, which will be used to finance individual therapy hours as well as group activities for the children and young people.

RCL Hearts will support with 4 075€ in 2023 corresponding to aprox. 100 hours of therapy.



Gender / Age	Diagnosis/Targets	Organisation	Dates	Costs
Girl S/16	<ul style="list-style-type: none"> <li>- Promotion of self-assessment</li> <li>- Promotion of motor skills</li> <li>- Improving coordination and balance (body awareness)</li> <li>- Learning to show consideration for oneself, for the horse and for other children</li> </ul>	Horse-assisted intervention: equi motion by audioLingua S.A. 4B, Duerfstrooss L-6858 Münschecker	1 x a week one unit (Tuesday) <i>since March 2023</i>	89 x 37= 3.293.-
Girl A/16	<ul style="list-style-type: none"> <li>- Promotion of self-assessment</li> <li>- Promotion of motor skills</li> <li>- Improving coordination and balance (body awareness)</li> <li>- Learning to show consideration for oneself, for the horse and for other children</li> <li>- Sensory awareness</li> </ul>	Horse-assisted intervention: equi motion by audioLingua S.A. 4B, Duerfstrooss L-6858 Münschecker	1 x a week one unit (Tuesday) <i>since September 2021</i>	89 x 37= 3.293.-
Girl K/11	<ul style="list-style-type: none"> <li>- Introverted</li> <li>- Encourage self-assessment</li> <li>- Developing awareness of own needs</li> </ul>	Horse-assisted intervention: Sigis-Ranch – Reittherapie Andrea und Frank Schlossmacher Reulweg D- 54524 Klausen	Every 2nd Friday for 1 - 1 <i>½ hrs since April 2023</i>	50 x 26 = 1.300.-
Girl L/15	<ul style="list-style-type: none"> <li>- Experience self-efficacy</li> <li>- Impulse control</li> <li>- Developing awareness of own needs</li> </ul>	Horse-assisted intervention: Sigis-Ranch – Reittherapie Andrea und Frank Schlossmacher Reulweg D- 54524 Klausen	Every 2nd Friday for 1 - 1 <i>½ hrs since April 2023</i>	50 x 26 = 1.300.-
Boy A/9	<ul style="list-style-type: none"> <li>- Current Fluctuating Impulse Control</li> <li>- Encouraging concentration</li> <li>- Learning to make sense of rules and procedures</li> <li>- Risk of developing ADHD</li> </ul>	Horse-assisted intervention: De Leederwon asbl Peter Aendekerck 4a, Gässelchen (rue d'Olingen)	1x a week (Friday) for 1 h	75 x 37 = 2.775.-

Boy L/11	<ul style="list-style-type: none"> <li>- Attachment disorder (refugee background)</li> <li>- Experience self-efficacy</li> </ul>	Horse-assisted intervention: De Leederwon asbl Peter Aendekerk 4a, Gässelchen (rue d'Olingen) L-6832 Betzdorf	1x week (Wednesday) 1h	75 x 37 = 2.775.-
Boy K/12	<ul style="list-style-type: none"> <li>- Improving impulse control (aggression issues)</li> <li>- Promoting concentration</li> <li>- Learning to be considerate of oneself, others, the animal</li> </ul>	Horse-assisted intervention: De Leederwon asbl Peter Aendekerk 4a, Gässelchen (rue d'Olingen) L-6832 Betzdorf	1x week	75 x 37 = 2.775.-
Girl J/9	<ul style="list-style-type: none"> <li>- Attachment disorder</li> <li>- Promotion of impulse control</li> <li>- Promotion of perception of closeness and distance</li> <li>- Promotion of motor skills</li> </ul>	Horse-assisted intervention: De Leederwon asbl Peter Aendekerk 4a, Gässelchen (rue d'Olingen) L-6832 Betzdorf	1x a week (Friday) for 1 hour	75 x 37 = 2.775.-
Boy D/8	<ul style="list-style-type: none"> <li>- Autism Spectrum Disorder</li> <li>- Promotion of motor skills</li> </ul>	Horse-assisted intervention: De Leederwon asbl Peter Aendekerk 4a, Gässelchen (rue d'Olingen) L-6832 Betzdorf	1x a week (Friday) for 1 hour	75 x 37 = 2.775.-
			TOTAL	23.061.-



