



We've cared for nearly  
470 000 beneficiaries  
456 projects | 39 countries | 6 continents



SEPTEMBER 2018



*"We are different. We move differently. We communicate differently. We see the world from a different perspective. Our day-to-day experience is so profoundly different that others do not just struggle to understand us, they struggle to understand what it is like to be us." – Cerebral Palsy Manifesto*



• COMMITMENT • EXCELLENCE • INNOVATION • INTEGRITY • TEAMWORK



## Letter from the editor

In 2018 we participated in Mandela Day for the eighth consecutive year.

Our initial project in 2011 was for the Rekopane Exclusive Development, a Johannesburg-based home for mentally disabled children. Such was the impact of this activity on employees that our involvement spread to 15 countries the following year and has continued to expand each year since.

Given our diverse geographic spread, we host Mandela Day activities throughout the year which ensures that our commitment to less fortunate citizens is not limited to one day a year but allows us to make a difference throughout the year.

We continue to demonstrate compassion and commitment to care for the sick, hungry, orphaned, neglected, abused, homeless, destitute, elderly, terminally ill and others. This action is aligned to the spirit of our people who, through heartfelt efforts, want to make a difference in a hurting world and #bethelegacy that Nelson Mandela called each of us to be.

Stephen Saad said, "No act of kindness is more important than another. A sales representative who decides to buy lunch for a homeless person and share in conversation while enjoying a meal together touches a life just as a team painting classrooms or preparing meals for the elderly would."

May we continue to be mindful of less fortunate people around us, reach out to them with kindness, compassion and care in any possible way and take #actionagainstopoverty not only on Mandela Day but every day.

Shauneen Beukes ■



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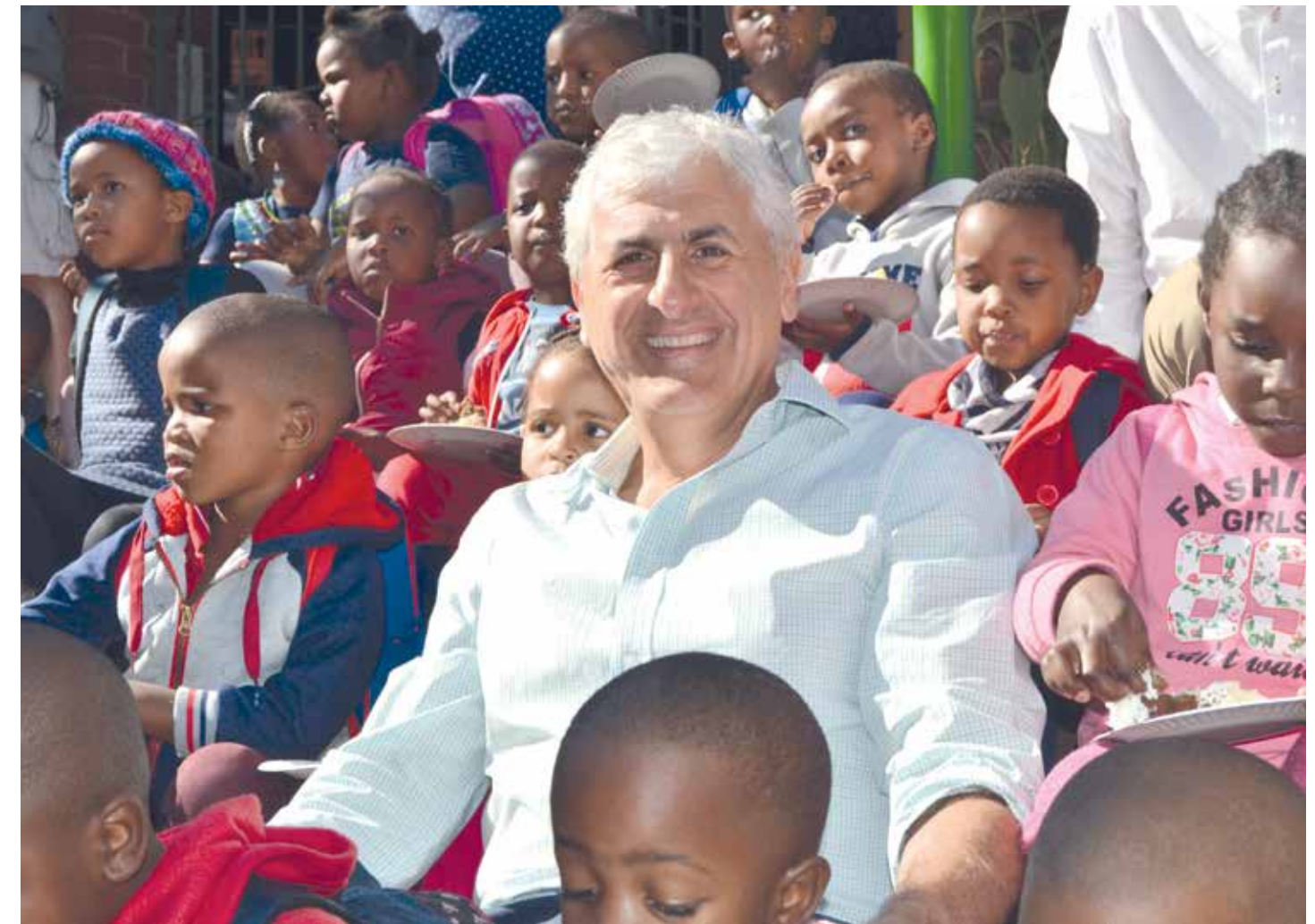
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# We care for those in need

Our pledge to care for vulnerable citizens dates back to the early 2000s when we first signaled our commitment to socio economic development (SED) through a number of SED initiatives, including the establishment of the Ngcobo Clinic in Transkei, which was officially opened by former President Nelson Mandela in April 2001.

Simultaneously, extensive work was being done by the Group to launch one of the world's first generic anti-retrovirals (ARVs) after having negotiated the right to produce and distribute these ARVs with various multinationals. We believed that we had a social obligation to care

for those afflicted with HIV/AIDS and our medicines continue to improve the lives of millions of patients affected by this disease.

We have remained true to our DNA of caring for others and have demonstrated an absolute resolve to this ethos by extending our efforts much further than the borders of South Africa. As the Group has expanded globally, so too have our activities to make a difference in the lives of less fortunate communities where we have an established business presence.

Our ongoing participation in Mandela Day speaks to employees' selfless dedication to others and we continue to use this as the primary platform for them to play a meaningful role in selected outreach initiatives. Through the generosity of our employees and their activities we are touching the lives of those who need it most irrespective of their age, nationality, race, religious belief, economic circumstances or lifestyle choices.

Preserving the environment for future generations has also received our attention through projects which have assisted in ensuring that future generations enjoy our shared but fragile natural resources. We have also undertaken activities aimed at the wellbeing of abandoned and neglected animals and those aiding handicapped or lonely folk.

While we are truly humbled knowing that over the past year we have helped to show kindness to nearly 200 000 beneficiaries in 39 countries through our Mandela Day campaign, the greatest joy is to acknowledge, with immense gratitude, that our employees have made this difference simply because they have a deep-seated desire to care for others and not out of a corporate obligation. This action confirms the essence of what we do and who we are – We Care!

