

September 2017

101 000 beneficiaries  
105 projects  
37 countries  
6 continents



*One patient's expression was priceless:  
With her face covered by a mask, her eyes  
showed a storm of happy feelings.*

*That moment made the efforts of the day  
more than worthwhile for the Aspen team.*



## From the editor

*Over the past year, we have continued to touch lives in exceptional ways through our ongoing commitment to Mandela Day.*

There are occasions when writing a cheque or doing an electronic transfer are the order of the day. However, when it comes to demonstrating care as an intrinsic aspect of our DNA, then we are known for showing true heart and being living examples of caring for others.

The Oxford dictionary defines 'care' (noun) as *the provision of what is necessary for the health, welfare, maintenance, and protection of someone or something.*

As a united Aspen, we live this definition through the countless acts of kindness that we show others – not only as part of our Mandela Day campaign, but through our many corporate initiatives and our values too.

Mother Theresa's encouragement to "Do small things with great love", rings true with what we are doing and, by adopting this spirit, we are making a difference for others.

Whether you've helped a granny to cross the road; delivered diapers to a baby centre; fed the hungry; painted, repaired or enhanced facilities; planted flowers to bring a rainbow of colour into someone's life; read a book with a child; run a race while pushing a disabled person along the way; coloured a picture; stoked the hair of a gravely ill patient; sang a song with a lonely pensioner; or planted trees to preserve our environment – you have made a difference. This is what caring is all about.

Since we became involved with Mandela Day we have touched the lives of some 300 000 beneficiaries in ways that we hadn't previously considered to be important. Yet, each effort has been true to Mandela's call for this initiative: "Take action, inspire change and make every day a Mandela Day."

At Aspen, I believe we can proudly declare that we are a living demonstration of caring for others. We, however, strive not to limit this action to 18 July, but to do small things with great love every day.

*Shauneen Beukes*

### Disclaimer

Aspen's Mandela Day magazine is published and distributed annually to communicate the news about the Aspen Group's global involvement in the Nelson Mandela International Day initiative. This is intended to inform various stakeholders about the numerous projects conducted by Aspen's Business Units in celebration of this initiative.

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# Standing true to our DNA

*Since our inception, our business has centred around the manufacture and supply of pharmaceutical, nutritional and healthcare products. This commercial approach has, however, always gone hand in hand with caring for the wellbeing of others as is visible through our declaration of Healthcare. We Care.*

Our commitment to socio-economic development (SED) programmes has been at the heart of our DNA dating back to 2001 when we opened the Engcobo Clinic in Transkei, together with the late former South African President Nelson Mandela.

He subsequently inspired not only our people, but nations across the world with his call to set aside 67 minutes once a year to make a difference in the lives of less fortunate communities.

In support of our relationship with Mr Mandela, more fondly known as "Madiba", and the ideology that he stood for, it was natural for us to participate in the inaugural Mandela Day campaign in 2011 when we engaged in a single project that supported a small school for mentally and physically disabled children in Johannesburg. Such was the impact of this effort, that in 2012 our commitment to the initiative stretched across the 6 continents where we have a business presence and it has grown substantially since.

I remain overwhelmed at the extent to which we have embraced Mandela Day. While we have invested some corporate funding to the campaign, it is our people who have made the most significant investments through their personal involvement. We've rolled up our sleeves, dug deep and made a substantial difference through the many projects that we've chosen to host in honour of this remarkable man and the legacy that he left behind and which has made such an incredible impact on humanity.

When I hear of the number of Mandela Day projects that we have become involved in, and, in many instances remained engaged in as active participants well beyond 18 July, then I know that we are standing true to our values of caring for others. We have heart. We have passion. We have commitment and we've again shown exactly that by touching so many lives around the world this year.

While I have immense gratitude for the efforts of each Aspen employee that participated, I know that I don't need to thank them for their passionate



commitment to our Mandela Day initiatives – the beneficiaries of the multitude of projects have already done so. They have shown expressions of gratitude through hugs of appreciation, friendly smiles and gentle nods for a hearty meal humbly accepted. There have also been the many joyful squeals from kids after receiving shoes, stationery, toys, books, warm blankets or clothing.

There are over 101 000 voices in 37 countries who express thanks to our people for opening their hearts and hands with gestures of unconditional, selfless kindness. This is our DNA in action.

Through this Mandela Day campaign the people of Aspen have again so wonderfully demonstrated our ethos and just how much we really do care.

*Stephen Saad*

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» ASPEN BAD OLDESLOE

*The Team at German-based Aspen Bad Oldesloe took to heart Nelson Mandela's quote: "When a man has done what he considers to be his duty to his people and his country, he can rest in peace." Three beneficiaries were selected for their Mandela Day activities including the Midnight Bus and two day care centres.*



# Midnight Bus — another face of the city



**Hansjuergen Villnow**

Whenever we talk about a social security net, we need to be aware that every net is a structure of mesh. That is true even for a country such as Germany. Fortunately, there are non-government organisations that do not turn

their backs on those who need a social security net.

On Mandela Day, I had an opportunity to join one of the 28 teams organised by the "Mitternachtsbus" (Midnight Bus) that looks after Hamburg's homeless people 365 nights a year. This night, I stepped in for Klaus, who took a brief holiday.

Despite it being summer, it was still a pretty cold day. I met Barbara, Kristina and Juergen at 19:00 to serve a shift on the Midnight Bus. They are all employed, had spent a day in the office and needed to be out the next morning to return to work.

Juergen briefed me on our role and stressed that we treat the homeless as guests. He mentioned that almost 30 locations had to be visited within five hours. Some of these places are fixed meeting points, others are where the homeless lay down for a night's rest.

Equipped with hot water for instant drinks, blankets, underwear, socks and tissues, the bus headed for bakeries that donated unsold yet fresh breads, rolls and cookies. Aspen's donation of 27kg of bananas was welcomed and sufficient food was gathered to feed 200 guests.

After a busy night, the team returned with leftovers which the 01:00 team was grateful for as they started to prepare for breakfast deliveries.

The experience changed my view of non-government organisations such as the protestant church who manages the Midnight Bus in an effort to restore some dignity to those who have so little.

## Gardening at Dornestrassse

**Nicole Reimers**

Daniela Zarnedsky and Stefan Wächter met the challenge of tending to the gardens at Dornestrassse Day Care Centre. The children at this centre watched eagerly as the weeds were removed and an oversized tree was reshaped, providing a tidy and enjoyable environment in which they can play to their heart's content.



## Raising beds for little gardeners

**Nicole Reimers**

Earlier this year we got a cry for help from the Fahrenkrug Day Care Centre near Bad Oldesloe. They needed help installing raised flower beds in their outdoor area. A strapping four-man Aspen team headed to the centre equipped with sunshine in their souls and the necessary tools to help out. Sven Hansen, Marco Kellinghusen, Mario Sievers and Jarle Wolff built two raised beds with steps which will allow the children to cultivate and nourish plants. This may be considered a small effort but it meant so much to the children and staff at the facility.



» ASPEN OSS

# Helping others through the Food Bank

**Ivonne van der Male**

*Notwithstanding the fact that the Netherlands is one of the richest countries in the world, 5 to 6% of the families in the Netherlands live below the poverty line.*



Food Banks provide free food packages for the poorest citizens. These packages comprise donations of excess food from supermarkets, day-old bread from bakeries, wrongly labelled canned vegetables and care products.

At the Food Bank in Oss, 50 volunteers provide 500 people (including 200 children) with 180 packages each week. "The youngest children are also given a birthday box as a treat each year," said Yvonne Langens, coordinator at the Food Bank. "It contains all sorts of items to celebrate the special occasion. We support the families with food, care products and in other ways. Our aim is to strengthen people so they can stand on their own again."

On 10 and 11 July, the Food Bank received a thorough cleaning by enthusiastic Aspen colleagues. Shelves were emptied and polished, cold storage units were scrubbed and crates and fluorescent lighting were cleaned. In addition, large portions of chocolate, vegetables and cleaning products were provided and prepared into handy portions to be included in the food packs.

"It's good to be able to do something for someone else," was regularly heard being shared during this day.

Plans have also been made to do more for the Food Bank with crates being positioned at the site to gather donations of food and toys. This approach will provide support to the Food Bank throughout the year and not only on Mandela Day.







# Running with disabled children



**Cecile Gulslain**

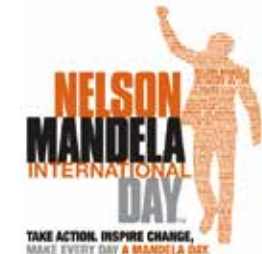
**A group of disabled children were in for a wonderful treat at the local Marly Le Roi Park in July.**

A day of fun outdoor activities was arranged for Un exploit pour Lila, an association that raises funds to buy expensive equipment for handicapped children who are then able to hire the equipment while taking holidays, travelling or to attend sporting events.

