



VAMOS
MÉXICO

QUARTERLY
REPORT

APRIL - JUNE 2023



MENSAJE DE PRESIDENCIA

Hi, I'm Marta Sahagún de Fox, President of the Vamos México Foundation, and today I want to share with you that love and compassion have been a driving force that has led us to provide support and hope to hundreds of people in vulnerable situations.

This year we begin the second decade of our work, we share with you with joy and happiness the results of this second quarter of 2023.

Thanks to our collaborators, donors, sponsors, allies, public and private organizations and of course to all of us who believe that with the sum of efforts and goodwill we can help transform lives.

Our commitment is to build a network of opportunities, encourage improvement and support collaboratively.

Thank you,
YOU MAKE IT POSSIBLE!

MARTA SAHAGÚN DE FOX





ADDING EFFORTS, WE MULTIPLY RESULTS

We are a non-profit social organization that began activities on September 24, 2001, with the spirit of promoting participation and social commitment.

Since then, we have supported various causes **locally and nationally with our programs:**

ARCA
A RODAR CON AMOR


CRISMA
CENTRO DE REHABILITACIÓN INTEGRAL
SAN MIGUEL DE ALLENDE

MANOS
MÉXICO ACTIVANDO LA NUTRICIÓN
CON OBJETIVOS SOCIALES

ALAS
ACTIVANDO LÍDERES EN ACCIÓN SOCIAL

CEDRO
COMUNIDAD EN DESARROLLO
REACTIVANDO OPORTUNIDADES

CONOCE
CAPACITANDO ORGANIZACIONES NACIONALES
Y ORIENTANDO CAMINOS CON ESFUERZO

CASA
CIUDADANOS ATENDIDOS
EN SALUD Y ACOMPAÑAMIENTO



More than

200

Patients per month



2,783

Therapies provided
in the quarter

#ActitudCRISMA

The **Integral Rehabilitation Center, San Miguel de Allende** provides rehabilitation services to people with disabilities through a comprehensive model, aimed at developing and promoting the independence of our patients.

CRISMA arises as a health project of the Vamos Mexico Foundation, is committed to provide physical rehabilitation services to children and adults with disabilities and that, by socio-economic condition, it is difficult to access them; our model of comprehensive care is aimed at developing and promoting the ability of independence of patients.

The services offered by CRISMA are:

- **Adult physical rehabilitation**
- **Pediatric physical rehabilitation**
- **Hearing and Speech Therapy**
- **Psychology.**

Our doors are open to receive patients with all the sanitary measures required by the Ministry of Health and agents of change.

#ActitudCRISMA



APRIL

230 patients
867 therapy sessions

MAY

250 patients
847 therapy sessions

JUNE

263 patients
1,069 therapy sessions



*We invite you to watch our
official video of CRISMA!*



ARCA

A RODAR CON AMOR



"Health is the ground that sustains the family structure and the community."



A RODAR CON AMOR



In the month of April, there were no deliveries of wheelchairs in massive events, only **3 chairs in specific visits to communities.**

May was a fruitful and moving month, as our friends from Chair the Hope visited us, helping us deliver **94 chairs at a Centro Fox event**, as well as **6 chairs at community visits.**

In June, **5 chairs** were delivered during visits to communities.



Wheelchair
FOUNDATION



Chair the
HOPE

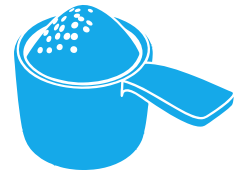
MANUS

MÉXICO ACTIVANDO LA NUTRICIÓN
CON OBJETIVOS SOCIALES





ACHIEVED GOALS



In April, 6,323 kg of product were delivered.

CDMX (100 kg), Jalisco (2,900 kg), Aguascalientes (30 kg),
Morelos (700 kg), Michoacán (400 kg), Edo. México (2000 kg),
Querétaro (57 kg), y Guanajuato (352 kg).

In May, 1,306 kg of product were delivered.

Celaya, Juventino Rosas y San Miguel de Allende

In June, 5,223 kg of product were delivered.

