

Tidningens namn: Compassion

Members' magazine for RAV, the national organization for relatives to those violently killed.

Successful seminars on Victims of Crime Day.

Patrik Zanders "It's all about having the courage to be there for somebody"

Fredrik Thoms "Society offers little help"

RAV's intent is to support and influence public opinion in favor of relatives or otherwise akin to victims of killings or those who are assumed to have been killed. RAV strives to improve support from both surroundings and society.

Sunset over *Lilla Karlsö*

Photography: Jesper Dellmerud

The National Organization for relatives to those Violently Killed (*RAV in Swedish*) is a non-profit organization founded in Sweden 1996. RAV mainly consists of those who themselves are relatives or otherwise akin to victims of violent killings. There are also members of the organization that have no direct connection to victims but partake to support and express their stance on the subject.

The organizations purpose is support, gather knowledge and promote solidarity.

Few struck by the death of a loved one know where to turn with questions that arise. Among our members is a shared need for solidarity from those in similar positions. RAV strives to build this community complete with the support in mourning that society often lacks. A support that is critical and merited to those who have suffered this tragedy.

We at RAV want to:

Provide understanding and support for kin of those violently killed, not just in the direct wake of the tragedy but also support in the long-term sorrow that follows.

Actively gather and enlighten questions, problems and experiences that kin may have or be afflicted by.

Strengthen the voice of those afflicted and make it heard in society and media. RAV also aspires to act as their spokesman in politics and towards governmental bodies.

Influence public opinion on the subject to improve conditions for kin of the violently killed.

Act as an agency for referral in legislative and investigative manners related to those violently killed and their kin.

Educate representatives in improving the representation of kin of those violently killed.

Contribute to the community of kin to those violently killed.

RAV's operation is based on the values set by the UN and EU's conventions on human rights and the UN's Declaration of Basic Principles of Justice for Victims of Crime.

Compassion is produced through cooperation with students at *Borgarskolan's* media courses.

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What do our politicians think on crime and punishment

The 7th of June 2018 Rav met with representatives from all parties' committee of justice. The purpose of the meeting was to elucidate the inadequate handling of kin to those violently killed and to evaluate the parties' political stance on the subject and their intent to manage the problem.

RAV tallied the parties' respective answers based on the responses given in the interview. The answers were then scored on the legibility of the answers in a scale of low (1), average (2) and high (3) in resemblance to RAV's ambition to improve the situation for kin of those violently killed. In other words, a party that answered no to a question RAV would have answered yes to can still score high if the point was adequately asserted.

All parties questioned agreed that the support for kin of those violently killed is inadequate but the ambition to improve on the subject varied.

YES Neither yes or no NO

1a) Is your party satisfied with the punishment for murder?

1b) Do you intend to work towards harsher punishment?

2a) Does the party hold a positive view on age reduction (18-21)?

2b) Do you intend to revoke it?

3a) Does the party hold a positive view on parole (2/3)?

3b) Do you intend to revoke it?

4a) Is it the parties' opinion that kin of those violently killed themselves must collect damages from the perpetrator?

4b) Do you intend to legislate that the state pays damages at the point of valid decree?

5a) Does the party hold a positive view on today's inadequate levels of compensation for damages?

5b) Do you intend to change these levels?

6a) Does the party hold a positive view on anonymous testimony?

6b) Do you intend to improve the situation for witnesses?

7a) Is your party satisfied with the correctional system's feedback to kin of the victim regarding parole and release?

7b) Do you intend to improve the appraisal of the victim's kin?

RAV's evaluation of the answers' legibility: 1 – low, 2 – average, 3 – high

26th of April – our dark (darkest?) day

Four years ago, Valter Rapp turned 20 years old. What no one could imagine was that he would be stabbed to death seven weeks later. Valter celebrated his 20th birthday with family at a restaurant unbeknownst that at that same moment the life of another family was shattered.

Michael Gustafsson, 23, was hit by bullets not meant for him and died days later from his wounds. On this dark day we meet, Valters mother and Michaels mother, to honor our sons, console each other and endure the day. We met through RAV and have become friends in our shared mourning, a friendship that those not afflicted could never understand. As dark as it is beautiful.