Eager fitness enthusiasts arranged a fun run for a group of employees as well as the children in a bid to encourage them to embrace life and enjoy some healthy activity while also exposing them to the equipment available that provides additional accessibility to them. After all the activities, a picnic was enjoyed by staff, the children and their parents who are often isolated in coping with the challenges of a disabled child.



# Caring for our children



**Nai Barmada**

**Students with disabilities and special needs benefited from Aspen's activities at the Al Shams and Al Noor Centres in Sharjah in the United Arab Emirates.**

Founded in 2014, Al Shams strives to meet the growing demand for high quality educational and therapeutic services for 15 disabled students, aged four to 11. A library was provided for the children who were delighted to also be spoilt with an extensive range of new books.

The Al Noor Centre has cared for 120 children with special needs for more than three decades. They welcome students from diverse nationalities and backgrounds who are provided with access to special education and therapy to promote social integration. The Aspen team set to work enhancing the centre which included cleaning and painting 15 classrooms.



» ASPEN GERMANY



# Festivities with the elderly

**Eva Waedt**

**The Munich-based Kreszentia Stift retirement and nursing home hosts an annual festival for its 250 residents, staff and permanent volunteers.**



On 18 July, 16 colleagues from Aspen's German and European offices were eagerly assigned to assist with the festivities by lending a hand with the catering, cleaning, decorating the tables and tending to the garden.

We also sponsored the purchase of therapeutic equipment which will be used to activate and enhance the mobility of the residents and patients. A wonderful lunch was enjoyed with the residents and staff in appreciation of our participation.

Working at the home was very rewarding and we were amazed at how grateful the community was for what we considered to be a small contribution. Having experienced the day-to-day activities of the home, we all left with renewed appreciation for those workers who provide geriatric and nursing care to the patients on a daily basis.





» ASPEN USA

# Helping to relieve hunger in Tanzania



Robert Bahmann

Aspen's team of 11, located in Des Plaines, Illinois participated by filling meals for the Feed My Starving Children programme – <https://www.fmsc.org/>

Their contribution of 82 boxes packed with nutritionally complete meals specifically formulated for malnourished children, translates to 17 712 meals which will feed 48 children for a year. These food packs are destined for Tanzania.



## INTERNATIONAL

» ASPEN IRELAND

# Touching lives with kindness

Patrice Thornton

Aspen Ireland's employees took part in two events in support of Mandela Day 2017.



In early July, 13 employees travelled to Epilepsy Ireland near our Citywest offices. We spent the day painting walls, ceilings, skirting and doors and were delighted to help out such a fantastic charity.

Later in July we supported the Homeless Street Café, a group of volunteers who offer food, toiletries, clothes and friendship to the homeless every Tuesday evening. The enthusiastic Aspen team eagerly donated items needed for this worthy charity and then assisted with food preparation and supplies while some helped with the distribution from the Grafton Street location to about 100 homeless citizens that evening.

As one employee pointed out, "I don't know if I ever would have done something like this if it wasn't for the great idea to incorporate it into the Mandela Day activities for APTL."

We can choose to make a difference every day. Our teams have continued with regular support of the Homeless Street Café, which is so heart warming for the beneficiaries and for us.



» ASPEN GLOBAL

# Looking after Elles C Nous

Kessy Rama

A group of some 30 Aspen colleagues donated money, books, clothes and toys and attended the celebration at the Elles C Nous organisation in Beau-Bassin, Mauritius.



Elles C Nous (They Are Us)

– is a voluntary organisation which provides after-school care to under privileged children. The association welcomes 70 children between the ages of five and 17 after school and on Saturdays. The children are given a healthy meal and tutors help them with their homework and give them the opportunity to develop their artistic and musical talents.

Aspen Global supported the organisation in different ways which includes providing a solar water system, outdoor shelter with purposefully made tables and benches; refurbishing the bathroom, toilets, electrical and plumbing systems; painting and decorating the compound wall and supplying each child with a warm tracksuit.

» ASPEN GREECE

# Smiling with the children

Demetra Roka

On 18 July 2017, the South African Embassy, joined by Aspen Greece, devoted Mandela Day to "The Smile of the Child", a non-profit Greek organisation that supports children and their families in need regardless of ethnicity and/or religion.



"The Smile of the Child" provides care and love in a safe living environment to children that have been abused or neglected, and have been removed from their families through an order of the prosecutor and judicial authorities.

Mr Costas Yannopoulos, President of The Smile of the Child and the children welcomed everyone with warm hugs and big smiles. The volunteers enthusiastically started painting the walls to offer a colourful garden for the children, who participated joyfully by colouring a kid's wall painting. The final touches included adding garden furniture and toys.

His Excellency Ambassador Marthinus van Schalkwyk from the South African Embassy in Greece commented on the importance of Mandela Day and Demetra Roka, Country Manager of Aspen Greece, said that through this unity we send a powerful message that with simple activities we can make a difference.

Mr Yannopoulos thanked the delegation and said "Nelson Mandela was a man of values, morals, but also a modest man. We all need to take his example to make our world a better place."





» ASPEN UNITED KINGDOM

# Warm, soulful care



the project," he added. "We knew this would be a great opportunity to make a difference to people's daily lives and wellbeing".

As the snow fell in King's Cross on 13 January, the team hosted the Friday Club, a weekly drop-in service that provides companionship, a hot and healthy lunch and professional welfare support to the homeless, vulnerable and those in need. They cooked a three-course meal of soup, roast chicken and apple crumble. As well as serving the meal, the team took time to chat and share a joke with the guests gathering for lunch and shelter.

"At the heart of Friday Club is a community environment," noted Lisa. "As well as providing food, volunteers need to ensure it is a welcoming and friendly place. Our menu was very popular and the guests really liked the fact that the Aspen UK team represented all different parts of the country – they kept asking when we were coming back."

Sam Forsdike, C4WS Homeless Project Welfare Coordinator echoed this positive feedback. "It was great to be able to offer such a hearty and warm meal in such miserable conditions," he said. "The members seemed to really

enjoy it and particularly the banter of the regionality of the Aspen team."

"We're really proud of the UK's Mandela Day contribution", concluded Lisa. "Successfully feeding nearly 70 people is a great test of teamwork, which was passed with flying colours. It was also humbling to see and appreciate the situation of people who are not as fortunate as ourselves."

Everyone left feeling inspired about the message behind Mandela Day – that even small, everyday actions can make a positive difference for others."



\*C4WS – Community of Camden Churches Cold Weather Shelter

» ASPEN INDIA/ALPHAMED

# Educating Mythri's children



**Ramesh Cheruvu**

**Aspen India/Alphamed's 395 employees have once again elected to support Hyderabad's Mythri Orphanage which is home to some 75 children.**



The generosity of donations provided by our employees will ensure that the children receive monthly groceries for a year. In addition to this, annual school fees have been paid for 75 learners from Mythri who attend classes at Carewood and Saraswati School. The value of this relief cannot be expressed in words, but the impact that it will have on this future generation's educational opportunities is indeed invaluable.

INTERNATIONAL

INTERNATIONAL

» ASPEN ROMANIA



# Continued support for ProVita

**Isabella Muja**

**Aspen Romania's team chose to continue supporting the ProVita Association, a NPO that has been taking care of abandoned and disadvantaged children from Prahova since 1994. ProVita provides 30 children with a home and supports their educational development from kindergarten through to university.**



The Mandela Day partnership with ProVita started in 2016 and this year Aspen's employees assisted the facility by providing four solar panels for a new heating system for one of the social centres. This will help ProVita by reducing their monthly utility bill and provide access to hot water in the kitchen and all the bathrooms. The use of green energy also contributes to preserving the environment.

Part of the activities for the day also included painting the wooden terrace railings, but the highlight was definitely the fun time shared cooking healthy deserts with the children.



» ASPEN NOTRE DAME DE BONDEVILLE

# Multiple projects benefit thousands

**Vincent Philibert**

**As in previous years, Aspen Notre Dame de Bondeville's (Aspen NDB), French-based team have chosen to engage in numerous Mandela Day projects over an extended period.**



Some of these activities are influenced by the summer vacation or seasons of the year, yet this has not placed a damper on their commitment to the programme.

Beneficiaries selected for 2017 include the Lions Club Rouen Drakkar, Association des paralysés de France, Blouses Roses, Restos du Coeur, Cardère and Banque Alimentaire among others.