Stephen Saad ■





ASPEN HOLDINGS



# Giving Masifundisane's children a caring boost



This year the Aspen Holdings' Mandela Day task team had the challenge of selecting a new beneficiary. After receiving numerous nominations it was agreed that Masifundisane Pre-Primary School in Durban North was in desperate need of assistance.

This school was established about 20 years ago to care for domestic workers' children. It has since evolved into a pre-primary school catering for 55 boys and girls from three to six years of age.

A very enthusiastic team from Aspen's head office set to work to improve the facilities for the children. The school yard was cleaned, a cycle track was repainted and hopscotch and chalkboard areas were introduced. Shade cloth was installed along the fence for privacy and security while a trampoline was added as an extra exercise option for the busy bodies who didn't want to play in the replenished and improved sand pit. A new carport was also built to provide extra shade for the children while they happily play outdoors.

Learners were treated to a delicious Nandos kiddies meal and they were delighted to each



receive a backpack containing a colouring book, crayons, lunch and juice box while the assistants and principal received care packs.

Festivities on the day concluded with a birthday cake being served to the very grateful young ones by Stephen Saad and Gus Attridge.

Commitment to Masifundisane will continue beyond Mandela Day with an intercom system being installed at the gate to provide additional security for the children.



ASPEN PHARMACARE

## Empowering students at Dulcie September Primary School

"Education is the most powerful weapon which you can use to change your world," former President Nelson Mandela.

This year Aspen Pharmacare dedicated its Mandela Day initiative to the Dulcie September Primary School, which is based in the underprivileged and resource constrained community of Rabie Ridge in Midrand. Students at the school were subjected to dilapidated, containerised classrooms, many without electricity or other teaching amenities and the ablution facilities in the school have virtually collapsed.

In a country such as South Africa, with significant pockets of unemployment, poverty and inequality, we believe that the best way to empower people and lift them out of poverty is through education. Dulcie September Primary School was selected for these reasons and Aspen's Johannesburg-based team dedicated a significant amount of time and effort to electrifying a number of classrooms, upgrading and restoring others, providing new teaching amenities and restoring the ablution facilities.

The excitement and moral boost for staff and scholars was culpable and will provide for better conditions for both teachers and scholars.





ASPEN PHARMACARE – PORT ELIZABETH

# Building a brighter future at Sinomonde

The Aspen team in Port Elizabeth continued its partnership with Sinomonde Educare Centre in Missionvale.

We were impressed with the progress made at Sinomonde since our last visit and wanted to further assist the centre achieve its objective of educating and preparing meals for approximately 112 children aged between six-months to seven-years-old in the crime ridden community.

Aspen's engineering team spent time refurbishing the building, painting the jungle gym and fixing the schools bathroom plumbing so that all children could have access to fully functioning toilets and wash basins.

Joy filled the school grounds when the enthusiastic Aspen team arrived to assist the engineering team and to handover the generous donations of educational toys, stationery and non-perishable goods, new outdoor signage and a container which will be used as an additional classroom.

"I would like to thank everyone at Aspen for their overwhelming support as this has opened many doors for Sinomonde. Since Aspen assisted us in 2016, the Department of Social Development came on board by providing much-needed grants for our children and the municipality is working on ways to assist us. We would not have achieved any of this if it wasn't for Aspen," expressed MamTshawe, owner of Sinomonde.



ASPEN GROUP OPERATIONS – EAST LONDON

# Safety and care for Mdantsane's children

Employees from the East London site gathered their gardening tools, buckets of paint, good intentions and rolled up their sleeves as they headed off to make a difference in the lives of God's Heart Desire Children's Home in Mdantsane.

The 22 abandoned, orphaned and HIV positive children accommodated at the Home had been sleeping in prefabricated rooms that could not be locked and which placed them at great risk. The team secured the Home, replaced the doors, painted the facility, repaired the floors and supplied new carpets and blankets for extra comfort. Educational material, books and school uniforms were also donated to provide an environment in which the young learners could thrive.

After cleaning and decorating their rooms, the children received gifts of school jerseys and shoes, while they enjoyed the Mandela Day party celebrations. Fedics supplied refreshments while Supercare donated cleaning material.



ASPEN NUTRITIONALS

# Caring for the elderly



Braving the chilly winter weather, some Aspen Nutritionals employees visited the Tembisa Society for the Care and Welfare of the Aged in honour of Mandela Day.

The facility is a NGO which was founded by the Tembisa community in 1975 to cater to the needs of around 150 to 250 disadvantaged elderly folks from the age of 60 to 85 years. These pensioners are cared for at least thrice a week. The centre depends heavily on donations, the goodwill of the local community and businesses in the surrounding area.

The outreach activities on the day included cleaning the facility, repairing faulty items and painting the property. The Aspen team also handed over steel tables for the dining hall, a gas stove, a gas heater, knitting wool and needles, as well as groceries and vegetables. Some employees assisted by cooking a meal while others started a garden where the elderly can exercise and spend quality time.

A sustainable vegetable garden was also created to supply fresh produce for the meals provided at the centre.





ASPEN NUTRITIONALS

# Enriching the community



Fine Chemicals Corporation (FCC) selected the Leaky Shack Foundation for its Mandela Day initiative.

The foundation is a community based project in Heideveld, an area which is at the heart of a community over-ridden with crime and substance abuse.

Leaky Shack Foundation strives to ease the pain of poverty through its daily feeding schemes, to empower the youth through active life skills programmes and to uplift women and the elderly in the community through motivational classes and inspirational sessions focusing on everyday challenges.

FCC committed funds to purchase critical supplies for the feeding scheme for three months, and for a gas stove and tank, stationery and rent to secure training venues. Donations of food and snack packs were also provided to feed over 250 community members.

"Overcoming poverty is not a not a gesture of charity, it is an act of justice." These are the wise words of Nelson Mandela and reiterate the importance of helping your fellow man. At FCC we strive to live out the company values which helped us make the day a success by taking into consideration that teamwork is required to work as a unit; integrity to prove that we are true to



our cause; innovation to show that we are able to find various ways to give back to the community; excellence by ensuring all interactions with the community were upheld to

a good standard; and the commitment that all FCC staff showed to the foundation.

BETA HEALTHCARE – UGANDA

# Supporting children's homes in Uganda



The Beta Healthcare team in Uganda supported two beneficiaries for Mandela Day.

Sanyu Babies Home looks after the needs of 54 children from newborn to five years of age, while Nsambya Baby's Home currently cares for 23 children.

Both of these beneficiaries were grateful for Beta's donations of food and household items.



BETA HEALTHCARE – KENYA

# Improving Amara's facilities in Kenya



Beta Healthcare supported the Kanaani Primary School in Athi River, Machakos County.

A team of 15 Beta employees, working with Amara Trust, painted classrooms at this school which provides educational facilities to over 800 students.

Donations of dried provisions including beans, maize and rice were also made to the school.



SHELYS – TANZANIA

# Employees' donations are accepted with gratitude



Employees from Tanzanian-based Shelys reached out to two beneficiaries for Mandela Day.

The first to benefit was Chakuwama Centre, a home that cares for orphans and street children, as well as physically and mentally challenged children. Chakuwama was established in 1998 with only five children but currently accommodates 64 children under the age of 18.