# Animal-assisted Pedagogy and Therapy

For children and young people  
living in Distress



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# Gilles & Salah

Enthronement of new Members



# The RCL Hearts

## What have we done in 2022-2023?

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# The RCL Hearts at a glance

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Luxembourg-Hearts



## Rotary Hearts Club – Building blocks



VISION

“Together, we see a world where people unite and take action to create lasting change across the globe, in our communities, and in ourselves.”



MISSION

Rotary **joins leaders** from all continents, cultures and occupations to **exchange ideas** and **take action** for communities around the world.  
*Motto: Service Above Self*



VALUES

**DIVERSITY**  
**COMMUNITY**  
**ACTION ORIENTED**

We are open minded towards people and actions  
We share interests to create a positive impact  
We act locally and internationally



# Five New Members!

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Francesco

Stéphane

Ramona

Gilles

Salah



# The RCL Hearts

## Objectives 2022-2023

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### Objectives and Key Results - Rotary Club Hearts 2022-2023

#### Objective 1 - Offer value for current members to keep them engaged

- KR1: Monitor and increase from 24% to 50% attendance rate
- KR2: Involvement of 60% of members in a project activity or a leadership role
- KR3: Assess and increase internal members satisfaction score by 5%
- KR4: Find ten meaningful projects to contribute to the community (environment, education, health, economy)

#### Objective 2 - Increase our membership

- KR1: Increase number of members by 10%
- KR2: Monthly social media publication
- KR3: Launch campaign: each member mentors a guest

#### Objective 3 - Define and launch iconic project around Mental Health for Youth

- KR1: Define action plan for the three experts proposals
- KR2: Define and launch Fundraising events
- KR3: Make fundraising event engaging, sustainable and visible





# Rotary Club Luxembourg Hearts

## Iconic Project Planning

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We want to have a yearly **iconic cause** in the area of Mental Health that increases our impact and makes us more identifiable as a club.

Phase I: Set up a strategic planning project

### Action:

Understand better the needs at a local level

Phase II: Gather & analyze data and provide key insights

1. Invite experts to the club
- II. Match those needs with impactful actions
- III. Flagship to the world
- IV. Reinforce our public connection

Phase III: Define and implement your strategic plan

1. Decide on the next steps for each of the experts proposals (board meeting on the **18.05.22**)
2. Budget Planning and project design
3. Board Approval (board meeting on the **13.07.22**)
4. District Grant research and proposal
5. Plan Fundraising activities with responsables and dates
6. Publication campaign



# Rotary Club Luxembourg Hearts Iconic Project Activities in 2022-2023

## January

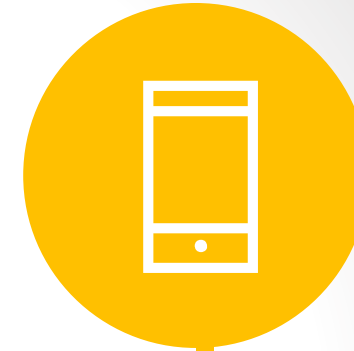
RCL Hearts  
Building Blocks  
(Vision, Values, Focus)



## May & September

Arcus Presentation

RCL Hearts funds *World Fetal Alcohol Syndrome Conference* in Luxembourg

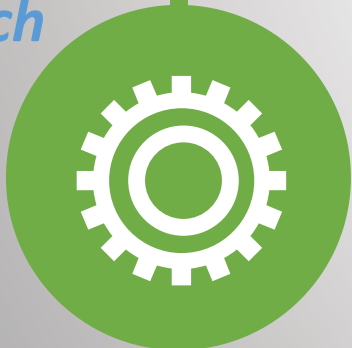


## 2023

- **Distric Grant**
- **Launch *FibroWalk* Project**
- **Animals-assisted Therapy**
- **Planning next five Fundraising events**

CHL- Dr Aarab  
Presentation

## March



Mariposas  
Presentation and  
**Program donation**

## April & June



## Fundraising for Iconic Project

- Spanish Day Celebration
- Planning Next Activ.