Collectively, these activities focus on environmental improvements and curtailing the spread of invasive plant species; selling roses to help the Rouen hospital to buy medical equipment; assist handicapped individuals in Normandy; collecting food, money and donations for disadvantaged communities in Normandy as well as feeding the homeless and hungry in that area, and providing Christmas cheer to sick, hospitalised children.

It is estimated that the contributions made by approximately 140 employees will help some 12 000 individuals in need, while the efforts to preserve the environment will have a lasting impact for future generations.



» ASPEN ITALY



# Taking #ActionAgainstPoverty

**Stavros Nicolaou**  
*The European House-Ambrosetti, the South African Embassy in Italy and Aspen hosted a press conference on Mandela Day that focused on social and economic disparities.*



Discussions at this event centred around initiatives to address poverty and foster peaceful integration and coexistence between different communities in Italy, to bring about equal access to resources and the distribution of wealth.

Franca Biondelli, undersecretary to the Ministry of Labour and Social Policies said, “#ActionAgainstPoverty is more topical than ever and calls for immediate and proactive responses, primarily by our institutions. Our attention must increasingly be focused on the activation of social policies and financial support of the weakest sections of the population.”

The poverty intensity index, which indicates how poor the poor are, has increased from 18.7% in 2015 to 20.7% in 2016. Federico Polidoro, ISTAT Directorate of Social Statistics and Population Census, confirmed that the identikit of absolute poverty signifies women, young adults and families with three or more children (including minors) being the worst affected.

“According to the latest Istat data, there are almost 5 million people who cannot access proper nutrition. It is in this difficult context that Banco Alimentare’s daily work comes into the picture, supporting over 8 000 charitable organisations in Italy, to which 66 000 tonnes of food saved from waste were distributed last year. There is nothing more important in life than giving,” said Marco Lucchini, Secretary General of Banco Alimentare Foundation.

A key contribution can also be offered by public-private partnerships. The articulated programme of solidarity initiatives promoted by Aspen, is born in the spirit of Mandela’s legacy. Aspen’s Stavros Nicolaou said “While Aspen

celebrates Mandela Day all over the world, even in Rome, we need to continue to pay tribute to his memory and his role in promoting access to life-saving medicines. Our commitment has ensured that we remain at the forefront, not only with regard to HIV and the supply of generic ARVs, but also in other treatment areas, in Italy, South Africa and in many other countries where we operate.”

Nomatamba Tambo, South African Ambassador in Italy said, “Both organisations have been friendly to South Africa for some years and we are very pleased with this collaboration, which we hope will continue in the future with further successful initiatives.”

INTERNATIONAL

INTERNATIONAL:  
EUROPE CIS

» ASPEN ITALY

## Using food and water wisely

**Mariabruna Leogrande**  
*Aspen Italy continued its support of Fondazione Banco Alimentare Onlus, one of the main Italian NPOs dedicated to collecting and distributing surplus food to the impoverished. Banco Alimentare is a member of the Fédération Européenne des Banques Alimentaires that distributes food to thousands of people each year.*

The initiative involved 37 Aspen employees and 13 Banco Alimentare warehouses across Italy, from the Dolomites to Sicily.

Employees were welcomed at a local warehouse where they assisted by sorting, checking and packaging the food for distribution to those in need.

The experience has again reminded them that the fight against food and water wastage needs to form part of everyone’s daily choices and actions and they encourage their colleagues across the Group to address this urgently at a personal level.



» ASPEN HUNGARY

## Bagázrs gets a mini-facelift

**Ildikó Kiss**  
*The Bagázrs Public Benefit Association, located in the Roma settlement of Bag, is an NPO that focuses on the upliftment of needy members of the community.*



While Bagázrs does not provide donations of money, food or clothing, it’s programmes are highly effective in improving school attendance, promoting employment and self-improvement, providing counselling to assist with debt management and decreasing crime and illiteracy.

Aspen supported Bagázrs with materials and manpower needed to improve their facilities by, among others, recycling tyres to serve as rubber furniture which was placed next to the football field and office container, building a sidewalk around the office and repairing the fence.





» ASPEN CZECH REPUBLIC



# Pétanque fields, gardens and an improved summer house for seniors



Jana Beránková

*This year Aspen's team from the Czech Republic supported the Gerontological Centre in Prague. Established in 1992, this centre has gradually expanded its services and activities for seniors aged over 84 and currently specialises in social, cultural, psychological, cognitive and biological aspects of aging.*

The facility provides full time as well as daycare services. There are 14 patients who are accommodated on a permanent basis. Most of these patients suffer from dementia and they require fulltime nursing assistance and rehabilitation.

The Day Care Centre accommodates some 15 patients who return to their home each evening. These seniors suffer from less severe dementia, but they are still partially independent or have loved ones to care for them in the evenings.

Three groups of volunteers set to work at the centre. While one group took care of repairs and painted the benches and the summer garden house, others attended to the rusty fence and the driveway.

Pétanque is a French game of bowls that the senior guests enjoy playing although the field at the centre was in serious need of attention. Volunteers improved the playground by replacing the sand, removing all the weeds and preparing an additional field where the game can be enjoyed. In addition, solar lights were installed so that full time residents could enjoy the outdoors and play pétanque after hours.

Loads of new plants, shrubs and flowers were also added to the garden and, while the team eventually returned home feeling rather weary, they were delighted to have been able to bring pleasure to these residents who had enthusiastically been watching the developments taking place at their centre throughout the day.



INTERNATIONAL:  
EUROPE CIS

INTERNATIONAL:  
EUROPE CIS

» ASPEN BULGARIA

# Overcoming social and gender differences

Agnieszka Ujazdowska and  
Gergana Frateva

*Equestrian riding is the only sport where different genders compete together. Contact between the horses and the riders creates a social environment that enhances possibilities of communication, developing relationships and taking responsibility for action irrespective*



*of the rider's gender, ethnicity or religious preferences.*



Our team in Bulgaria provided a group of children with the opportunity to participate in an equestrian competition at the Bulgarian Equestrian Federation in Sophia to experience a sense of team building and take responsibility for their actions through engaging with horses.

The competition included both horse riding and bicycling competencies over various obstacles with timing penalties allocated for each hurdle not crossed successfully and the winning team being the one with the shortest recorded time to complete the obstacle course.



» ASPEN POLAND

# Caring for sick, abandoned children and hospice patients



*This year employees from five regions across Poland set to work to make a Mandela Day difference in the lives of others.*

## Region 1 – Pielgrzymowice



Robert Domański and Agnieszka Ujazdowska

The St Sister's Association Jadwiga in Pielgrzymowice is home to about 20 abandoned, homeless children who are physically handicapped. The home offers them shelter, education, occupational therapy and a safe social environment with the necessary care that they need to flourish despite their circumstances.

Five volunteers spent time at the Home and took the children on pony tours before providing entertainment and refreshments to them.



» ASPEN POLAND (CONTINUED)

*Caring for sick, abandoned children.*

## Region 2 – Kraszewo-Czubaki

Jarosław Jaworski, Paulina Carska and Agnieszka Ujazdowska

*This team chose to dedicate their time to about 30 physically or intellectually handicapped babies and children from Zakład Opiekuńczo-Leczniczy (ZOL) in Kraszewo-Czubaki. Most of these patients were abandoned by their parents at birth.*

ZOL provides comprehensive medical care to sick children with impaired mobility when they are ineligible for hospital treatment but require continued medication and dietary treatment. As the only facility of its kind (specifically for babies) in Poland, they also provide rehabilitation and nursing to the children who are seriously ill or have deformities. As many as 10 of these children are in a coma. In addition, ZOL also provides dialysis treatment for children.

The gesture of providing an afternoon tea with sweets, vitamins and stationery was a wonderful treat for the children, as were the crafting supplies that are used as part of their therapy. The most valued contribution though was the care, love and attention that the seven volunteers lovingly gave to these patients – kindness that cannot be measured financially.



## Region 3 – Radom

Jarosław Jaworski and Agnieszka Ujazdowska

*Eight volunteers joined approximately 50 children, aged four to 15 years, at the Arka Youth Centre in Radom for a time of fun, games and spoils.*

Arka inspires, supports, and activates the local community and assists in numerous initiatives including cultural and educational activities aimed at encouraging social interaction while also promoting moral and ethical standards that shape attitudes and support the development of the children.



» ASPEN POLAND

## Region 4 – Kielce

Maria Pela and Agnieszka Ujazdowska

*Approximately 30 marginalised children and youth from the Herby estate in Kielce benefited from sporting equipment that was provided to them by the team of eight Aspen volunteers in this region.*

In addition, they enjoyed the day engaging in sporting activities and games and enjoying refreshments which helped them to appreciate that there are people in the world who simply wanted to show them some kindness on Mandela Day.