Guanajuato (2,143 kg), CDMX (100 kg), Jalisco (1,880 kg),
Aguascalientes (40 kg), Chiapas (800 kg), Michoacán (200 kg),
y Querétaro (60 kg).

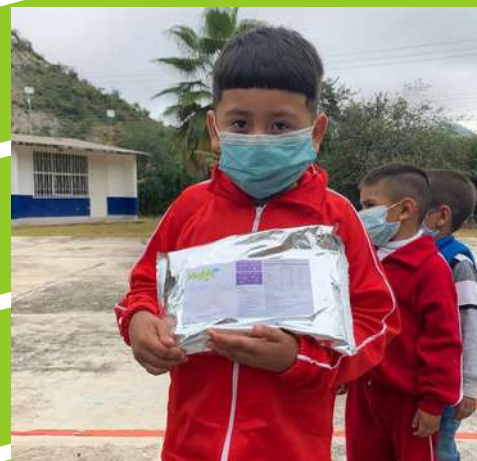
MANUS

MÉXICO ACTIVANDO LA NUTRICIÓN
CON OBJETIVOS SOCIALES

ALOVÉA

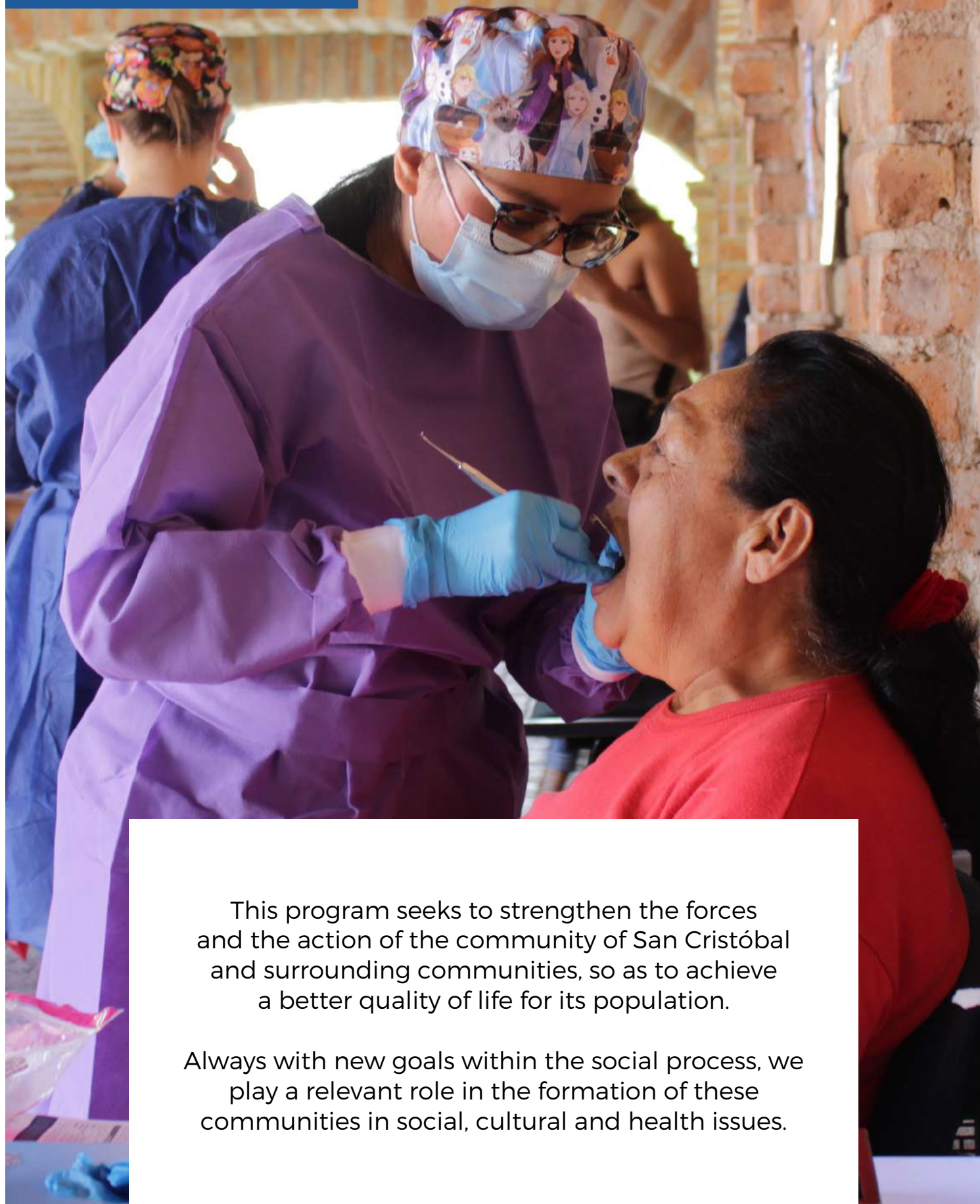
MannaRelief
Advanced nutrition for malnourished children.