## November

**Distric Grant Request**  
*FibroWalk* Project





“Whatever Rotary may mean to us, to the world it will be known by the results it achieves.”



**Paul Harris**  
Rotary founder

# Rotary Club Luxembourg Hearts

## 24 Projects (!) in 2022-2023

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**Disease Prevention and Treatment 25%**

Disease prevention and treatment

1 FibroWalk Project 2,3,4 Fight Against Polio ( Ink cartridge recovery, Funds donation) 5 Zesummen Ennerwee 6 Caps collection assistance dogs



**Economic Development 8%**

Economic and community development

7 MicroLoans 8 Espoir 2005 Rwanda

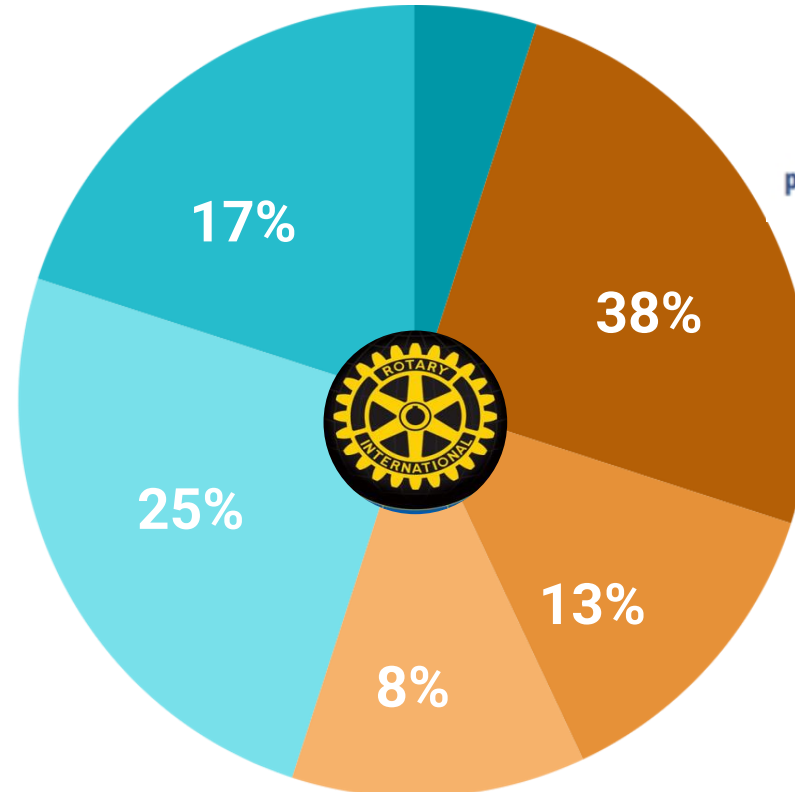


**Maternal and Child Health 38%**

Maternal and child health

*Club's Iconic Project*

9 Fetal Alcohol Disorder International Conf. 10 Fundraising Spanish Day 11 Therapy with Animals 12 Mariposas 13, 14, 15, 16, 17 Planning of Five Fundraising activities (Sake, Mushrooms, Wine, Conference, Art)



Peace and conflict prevention/resolution

**Conflict Resolution 17%**

18, 19, 20 Help for Turkey earthquakes' victims (Goods collection, Funds donation, Hospital GG) 21 Warm for Ukraine