## Region 5 – Warsaw

Anna Kutnicka and Agnieszka Ujazdowska

*The St Krzysztof Oncological Hospice in Warsaw cares for nearly 40 terminally ill cancer patients who spend their final days at this facility.*

In a bid to create a pleasant and comfortable environment, 10 Aspen volunteers chose to enhance the environment and make it as enjoyable as possible for these patients.

Some areas of the facility were renovated and repainted in addition to furniture and lighting that was supplied and positioned in areas of the garden where patients could rest quietly. While little else could be done to relieve the pain of these patients, they could at least benefit marginally from the peaceful surroundings.





» ASPEN SLOVAKIA



## Improving Kosice's kindergarten



**Agnieszka Ujazdowska**

*The children's playrooms at the kindergarten in Kosice were recently improved by seven members of the Slovakian team.*

Established in 1988, the kindergarten accommodates 100 children, aged two to six, in five classrooms. While the tutors were left to providing for the educational, social and emotional needs of the young students, the Aspen team set to work by painting the facility, decorating the walls with 3D stickers and renovating the bathrooms and toilets, much to the delight of the children and the kindergarten management.



» ASPEN SLOVENIA

## Supporting Slovenia's psychologists

**Tina B Schmutz**

*The Slovenian Psychologist's Association is a voluntary NPO that unites professionals across a broad spectrum of disciplines from the fields of science, education, sports, health, social welfare, labour, employment, defence, environmental protection and spatial planning among others.*

These members serve on several public projects and assist citizens and refugees in need of their services. The 155 active members offer professional, free counselling covering a broad range of topics including mental illness, psychological or domestic abuse, trauma, stress, violence and others.

Three members of Aspen's team in Slovenia assisted the Association with the planning and hosting of a Psychology day which focused on identifying areas of improvement that could provide better access to treatment for individuals with such a need.



» ASPEN UKRAINE

## Making a difference across Ukraine



**Oksana Voron**

*As part of the Mandela Day celebration, Aspen's Ukrainian team embraced four projects in three regions of Ukraine.*

*In the South-East Region the Odessa City Clinical Hospital #1 and Zaporizhzhia City Orphanage were selected as appropriate beneficiaries, while the West Region chose to support the Lviv City Orphanage #1 and the Central Region and Kiev Office dedicated their support to the Home for the Elderly Actors of Theater.*

### South-East Region

*Part of this region focused on children who need special attention and care at the Zaporizhzhya Orphanage, also known as "The Sun".*



Founded in 1965, this facility cares for some 300 orphans, handicapped children as well as young members from impoverished families. The team spent their time with the children playing games and participating in creative projects.

A second team visited the Odessa City Clinical Hospital #1, an architectural monument that houses medical equipment from the 19th century. The last reconstruction of buildings and the surrounding area at the Hospital was in the 1960. This hospital is managed by some 175 professionals and provides emergency medical care to approximately 500 patients who are residents of the city and the suburbs of Odessa. Aspen's employees contributed to the Odessa Hospital by attending to its gardening needs and they also painted the fence.







» ASPEN UKRAINE

## Central and Kiev Region



*This region supported the Home for the Elderly Actors of Theater in Kiev. This Home is the first of its kind in the Ukraine and was established in 1959 to provide social and medical care for some 20 aged actors. The founder of the Home was national artist Natalia Uzhviy, who headed the all-Ukrainian Theater Society at that time.*

The team painted the benches and improved the gardens by clearing them and adding colour with a range of plants and flowers. In addition, sufficient donations of food were provided to ensure that these residents received nutritious meals for a month.

The greatest contribution though was the opportunity to spend time in the company of some of Ukraine's acting legends who were so grateful for the interaction, care and company of the volunteers that they went to great lengths to entertain them with snippets of performances from productions that they acted in many years ago.



» ASPEN UKRAINE



## West Region

*The team from the West Region supported the Lviv City Orphanage #1 for children with mental disease and nervous system disabilities.*

The Orphanage has been functioning since the beginning of the 20th century and provides permanent medical care, rehabilitation and education for approximately 110 orphans and children who are mostly younger than four years of age and who have physical and mental disabilities.

Four employees provided the orphanage with cleaning materials and also transformed the garden, white washed the trees, painted fences and planted beautiful flowers to add some joy to the environment for the children.





» ASPEN RUSSIA

Central and Moscow Region

## Donations and help for Moscow's children

The Morozov Children's Clinic in Moscow provides treatment and a home to approximately 34 children aged from three to 18 years who are homeless or ill. The majority of these children live at the clinic while about 10 are day visitors.

The South African Embassy in Moscow joined Aspen volunteers to attend to various needs at the home including improving the playground by painting and repairing some of the equipment and facilities, and upgrading the sandbox where the children enjoy playing with their friends.

In addition to the financial donation provided by the Embassy to purchase baby food, diapers and toiletries, collections of toys, books and clothes were also provided to the clinic.



INTERNATIONAL:  
EUROPE CIS

INTERNATIONAL:  
EUROPE CIS

» ASPEN RUSSIA

Siberia Region (continued)

## Cheering up Evdokia's elderly

*Ekaterina Kovaleva*

The elderly pensioners and disabled residents from the Evdokia Foundation in the city of Novosibirsk are dependent on the generous support and assistance of charities and volunteers.

Aspen employees helped these seniors with donations of food, medicine, toiletries, clothes and shoes. Some required medical treatment while others were very grateful to receive firewood for the freezing winter that awaits them.

The greatest gift for these elderly, very lonely citizens, however, was the companionship that they received from the volunteers.



## Stimulation and therapy for palliative patients

A team from Russia's Moscow region arranged for patients receiving treatment for cancer, organ failure, cerebrovascular disease and other conditions at the Palliative Care Centre of the Moscow Health Care Department to receive therapy through canine stimulation which, as research has indicated, is significantly beneficial for patients.



Siberia Region

*Aspen employees from the Siberia Region enthusiastically participated in Mandela Day through five projects across that territory.*

## "Choosing life" in Karsnoyarsk

The Krasnoyarsk Regional Clinical Oncology Center recently hosted a "We Choose Life" marathon to support patients suffering with cancer. The event was arranged under the directorship of Chief Physician Andrey Arsenievich Modestov and in association with Dobro 24 tochka Ru, a local charitable organisation.

As an additional contribution to the marathon, Aspen employees also chose to beautify the centre by planting 100 flowers in the garden.



## About a park, a goat and grateful children

The transition of a landfill site into the Zvezdny Children's Park is a marvel of its own!

Through the generosity of the Koloshnitsyn family, who also manage the local foster home, the park was established in 2014 in Omsk. Complete with a sports complex, slides, swings and a sandpit, no government support is provided for the maintenance or improvement of this facility which the local community has come to depend upon. This responsibility falls on the Koloshnitsyn family, friends and neighbours.

Aspen's team of two were quick to head to the hardware store and purchase supplies to attend to the maintenance of the park. In a wonderful collaborative effort, children joined in the task of painting and repairing equipment together with the local friendly goat. With such a fine example set by this generous family, it was easy to be inspired to do likewise for the community.





» ASPEN RUSSIA

Siberia Region (continued)

## Hope for Barnaul's animals in need

The Laska Shelter in Barnaul was established in 2002 to care for stray dogs and cats. Any animal in need of veterinary aid is welcomed and treated before it is homed with new owners.

To date Laska has saved, rehabilitated and found a new home for approximately 3 000 dogs and some 1 000 cats.

Currently, several hundred animals are kept at Laska and willing hands or donations are always welcomed.

Aspen's animal loving Irina Vasilieva and Ekaterina Romadina set to work painting the crates for the puppies and cats and assisted with the rehabilitation of a dog named Mayor who had been run down by a car. Their action showed that Mandela Day kindness extends to include animals too.



INTERNATIONAL:  
EUROPE CIS



INTERNATIONAL:  
EUROPE CIS

» ASPEN RUSSIA

Far East Region

## Forgetting the loneliness – for just one day

About 30 residents at the Geriatric Centre of the Yakutsk Republic Hospital were delighted to be kept company for a day by two caring volunteers.

Like children, these patients hurried to the event hall, with some even missing their lunch in an effort not to miss out on an opportunity for some companionship. Their enthusiastic excitement about the Mandela Day activities was so endearing yet equally sad. These elderly citizens want nothing more than to feel valued and have someone to talk to, to cheer them up a little, to listen to their stories and to simply take a walk with. Yet, many are forgotten by their families and are left to spend their last years on their own.

Posters had been prepared containing positive information about people, real events and interesting facts and these were prominently displayed at the centre – creating much interest and topics for discussion.

The residents completely forgot their cares (and their age) as they sang and danced together and even recited poems. Refreshments were enjoyed and they were delighted to receive checkers, chess and lotto board games that had been bought for the centre.

