

In this section, we'll keep you up to date about what your foundation has been doing, in cooperation with the people of ULMA, as a way to channel our commitment to transforming society into a more human and sustainable model.



## Charity collections; rice and pasta for Honduras

**During April we want to collect rice and pasta, two basic foods that will help feed thousands of Honduran children. In the first week of May, a ship will go to Honduras. Can you help us fill it?**

The ULMA Foundation and many people like you, have been collaborating with the NGO ACOES Honduras for years and participating in different charity collections to send various materials to this country. Last year we collected books and stories written in Spanish, and the year before that, we collected kitchen utensils. This year, we want to help them in their **"Campaign Against Malnutrition"** and we will focus on collecting these two basic foods, rice and pasta, which are absolutely necessary to feed so many children every day. You have all of April to make your contribution. You will find collection boxes in the usual places in all ULMA Cooperatives (on 30 April all the material collected in the different offices will be sent to Oñate).

**Will we manage to collect at least one ton? If you help us, we will definitely manage it.**



## Blood Donation Campaign



Whether you are a donor or want to donate for the first time, we are expecting you next Friday, 5 April, 10:00 a.m. to 1:30 p.m., at the ULMA Group gym in Oñati.

**Have you ever stopped to think that blood cannot be made?** You never know when you may need it. Giving blood is giving life. That is why we encourage you to participate in the "Euskadi Blood Donors" campaign.

**This is solidarity with the health of others!**

A team from Osakidetza will help you and answer any questions. Before donating, a medical questionnaire must be completed to confirm that you are in adequate health and that your weight is greater than 50 kg, which is required to be able to make the donation. Do not attend on an empty stomach and expect to be here for about 30 minutes. After the donation, it is recommended that you rest for a while and drink plenty of fluids. We will offer you a small snack to help you recharge your batteries.

**There will be a drawing of all donors for a meal for two at the Mauxka restaurant in Oñati.**

## Parenting School

**"Relations between siblings"** was the theme of the talk presented by Rafael Cristobal on 28 February. We had an opportunity to talk about difficult situations that are experienced in many homes when brothers and sisters fight - jealousy, envy and rivalry. It was very interesting to listen to the guidelines to be followed to try to avoid this occurrence. How to avoid these situations is in as much our hands as the parents. We are already preparing the next topic to be discussed: "Adolescence" for the meeting on Thursday, 25 April, from 5:00 pm to 7:00 pm at the ULMA Group's facilities in Oñati.



If you are interested in the topic, come along and take part! You can sign up by calling 943 250 300 or emailing [fundacion@ulma.com](mailto:fundacion@ulma.com)

## First Aid Course

**The course will be held on 26 March, at 5 pm at the ULMA Group gym, in Oñati.**

**It is for the employees of ULMA and their families.**

The course aims to teach a series of rules for action in a medical emergency, which can occur at any time in your daily life. We will learn basic notions of resuscitation manoeuvres, basic cardiopulmonary resuscitation and we will learn to operate a defibrillator. The course will last about 90 minutes and will be taught by the ULMA Health Service.

**Maybe one day you can help save a life!**

We encourage you to participate - register by calling 943 250 300