Both Valter and Michael left behind siblings that, for the rest of their life, will carry a burden of longing, pain and grief. Siblings that have gotten the hardest start to life there is, to have your sibling murdered. Brothers and sisters who can not visit their brothers' grave as the pain is too overwhelming.

The saddest part is that society has no interest in supporting these siblings, instead they are abandoned when they need help and care most. Us mothers at least have each other.

Four years have passed but it feels like yesterday, April 26 – this dark day.

Text: Carina Molin, Annelie Gustafsson.

Fredrik lost his to-be live-in partner

Some years ago, Fredrik Thoms' to-be live-in partner was murdered. She was killed by her ex-husband the same day that Fredrik was to move in with her. After murdering her the ex-husband went back home to be with his children.

After such an event kin of the victim are left utterly alone in their chock and grief.

There is very little support from society and the support that exists is the same as anyone has access to Fredrik says. He learnt of RAV through the murder investigators but first some time after the investigation had begun, it was clearly not of priority to them.

If Fredrik had not joined RAV he believes he would have had a significantly harder time getting free of the state of chock from losing the love of his life.

I am entirely convinced that my life would have been in a much worse state. There is no one to ventilate to about this, those who try to help withdraw quickly. But RAV always stays says Fredrik who is incredibly grateful for finding the organization.

“I am entirely convinced that my life would have been in a much worse state.”

It's hard as kin to move on after this sort of thing. Seeing the murderer punishment was of little consolation amongst all the sorrow. Fredrik's first thought was that this man should never be allowed to walk our streets again. After contacting RAV he was able to feel thankful seeing the murderer receive a long sentence. It is unusual to see such a punishment be such a long one.

What little energy Fredrik had left after losing his partner he did not want to spend in anger towards the correctional system.

Those who work in RAV strive to support those who have lost kin to violence and very promptly Fredrik joined the organization. The conversations had with Ewa-Britt gave him much as those in

your surroundings tend to withdraw. Family and social circles very rarely share experience of this type of thing.

Of course, I think about what I will ultimately feel once the perpetrator is released. These are destructive, painful thoughts. "You need to put them aside" Fredrik says. He does not want to spend what energy he has left on the killer and his sorrow. That is something RAV can provide support in.

Crime victims' day 2018

Successful seminars

RAV held their second seminar on Crime Victims' Day at *Folkets Hus*, City Conference Centre in Stockholm. There were approximately 55 attendees ranging from police, jurymen, social services, the Swedish Armed Forces, Victim Support, and *SPES* The National Organization for Suicide Prevention and Support for Surviving Kin among others.

Lecturers for the seminar were:

Leenah Malmi Pauser – Priest and psychotherapist, conversational-, art- and writing therapist. Her lecture focused on the effects on those close to a murder victim. She also clarified the effects of sorrow and longing on kindred, friends, friends' parents and those who encounter both victims of the crime and the criminal themselves. Leenah also explained primary and secondary grief.

Peter Springare – Police, debater and preliminary investigations officer for serious crime in *Örebro*. He held a lecture on how a modern murder investigation is conducted in accordance with *PUG*, a handbook on the police methodology in investigation of serious crime. He also spoke about FLO, Family Liaison Officer where police educate aides who in a professional capacity act as the link between the murder investigation and relatives and kin to the victim.

Ann-Britt Grunewald – has worked as a prison warden at *Österåker* correctional facility for 28 years. She is also a lecturer, instructor and mentor, author and politician. Ann-Britt spoke about her experiences within the correctional system and its responsibilities, flaws and the progress it has made over the last 20 years.

Carina Molin – Spokesman of RAV. She shared her view of the profound effect on those who are struck by the worst imaginable tragedy – the loss of a child. Further she advocated RAV's purpose, organization and goals. Carina summarized the day praising the high level of involvement, good questions and discussion, also that the day concluded with an important debate which involved many despite the lateness of the day.

Victims are forgotten

Peter Springare is a policeman and was contacted by RAV to hold a seminar on the police's role as FLO, Family Liaison Officer. FLO has newly been introduced as a better opportunity for kin and their room to be seen and receive support and help during the investigative process.

In the past relatives and kin have had a tendency to be forgotten and left out as police often are too preoccupied with the investigation. Contact between police and the victim's kin has been inadequate and stemmed solely from personal initiative of the officer before the FLO-role was introduced. This is currently being reworked with the intent of forming a stronger bond and permanent function between police and kin.