The Besthaida Secondary School, which caters for young orphaned girls aged between 14 and 20 years, was the second beneficiary. It was established in 2004 and currently has 119 students who are provided with meals, shelter, education and medical care.

Shelys' employees generously donated food, clothing and toiletries to both beneficiaries and joined students from Besthaida in playing friendly games of football, netball and challenging one another on the athletics track. The students thoroughly enjoyed themselves with the winners of the various activities receiving prizes that included sporting equipment such as footballs and netballs.





ASPEN NIGERIA

# Focusing on infant nutrition

The team from Aspen Nigeria celebrated Mandela Day at Amuwo Odofin Maternity Child Centre Feastac in Lagos.

A range of donations were made to the centre, including towels for the babies as well as refreshments for the nearly 130 mothers with their babies. In addition, a supply of Infacare nutritional formula was gifted to the hospital.

Mothers who were at the centre also enjoyed an address on the importance of optimal infant nutrition and healthcare.



KAMA INDUSTRIES – GHANA

# Donations for children with deformities

The staff from Kama Industries visited the Orthopaedic Training Centre (OTC) in Nsawam-Adoagyire in the Eastern Region of Ghana.

The institution is run and managed by the Catholic Church, provides a home that mainly treats children born with deformities or who have undergone various forms of amputation. It also has an orthopaedic clinic and workshop, where the centre manufactures orthopaedic appliances to meet each patient's needs.

The Kama team presented the residents with donations and other useful provisions.



ASPEN GLOBAL



# Chase your dreams

This year Aspen Global celebrated Mandela Day with the NGO Oasis de Paix, which teaches children from challenging socio-economic backgrounds vocational skills.

The team was treated to a wonderful performance of Mandela inspired songs and dances. It was such a joy to see these young people using their talents on stage and at work and we were impressed by their diligence and passion. The happy atmosphere at Oasis de Paix is a tribute to the dedication of its staff.



We were humbled to contribute to helping this association by revamping its

playgrounds, installing outdoor furniture, enhancing its football pitch and providing each child with a pair of shoes.





ASPEN BAD OLDESLOE

# Reaching out to children and Station Mission guests



The team at German-based Aspen Bad Oldesloe selected two beneficiaries for their 2018 Mandela Day activities.

The Kindergarten Glindenberg in Bad Segeberg and the Railway Mission in Lübeck were proposed as worthy beneficiaries by Arne Mroß and Stefan Wächtler respectively.

At the beginning of July, the first activity commenced with a fence erected at the Kindergarten Glindenberg.

The kindergarten, which cares for approximately 90 children, has an expansive play area which was previously unenclosed, unsafe and unhygienic due to stray animals roaming into this space.

A five-man team comprising Sven Hansen, Alexander Kleyer, Arne Mroß, Mario Sievers and Jarle Wolff, who have loyally supported Mandela Day over several years with their craftsmanship, enthusiastically took care of the task at hand and fenced in the play area to



the immense gratitude of the Kindergarten management and the children.

Stefan Wächtler, production planner in the liquids team, had noticed the aging guest room at the Station Mission at Lübeck's main station and he proposed that it be renovated for the

150 to 200 people who seek shelter there daily.

During planning discussions, Mara Merckens, head of the Station Mission said, "We would be very happy to receive support, because our lounge was last painted 10 years ago, and is showing clear signs of wear. A new colour could give back the room its lustre, which is very necessary for the people who are our guests."

During an inspection of the facility, it also became apparent that ventilation and air conditioning was required for the room – particularly for the hot summer months.

A new air conditioner was duly ordered and handed over on the same day that the team set to work repairing, painting and restoring the Station Mission.

Ms Merckens thanked Aspen and said, "Today is the 100th birthday of Nelson Mandela, a man from whom all people could learn. Thank you for your commitment to the memory of this extraordinary person, to our guests at the Station Mission and to our employees who serve them."

ASPEN GREECE

# Celebrating life with mentally disabled teenagers



The Sikiarideio Institute, a school for disadvantaged teenagers who are mentally disabled, were supported by Aspen Greece.

The school supports skills development as well as socialisation adaptation for about 100 teenagers and adults. Numerous workshops are hosted for the learners such as making ceramics and candles, wedding and baptism invitations, baking, carpentry and greenhouse gardening. The team of 14 employees assisted the staff during the workshop sessions and hosted two activities that included flag painting and traditional dancing. They also donated books for the library and electronic equipment for the classrooms.

The fun day was concluded with a wonderful lunch that was shared with members of the South African Embassy who joined in the festivities.

ASPEN NOTRE DAME DE BONDEVILLE

# Selling flowers, wrapping gifts and raising funds for those in need



Aspen's team from Notre Dame de Bondeville traditionally host Mandela Day initiatives throughout the year, given that July falls within their summer month vacation period.

Over the 2017 festive season teams of employees wrapped gifts for donations to raise funds for numerous beneficiaries. These included:

- Association des paralysés de France that assists handicapped people;
- Restos du Cœur which helps destitute citizens in Normandy who need food and clothing;
- L'oiseau Bleu, an association that provides scholarships to parents with autistic children; and
- Rires d'enfants that was established in 1992 to support children and parents during stressful periods of hospitalisation.

UNICEF was another beneficiary of this French-based team and support was provided through the sale of UNICEF objects to benefit children's rights and also to raise funds for hospitalised children who are supported by Les Blouses Roses.

Ligue contre le cancer, an association created in 1912 to drive various activities from prevention action to effective support dedicated to people impacted by cancer, also benefited from sponsorships, vouchers and a Christmas raffle that was arranged by employees.

In January Aspen volunteers sold flowers to raise funds for the Lions Club in Rouen to benefit less fortunate and destitute citizens in the area.

They again supported the Lions Club in April by selling tulips to funds for cancer and to contribute towards equipment required at the Rouen hospital.

Members of the HR team provided coaching support for professional reintegration to some unemployed citizens through CREPI, an association that helps the jobless to secure employment.





## ASPEN OSS – THE NETHERLANDS



# Cleaning the Food Bank and a bootcamp with the elderly

The first week of July was filled with Mandela Day activities at Aspen Oss in the Netherlands. Around 50 Aspen volunteers worked at the Food Bank and at De Wellen home for elderly.



The team thoroughly cleaned the Food Bank, where about 180 families collect weekly food packages. Storage areas were emptied, the floor was polished and the refrigerator was cleaned. In addition, food and cleaning supplies were repacked in smaller quantities, ready for the weekly food package distribution. Geert van Orsouw, IT System Administrator IT, was impressed by the work of the Food Bank and said, "It is distressing to hear what poverty does to people and especially to children. It's nice to contribute to the good work of the Food Bank."

A second, unique project took place at De Wellen home for the elderly where 20 Aspen employees exercised together with the residents. An active bootcamp was hosted with the elderly with coaching and joint training provided by the Aspen team. Push-ups were done, weights lifted and an alternative jeu de boules played. The afternoon ended with delicious Italian ice cream. Lenie van Breda, Project Manager at De Wellen was very grateful and said, "I saw people who are at times a bit sad, but today they all smiled. Thank you, Aspen!"

