

attendance amongst all families and ensures better concentration levels and increased productivity.

We also provide regular donations of educational supplies to all of our primary schools to ensure every child can attend school for the full scholastic year and receive a basic education.

Living Heart provides volunteer teachers to teach art, drama, English and physical recreation activities.

At A Glance

Many school directors struggle to fulfill their obligation to teach the national curriculum in remote schools where attendance is poor, energy levels are low and basic resources are nonexistent.

Living Heart provides children in 5 communities with the opportunity to access *earlier, better quality, more consistent education.*

LIVING HEART

And the people of remote Andean communities would like to thank you for your visit to Hearts Café.



Read more about Living Heart's projects @ www.livingheartperu.org

Sustainable Agriculture

Living Heart is running a pilot Educational Greenhouse Project to train and involve the community in the building of communal greenhouses. Educational workshops & the expertise of a local technician will allow the community to develop their cultivation and management skills, whilst providing the community with fresh vegetables, salad & herbs.

At A Glance

350 community members will receive the *infrastructure, training and education* to cultivate, prepare and eat fresh produce, improving their nutrition whilst reducing the community's dependence on donations of fresh food from Living Heart.

HOW CAN YOU HELP?

Donations of school supplies, clothing, medicines and other items can be made in Hearts Café, Plaza de Armas, Ollantaytambo. **Note:** Please do not send such items via post as they may incur tax duties that Living Heart is unable to pay.

Cash donations can be made at Hearts Café or via bank transfer into the following accounts:

In USD:

Account: Living Heart
Bank: Banco de Credito Perú
Address: Av. del Sol, Cusco
Acct No: 285-1608784-1-39
ABA: 0670151355
Swift Code: BCPLPEPL

In GBP:

Account: Living Heart NGO
Bank: HSBC
Account No: 22435004
Sort Code: 40-09-19

From the US? Write your donation off against your taxes by looking us up on www.Omprakash.org. We also have a Living Heart *Paypal* account.

GET IN TOUCH!

Living Heart prides itself on its openness & transparency. For further information please get in touch at livingheartperu@gmail.com

We're online at



Plaza de Armas, Ollantaytambo, Perú.

Open 7am-9.30pm

7 days a week

ALIMENTOS SANOS · MAINLY WHOLEFOODS

*Fresh, Healthy, Nutritious Meals
Wide range of vegetarian options
WI-FI!*

Breakfast · Lunch · Dinner

Homemade bread & puddings, huge breakfasts, hearty soups, sandwiches, burgers, boxed lunches, excellent coffee, cold beer, imported teas & much more!

COMIDA DEL MUNDO · LOCAL & INTERNATIONAL CUISINE

A CAFÉ WITH A HEART!

The profits from Hearts Café go directly to supporting our sister organization



Every time you come to Hearts Café you are helping support remote local communities.

Read more about Living Heart's projects @ www.livingheartperu.org

Hearts Café · 084 204078 · www.heartscafe.org

ABOUT US

In 2007 Sonia Newhouse left her life and home in England and established **Hearts Cafe** in Ollantaytambo, Peru to raise funds for and awareness of the terrible plight of remote Andean communities in the Sacred Valley. Living Heart - Peruvian NGO and UK-registered charity - uses the profits of Hearts Cafe to fund holistic, sustainable *Nutrition, Health & Education Projects* throughout the Sacred Valley.



Living Heart *empowers* local men & women to help themselves and help others. We are not a hand-out organisation and maintain a policy of promoting education and self-help in all of our projects. Living Heart uses *local solutions* and produce, *keeping it simple* to achieve the desired results.

Did You Know?

The Peruvian economy is on the up, but in the remote Andean communities nobody feels the change. Today 44.5% of Peruvians live below the poverty line, but in the Southern Andes the rate can be as high as **78%**. Spanish is the language of education in Peru, but in the communities where access is difficult and the spoken language is Quechua, illiteracy rates can rise as high as **40%**. Here in the Southern Andes **one-third** of children do not complete primary school.

HOW DO WE HELP?

Nutritional Support

Imagine eating only potatoes for breakfast, lunch and dinner every day. Day in, day out.

Living Heart identifies communities where a large percentage of the children are suffering from chronic malnutrition, growth problems and health issues related to a lack of dietary diversity.

We provide them with a wide variety of foods rich in essential nutrients every month and train local cooks to prepare simple but nutritious recipes twice a day.

At A Glance

What would YOU do with 23p? Or \$0.37 cents of a dollar? That's s/1.51 in Peruvian money, and that's how much it costs to feed one child, every day.

Living Heart provides hot school meals to **370** malnourished children & abandoned elderly in **5 remote communities** every single day of the school year. That's nearly 15,000 hot meals every month, and over 140,000 per year.



To provide one child with 2 hot meals daily costs Living Heart \$106, or £66 per school year. Multiply that by 370 children and the nutrition project needs almost **\$40,000** a year to keep supporting these malnourished children.

Health

When you wear sandals and a skirt in biting winds and sub-zero temperatures you never underestimate the value of a warm jumper.

Living Heart provides regular donations of warm second-hand clothes to the communities and a basic first aid kit of important medicines.

Living Heart provides treatment for parasites and requires the parents to medicate the children regularly with local anti-parasitical herbs.

We organise a yearly itinerant medical clinic with the help of foreign volunteer doctors and nurses.

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At A Glance

In the Andes basic medicines to treat and prevent escalation of minor illnesses are limited and local health centres are



inaccessible. Persistent diarrhoea caused by polluted parasitic water supplies compounds malnutrition. One set of traditional clothes worn by each child all year round is not sufficient for the climate variation and contributes to ill health.

Living Heart gives over **2,500 people** in rural communities access to basic medication and treatment.

Contraceptive Campaign

In rural communities an average family has 7 children, one small house & a lot of mouths to feed.

Living Heart provides sexual health, hygiene & education workshops in all of our communities. We aim to empower and educate women on the choices they can make to improve their quality of life.

We currently provide women from several communities with pill and injection-based contraception.

At A Glance

Women represent over half of the population in Peru, but they do not have equal access to resources or power. High levels of domestic abuse and alcoholism exist in the communities aggravated by minimal income and unwanted pregnancies.

Living Heart gives poor women the *knowledge* and *opportunity* to take control of their family planning.

Educational Support

Imagine walking to school for 3 hours on an empty stomach and trying to concentrate in class.

Through our nutritional support program Living Heart incentivizes earlier enrolment and consistency of