Peter spoke about his work with spreading knowledge and sharing accumulated experience in his field to newly recruited officers. Peter explains his attempt to find and teach those with an innate interest of learning about role and occupation that might be able to carry on and advance upon the foundation he has laid.

He maintains high hopes for the new function as FLO, i.e. Family Liaison Officer. It is a concept that has been used for several years in England and it is meant to improve the connection between victims and police in which the victims get more control of the situation and better insight into the work police do. This would lead to victims feeling less neglected and would give them better continuous support they need in such a demanding situation.

“high hopes for the new function as FLO”

Peter is very happy with Crime Victims’ Day and says it has been highly educational. He’s gotten the opportunity to listen and speak to others about their experiences. As a police officer he underlines listening to victims’ kin to find other perspectives. He also underlines the importance of organizations such as RAV where people can meet, discuss and support each other through conversation and lectures.

The essential processing of grief

In a conference room in Stockholm the sun is shining through the window. Leenah Malmi Pauser has just held her seminar on Crime Victims’ Day. She works as a priest and psychotherapist and frequently speaks to those who have lost a loved one.

Leenah tells us about the importance of talking about the grief. In her work it is especially important to recognize and acknowledge people in mourning. She emphasizes the importance of talking about the grief to work through it. Leenah finds media’s coverage of murders tend to read as a crime novel even though the subjects are human, regardless if the focus is victim or perpetrator.

In her lecture Leenah speaks of three perspectives of tragedy’s effect. The first involves the self, the one most affected, for example a parent or sibling. The you-perspective involves the victim’s next circle of acquaintance, such as friends or teachers. The third, the we-perspective, includes people further from the event, people who see it on the news and such. They may also feel affected.

Leenah works with a newly developed team in Umeå with the intent to intervene as support in these situations. She works alone and invites relatives or kin to victims, or others who have been struck by this type of tragedy for support. Her method includes grief work through conversation, images and text. The work aims to ease the tragedy befallen as much as possible. You can never alleviate the pain completely but it’s about learning to live with it, Leenah says.

We are responsible for our choices

Ann-Britt Grünwald is now retired from her work within the correctional system where she was i.a. prison warden. She has also been a board member in the Administrative Courts and supervised lifetime convicts. She speaks of how important existential questions are in her line of work.

These matters of good and evil, sin, guilt, shame, regret and redemption are vital for people who have committed crime. It is the job of the correctional system to break their defenses and bring them face to face with their deeds which they should absolutely not have committed. She says that you need to find a way to make them part admit what they have done and take responsibility but also recognize why they made these choices.

“It’s about responsibility and guilt, the choices you make.”

Grünewald says it is fundamental for people that we all are responsible for our own lives and the choices we make. Then there are people with a very poor foundation for decision-making, that were never raised or had a loving childhood. In that case you need to have them work through it.

-From my experience with people in prison is that they all carry a traumatic childhood story, Ann-Britt says. She means that the first step to betterment and for these criminals to face what they've really been through is help them work through the feelings that this has created. That they learn their own story, why did I really make this choice? I could have made another.

-It's about responsibility and guilt, the choices you make. Everybody has choices in every situation; regardless if you have a gun in your hand you do not have to shoot. But you do and why do you? That is something you must understand, Grünewald says.

A driving force for Ann-Britt Grünewald was working with the sobriety at the institution she worked at. Without that nothing works. When you are drug-free you can begin working through and discussing and receive help in understanding what happened, what they have been through and how it affected them, Grünewald says. She speaks of a program with helped the inmates choose to quit drugs themselves. Being drug-free is a big step to betterment, then you can begin filling life with other things. Among other things rebuilding family relations was a big effort. Many family bonds had been broken due to the drug abuse so when the family saw them sober and clear-minded enough to think families often introduced themselves back into their lives.

What has affected Ann-Britt Grünewald most during the Crime Victims' Day seminars is the power of the organization's members despite the terrible pain they have suffered. She says it is clear that they feel purpose in what they do and that their work is meaningful – something she considers an important driving force to move forward in life.