Through these two meaningful activities Aspen has contributed to the happiness of others and has simultaneously strengthened the bond among colleagues who participated in the initiatives.



## ASPEN IRELAND

# Serving Dublin in the kitchen, gardens and along the canals



From 7 June to 5 July employees in Dublin travelled to various charities to lend a hand in honour of Mandela Day. These beneficiaries included ARC Cancer Support, The National Rehabilitation Hospital (NRH), The Lighthouse Drop-in Centre and The Dublin Canal Clean-Up.



The first group spent the day cleaning Dublin's canals which are one of the most iconic and beautiful features of the city, but which have become littered and unsightly due to neglect and abuse. The team pulled dozens of kilos of waste out of the waterway and helped to restore the canal to its original beauty.

Two groups of employees took part in volunteering with the Lighthouse. The first group went to a disadvantaged area in Dublin's city to clean up a common area and a children's playground of broken glass and other dangerous materials. The team made the area safe for adults and children, following which they hosted a BBQ for all the community members.

The second group helped with the Lighthouse kitchen service that provides lunch to the homeless and less fortunate in Dublin's City centre. They cooked, cleaned and chatted their way through the day. The team spent time with



those who have benefited from this service, and some shared their often heart-breaking stories of how they ended up living on the streets of Dublin. The day was a testing one, but the team left feeling fulfilled having dedicated their time and energy to a charity with massive and positive impact.

Those who went to the National Rehabilitation Hospital (NRH) were tasked in taming its overgrown garden and transforming it back to its original glory. The NRH is a publicly funded voluntary-led rehabilitation hospital that caters for adult and paediatric patients on an inpatient and outpatient basis.

The final event was to ARC Cancer Support, a centre

providing a range of free services for those who are affected by cancer. Some of the services include counselling, physiotherapy and Indian head massage. The Aspen team also reshaped its overgrown garden and took part in the notorious lemon challenge!

Mandela Day was rounded off by each of the five teams presenting their experience through a short video to their peers and how sharing their efforts impacted their chosen beneficiary. Everyone was so humbled by their contribution, yet equally proud of their achievement. The spirit and energy it brought to Aspen Ireland will not be forgotten soon.





ASPEN GERMANY

# Caring, gardening and renovating In Munich

More than 30 Aspen volunteers participated in three projects focusing on providing a welcoming environment for people with traumatised experiences or with mental health problems.



## Working alongside mentally ill patients

Caritas Day Care Centre in Munich is a facility for 42 mentally ill patients. These residents are able to assist with tasks such as cooking and gardening and they are offered breakfast and lunch, as well as music and painting therapy.

A group of 11 Aspen volunteers were joined by some very keen residents who assisted them to paint the cafeteria, kitchen, office and the entrance in order to create a pleasant and comfortable environment.

The experience of working alongside the residents was very positive and employees who had recently joined Aspen thoroughly enjoyed the day by simply giving back to the community.

The event concluded with a barbecue in the garden and engaging discussions with the residents and staff. The team agreed that it felt good to be able to make a Mandela Day difference at Caritas!

## Improving conditions for traumatised girls

Mädchenheim Gauting, a youth welfare institution for traumatised girls, was Aspen Germany's second beneficiary. As one of only two such facilities in Germany, there is a long waiting list for admission with as many as 250 applications received annually for acceptance at this home.

The facility accommodates some 60 girls who have all experienced severe forms of abuse, sexual assault, neglect and other traumas and who are accepted based on the outcomes of comprehensive psychological evaluations. The girls, who are aged 13 to 18, are cared for through eight intensive therapeutic group programmes.

An in-house school was established at the facility more than 30 years ago with a curriculum that is tailored to the needs of the teenagers. On average, a resident remains at



Mädchenheim for approximately two years.

A team of 10 motivated employees, including members of the sales team who were in Munich for a conference at the time, visited Mädchenheim to attend to some of their needs. As a pleasant, peaceful environment is an important aspect of the healing process, the Aspen team carried out numerous improvements that included painting the bedrooms as well as extensive work in the expansive gardens such as weeding, trimming the hedges and clearing up debris.

One of the Aspen volunteers said, "It was important to show the girls, that we, as Aspen, do care and take our social responsibility seriously by supporting projects like this. We hope that, through this example, we inspired some of them to give back in their own way later on in their lives."



## Caring for Alveni's refugees

The Alveni (Welcome) refugee station received much needed support from the Aspen Germany team.

The majority of the severely traumatised 35 male refugees accommodated at Alveni are aged 16 to 21 and are unaccompanied minors from Afghanistan and northern Africa.

Not deterred by the scorching heat, the compassionate Aspen volunteers painted the two garden houses, weeded and planted flowers and shrubs, cut the hedges and meadows, replaced plants in the herb garden and thoroughly cleaned two terraces.

They had two young boys from Alveni to keep them company for the day and this gave them a rare insight into the life of a refugee and the extreme conditions that they have had to endure.

In addition to receiving a wholesome lunch prepared by Alveni's employees, the team concluded the day with coffee and freshly baked cake. They took advantage of the social opportunity to learn more about the home, the residents and the circumstances that have forced them to seek refuge there.

The overriding sentiment from the team was that their actions proved how strong the Aspen community is and they committed to conducting more projects for Mandela Day in 2019.





ASPEN ITALY



# Food redistribution in Italy

For the fourth consecutive year Aspen Italy collaborated with Banco Alimentare, a non-profit organisation, dedicated to collecting and distributing surplus food to the needy.



The Aspen team participated in preparing food for redistribution thereby contributing to feeding more than two million poor people across Italy who Banco Alimentare feed on an ongoing basis.

Banco Alimentare has an innovative way of working with profit and non-profit (NPO) organisations through its triple bottom-line approach that has economic, social, environmental and cultural benefits, including:

- Social benefits: surplus foods donated to the poor;
- Economic benefits: reduced cost of food stocks and wastage;
- Environmental and Cultural benefits: encouraging the nation to avoid wasting food and to respect the environment.

Aspen Italy's employees agree that participation in this programme reminds them of the fortunate position that they are in while they help to feed less fortunate, hungry communities.



ASPEN ESPAÑA

# Spanish team's commitment and collaboration

The newly formed team at Aspen España in Barcelona has been collaborating closely with a number of beneficiaries as they strive to #bethelegacy and #inspirechange.



The Cares Foundation is a non-profit organisation that helps to integrate individuals with physical, mental or sensory disabilities into the work force. Under the guidance of the foundation these individuals take care of storing, preparing and sending out Aspen's promotional material to a pre-defined database.

In a similar fashion, all bottled water used at Aspen Espana's offices for external meetings is bought from the Auara Foundation. This NPO creates development projects in regions where access to drinking water is a problem.

The team has collaborated with Food Bank and is actively supporting its 'Hunger is not going on holiday' campaign. Employees collected 712 kg of food and this was further complemented by generous donations from suppliers.

The social media campaign conducted by employees was seen on LinkedIn, Twitter, and local health news websites, and helped to boost

our initiative and make it a success. The South African Embassy in Spain arranged the second Nelson Mandela Race in Madrid, which Aspen supported through sponsorship. This participation endorses the sentiment of Nelson Mandela who said, "Sport has the power to change the world, it has the power to inspire, it has the power to unite people in the way that few things do, it speaks to young people in a language they understand, creates hope where there was only despair, it is more powerful than the government in terms of breaking racial barriers".