That evening, much to their delight, the film "Untouchables" was screened to encourage them to laugh more, to consider life's possibilities, to live their dreams free from worries and cares and to start each day filled with a positive spirit.

While the residents had a fabulous day, it was the employees who left feeling deeply touched by the extreme gratitude that these senior citizens felt for their very kind gestures.



## South Region



## Fun, games and laughter for young orthopedic patients

*Ekaterina Kovaleva*

Children should laugh, play and have fun! That includes the 25 patients aged less than 15 years at the paediatric ward of the Krasnodar City Hospital.

A team of seven like-minded volunteers hosted a day to remember for the children who are receiving treatment which necessitates long-term hospitalisation for the majority. The day of celebrations included a range of intellectual and fun games, competitions, creative activities, face painting and so much more to simply encourage them to live a life of joy. An interesting fairy tale was shared to stress the importance of calcium intake and the benefits that it offers for strong bone development. Even those confined to their beds were entertained and they also enjoyed the festivities of the day.

In addition, the facility gratefully accepted the donation of an air conditioner to provide some comfort to the children from the sweltering heat.



## ARK by Siberia's EMLA team

While on holiday in Yarovoe, Olesya Fursova set aside her day to focus on helping elderly people cross the road – a task that we take for granted, but which is very stressful and nearly impossible for senior citizens.

Similarly, Olesya Fursova headed to the Umka Kindergarten. Armed with a generous supply of peaches, paint and brushes, she set to work painting areas of the playground, the fences and added colorful elements to the pavement to create a more beautiful environment before she distributed fruit to the children.

These acts prove that kindness is just as valuable as financial or physical contributions to those in need.



» ASPEN RUSSIA



## Ural Region Let's bongo!

**Ekaterina Kovaleva**

At the beginning of August, a wonderful celebration was hosted for the young patients at the Oncology and Hematology Department of the Chelyabinsk Regional Children's Clinical Hospital.



The Aspen team arranged a quiz aptly titled "Who, what and where".

Fascinating information about Africa and Nelson Mandela was shared, following which the quiz took place. Prizes included a range of treats, but the greatest one was yet to come.

Serious illnesses, masks, drips and medication was forgotten for a while as the patients delighted in the surprise Congolese students from the Chelyabinsk Pedagogical University who happily participated in the day's highlight: teaching them how to play the bongo drums.

One patient's expression was priceless: With her face covered by a mask, her eyes showed a storm of happy feelings and that moment made the efforts of the day more than worthwhile for the Aspen team.



## Each ARK makes a difference



The Ural region's sales representative Nadezhda Geyger engaged in three ARK initiatives. She donated stationery to disadvantaged children attending Sunday school at the Holy Assumption Cathedral, provided clothes and shoes for homeless people supported by the Orthodox Mercy Bus project and provided funds to the Stray Animal Charity Fund to purchase much needed food for the animals.



## INTERNATIONAL: EUROPE CIS

## INTERNATIONAL: EUROPE CIS

» ASPEN RUSSIA

## Volga Region



## Making Age Fun!

**Ekaterina Kovaleva**

Every year the Volga team actively participates in the Mandela Day celebrations and 2017 was no exception. The Age is Fun project was launched at the Samara Regional Dubovo-Umetsky boarding house for war and labour veterans to assist these elderly residents with a range of challenges including emotional, physical and psychological needs.

Personal appearance is important irrespective of age so hairdressers were arranged to help style the veteran's hair and encourage a sense of self confidence. While the grooming was taking place, the team addressed their many goals for the facility and, in true Aspen fashion, they prepared for a long night in order to deliver on them all.

After preparing the gardens a pond was installed and filled with water, benches were delivered and painted and beautiful flowers were added to the area to create a peaceful, colourful environment in which these senior citizens could embrace joyful, long days.



## Small ARK acts – big impact

Amid their daily commitments, sales representatives across the Volga Region participated in Mandela Day and assisted those who needed it most.

One group visited the young patients at the Palliative Department of Children's Hospital No 17 in Nizhny Novgorod, while, in Kazan some volunteers helped the mother of a large family with her chores and others took her children for a walk.

An elderly lady living in a country house in that area was surprised and delighted when Aspen volunteers arrived to clean her home for her.

These acts made a huge impact on the beneficiaries, but took so little from those sharing their unconditional kindness with strangers.





» ASPEN RUSSIA

## North West Region

*Mandela Day initiatives need not be large-scale events with hundreds of beneficiaries. Every contribution no matter how large or small, is appreciated and this was proven through the nine projects that were hosted by Aspen Russia's team who made a meaningful difference to ill children, school students and animals in need in the North West Region.*



### St Petersburg

#### The GKUZ Specialised Children's Home

in the Frunzensky district of St Petersburg is a psycho-neurological institution, designed to treat 110 patients younger than four years of age. This health facility provides medical care, including restorative treatment, as well as comprehensive psychological-pedagogical rehabilitation using modern technologies.

There were 11 Aspen volunteers who chose to support this facility and enhance the environment for the children by painting their pavilion.



### Arkhangelsk

Surgical procedures can be extremely stressful, particularly for young children who don't know how to cope emotionally or physically.

The Arkhangelsk Regional Children's Clinical Hospital is well known for its Basket-of-Courage which contains a range of items to assist children in dealing with the trauma associated with surgery.

Aspen's Igor Nikitin showed empathy and care for these little patients by purchasing a range of toys including cars, ponies and soft items to bring comfort to the children in this hospital's surgical ward.



## INTERNATIONAL: EUROPE CIS



#### The St Petersburg Psychoneurological Children's Home

**No 4** cares for 60 children from birth to four years of age. This facility provides complex medical and pedagogical rehabilitation to children with neurological diseases, muscular-skeletal disorders, aural, articulation and visual disabilities. Sadly, many of these children have been abandoned by their families and the home is in desperate need of help. Olga Matyusheva chose to support this home by providing donations of much needed infant nutritional food and diapers.

#### The Island of Hope shelter

for animals is a non-profit charity in St Petersburg. Oksana Malyutina supported this facility with donations of food and, most importantly, her time to assist in caring for the 40 cats and 100 stray dogs who are all cared for at this very clean, neat shelter. Oksana intends to continue helping at the shelter through her donations and social media initiatives to try to find loving homes for the animals.



## INTERNATIONAL: EUROPE CIS

» ASPEN RUSSIA

### Vologda

The Comprehensive Secondary School No 28 in Vologda was established in 1960, and provides a safe educational environment to hundreds of students. Aspen's Irina Galaktionova selected one of the classrooms at the school and decided to create a beautiful environment for the children. She washed the windows, hung curtains and painted the room as an act of kindness for the young students.



### Murmansk

Elena Fedorova loves caring for animals and she also understands the need to support charities that are highly dependent on the generosity of the public in order to take care of pets or strays who need medical assistance, vaccinations and other treatment.

The Murmansk Voluntary Shelter accommodates some 100 dogs and 50 cats and Elena supported this facility with donations of bandages, ointment, syringes and food. In addition, she spent some time playing with the dogs and spoiling them with special treats.



### Syktvykar

Stray animals have no one to take care of them in critical situations – no loving owners, caring family, or state healthcare institutions. All they have is hope. Hope that kind people will help them.

"For us, it's just 67 minutes of help, but for others they may be lifesaving," said Aspen's Nikolay Yurpalov who, together with the staff of Syktvykar's Nesterova's Veterinary Clinic and volunteers of "Friend" and "Cat's Home" stray animal shelters, organised a day of free diagnostics and treatment for animals from these shelters.



### Petrozavodsk

The Allergy and Pulmonology Centre of Petrozavodsk's Children's Republic Hospital, provides medical treatment for children suffering from allergies and respiratory diseases.

Aspen representative Erik Shabdanbekov decided that the young patients at this hospital needed to have some fun and so he arranged the Space in a Pencil Box drawing contest for these little patients.

Eight children younger than six years of age who were receiving diagnostics and treatment at the centre thoroughly enjoyed the distraction of the contest and eagerly participated in drawing planets, stars and spaceships.







» ASPEN PHARMA

# Judo and fun for 225 children

**Patricia Franco**  
*Two beneficiaries received the attention of the team in Brazil, these being Associação Beneficente Bem Ama and the Reaction Institute.*



The Associação Beneficente Bem Amar is located in the Goiabeiras neighborhood in Victoria next to Aspen's manufacturing facility in Serra, ES, while the Reaction Institute is in Rocinha, close to the Rio de Janeiro office.