Basic Education and literacy

**Education 13%**

22 Laptops for RU School 23 Europe for Europe 24 Rotaract chocolates for Senegal school

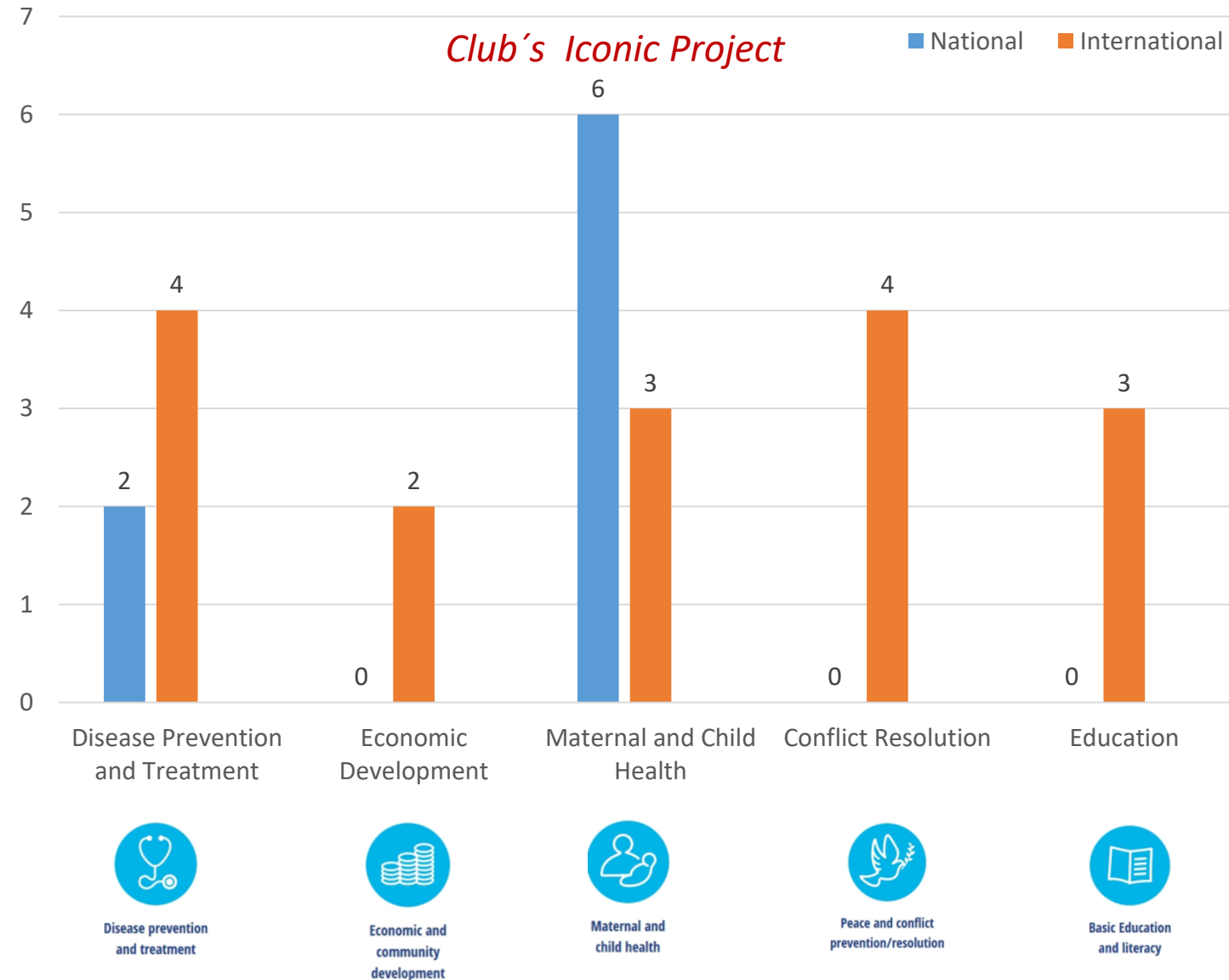
# Rotary Club Luxembourg Hearts

Beneficiaries at National (1/3) and International (2/3) Level

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**24 Projects (!)**  
in 2022-2023



