

MUKES Mukula campaign

Join us in bringing joy and strength to diverse elderly individuals!



Mukula campaign

Mukula is a stress ball resembling a potato, created in collaboration with various elderly communities. In addition to relieving stress, Mukulas also serve as delightful decorative items for the home. All proceeds from the Mukula project go towards supporting diverse elderly communities, fostering community activities. The main goal is to provide them with the opportunity to organize a community-building cooking session, covering all expenses. The cooking session would be specifically targeted towards diverse elderly individuals, allowing them to spend enjoyable time while exploring other cultural backgrounds.

- Mukula is a unique stress ball resembling a potato. Potatoes could be considered Finland's national root vegetable, known for their resilience and strength, characteristics that Mukula also embodies.
- They are made in collaboration with Finnish retirees, emphasizing community spirit and engaging in meaningful handicrafts while having fun and collaborating.
- When Mukulas are sold, the proceeds enable communal cooking moments for retirees.
- Cooking together with elderly individuals of foreign origin - learning the preparation of dishes from different countries.
- As a result, we will put together a cookbook for you to prepare the same food and get inspired.

Find out more about the Mukula story by following our social media accounts: [Mukula Facebook](#)



The Mukulas have been created in collaboration with the **Southern Espoo Pensioners' Association** (Etelä-Espoon Eläkeläiset ry).

Hopeahapset.com

How to support the Mukula campaign

Purchasing your own Mukula is easy! You can do it as follows:

Choose a Mukula: Explore the different Mukulas at [Mukes.fi/mukula](https://mukes.fi/mukula) and select the one that speaks to you the most. **To buy the Mukula fill out the form [here](#).** Each Mukula is unique and comes with its own number.

Payment instructions: You can pay €10 or more to support our campaign to Mukes' account FI26 1544 3000 2602 78. Postage costs are included in the price.

Confirm your order: Once payment is completed, you will receive confirmation of your order. If by chance the Mukula you selected has already been sold, we will contact you, and you can choose and order a new one from the available ones.

After you have completed these steps, your Mukula will be sent to you, and you will have also supported a communal cooking session for diverse elderly people.

Purchased Mukulas are mailed out every Friday. Thank you for supporting this meaningful project!

Price: €10 or more incl. postage.

Kulttuurinen Moninaisuus -Muistikeskus ry

Kumpulantie 1, 00520 Helsinki

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BIC/SWIFT: NDEAFIHH

Bank: Nordea Bank Oyj

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Email: siiri.jaakson@mukes.fi

If you have any questions, you can call Siiri Jaakson at: +358 400 250 404.

[Share the Mukula you bought with #MukesMukula or tell us about your experience on our social media!](#)



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