Bem Amar's Moses Project targets children aged six to 15 years from disadvantaged backgrounds. The project provides up to 75 of them with a healthy environment that encourages social development, provides educational opportunities, health workshops and recreational activities, while at the same time evangelising to them and serving as an example to the community. Aspen's employees hosted the children for an afternoon and shared Mandela's history with them, in addition to providing snacks and entertaining as well as activities including making crafts, singing and taking some time to laugh together as jokes were shared. The children were delighted to also receive gifts of school supplies that had been donated by Aspen employees.

Staff from the Rio de Janeiro office adopted judo as a sporting code to encourage social transformation and education among some 150 children younger than 17 from the Reaction Institute. Time was spent focusing on the basics of this sport following which there was much needed relaxation that included games, a puppet theatre and delicious treats. Two of the Institute's classrooms were also renovated adding to the appreciation of this community that is caught in the grip of poverty, crime and violence.



» ASPEN CARICAM

# Supporting the Special Olympics

**Nicolas Herzovich**  
*Special Olympics Costa Rica is dedicated to empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society.*



This worldwide NPO has grown from a few hundred athletes to more than 3.5 million athletes in 170 countries, providing year-round sports training, athletic competitions and other related programmes and is dedicated to improving the quality of lives of people with intellectual disabilities.

Aspen Caricam supported the Special Olympics programme through a sports festival. The beneficiaries included 220 children and their parents who each received a Cofal branded t-shirt, water bottle and towel. Employees served as volunteers at the event and hosted creative activities for the children who thoroughly enjoyed the opportunity.



» ASPEN CHILE

# Trading hotdogs for medicine



**Denisse Lucía Molina Dupuy**  
*The Hogar Esperanza Foundation, which shelters 25 children from birth to five years of age, received Aspen Chile's support once again in 2017.*

The foundation receives no support from the government but is always in need of funds to cover its monthly operational costs, and, more importantly, to be able to provide medicines for diseases related to growth deficiencies as well as for cancer and epilepsy.

The Aspen team decided to host a "Completada" (hot dogs with drinks) fundraiser, and, in true Chilean spirit, they rallied together 50 family members and friends to provide added support for the occasion. The success of the event far exceeded expectations and the enthusiastic employees were able to hand over a donation that was generous enough to cover all Esperanza's medicine costs for a month. This could not have been achieved without the 40 employees who participated in the event and it proved that working together as a team yields exceptional results.







## » ASPEN COLOMBIA

# Dream big and change your life

Venesa Blanquer

*"Dream" is such an important word. Without dreams we can't aspire towards a better life. This is the main message of the BiblioSEO Foundation. As in 2016, Aspen Colombia supported this foundation that empowers and advises children and youth to build their dreams and make them real.*



This group of children are showing that they will not become victims of vulnerable communities, welfare dependency or mental poverty. BiblioSEO has helped them to structure their dreams and look for solutions to their situations because they understand that education and providing support to develop talent and leadership makes a significant difference in the lives of children and the youth.

Aspen volunteers supported the cause with generous donations of supplies and together with the children, repaired the library roof and painted the facility and surrounding amenities expressing messages of hope, happiness, unity and friendship as encouragement.

Eager community members became involved as well, and an area populated with rubbish was also cleared and filled with fresh soil, and subsequently has been converted it into an organic garden planted with vegetables to sustain the foundation.

The team were overwhelmed by the children, who, with less than 18 years' experience, have taken the lead on structuring their dreams and are committed to making them real. This shows that you're never too young or too old to dream big!



## » ASPEN ECUADOR

# Kindness is in our DNA

Daniela Muñoz

*One of the most anticipated days of the year for the team in Ecuador is Mandela Day, as it has been celebrated for the past four years since Aspen initiated operations in the country. This year, two beneficiaries were selected, one in the capital city of Quito and another in Guayaquil.*



The Centre of Reference and Inclusive Hosting in Conocoto cares for 50 people with disabilities and who, in many instances have either been abandoned by their families or removed from them. The residents, aged from 14 to 48 years, suffer from a range of ailments including paraplegia or intellectual deficiencies. They receive medical care as well as psychological and occupational therapy at the centres.

About 75 Aspen employees supported this beneficiary by raising funds to purchase and install windows and to paint the facility. Some residents keenly assisted with the improvements and enjoyed being able to work alongside the team in a jovial spirit. Once completed, a delicious meal was enjoyed and donations comprising personal hygiene items, household cleaning equipment and building supplies, which had been purchased through funds raised by Aspen's employees, were handed over.

We parted with humble, grateful hearts for having met these people who taught us with their smiles that our contribution can change lives. The experience has also encouraged us to explore more ways in which we can reach out to others in need.



Our second beneficiary, the Kairos Foundation in Guayaquil, assists vulnerable children and families from disadvantaged communities. This NPO has been able to establish an infrastructure to provide education and grooming for more than 2 000 children. The foundation expressed a need for building materials to progress their planned construction of the facility, and we eagerly assisted them with donations of cement and paint. Volunteers eagerly set to work painting the external structures while colleagues entertained some 500 children and provided them with a nutritious meal. The joy and gratitude of the children was priceless and will forever remain engrained in our memories.





» ASPEN MEXICO

# Sharing Mandela's legacy

**Kristal Corona**

**Aspen Mexico joined forces with the South African Embassy and selected the National Institute of Perinatology (INPer) in Mexico City as its Mandela Day beneficiary.**

An exhibition at the main entrance of the INPer highlighted the work and characteristics of this remarkable leader. In addition, Counsellor Anthea Joubert hosted a presentation to some 350 delegates and demonstrated that perseverance, humility, tenacity and interest in social wellbeing are key elements to achieve equality and freedom in all countries around the world.

Employees also donated a range of essential products which were distributed to 180 grateful patients at the INPer.



» ASPEN PERU

# Helping to educate Mi Buen Jesús students

**Hirann Sánchez**

**As part of its Mandela Day commitment, in 2015 Aspen Peru adopted the Mi Buen Jesús school, located in Villa María del Triunfo, outside Lima. This institution is a place of refuge for 116 children aged from three to 12 years but, as yet, it is not recognised as an educational entity.**



For the past three years Aspen has been working alongside Mi Buen Jesús in a bid to ensure that it passes the necessary inspections in order for it to become an accredited learning environment. This is an ongoing process.

In celebration of Mandela Day, enthusiastic and energetic Aspen volunteers assumed the position of teachers at the school and developed activities for the children to educate them more about their country and to instill within them life skills and important values that will stand them in good stead for the future.

After a very engaging day, the volunteers left the school with a great deal of appreciation for the role that teachers play, but also highly satisfied with what they had achieved with the students.



## INTERNATIONAL: LATIN AMERICA

## ASIA PACIFIC



» ASPEN AUSTRALIA

# Providing meals across the country



**Wendy Geddis**

**Aspen teams across Australia assisted two charity organisations through five projects for Mandela Day.**

In New South Wales, South Australia, Western Australia and Victoria, teams assisted in food preparation for meal deliveries for OzHarvest. This organisation receives food from a diverse range of suppliers enabling them to prepare meals to assist vulnerable families and feed thousands of citizens across the country.

The team from Victoria also supported FareShare with their inner-city vegetable garden project. They put on their gloves and t-shirts, took up their shovels and went gardening. The tasks included weeding, planting, fertilising, harvesting, composting, propagation, and pest management. FareShare

Victoria has previously been supported by Aspen, but the garden shift was a new experience for the team. FareShare's newly introduced market gardens assist with the supply of food to less fortunate communities. Thousands of meals are prepared daily through this project and soup vans serve the meals to the homeless, food banks and school breakfast programmes nationally.





» ASPEN PHILIPPINES

# A pledge to our environment



Eden V Fuster

*Aspen Philippines joined forces with FEED's (Fostering Education and Environmental Development) corporate social responsibility (CSR) Patrons Programme in collaboration with the University of the Philippines, Los Baños and the South African Embassy representing a voice for environmental action – "Connecting People with Nature" and in celebration of Mandela Day.*

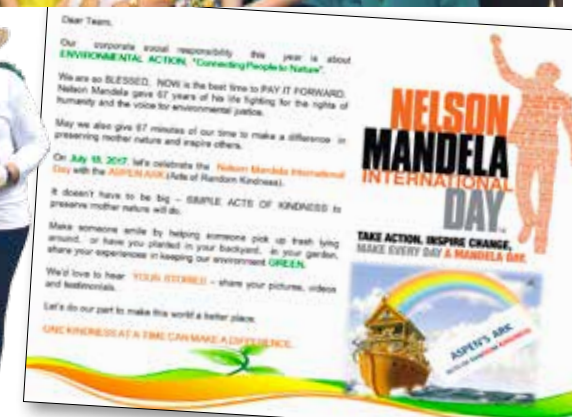
The Aspen team actively participated in a series of projects and pledged to plant 1 500 trees to foster environmental sustainability.