# The RCL Hearts Initiatives 2022-2023

## Education



### Europe for Europe

European learning and experience  
for 19 young participants



#### 2022 Program for Luxembourg



**Monday July 25**

- 15h00 Arrival in Luxembourg City from Thionville, FR  
Luxembourg City Youth Hostel
- 15h30 Rotarian Guided City Walk
- 17:00 Free time in the city centre
- 18h15
- 18h30 19h30 Welcome BBQ



**Tuesday July 26**

- 08h15 Bus drives to Findel Airport/ Security Check
- 09h00 Air Rescue presentation
- 11:00 Bus to Kirchberg/ Fort Thungen
- 12:00 Picnic lunch and Fort Thungen museum visit
- 13h30 Walking tour: European Union and Its Institutions
- 15h30 Arrival back at youth hostel
- 15h45 Presentation of EU History and Institutions
- 18h45 19h00 Dinner / Presentation by Rotaract



### Laptops for a Rumanian School

European Investment Bank  
application to collect laptops and IT  
for a selected school



Who we are?  
Rotaract Club of Luxembourg



What do we offer?  
Everybody bag full of chocolate : 10€



How we are doing good?

Fundraising for  
Kleeschen 2022

Rotaract Luxembourg



Total amount raised in 2021: EUR 7,395.56  
(EUR 3,697.78 donated to Stämm vun der Strooss and D...)



### Chocolates for Senegal children

Purchase of Rotaract chocolates  
helping schools in Thailand and  
Senegal

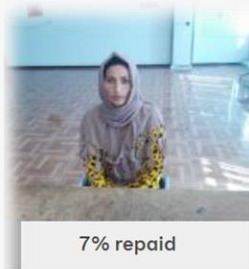
# The RCL Hearts Initiatives 2022-2023

## Economic Development



### Micro Finance support

MicroLoans for women entrepreneur in developing countries



7% repaid

Paying back  
**Shahnoza**  
Personal Medical Expen...  
 Tajikistan



✓ 100% repaid!

Repaid with currency loss  
**Parvinahon**  
Personal Medical Expen...  
 Tajikistan



17% repaid

Paying back  
**Shabafruz**  
Personal Medical Expen...  
 Tajikistan



53% repaid

Paying back  
**Lương**  
Higher education costs  
 Vietnam



26% repaid

Paying back  
**Mohira**



### Espoir 2005- Microfinancing for young entrepreneurs in Rwanda

Contribution of 2 170€ of funding by RCL Hearts

○ 47 000€ in 2022 in total from Rotary Clubs

○ Financing of 819 young people from Rwanda

# The RCL Hearts Initiatives 2022-2023

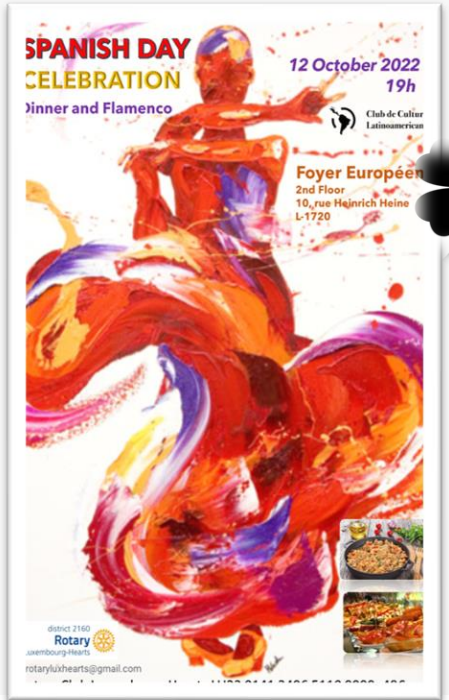
## Iconic Project- Youth mental and physical health



**Animal-assisted pedagogy and therapy**  
Club financing of therapy for two girls, 9, 11 years old from Arcus *Kannerhaiser*