Relatives' weekend

This year's Relatives' weekend was held in Stockholm the 21st to 23rd of September. Both old and new members met and shared stories, grief and tears for their lost loved ones.

At every relatives' weekend we hold a remembrance for all our missed family members. This year we lit candles in the shape of a heart for our loved ones.

The RAV committee thanks you for this year!

Warmth and humor

Katarina Tingström held a lecture on relatives' weekend. She is a priest, licensed psychotherapist and has previously been a priest in both police and the armed forces in Stockholm.

Katarina has been a priest in the Swedish church for 25 years. In her work she frequently met relatives and kin of deceased and has been met with difficult questions on life and death. She has substantial experience speaking both individually and to workplaces in distress.

Katarina is also a schooled instructor. She is often hired for lectures which are characterized by warmth and partly humor, despite the heavy subjects discussed.

Katarina has also authored "*Death in the workplace*". The book aims to advice managers, leaders and co-workers what to do in the event of a death in the workplace, when a co-worker dies at home, when a relative of a co-worker dies or when the death is cause of an accident or disease. It's concise and easy to follow. **Read more about the book here:**

Carina Molins beloved son Valter was stabbed to death just over a month after his 20th birthday June 2014. The killer was sentenced to two years in prison which became one year and four months.

-It was a shock and a tragedy no one can imagine. I did not want to get out of bed, not suffer through another day, waking up hurt too bad. Society has offered no help and the correctional system is, in my eyes, one big joke, Carina says.

She tells us how eventually she needed amends and to fight to change society's inadequate handling of kin to the violently killed.

-Now me and Valter's two siblings live with this gaping hole in our hearts we can never hope to fill. We miss him so everlastingly much, every day, Carina says. Carina joined RAV's board in 2015 and has been spokesman since 2017.

"Together we help and support each other."

-Here I have found people who understand and share the terrible grief and pain that you live with after losing a child to meaningless violence. Together we help and support each other.

RAV's core value:

"A small group of determined and like-minded people can change the course of history."

— Mahatma Gandhi

Calendar 2019

January 20 th , 2019	Crisis- and trauma class 2 for the board, 12-15 o'clock
February 17 th , 2019 13-15 o'clock	Relatives and Kin's meet in Stockholm, Gothenburg, Örebro and Gävle,
February 22 nd , 2019	Crime Victims' Day, TBA
March 24 th , 2019 clock	Annual meeting in Stockholm, Gothenburg, Örebro and Gävle, 13-15 o'
May 5 th , 2019 13-15 o'clock	Relatives and Kin's meet in Stockholm, Gothenburg, Örebro and Gävle,
September 1 st , 2019 13-15 o'clock	Relatives and Kin's meet in Stockholm, Gothenburg, Örebro and Gävle,
September 27-29, 2019	Relatives and Kin's meet in Stockholm, Gothenburg, Örebro, TBA
November 24 th , 2019 13-15 o'clock	Relatives and Kin's meet in Stockholm, Gothenburg, Örebro and Gävle,
October 2019	Organizational planning/Nordic collaboration

Friend and sibling meets are arranged to desire

Organization's weekend, 2018 Meeting with Finnish Houma

The 9th of April 2018 kicked off with a collaborative meeting between RAV and Houma during a conference in Stockholm. Board members Ewa-Britt Gabrielsen and Roland Jangestig represented RAV. Houma was founded in the year 2000 by two mothers who lost their sons to violent killings, and like RAV they have grown with time. Houma and RAV's narratives are very similar. Houma is substantially funded by the Finnish state each year which i.a. pays for two full time employments unlike RAV which after considerable effort can fund an appropriated activity.

It was a very profitable meeting despite language barriers. The meeting was held in Finnish, English and a little bit of Swedish. Ewa-Britt and Roland did their best and summarize the day as a first step towards learning from each other's methodology in working with relatives and kin of those violently killed. They also emphasize Houma as a very important future collaborative partner.

The weekend of October 6th and 7th RAV held their yearly organizational planning, this time aboard the cruise Silja Line. The purpose of the trip was to, during Saturday, plan the year 2019-2020 but also meet representatives from twin organization Houma in Finland. Once they disembarked in Finland three representatives from Houma joined.