Miriam Rodríguez, Aspen España Country Manager, presented some of the prizes to runners, together with His Excellency Ambassador Lulama Smuts Nkonyama.





ASPEN UNITED KINGDOM



# Cooking for the local community

On a rather warm evening in June, when England were playing a crucial match against Belgium in the World Cup, the Aspen UK team was preparing for a different kind of challenge – working with a charity called Foodshare, located near the new Aspen UK office in Maidenhead.



Foodshare organises many projects to help the local community, including food banks, supplying essentials such as toiletries and cleaning products and a service called Open Kitchen, which provides hot meals to those who need it most.

Open Kitchen has become an essential service to many local people who are homeless, vulnerable, on low income or lonely elderly people who like the atmosphere and being part of the community.

Working with the Open Kitchen coordinators, the Aspen UK team developed a nutritious menu which included soup, roast chicken with vegetables, choice of pudding and fresh fruit to take away. Around 30 meals were served in the community hall of a local church, with tables set up to look like a restaurant.

The Aspen team was divided into a kitchen team and a serving team. The serving team enjoyed chatting with guests, many of which were football



fans so there was much speculation about the outcome of the games.

The guests enjoyed the food and were keen to know when Aspen would return to cook again. The Open Kitchen team was also very happy to see Aspen volunteers working well together to deliver a high-quality meal, while its regular volunteers benefited from a welcome night off from their duties.

Nick Scott, General Manager, Aspen UK said: "Mandela Day represents a great opportunity to build closer links with the local community in Maidenhead, where our UK office is now based. I was proud to see the team come together to make and serve a memorable meal to those in need".

ASPEN HUNGARY

# Adoption facility built for abandoned animals



Vigyél Haza Alapítvány is an animal shelter that treats sick dogs and also places them in homes where they will be loved.

As they are a volunteer organisation, they have little resources and were in need of a structure from which they could work practically, particularly in terms of facilitating adoption of the animals.

A group of 10 Aspen employees decided to build a small structure at the shelter. Not having much construction experience, their morning started off slowly, but through resilience and perseverance, by the end of the day the house was complete.

It was with great satisfaction that the team was able to stand back after a summer's day of hard work and marvel at what they had achieved together. More importantly though, was their pleasure at having made a difference for those who will benefit the most from the facility – the animals.





ASPEN ROMANIA

# Creating memories with maltreated children



The Aspen Romania team chose to bring happiness into the lives of less fortunate children at Braila Emergency Placement Centre. This facility cares for 18 maltreated children aged from four to 16 years.

As the centre does not have the resources to attend to the playground and spent the day painting walls and fences, assembling garden furniture, planting grass and playing with the children, who eagerly welcomed the visitors.

It was an incredible opportunity to work alongside the centre employees, the children and other volunteers, and the team left with smiles on their faces and filled with wonderful, lasting Mandela Day memories that they made with the children.



ASPEN API

# American colleagues help to feed children and build a home



Aspen's API employees took part in two initiatives for Mandela Day.

The team from Des Plaines in Illinois assisted Feed My Starving Children (FMSC) by packing 116 boxes of food. This contribution constitutes 25 056 meals that will feed 65 children for a year. The food is destined for Nicaragua.

FMSC is a Christian non-profit organisation that provides nutritionally complete meals specifically formulated for malnourished children.

Sioux City employees volunteered to work on the construction of a home through Habitat for Humanity to benefit a less fortunate family.

Habitat for Humanity is a global non-profit housing organisation working in local communities across all 50 states in the USA and in approximately 70 countries.

Only five volunteers could be accommodated on the site and those involved agreed that their contribution toward building the home for a family that they do not even know was truly rewarding and left them with a valuable sense of accomplishment by making a difference for others.



ASPEN INDIA

# Mythri's monthly gifts from generous employees



For the third consecutive year, Alphamed\* supported the Mythri Home, an orphanage in Hyderabad.

Employees contribute towards the educational and basic living expenses of the 75 orphans by means of voluntary monthly salary deductions, and this practice will continue for the year ahead.

A few volunteers also visited Mythri on Mandela Day and handed over gifts of fire extinguishers and a rice cooker that they need at the home.

\*Alphamed Formulations Pvt. Ltd. India is a wholly owned subsidiary of Aspen Pharmacare Holdings Ltd.





## ASPEN CZECH REPUBLIC



# Caring for dogs who care for the disabled



By caring for dogs, the  
team in the Czech  
Republic are also helping  
to care for people with  
disabilities.

The HELPPES organisation,  
established in 2001, strives to  
integrate people with disabilities back  
into society, to assist them to engage  
in education or to be able to work, to  
increase independency and self-  
sufficiency, self-confidence freedom  
and security – all through specially  
trained dogs.

The caring Aspen team helped to  
improve the environment for the dogs.  
Various needs were addressed  
including donations of dog food,  
cleaning and sanitising the area where  
the dogs are kept, as well as their  
training grounds, and attending to  
routine garden maintenance. To date  
nearly 230 dogs have been trained to  
ease the discomfort of their  
handicapped owners.

In addition, they were also fortunate  
to spend some fun time with the only  
guide pony in Europe!



## ASPEN SLOVAKIA

# Performing little miracles for little persons



Aspen Slovakia's team of volunteers,  
comprising Milan, Denisa, Silvia, Radka,  
Marcela and Janka, decided to improve  
the children's playrooms and the  
bedroom at the Kindergarten in Dvorany  
nad Nitrou.

This kindergarten, which was founded in 1980 and was  
established from the former primary school, accommodates  
children aged from three to six years.

The team did extensive cleaning at the kindergarten and  
also built a kitchenette, painted the rooms, fitted a carpet and  
attended to routine maintenance. Their passionate approach  
to make a positive contribution to the little children has  
already spurred them on to participate in the programme  
again in 2019 and to be part of a team that performs little  
miracles for less fortunate communities.



## ASPEN SLOVENIA

# Making a difference for people with cerebral palsy



*"We are different. We move differently.  
We communicate differently. We see  
the world from a different perspective.  
Our day-to-day experience is so  
profoundly different that others do not  
just struggle to understand us, they  
struggle to understand what it is like to  
be us" – Cerebral Palsy Manifesto.*

Aspen Slovenia supported the medical therapeutic colony for children and adolescents  
with cerebral palsy at Debeli Rtič. It aims to encourage the emancipation of children, assist  
with their development and working in groups, recreation and different therapies.

Three Aspen employees from Aspen Slovenia demonstrated incredible care by hosting a  
wonderful day for these children and adolescents with special needs. They were spoilt with  
pancakes and enjoyed swimming together. Through this experience, Tina, Kristina and Tina  
were reminded that we all share a similar need for inclusion, acceptance and appreciation.  
Through small steps, they hope to continue to make a difference for people living with  
cerebral palsy.





ASPEN POLAND

# Developmental stimulation for handicapped, challenged and ill children



## Warsaw region



Ośrodek Wczesnej Interwencji, an Early Intervention Centre in Warsaw, offers complex diagnosis, specialised family counselling services and individual therapy by expert psychologists, physiotherapists, logopaedians and educators for children experiencing delayed or irregular development such as speech defects, or who are mentally handicapped.