**World Fetal Alcohol Disorder Conference**  
Conference financing to reduce impact of alcohol in babies with attendance of 150 professionals



**Fundraising Event**  
Sold-out Spanish day celebration  
Fundraising event to collect funds for Iconic club project



**Organisation of Five new Fundraising Events**





# The RCL Hearts Initiatives 2022-2023

## Conflict Resolution



### Help for Turkey earthquakes' victims

Collection of goods among Rotary Luxembourg clubs, finance help and participation in a Rotary Global Grant for the financing of a Mobile Multi Clinic in Hatay, Turkey



### Warm for Ukraine

Voluntary members' contribution to purchase warm blankets and deliver them in Ukraine



# The RCL Hearts Initiatives 2022-2023

## Disease Prevention and Treatment



### Contribution to Rotary Fight against Polio

8400€ Club donations in the Rotary year for Rotary International, Foundation projects and as a contribution to the fight against Polio



### Zesummen Ennerwee

Share with 30 people with disabilities an exceptional day by giving them the opportunity to participate in activities with Rotarians offering them a happy experience



### FibroWalk district grant project

Reduce the impact of chronic pain and fatigue in people with fibromyalgia through therapy that combines the neuroscience of pain and therapeutic physical exercise for a better quality of life



### Caps Collection

Soft plastic caps collection for trained assistance dogs



# Time for Social Club Events

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Christmas Dinner



Guided Visit at Mudam



Let's Bowl



Drinks with RC Schuman



ING Marathon



Visit of RC Kiem



David presenting  
at RC Esch



Visit Caves Bernad Massard with the RC  
Hague Metropolitan and RC Rhein Main

# Rotary Club Luxembourg Hearts

## Budget Expenditure 2022-2023

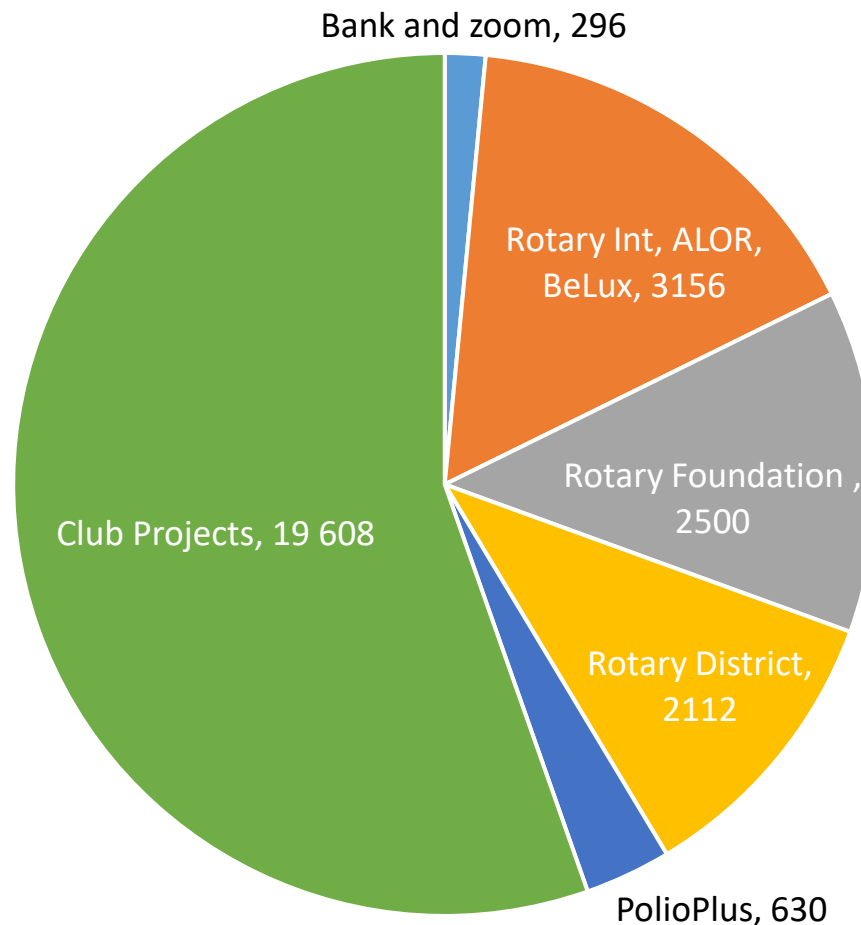
70% Rotary Club Luxembourg Hearts Projects