-During the meeting with Houma we discussed similarities and differences between the countries and their respective handling of relatives and kin to those violently killed. We also decided on contacting the other two Nordic countries, Norway and Denmark with the ambition of forming a Nordic collaboration. Learning from and helping each other to create a better support from society for, and with a focus on, us kindred and not on the perpetrators, Ewa-Britt says. Together we are stronger!

Feel welcome to book RAV for a seminar this spring

Live can change in a second when subjected to the meaningless violence. Within RAV currently we have three lecturers which tell their story and how despite tragedy life must go on. If you are e.g. a principal at a school, employer, of authority within police or perhaps belong to another important social group and want to contribute in trying to stop the violence. Book a lecture with one of us in RAV. Read more at www.rav.se

GDPR – a notice for all members

You have probably heard of GDPR on several occasions by now. GDPR stands for General Data Protection Regulation and is a new data protection law that took effect within the EU the 25th of May. GDPR replaces the Swedish personal information law (PUL).

Your personal integrity and our handling of our members' personal information is important to us. For you as a member of our organization to feel safe with how RAV handles your information we have reviewed our membership registry and now use a cloud-based service at Visma which abides by GDPR.

For our members in RAV this decree states we must declare what personal information we have, how we handle it and what we use it for.

We store the following data in our membership registry:

Name, address, telephone number, mail address. Whether you are; relative/kin, supporting member or sponsor.

We use this data to:

Notify membership fees, declare our number of members in applications for resources for the organization, collect members' views on the organization through surveys, send out e.g. invitations to activities, information in form of i.a. flyers, and our members' newspaper.

When you applied for membership in RAV you supplied your personal information. We consider this your consent to our handling of your personal information in this manner. If you choose to cancel your membership your personal information will be deleted from our registry automatically.

However, you must notify us if you should like to cancel your membership. Please remember to notify us should your personal information change, e.g. new address or phone number so that our information is up-to-date and correct, this way you avoid missing important information send-outs.

Should you have any questions you can contact spokesman Ewa-Britt Gabrielsen at 070-534 18 82 or at rav1996@live.se.

Patrik Zanders – more than just police

Patrik Zanders meets us outside the police station and together we go sit in one of the eight interrogation rooms on the second floor. With a cup of coffee in his hand Patrik begins telling us who he is – A 50-year-old father of three who has worked in the police for the last 10 years. Before this he worked in a rehabilitation clinic for addicts and criminal youth but he has also been employed in the private sector.

At 37 Patrik decided to put his enterprising on ice and decided to apply for the Police Academy. During his time in the police he has worked i.a. in uniform and with reconnaissance. Today he is a group captain in serious crime.

A typical day at Solnas police Station begins with a debriefing in which the group schedule and current assignments are discussed. As group captain Patrik is responsible for group unity and allocation of assignments. He emphasizes honesty and accessibility in his relation to his co-workers. – For that reason, my door is always open, he says with a smile.

Besides Patrik's support of his colleagues they can also attend a debriefing. This is a relatively new concept within Swedish Police and is a type of crisis management that aims to prevent trauma after a burdensome experience. Debriefing is usually offered to employees after a psychologically demanding assignment.

“My door is always open.”

Just as more effective support for police has been expanded upon the contact with relatives and kin of a victim during the investigative process has been brought up on several different occasions in Sweden. The service is called FLO and is originally from Great Britain where it has been used since 1999. The purpose of FLO is for a designated officer to support relatives and kin throughout the case. The ambition is for relatives and kin to receive continued support through RAV after case closure.

Patrik came in contact with RAV first when he was asked to hold a lecture at one of RAV's annual meetings. – From what I know, they do very important and significant work, Patrik says.

On a handful of occasions Patrik has been tasked with informing relatives and kin in the event of death. It's a difficult place to be, coming to a family to give them the news of a deceased family

member. It takes a lot of respect and understanding since every family's situation is special and the shock of such news is received individually.

The police's handling of this has been criticized throughout the years where the cases have not been solved and the families have not received justice and closure. Most times police come a long way in the surrounding work but cannot produce sufficient evidence for a conviction. Patrik sees this as one of the worst elements of his job – feeling insufficient and not being able to give those involved the closure they deserve.

“It's all about having the courage to be there for somebody. That goes for everybody in the vicinity.”