Some 1 800 children were treated at the centre during 2017, of which 600 use permanent therapy every week. These young patients, who are under the age of seven years, also use the sensory garden at the centre for various forms of stimulation.

The Aspen Poland team enhanced this facility by refreshing the sensory path and they also created a phonic structure from pipes. In addition, they replaced the sensory fence, build a new swing and created a colorful installation that stimulates sight, touch and hearing.



**Region 1** A team of seven employees from this region supported the Dom Dziecka Orphanage by taking 21 children and their teacher to the Wroclaw Zoo and provided them with a delicious lunch.

## Region 2

Anielisko, a place where angels meet, located in Lodz, serves as an orphanage and a safe home for 12 children who are experiencing a difficult family environment.

Seven colleagues from the Lodz region spent the day with the children at the Anielisko Community centre where they played games and entertained them with an interactive drumming session. They also donated a much-needed couch to the centre.

The team was overwhelmed by the gratitude of the children who desire little more in life than a place of safety, some love and attention and the opportunity to feel wanted and appreciated. Their response of joy to the day of fun was priceless.



## Region 3

The Stowarzyszenie Youth Centre in Chrobrego cares for the needs of about 50 boys and girls aged 10 to 15 years. The team from this region spent a day of fun with the children who decorated their own t-shirts, played games and enjoyed being entertained in the gardens of the centre.



## Region 4

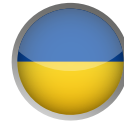
Podkarpackie Hospice for Children Foundation in Rzeszów was the first Polish facility of its kind established exclusively to provide care for children with cancer and other incurable and progressive illnesses.

The number of youngest patients receiving hospice care is growing annually due to the increased awareness about the benefits of palliative care. Approximately 50 children aged three to 18 are cared for at the hospice. The team from Aspen Poland's Region 4 supported the children by purchasing swings for the playgrounds in addition to painting and repairing the existing equipment that is available to them to enjoy outdoors.



ASPEN UKRAINE

# Focusing on Ukraine's children



The Ukrainian team supported five organisations in four regions of Ukraine including Kyiv, Lviv, Odessa and Kharkiv.

## Kyiv Office

### Being creative with Cheburashka's children.

The Kyiv office-based team dedicated Mandela Day to children who need special attention and care at the Cheburashka orphanage in Rokytno. Founded in 1995, Cheburashka looks after 21 children from four to 17 years of age.

The team was joined by members of the South African Embassy and they spent time explaining the origin of Mandela Day to the children who thrive on creative interactions such as drawing, singing, dancing and writing poetry.

Together they made colourful bracelets from 67 beads symbolising the time that Madiba spent fighting for human rights and also decorated their jewellery boxes using the gifts of colouring pencils, paints, markers, drawing books and stationery that they had received. Their gift bags also contained hygiene products, toiletries and household goods required on a daily basis.

After the creative session, the children enjoyed spending time in the garden playing games and feasting on hot dogs.



## Kyiv – Centre Region

### Adding colour to the lives of young patients.

Employees from the Central Region visited the Ohmatdyt National Children's Specialised Hospital, a multi-profile diagnostic and medical institution that provides specialised, highly-qualified medical care to children.

Many of these patients have serious chronic diseases and spend a significant part of their young lives in hospital. The Aspen team brought so much joy to their gloomy day by spending time with them doing what children love most – having fun! They created colourful drawings together and shared in laughter and interesting stories before being taken back to their wards for medical treatment.



## Odessa – South-East Region



### Making sculptures with children who have blood diseases.

Members of Aspen Ukraine's South-Eastern team visited the Regional Centre of Oncohematology for Children in Odessa.

This centre provides medical treatment for children who suffer from various types of blood diseases including cancer. Many of the children have been abandoned by their parents due to their medical diagnosis and they now permanently live at the centre.

In addition to struggling to cope with the diseases inflicted on them, the children's secondary challenge is fighting off loneliness and a sense of abandonment. Simply having the company of someone who cares and shows them some love is a great joy to these young people. They were extremely happy to spend time with the Aspen team and they thoroughly enjoyed drawing with them and also making sculptures, while being doted on by Aspen's caring employees.



## Improving facilities at Kharkiv

### As part of a secondary Mandela Day initiative, the South-Eastern team also attended to improvements at the Kharkiv Institute of Urology.

Kharkiv is the biggest hospital in the eastern part of the country, specialising in haemodialysis and other renal diseases.

Many of the facilities at the institution are dilapidated and in need of repairs and maintenance. The team spent their day cleaning the yard, tidying the flower beds and painting the benches in the hope that these small gestures will bring some joy to the patients who are being treated at the hospital.



## Lviv – West Region

### Spending quality time with young orphans.

The Lviv City Children's Preschool Orphanage #1 was very grateful to receive a visit from the Aspen team from the Western Region.

This orphanage was founded in 1947 after World War II. More than 70 years later it is still caring for children, with 63 currently knowing it to be their home.

These children thrive on any quality time and love that can be lavished on them, so naturally they delighted in the team's visit as well as the fun that they had while playing games and drawing together using the gifts that had brought for them.





ASPEN RUSSIA

# Caring across Russia



Nearly 110 employees across Russia embraced the 2018 Mandela Day programme and conducted a range of activities for those who are less fortunate.



## Moscow Region

### Caring for Ivanteyevka's orphans.

The South African Embassy in Russia accepted Aspen's invitation to visit the Ivanteyevka Orphanage located about 35km from Moscow.

This child development centre accommodates 15 abandoned and orphaned children and tries to provide an environment for them where they can be prepared for independence at a municipal children's home or for placement with a family. They also address appropriate school readiness, learning programmes, hygiene and general healthcare.

The team of 15 Aspen volunteers spent the day attending to various needs at the centre. The basement was cleared out, racks were mounted and supplies were neatly repacked. Shelving was also replaced in the kitchen while a drawing class and soap-making session was hosted with the children.

After a very busy day, the Aspen team, embassy delegates and staff had a wonderful picnic in the garden and enjoyed playing football with the children.



### Making improvements at Luberetsky.

The Luberetsky specialised children's home in Moscow takes care of the needs of some 100 children who are afflicted with central nervous system or serious mental disorders.

The very enthusiastic and highly energetic team of volunteers took care of major maintenance needs at the home. They cleared the gardens, planted flower beds, painted gazebos and the fence, and also installed a sandbox to provide a neat, colourful and stimulating environment for the children to thrive in.

Gift packs were made up for the young residents and these were filled with stationery, books, paints, colouring-in supplies and hygiene goodies, while separate packs of diapers, soft toys and toiletries were supplied for the babies.



## North West Region

### Spreading the Mandela Day spirit of caring.

The Spb GKUZ Specialised children's home in the Frunzensky is a psycho-neurological state public health institution that cares for 110 children and provides restorative treatment and psychological-pedagogical rehabilitation.

Aspen has previously partnered with this beneficiary and on this occasion, employee's children joined the activities and contributed to bringing some joy to the patients.