On 17 July Aspen took action on climate change in partnership with FEED's CSR Patrons Programme, as part of the "Living Legacy: Plant a Tree, FEED the Future" initiative in collaboration with the Manila North Tollways Corporation (MNTC) and North Luzon Expressway. Activities included planting indigenous Philippine tree species as well as a three-year maintenance programme and targeting carbon capture at the North Luzon Expressway in Bulacan.

Later that month the Aspen team took a big leap in preserving our wildlife and improving our carbon footprint by planting 100 trees in the name of Nelson Mandela at the UPLB Laguna-Quezon Land Grant site, in Siniloan, Laguna-Quezon province.

On Mandela Day Aspen joined the South African Embassy, a group of San Idefonso church leaders and volunteers from the local community in Makati City to make a stand to drive change and promote their "Cleanliness and Green Act Drive" through the Urban Vegetable and Herb Gardening and Ecological Solid Waste Management educational campaign.

Concurrently the sales team exhibited inspiring 67 minute demonstrations of Acts of Random Kindness (ARK). More than 40 sales force members collectively connected with nature and exhibited simple acts by educating others, helping to prevent pollution, advocating recycling, emphasising that cleanliness starts at home and keeping surroundings clean and green. This team believes that setting the example for future generations will assist in preserving the environment and driving climate change.







» ASPEN TAIWAN

# A busy, rewarding day for TFCF's children



**Fannie Liu**

*The Taiwan Fund for Children and Families (TFCF), which cares for abused or disadvantaged children aged from nine to 12, received support from Aspen Taiwan for the fourth consecutive year.*

There were 19 Aspen employees who worked together with TFCF's 36 children in Taoyuan City to teach them how to make noodles and a pillow, enjoy a farming experience, feed small animals and learn about nature and bee ecology.

In a bid to encourage a spirit of patience and focus, the children were taught to grow rapeseed and each took a plant home which would need careful and patient care for a crop to thrive. Making noodles by hand was an interesting activity and the children practiced perfecting the dough before cutting it into different sizes of noodles which were also taken home for a meal. Retaining the focus on patience, they also each made a small pillow that was stuffed with fluffy cotton before adding lavender to encouraging a peaceful nap. Their day ended with gifts of bags and small flasks to be used at school. The Aspen team felt that this was a very rewarding experience and they were touched by the children's need simply for some love and a little kindness and care.



» ASPEN ASIA

# Angels in the kitchen

**Bonnie Chu**

*Modern society has evolved into one that accepts food waste as the norm, but which imposes unnecessary pressure on the environment.*



Food Angel is a food rescue and assistance programme launched in 2011 with the "Waste Not, Hunger Not" mission. The programme uses edible surplus food from different sectors of the food industry in Hong Kong that would otherwise be disposed of as waste. Following strict safety protocols, the food items are then prepared as nutritious hot meals in their central kitchens and redistributed to serve underprivileged communities in Hong Kong.

There were 12 volunteers from Aspen Asia who enthusiastically visited one of the kitchens on 12 July and prepared 1 000 hot healthy meal boxes for distribution to different community centres for those in need.

It is an efficient operation in a compact space with a congenial atmosphere. The Aspen team completed the meal boxes in two hours which ensured that hot meals were delivered to the hungry. The meal boxes contained well-balanced food items and most importantly, the love from the donors.

Although the kitchen was a hot 33°C, the team found this to be a meaningful and interesting experience. In addition to employee participation, a range of foodstuffs was also donated to the Food Angels.



» ASPEN MALAYSIA

# Mulu National Park clean up



**Kin Meng**

While attending training in Borneo, 36 Aspen Malaysia employees embarked on an environmental contribution toward Mandela Day by assisting to clean up the natural habitat of the Mulu National Park in Sarawak. This UNESCO-listed World Heritage Site is the oldest tropical rainforest in the world and is known for its vast biodiversity of flora and fauna including some endangered species. Mulu is also home to a number of ethnic tribes including the Lun Bawang, Murut, Iban, Kelabit, Berawan and Penan who have lived in the rainforest for millennia.





# Extra classrooms make all the difference



**Vishma Chetty**

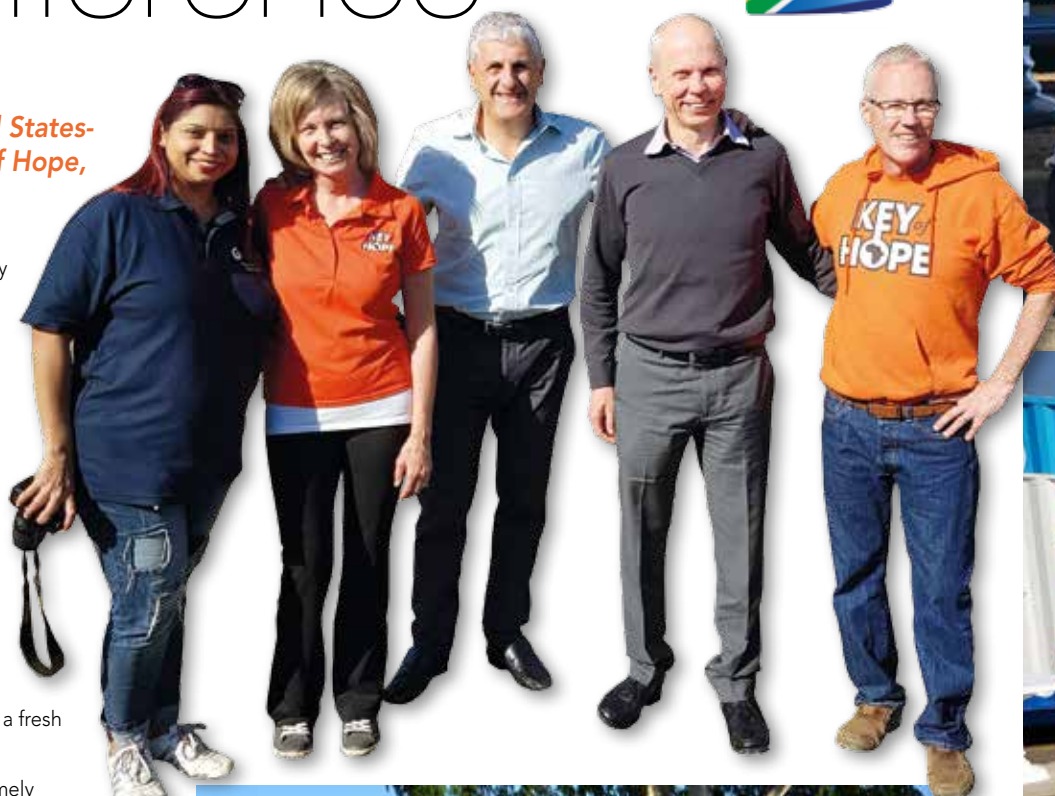
**Aspen Holdings teamed up with United States-driven child welfare organisation Key of Hope, for the third consecutive year.**

Numerous activities took place in support of this facility that provides refuge to some 2 000 children under the age of 18 years. This year, the primary project included cleaning a container that will serve as classrooms for children who require extra tuition after school.

A painting contractor's services was required to assist with the preparation of the container. Window frames were replaced and sealed, a skylight was put in for brighter lighting inside the container and rust was taken care of. With the assistance of an electrician, lights were installed and the existing air conditioners were serviced.

The area around the container was also landscaped, hedges and shrubs were planted, tables and benches were provided and the flower pots brightened up with a fresh coat of paint.

The staff and children from Key of Hope were extremely grateful for Aspen's help as we again touched many hearts through the campaign.



SUB-SAHARAN AFRICA

SUB-SAHARAN AFRICA







» ASPEN PHARMACARE

# Dromedaris' children benefit from Mandela Day



**Sharon Wood**

**Children attending Dromedaris primary school in Boksburg were delighted to receive numerous upgrades to their school as part of Aspen Pharmacare's Mandela Day celebration.**

The kitchen and washing up area was refurbished, new crockery and cutlery was supplied, a cosy dining environment was created where the children can enjoy their meals and improvements were made to the play area.

Noel Guliwe, CEO Aspen Pharmacare said, "The school is practically a South African institution. It has been a haven for children from extremely poor backgrounds for over 64 years and has a proud track record of achievement in both the academic and sports arenas. The school also relies heavily on donations to improve facilities and resources since parents are rarely able to contribute in any way. Currently it caters for 1 980 learners between the ages of six to 13. In addition to our donation of R180 000 towards the project, our employees, who are very enthusiastic fans of Mandela Day, also contributed in various ways."