Patrik thinks the best thing about his job, except for supporting those afflicted, is solving cases and giving closure to everyone involved.

Occasionally Patrik feels his work is emotionally demanding and taxing. During these times he tries to make sure to leave work at work. – You have to, otherwise you will eventually break, Patrik says solemnly.

Despite trying not to let himself be too affected there is a limit, some things will get to you regardless.

When we ask Patrik what he would like to advise people that meet relatives and kin of victims of crime he says: - “It's all about having the courage to be there for somebody. That goes for everybody in the vicinity.”

Vision & Goal

Vision 2025

Through good spreading of information RAV works towards strengthening relatives' support in society whilst also helping people in mourning.

Goals

Influence politicians on relatives' negative place in society

Indicator: Visit all political parties over 4% annually.

Create opinion in society.

Indicator: Increase Facebook followers by at least 500 annually. Increase Instagram followers by at least 100 annually.

Hold meets for relatives/kin and friends/siblings.

Indicator: Four relatives' meets per year in Gothenburg, Stockholm, Örebro and Gävle.

Two friend and siblings' meets per year in Gothenburg, Stockholm and Gävle.

Increase membership count in RAV – exhibit RAV.

Indicator: Membership amount increases by 15 per year. Supporting members amount increases by 20 per year. Annually survey satisfaction during the relatives' weekend which should reach at least an 8 on a scale from 1 to 10.

Feedback on these goals will be followed up on every quarter during board meetings.

Operational plan 2019-2020

Contribute to be a beneficiary in *Världens Chans*.

Create and work with the *90-account*.

Contribute to the Crime Victim Compensation and Support Authority's Crime Victim's week.

Pursue work towards Nordic Collaboration with Finland, Norway and Denmark.

Meet the RAV board

[Ewa-Britt Gabrielsen](#)

Commissioner and spokesman, Gävle

I am the mother of Marcus who was kicked to death on *Kungsgatan 4* in Stockholm the 5th of May 2005. Marcus died from the severe kicks he had received to the back of his head. He was our only child and would have been 30 in September, that same year he was violently murdered by three young assailants. In a single second our lives were changed forever, never to be the same again.

Marcus had a saying "Spend your energy on good think and think positive" which we have tried to do to honor Marcus.

Marcus' father and I were elected into RAV's board in May 2009. Sadly, my husband passed away in November the same year. Another profound tragedy in my life, losing my beloved life partner Oddvar.

Even though it is the most tragic thing one can suffer, losing a family member by someone choosing to extinguish their life, I find my energy in RAV. Meeting others in the same situation and supporting each other is an important task and where I find power and courage. We strive to influence society's efforts and improve crime victims' support, which is unspeakably inadequate. I am convinced that together we can make a change for the better, "together we are strong".

[Carina Molin](#)

Commissioner and spokesman, Stockholm

My name is Carina Molin and I am spokesman for RAV. My beloved son Valter was stabbed to death just over a month after his 20th birthday June 2014. The killer was sentenced to two years in prison.

It was a chock and a tragedy no one can imagine. I did not want to get out of bed, not suffer through another day, waking up hurt too bad.

Now me and Valter's two siblings live with this gaping hole in our hearts we can never hope to fill. We miss him so everlastingly much, every day. Society has offered no help and the correctional system is, in my eyes, one big joke.

Eventually I felt that I needed amends and to fight to change society's inadequate handling of kin to the violently killed. I joined RAV's board in 2015 and have been spokesman since 2017.

Here I have found people who understand and share the terrible grief and pain that you live with after losing a child to meaningless violence. Together we help and support each other.

[Susanne Klatzkow](#)

Commissioner, Stockholm

My name is Susanne Klatzkow and I am the daughter of the goldsmith who was robbed and murdered the 27th of March 2013 in Stockholm. In 2015 I came in contact with RAV and a year later I joined the board. This was where I first started processing my father's death. It is a journey that will never end but on which, with time, the anger will fade and make the grief manageable. In RAV I have found people who understand me, support me and accept my grief.

I am driven by the *commitment* to help other relatives and kin of those violently killed but also by being part of RAV's important work with changing and improving society's shortcomings on the subject. To me it is key to engage politicians in these flaws and to influence them into working towards improvements.