vitamin angels®



CEDRO

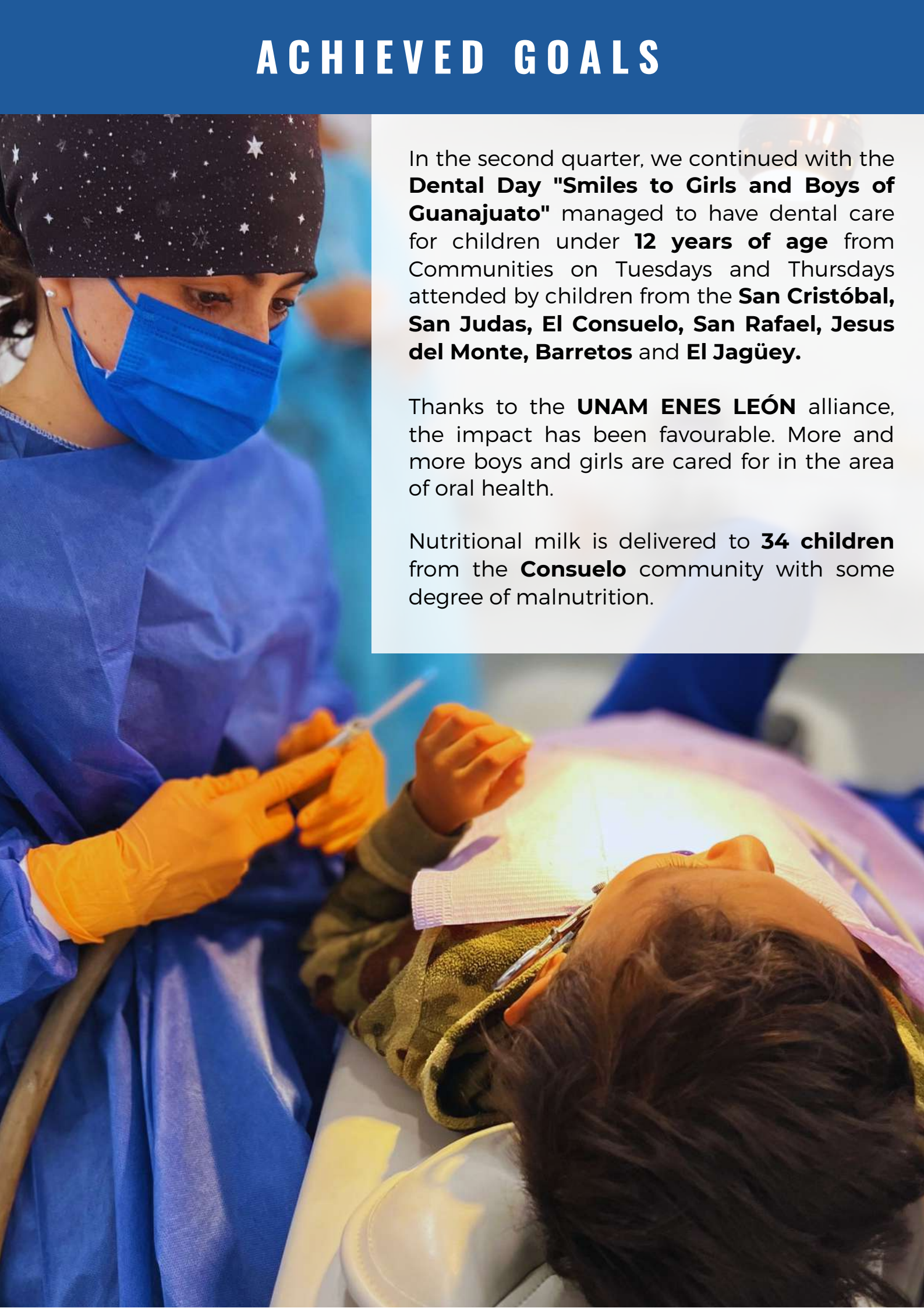
COMUNIDAD EN DESARROLLO
REACTIVANDO OPORTUNIDADES



This program seeks to strengthen the forces and the action of the community of San Cristóbal and surrounding communities, so as to achieve a better quality of life for its population.

Always with new goals within the social process, we play a relevant role in the formation of these communities in social, cultural and health issues.

ACHIEVED GOALS



In the second quarter, we continued with the **Dental Day "Smiles to Girls and Boys of Guanajuato"** managed to have dental care for children under **12 years of age** from Communities on Tuesdays and Thursdays attended by children from the **San Cristóbal, San Judas, El Consuelo, San Rafael, Jesus del Monte, Barretos** and **El Jagüey**.

Thanks to the **UNAM ENES LEÓN** alliance, the impact has been favourable. More and more boys and girls are cared for in the area of oral health.

Nutritional milk is delivered to **34 children** from the **Consuelo** community with some degree of malnutrition.

The **Health Brigade** was carried out in alliance with the **BRIMEA foundation**, where **250 people** were treated in various specialties:

- **Odontology**
- **Nutrition**
- **Physiotherapy**
- **Nursing**
- **Psychology**
- **Optometry**

People from the communities of **San Cristóbal, San Judas, El Consuelo, and San José del Resplandor** attended.





The talk on prevention and detection of breast cancer (by the **Board of Trustees Lupe Gómez de Del Moral A.C.**) is given to personnel from Centro Fox, Vamos México, Hacienda San Cristóbal and young people from the generations of the ALAS program.



We continue to work with the groups of Older Adults, the San Cristóbal Sports Group in recreational activities and topics of interest on Wednesdays of each week, they participated in activities related to May 10.



ACHIEVED GOALS

71 Dental care for children under 12 years of age.

250 Attentions in the health brigade with **60 brigade members** in the specialty of Physiotherapy, Dentistry, Nutrition, Psychology, Nursing and Optometry.

68 Kg. of Nutritional Milk.

25 Attendees to the talk on breast cancer prevention and detection.

12 Sessions in activities and accompaniment to a group of the Elderly (**32 beneficiaries**)

ALLIANCES:

UNITEC, UNAM ENES LEON, BRIMEBA, UG, LA SALLE



Escuela
Nacional de
Estudios
Superiores

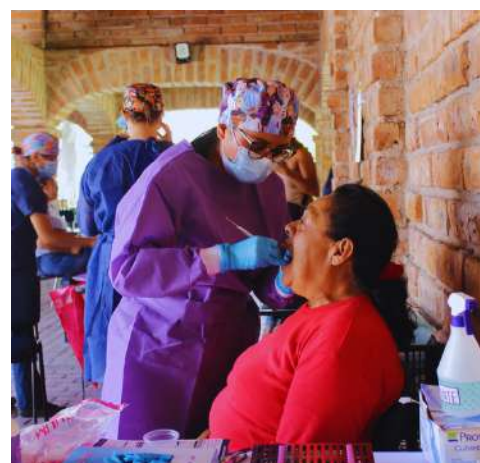


PERDURA
PEGA PISOS • JUNTEADORES • ESTUCOS



CEDRO

COMUNIDAD EN DESARROLLO
REACTIVANDO OPORTUNIDADES



CONOCE

CAPACITANDO ORGANIZACIONES NACIONALES
Y ORIENTANDO CAMINOS CON ESFUERZO





Luis Miguel Román Lira



Fabiola SEDESU



Materno Infantil de León

Constant training is a vital tool to achieve the objectives and goals of any organization. Our **CONOCE** program forms a network in which **Civil Society Organizations** can keep up to date on the key issues of the field, as well as generate links of great value for the philanthropic sector.

TRAINING NATIONAL ORGANIZATIONS



APRIL

- Prepare your project (80 participants)
- Planning and Organization of the project (80 participants)

MAY

2 FACE-TO-FACE SESSIONS:

- Requirements Acting A.C. (40 participants)
- Requirements of Guanajuato A.C. (40 participants)

2 VIRTUAL SESSIONS:

- Direction, control and evaluation of projects (80 participants)
- Design and measurement of indicators (80 participants)

JUNE

5 VIRTUAL SESSIONS:

- Finish your project (60 participants)
- Transparency and accountability (80 participants)
- Resource Management (80 participants)
- How to get resources (107 participants)
- Analysis of financial statements (80 participants)

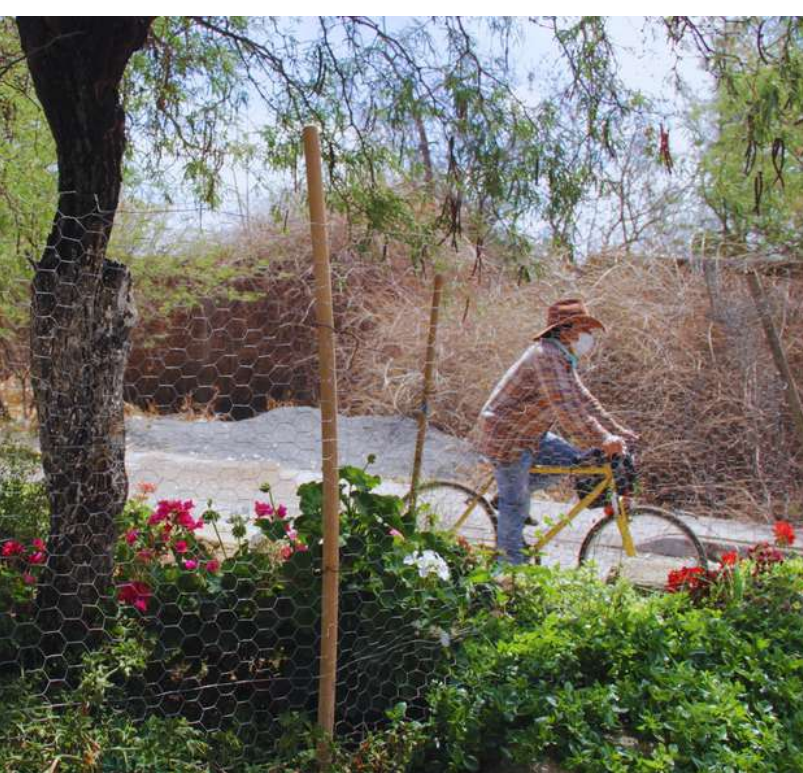
ALAS

ACTIVANDO LÍDERES EN ACCIÓN SOCIAL



**Community leaders carrying out actions
in favor of their social environment,
offering their resources and capacity in a
formative exercise of empathy.**

#FormandoLíderes



The young **ALAS** of the **7th. Generation** continue to carry out their social projects. They constitute their projects and continue to learn from them.

All young people are becoming benchmarks for social initiatives, such is the success story of **Miriam Oros** from the community of San Isidro de las Colonias, who in this period and in connection with young people committed to social development and the delegate of her community .

They brought a mobile cinema unit to their community, this as an extra to their social project, in addition to actively participating in conducting summer courses for children.