Outdoor rehabilitation is an important component of the treatment at this home, and so it was apt that the playground equipment was thoroughly cleaned and painted in bright, cheerful colours. This small act of kindness made a positive contribution to the patients who happily helped to improve their environment while making some new friends at the same time.

### Various independent acts of random kindness (ARK) were also carried out by employees.

Eric Shabdanbekov hosted a drawing competition for the young patients at the Pulmonology Centre of the Children's Republican Hospital in Parkovaya. These four to six-year-old children had a wonderful time and enjoyed all the attention that was also lavished on them by Shorokhova Olga Gennadievna.



Irinia Galaktionova visited the Mickey Mouse children's centre in Vologda, Novgorod where she entertained the children with games, fun and some special treats.



Elena Fedorova once again returned to the Murmansk animal shelter as her 67-minute contribution, where she helped the staff to clean the facility and handed over a very generous donation of pet food that was gratefully accepted to feed the 100 dogs and 50 cats.



Aspen's Yurpalov Nikolay, together with the team from the Dr Nesterova OV Clinic, arranged for free consultations for pets at various animal shelters.

Caring for the environment is important to Igor Nikitin who headed to the beach and spent 67 minutes cleaning the coastal strip of the city beach in Arkhangelsk from garbage and broken bottles, rendering this area safe for children to enjoy the sand between their toes on hot summer days.





ASPEN RUSSIA

# Caring across Russia (continued)



## Siberian Region

### Giving back to war veterans and homeless animals.

Employees in Siberia participated in three activities for Mandela Day.

A team of four volunteers that included Ivan Neverov, Alexandra Ponka, Galina Mayurova and Tatiana Starikova decided to landscape the gardens at the Krasnoyarsk Regional Hospital for War Veterans.

Their hard work included planting colourful flowers and shrubs, tending to overgrown areas and weeding the gardens, which they achieved with the help of additional Aspen employees from Krasnoyarsk.



### The Omsk Animal Shelter focuses on the socialisation and placement of stray dogs.

Many of the dogs cared for at the shelter are afraid of people and do not want to leave their enclosure.

As such, part of the socialisation process includes training the dogs to wear a collar, to walk on a leash, not to fear their new owners and to remain passive in the company of other dogs.

The dogs are taken special care of by the resident vet who also ensures that they are active, happy and that the shelter is clean. Ekaterina Koloshnicina and Olga Korzhel supported the shelter with donations of food, but most importantly, they spent the day assisting in caring for the animals, feeding them and playing with them.



### The Laska animal shelter cares for approximately 250 dogs and 50 cats and are dependent on support from the public.

Aspen's Ekaterina Romadina and Irina Vasilyeva visited the shelter and made a worthy contribution by painting the cages where the cats are kept.



## Volga Region

### For the children, with love.

The Special Needs Boarding School No 11 is home to 97 orphans. Children without parents face extreme problems in their childhood and these problems are exacerbated where a child also has health problems.

The Aspen team from Kazan chose to re-equip the sensory room that is used to improve emotional and physical wellbeing, and which in turn reduces fatigue and depression, enhances self-confidence and communication skills and assists with socialisation. The children were delighted to experience the benefits of the fibre optic light sources as well as the air and bubble columns that were installed in this room.



Various acts of random kindness were also initiated by mobile employees. These included donations of hygiene products, toys and toiletries to patients in the palliative department of the Children City Hospital No 17, feeding animals at a shelter in Saratov and cleaning lonely pensioners' apartments before accompanying them to do their shopping.

Maryana Kulikova and Oxana Romanava, who are based in Nizhniy Novgorod, learnt about the Children without Mother's fund and donated baby products such as diapers, soap and other toiletries to this worthy cause.

In Saratov, Ekaterina Kochetkova and Shorina Nadezhda came to the assistance of Labinskiy Gennadiy who had broken his hip and was unable to take his dog to the vet. This Aspen-duo took care of the pet's needs at the local animal shelter and also ensured that he had a plentiful supply of food and regular exercise.



Natalia Tupikina, Anna Sidorova and Anna Kupitch showed their passion for others by visiting orphans in Samara. They donated gifts of stationery and spent precious time with these little ones who crave comfort and love.

*Russian writer, Lev Tolstoy said, "You should do good to believe in it", and this is precisely what the employees in the Volga Region have experienced.*



## South Region

### Time of Hope in Rostov.

The team from Rostov hosted a special day titled "Time of Hope" for children with disabilities and chronic diseases undergoing medical examination and rehabilitation at the Rozhdestvensky Children's Home.

These little ones had a wonderful time participating in a drawing contest, entertaining and educational games, a vocal and dance ensemble, as well as a disco.

The rehabilitation centre staff and patients were also grateful to receive an air conditioner which was installed for their comfort.

Their greatest joy, however, was the love and companionship showered over the children who face such extreme daily difficulties.





ASPEN RUSSIA

# Caring across Russia (continued)



## Far East Region

### A fun day with chemistry and dancing.

The South African Consulate in Valdivostok took hands with Aspen employees in this region and enjoyed a day of festivities with children facing complex and difficult situations at the Parus Nedezhdy Rehabilitation centre.

The children hosted a surprise greeting for their visitors with exhibitions of traditional Russian dancing and both they and the adults were mesmerised by the effects of colourful chemistry that was provided by an entertainer.

South African Consul Yuriy Sivachenko expressed his appreciation to Parus Nedezhdy and Aspen for their contribution to Mandela Day, following which each child joyfully received gifts of sporting goods, toys, stationery and sweets.



## Ural Region

### Horrific conditions at TB clinic sadden and mobilise Aspen employees.

This year, the team from Yekaterinburg agreed on the importance of supporting a children's institution that really needs help. There were numerous very worthy state-run beneficiaries, but the SBP Children's Tuberculosis Clinic #2 was identified to be in greatest need.

The entrance to this facility paints a sad picture, while the treatment room is hardly a haven of hope for a healthy future. Children live and received treatment in appalling conditions, which motivated the Aspen volunteers to step up and make a substantial difference.

The 72 children at this facility, which can only accommodate 60, are all being treated for various forms of tuberculosis. The majority come from very under-privileged homes, some have been removed from their family by the state, while others have parents who are serving a prison sentence.

There is a grave shortage of beds, basic sanitation and healthcare where three nebulisers were being used for up to 120 inhalation treatments daily.

The Aspen team donated much needed equipment that included infrared air irradiators, electric sterilisers and nebulisers to aid in the recovery of the young patients. A fundraising campaign has also been held and sufficient money was raised to install a few toilets for the children.

Not satisfied by their contribution and highly traumatised by the conditions at the clinic, the Aspen volunteers also secured sponsorship from the Zhivika pharmacy network for medication, while a local construction company agreed to repair the roof and improve the general condition of this facility in the near future.

Visiting this clinic was a sad experience, but being a patient and living here takes extreme bravery and rings true to Nelson Mandela's words, "A brave person is not one who does not feel fear, but one who fights with it."



ASPEN HEALTHCARE

# Filling the Sharing Fridges

As part of the Ramadan spirit, Aspen HealthCare had the chance to make a difference by taking part in the "Sharing Fridges" initiative, licensed under the patronage of the Emirates Red Crescent.