» ASPEN GROUP OPERATIONS – PORT ELIZABETH

# Caring for the elderly and our future leaders

**Sandiswa Hewana**

**The Aspen team rallied together to support Masakhe Community Development (Masakhe) and Vision4Women.**

Masakhe provides weekly food parcels and programmes to approximately 100 people in Holland Park – a disadvantaged community adjacent to the Port Elizabeth manufacturing site.

Aspen's enthusiastic employees attended to various maintenance needs and refurbished the kitchen to better serve the diverse community. In addition, monthly grocery and electricity vouchers were donated to sustain the facility for the next 12 months.

On Mandela Day, Masakhe hosted a breakfast honouring 60 elderly members of the community who received blankets and groceries that were donated by employees.

In a separate project, Aspen selected Vision4Women as part of its initiatives to unlock the potential of future leaders.

Vision4Women has a mentorship programme which was initiated in 2012 with the aim of equipping high school girls from disadvantaged backgrounds with academic support, life skills and leadership development skills.

Grade 10 and 11 students were invited to attend 'Phuhla Week' – a life skills and workplace readiness camp. Some of our female industry experts in the pharmaceutical, engineering, SHE, HR and finance industries shared their personal and professional journeys and their winning formula through difficult times with the 58 attendees. The Aspen team also supported the camp through donations of groceries.





» ASPEN GROUP OPERATIONS –  
EAST LONDON

# Sleep sweetly little ones

**Elesha Adams**  
*Volunteers from Aspen's East London site gathered building and gardening tools, buckets of paint and loads of good intentions as they rolled up their sleeves and headed off to make a difference in the community at the Little Blessings Education Centre in Reeston, Wilsonia.*

Some 50 children from this disadvantaged community call this their home during the day – a space where they are safe while their parents are at work, but where they are sleeping on the floor with only a small carpet for warmth and comfort which is hardly sufficient on cold winter's days.

To provide for a more spacious and comfortable environment, we extended the facility, levelled and cemented the floor. A fence was placed around the property and mattresses and blankets were donated to ensure the little ones were warm and slept peacefully. Educational materials, books and tables and chairs were also supplied to assist with educational development.

The celebrations on the day included a party for the children as well as a nutritious meal and party packs courtesy of Fedics. The children were extremely grateful for the improvements to their daycare centre including a new sign generously supplied by Harry's Printers.



SUB-SAHARAN AFRICA

» FINE CHEMICALS CORPORATION



# Caring for our seniors

**Kim van Wyk**  
*FCC supported the Lily Haven Old Age Home for Mandela Day, with the aim of ensuring that they make an impact on the lives of the senior citizens who call this their home.*

This Bonteheuwel-based home is situated in the heart of a community that is over ridden with crime. Nurses risk their lives daily simply by going to work and caring for the 124 senior citizens who are frail, suffer from dementia and Alzheimers. Lily strives to provide all its residents with the highest standard of care and nursing within a homely environment, to promote quality of life, the maintenance of independence, the preservation of dignity and, by becoming members of a senior centre, encourages participation of older persons in all aspects of community life.

FCC's staff can relate to these qualities as they are closely aligned to "Healthcare. We Care". The team set out to construct a recreational area for the frail care patients as the dining room was previously used for this purpose. In addition, the residents enjoyed being entertained with line dancing and a karaoke session, a delicious lunch, gift bags and most importantly engaging conversation which is always a treat to lonely folk. Just as the FCC team made a great impact on these residents, they also walked away having learnt a great deal from this older generation.

Nelson Mandela said, "What counts in life is not the fact that we have lived. It is the difference we made in the lives of others." Every year FCC staff take great pride in the preparations for the Mandela Day campaign and this year it was no different. The team concluded the day by unveiling the sunroom they had built for the senior members ensuring that they will be comfortable for years to come.

As the day progressed it was clear to see that FCC achieved their aim of giving back to the community and when it was time to leave, the Lily residents were very reluctant to see their visitors bidding them farewell.



SUB-SAHARAN AFRICA



» ASPEN NUTRITIONALS

# Adding smiles at Thandokazi

**David Makofane**  
*Belinah Shabangu and a few local unemployed ladies care for 35 children under six years of age at Thandokazi Preschool and Crèche which is located about 10km from the Nutritionals site in Clayville, Johannesburg.*

Employee's valued contributions included much needed funds, books, educational toys, groceries and other items. The team took on substantial tasks for Thandokazi. They constructed a steel carport shelter which, together with the class rooms and the caretaker's quarters were given a fresh coat of paint. The engineering team facilitated the erection of a 500L water tank, built a sandpit, installed the playground chairs and painted these. The classrooms were thoroughly cleaned, bookshelves and pigeonhole drawers were installed and a new sign post was erected.

While the refurbishment of the facility took place, the kids were entertained, they enjoyed a nourishing meal and were delighted to each receive an Aspen Nutritionals party pack.





» BETA HEALTHCARE – KENYA

# Beta blesses three beneficiaries

**Linet Arandi**  
*Beta Healthcare's Nairobi-based team visited the Baby Blessings Children's Home located in Umoja.*



This institution currently houses 69 children, ranging in age from newborn babies to 15 years. These children are abandoned or abused orphans and are HIV infected. Baby blessing has also established an outreach programme for 49 children who they assist with basic needs not limited to food and clothing.

In a bid to be self-reliant, the home has several income-generating projects such as knitting uniforms, rearing poultry and rabbits, growing vegetables, the establishment of a school and a dispensary, among others.

Beta Healthcare's employees donated groceries, toiletries and medication to this facility.

A second beneficiary supported was the Compassionate Hands for the Disabled Foundation (CHDF). CHDF was established in 2008 as a centre for approximately 60 children with mental and physical disabilities.

Most of these children are abandoned, orphaned or from extremely poor backgrounds. CHDF provides services such as education, occupational therapy, a feeding programme and medical help to the children.

It was exciting to note that the home has recently relocated to a much bigger property of their own with construction of several structures ongoing. The home also keeps cows and chicken in a bid to be more self-reliant.

Little Sisters of the Poor, based in Kasarani, was another worthy beneficiary that was supported by Beta. Needy, elderly citizens are cared for at this facility by Catholic sisters who have devoted their lives to giving elderly people peace, comfort and happiness in a modest environment.

Beta employee's donations of medication, toiletries and groceries were gratefully received by all three of the beneficiaries.



» BETA HEALTHCARE – UGANDA

# Caring for babies



**Linet Arandi**  
*Nsambya Baby's Home and the Sanyu Baby's Home were both recipients of the generosity of Beta's employees in Uganda.*

These facilities care for the needs of 25 and 55 babies and young children respectively who have all been abandoned, orphaned or abused, with some being HIV infected.

Both facilities were exceedingly grateful for the generous donations of household items as well as the non-perishable food that will be used to provide for the nourishment of the children.



» KAMA INDUSTRIES – GHANA

# Feeding Ghana's orphans

**Linet Arandi**  
*The Kama team once again visited Teshie Orphanage in Accra where they handed over much needed donations of groceries.*



The orphanage is a home for 22 orphans, abandoned and socially challenged children between the ages of three and 22 years. These children are placed in the home by police services in collaboration with social welfare organisations. Teshie also facilitates adoption of the children to stable families alongside Ghana's child welfare association.



» SHELYS LTD

# Reaching out to the handicapped and Albino societies

**Linet Arandi**  
*The Shelys team selected three beneficiaries based in Dar es Salaam who are in desperate need of support.*



The Tanzania Albinism Society is an NPO that was established in 1978 to protect and empower people with albinism. This beneficiary received donations of clothing and medicines.

Mbagala Kizinga is a primary school that collaborates with the Tanzania Association for Mentally Handicapped (TAMH). The students at this school were grateful to receive lunch boxes, stationery and caps while a donation of medicines was also handed over to the facilitators.

A third beneficiary, the Amana Hospital which was established in 1981 to promote empowerment of persons with intellectual disabilities, and is aligned to the TAMH, also received donations from Shelys.



» ASPEN NIGERIA

# Focusing on moms and babies

**Linet Arandi**  
*The Nigerian team celebrated Mandela Day at the Child Welfare Department of the Ifako Ijaiye General Hospital in Lagos.*



More than 100 mothers participated in the activities presented at the event and every mother was grateful for the donation of baby products, linen and refreshments. Infacare infant milk formula and food packs were also donated to the hospital for the needy patients.





**"TO DENY PEOPLE  
THEIR HUMAN RIGHTS  
IS TO CHALLENGE  
THEIR VERY HUMANITY.  
TO IMPOSE ON THEM  
A WRETCHED LIFE  
OF HUNGER AND  
DEPRIVATION IS TO  
DEHUMANISE THEM."**

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