30% Rotary Projects (Foundation, RI, ALOR, Polio)

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### Expenses in EURO



#### Club Projects: 70% of expenditure

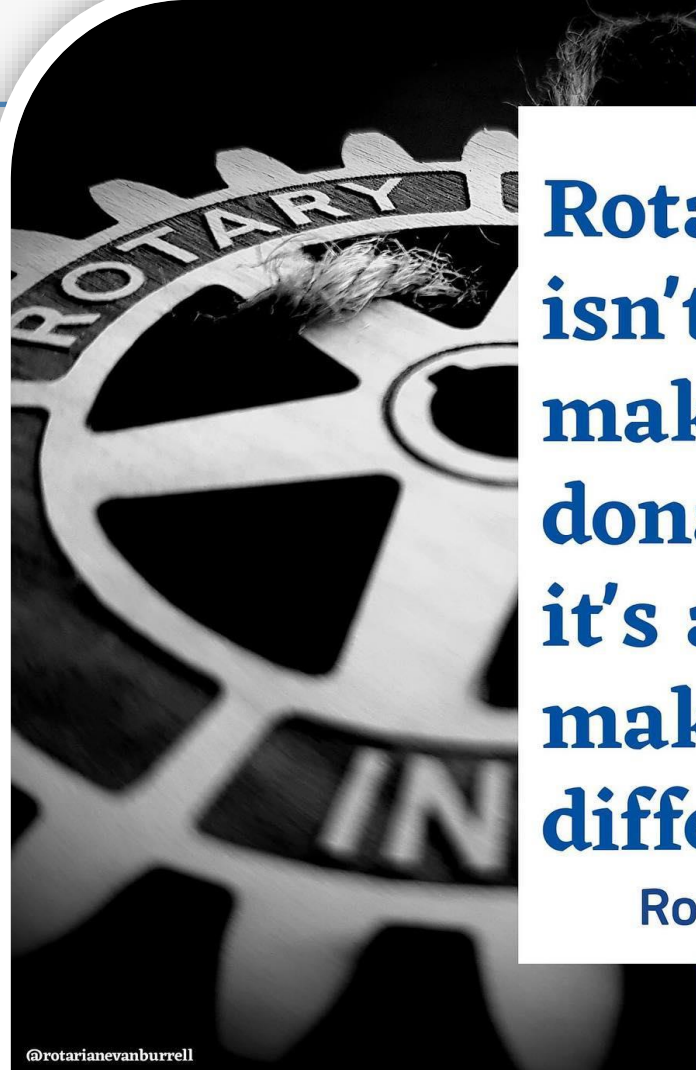
- Zesummen Ennerwee
- Europe for Europe
- Rotary Espoir 2005 Rwanda
- World Alcohol Fetal Syndrome Conference
- Laptops for Schools
- Microfinance Loans for entrepreneurs
- Rotaract Chocolates campaign
- Ink cartridges recovery
- Blankets for Ukraine
- Help for Turkey earthquakes victims
- FibroWalk (district grant)
- Therapy with Animals

Total yearly expenses: **28 302€**

#### Income:

Yearly fee per member: 700€

Fundraising Spanish Day: 1 988€



**Rotary  
isn't about  
making a  
donation,  
it's about  
making a  
difference!**

Rotary 

## CALENDAR REMINDER

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### Next meetings:

- ★ 3 June District Conference in Dinant, Belgium
- ★ 14 June Transfer of power last Meeting



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**WEGA NGO**