EDUCATIONAL TRAINING:

- In this period from March to June, the **ALAS youth** participated as students in the **Possibilities Center**, enrolling in the courses of their choice, which were mainly: human rights, environmental education, and programming.
-
- Young **ALAS** of the **7th. And 2nd. Generation**, received a talk on prevention against breast cancer by the **Lupe Gómez Board of del Moral** in alliance with the **CASA program**.
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- Young **ALAS** of the **7th. Generation** attended the Conference: Living with Purpose by the award-winning best dancer in Mexico, **Isaac Martinez**. It was possible thanks to the alliance with **JuventudES Gto.**

#FormandoLíderes



VOLUNTEERS

On the occasion of **Children's Day**, the young **ALAS of the 7th. Generation** carried out two volunteer activities.

The first was on **April 30** and consisted of visiting the **IMSS Tl Hospital** located in the city of León to bring joy to the children who are hospitalized, in collaboration with **the Ángeles de Esperanza organization**, more than **1,000 toys** were donated and sweets, in addition to having a caravan through the streets of León where we gave toys to the children.

The 2nd activity consisted of visiting the "**Lucas Ortiz Benitez**" elementary school where the **ALAS** youth exposed to **368 children** what it means to be a child, their rights and their obligations, ending in the preparation of a drawing that became a mural in the school. , in which the children drew themselves what they would be like if they were a child with superpowers who stood up for children's rights, this activity was a reminder to reflect on how amazing it is to be a child.

#FormandoLíderes



INTERNATIONAL EXPERIENCE

5 young people from **ALAS** participated as volunteers in the **STEAM** course for children that was given at the **Center of Possibilities** in the month of May-June.

All the young **ALAS** of the **7th. Generation** participated as volunteers in the **1st. Centro Fox Robotics Tournament on June 24.**

SOME EXPERIENCES:

- Visits to 2 social projects of the **ALAS youth (7th generation)** with a group of students from the **(UCI) University of California at Irvine.**
- Participation in 2 talks with **UCI students.**
- Participation in the Conference of the **University of Southwestern College in Centro Fox.**

#FormandoLíderes



INTERNATIONAL EXPERIENCE

11 Young Active Leaders belonging to the 7th. Generation.

Scope: 9 communities:

1. **San Cristóbal**
2. **León**
3. **Los Ramírez**
4. **Los Tepetates**
5. **San Judas**
6. **Nuevo Jesús del Monte**
7. **El Mezquitillo**
8. **San Isidro de las Colonias**
9. **Santa Maria de Cementos**

The projects are focused on the areas:

- **47% Ecology**
- **28% Education**
- **10% Health**
- **5% Infrastructure**

#FormandoLíderes

ALAS

ACTIVANDO LÍDERES EN ACCIÓN SOCIAL

UC San Diego EXTENSION



#FormandoLíderes

CASA

CIUDADANOS ATENDIDOS
EN SALUD Y ACOMPAÑAMIENTO



CASA is a program aimed at assisting the most vulnerable population with direct support or referrals for health or channeling directed to health issues.

ACHIEVED GOALS



During the second quarter, people from the community surrounding Vamos México, from the municipality of San Francisco del Rincón and León were assisted in health issues in direct support or channeling.

During this period, wheelchairs are delivered to patients who, due to their health situation, make it difficult to walk.

The most representative case is Jose Alejandro Durán, a 12-year-old boy with Cerebral Palsy who was given a clinical chair.

He supported Mrs. Victoria Navarrete and Maria Concepción Pombo with the purchase of additives, he supported the purchase of medicines for beneficiaries of the San Cristóbal community.





ACHIEVED GOALS

20

**Direct support and link
of treatments and medications.**

9

**Chairs delivered to patients
of the community.**





***"EVERY STORY we know, is a PRIVILEGE.
They are the CORE and MEANING
that sustain all our actions".***

MARTA SAHAGÚN DE FOX

#VamosMéxico



**ADDING EFFORTS,
WE MULTIPLY
RESULTS**

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