RAV's board is looking for volunteers that want to join and change the inadequate handling of relatives and kin of those violently killed. It is a category of crime victims that have suffered the ultimate tragedy which society leave to their fate. If you want to contribute through charitable work and assist the board in diverse tasks, contact: rav1996@live.se. Together we can make a difference.

Roland Jangestig

Commissioner and accountant, Arboga

My name is Roland Jangestig, I am married, a father of three and grandfather. My eldest daughter Emma and her children, my grandchildren, were attacked in their home in *Arboga* 2008. The children, Maximilian and Saga, did not survive the attack whilst Emma survived with almost no sustained injuries.

My commitment to RAV is to help and support other relatives and kin who have suffered similar tragedies where society fails to support. Sadly, I know firsthand how very lonely you find yourself when the worst thing imaginable strikes. I want to, through compassion and experience, give the help and support I can to other victims. Also, I want to contribute to the influencing of politicians towards creating a better climate for victims of violence and their kin.

Magnus Ljung

Commissioner, Sandviken

My name is Magnus Ljung and I joined RAV's board in 2018. I am the only member of the board who has not had my life irreversibly changed from having a loved one torn from me. My incentive working with RAV comes from almost 25 years of background in police. I have, far too often, cared for those who have been victims of violence and their relatives and kin. I have seen the enormous emptiness that a death notice creates, and it has struck me how inadequate society's support is for those in this situation.

I have, since some time, left the police force and now work as a coordinator for human rights with a focus on equality, honor violence and violent extremism for a municipality. I hope that my background can be of use for RAV and those who might find themselves in this context. Even though my experience cannot be compared to any of those afflicted I am convinced I can contribute through my commitment.

Caroline Gustafsson

Commissioner, Stockholm

The spring of 2014 my life changed completely. My name is Caroline Gustafsson and I was at the time in the middle of my last year's studies at the University. My little brother Michael was shot and

fatally wounded such that he passed away several days later. My family were suddenly the relatives of someone violently killed.

As a bigger sister, to be thrown into this hell changed a lot. The University had no regard whatsoever for the situation once all the judicial procedures began. I was forced to choose between dropping out or failing my courses.

I suppressed my emotions to support my family, especially my mother and little brother who was 11 years old at the time. To see all that grief and change of life was incredibly painful whilst I myself felt, and still feel, terrible grief.

I joined RAV's board in 2018 hoping to make, albeit small, a contribution with my experiences. Partly as the daughter of a traumatized and choked mother and partly as the sister of a violently killed brother. To be there for others who find themselves in a similar situation.

Annelie Gustafsson

Alternate member, Stockholm

My name is Annelie Gustafsson and joined RAV's board in 2017. In 2014, my beloved son Michael was hit by bullets not meant for him. He was declared braindead some days later and the respirator was then suspended. He lived to be 23 years old.

I fell into what felt like an abyss and struggled to get out, struggled for the will to live, hour by hour. The journey back has been long, it is a battle that will linger the rest of my life. My work as financial manager for several companies, my family, my youngest son and his involvement in sports is my saving grace.

Society failed me and family and friends distanced themselves out of fear and nothing was the same. Despair and darkness are a constant battle in dealing with all that follows when a beloved family member is brutally murdered. I want to, with my negative experience in the life after as kin of one violently killed, be a part of creating a better future for those who might find themselves in the same traumatic situation that me and the rest of RAV have been in.

In RAV I have found new friends-in-mourning who have the strength to hear my despair, over and over. People who understand and share my grief.

Member and company sponsor

Members' fees 2019

You are important to RAV, become a member or company sponsor

Supporting member/Family/Household 300 SEK/year

Kindred/Relative-of member/Family/Household 300 SEK/year

Swish to number: 1234640439

Bank (plus) Giro account: 177 84 32-3

When paying member's fee by internet and Swish, please fill in your name, phone number or email address. Kindly, along with your payment send an email to rav1996@live.se with your complete address, name of family members, email address and phone number so that we can contact you.

Should you want to support us with a contribution, mark your payment with “GÅVA” and an email address.

Questions regarding membership and information regarding payments are to be sent to Ewa-Britt Gabrielsen, rav1996@live.se, or call 070 – 53 41 822

Feel free to contact us at RAV!

To us there is no expiration date for when and if we can help you.