**1 FOUNDATION Onze DROOM / Our DREAM**

**Meeting Onze DROOM**

**Repair Café Brummen**

**Clothing Re-use**

2. Board of the Foundation St. Onze DROOM / Our DREAM

Left Marita Middle Carry Right Sonja

3/4 Meeting Our DREAM Drinking coffee/tea together and being together.

5 Playing games if you want or just talking

6 Have lunch together with soup and sandwiches

7 Eat a hot meal

8 Wash the dishes together after the meal

9/10 Monthly we arranging flowers together

11 The result of the flowers workshop

12 Monthly Painting

13/14 Meeting together outside in the sun and getting free vitamins

15/16 Crochet and knit club once a week

17 Works of art knitted by an 80 plus lady visitor

18 Artwork with parts of our activities for the exhibition Respect

19 Creative with used coffee cups

20 Students of the Rhedens college come to paint the nails for their internship assignments

21/22 Based on sustainability and economy, give clothes a second chance

23/24 Every Wednesday there is Moving together with the exercise coach Thijmen-Jan from Sportkompas Brummen.

Everyone can participate. The exercise coach Thijmen-Jan is funded by means of the Local Sport Agreement Brummen and seconded from the Sportkompas Foundation.

The Declaration of Intent is signed by Jacco Peelen and Sonja Leemkuil. The Lift your life project plan at Our DROOM Foundation is aimed at deploying an exercise coach for a maximum period of 42 weeks to promote sports, exercise, lifestyle, health, integration, participation and encounters.

25 Sustainability Repair Café Brummen

For advice and repair of defective devices and the repair of clothing etc. Do you have broken appliances or clothing? Then it is definitely worth checking whether it can still be repaired/restored. Sometimes 2 defective devices are made into 1 good usable device.

Repair Café Brummen is open on the 4th Thursday of the month from 10 a.m. to 12 noon or by appointment.

26/27 Saving for charities

SAVING CAPS FOR KNGF . GUIDE DOG TRAINING If you have good, clean plastic caps, you can bring them at Ontmoeting Onze DROOM. The pupils of the Park School also save them and the visitors sort the caps if they are clean and without paper etc.

Beer caps are welcome for our creative activities.

Incontinence materials for homes in Romania / Bulgaria. Mobile phones for St. Opkikker

Baby clothes for St. Baby stuff

28 Baby clothes for the Baby Stuff Foundation8

The Baby Stuff Foundation is committed to reducing the effects of poverty on babies and young children, because every child has the right to a good start. They achieve this goal primarily by providing free baby starter packs, consisting of new and used baby equipment, to (future) parents in the Netherlands. They work with a team of committed and enthusiastic volunteers in collaboratie with a network of partners.

29 The Opkikker Foundation is a non-profit organization with the aim of providing relaxation for families with a long-term sick child and by means of an Opkikkerdag and the Ambassadorship to make the disease disappear into the background. The foundation is supported by a group of employees and hundreds of volunteers.

The Opkikker Foundation gives about 2000 families an Opkikker Day every year.

30 The Lift your life program at the Onze DROOM Foundation was made possible by the municipality of Brummen thanks to the granting of the 2020/2021 innovation subsidy to the Onze DROOM Foundation.

The Lift your life program consists of 12 meetings with 4 parts:

1. GOOD WORK

2. GOOD WITH MONEY

3. GOOD WITH GREEN

4. GOOD IN YOUR SKIN/ FEELING GOOD

1. GOOD WORK:

CHOOSE CHANGE

LOVE YOURSELF

LEARNING FROM PROBLEMS

LISTENING AND TALKING

2. GOOD WITH MONEY:

MONEY MATTER IN ORDER

TO SPARE

STOP SHOPPING

DON'T BE SEDUCED

BE ECONOMICAL MONEY LIKE WATER

3. GOOD WITH GREEN:

MEASURING IS KNOWING

LESS WITHOUT EFFORT

CLEAN HOUSES, CLEAN ENVIRONMENT

DOING IT YOURSELF SAVES MONEY

GO BIKE CYCLING

WASTE DOES NOT EXIST

4. FEELING GOOD:

TASTY FOOD FOR A PRICK

DON'T GET THICK

TOGETHER YOU ARE STRONG

MAKE YOURSELF HAPPY