The initiative began in 2016 with the formation of a Facebook group encouraging people to set up fridges outside their homes and businesses. Today, it has more than 28 000 volunteers who are keeping around 170 fridges stocked throughout the holy month. The movement serves the less fortunate community workers and labourers with free food and drinks during Ramadan.

During four days, five cross-functional teams from the Dubai office, our very own "Fridge Fairies", filled up fridges with free food and drinks that anyone in need could help themselves to.

Thanks to their efforts and enthusiasm, more than 120 meals have been successfully distributed across Dubai!



# Serving Dubai's labourers

Dubai, one of the fastest growing cities in the world with its marvelous skyline, has a forest of modern buildings that are all built by an army of foreign labourers.

This Mandela Day, Aspen HealthCare wanted to honour these workers and visited a labour camp to distribute 150 meals to the men.

In addition, the team supported them with donations of clothing, linen and other daily items that they need. No doubt this generosity brought huge smiles to the faces of these hard-working men.





ASPEN AUSTRALIA

# Feeding Australians

Across the nation,  
60 Aspen Australia  
employees came  
together, united by  
the same cause for  
Mandela Day.



session with OzHarvest, which  
collects food and supplies from  
various sources to then cook  
and distribute warm meals to  
the homeless across the country. Our volunteers  
participated in prepping, chopping, cooking and  
cleaning!

The Victorian team were able to participate in  
two activities for Fare Share, another NGO that  
strives towards no food wastage and a society  
where no one goes hungry. Our two groups  
assisted in both the preparation and cooking of  
food to be distributed to the hungry and also  
helped in the Fare Share garden, where  
vegetables and herbs are grown for use in their  
kitchens.

We received incredible feedback from all  
Aspen employees who volunteered and who  
said that the experience was a huge eye-opener.



Victoria



It was a stark reminder that no matter what  
part of the world you are from, there are  
always those who need a helping hand and  
there will always be those willing to help to  
make a difference. We did so because we  
care!



New South Wales



New South Wales



Western Australia



South Australia

ASPEN ASIA



# Dementia screening support for the elderly

With an increasingly ageing population,  
the prevalence of dementia among the  
elderly is unfortunately becoming more  
common.

Many dementias are progressive and early symptoms tend  
to be neglected by patients. It is crucial to recognise early  
signs of this disease and to get an accurate diagnosis as  
well as appropriate medical treatment from a healthcare  
provider to achieve the best results.

Aspen Asia supported Bliss District Elderly Community  
Centre by proactively conducting dementia surveys by  
screening elders who have a higher propensity towards  
dementia. The survey was a preliminary screening tool to  
assess cognitive functioning and identifying early signs of  
dementia.

Approximately 70 people were interviewed. Some were  
encouraged to undergo further evaluation with a social  
worker so that they could gain access to the care and  
support that could best assist them should their diagnosis  
be positive. The survey results proved to be very valuable to  
all the senior citizens involved including those who are not  
involved in activities at the centre.

In appreciation for their efforts, each participant also  
received a small gift.





ASPEN PHILIPPINES

# Uplifting through education and smiles

Aspen Philippines, in collaboration with the South African Embassy and Project PEARLS trudged through the mud and heaps of compost on two separate occasions during July in honour of the centenary Mandela Day celebrations.



Project Pearls strives to improve the living conditions of the poorest of the poor children by giving them PEARLS: Peace, Education, Aspiration, Respect, Love and Smiles through education, empowerment, nutrition, nourishment and healthcare.

One of their focus communities is Helping Land. This is an impoverished community situated on an active dumpsite in Tondo, where the community exists by recycling "pagpag", which literally translates to disposed leftover food from restaurants scavenged from garbage sites and cleaned of dirt to make it edible.

Aspen embraced Education and Smiles from Project PEARLS to help alleviate the plight of poverty within the community.

Lectures were provided by Aspen's captains of the hygiene, Rey Munar (Product Manager for



Kwell Lotion and Shampoo) and Aileen Puzon (Marketing Manager for Consumer Healthcare), while Ana Sabrina Fresco, Myrra Catarroja and Princess Saraza were

kept busy preparing a meal in the soup kitchen for some 400 children from Helping Land who were educated on good hair hygiene and who were given hygiene kits.

Although the lectures seemed unimportant to the children and parents alike at the outset, they soon appreciated the importance of proper hygiene in avoiding spreading infections and diseases.



## Sharing hope at Helping Land

On a separate occasion, heavy rains and a flooded venue due to a tropical depression did not dampen the spirits of the children, parents and sponsors who enjoyed a special Mandela Day centenary birthday celebration together. This event included fun, singing, dancing, and games. Despite their hardships and pains, the Helping Land community relished in the generosity of those who shared some happiness with them for the day.



# Continuing our pledge to the environment

Aspen Philippines has continued to uphold its pledge to World Environment Day to plant 3 000 mangrove seedlings during 2018.

As in previous years, the team met up with Fostering Education and Environmental Development (FEED) for the 7th time on 16 July, geared up in their planting boots and, on this occasion, donned raincoats and became eco-warriors for the day.

South African Ambassador to the Philippines, Martinus Slabber and his wife Sumarie, also joined in the Mandela Day celebrations, together with local residents of Barangay Pamarawan in Malolos, Bulacan to plant out the first 1 100 Bakawan or native Philippine mangrove seedlings along the coast of Pamarawan for the ambitious Great Wall of Mangroves project. Mangroves serve many functions in the ecosystem, such as shoreline protection and a nursery for fish and other aquatic life forms.

Ace Itchon said, "Especially in the Philippines where damaging storms and floods are frequent, we believe that it is timely and relevant that we have pledged and



are planting the six to eight-month-old seedlings to help alleviate the country's persistent problems in a sustainable way."

Despite being chased along by heavy monsoon rains and the approaching high tide, the team pushed hard on the day and successfully completed the planting goal. This accomplishment left those involved content that they had further contributed toward preserving the environment for future generations.





ASPEN PHILIPPINES

# ARK 2018 – It's all about sharing our blessings



"Helping one person might not  
change the whole world, but  
it could change the  
world for one person."

This year, the sales team in  
the Philippines again used  
Mandela Day as an opportunity  
to share their blessings with  
people who inspire them.  
From helping the elderly cross  
the street to handing out hygiene kits, to the  
modern heroes who protect the land and to  
providing a decent meal for a day for street dwellers, more  
than 40 sales force members collectively participated in showing  
their kindness to the community. Truly, happiness is not so much in  
having as sharing; we make a living by what we get but we make a life by what we give.





ASPEN TAIWAN

# Environmental education and treats for TFCF's children



The Taiwan Fund for Children and Families (TFCF) cares for 39 abused and less fortunate children and has been a long-standing beneficiary of Aspen Taiwan's Mandela Day commitment.

Since its establishment in 1939, the TFCF has supported nearly 52 000 children and it has 27 branches across Taiwan.

This year the children from the TFCF visited the Nanqiao Tourism and Experience Factory. The facility has nearly 350 plant and flower species and has set up an eco-pool. The children learnt about Taiwan's native plants and the importance of preserving the environment.

The Experience Factory also taught them about environmentally friendly soap production including historic types of crystal soap, washing and soap printing.

Extra fun was added to the day when the children were given an opportunity to improve



their skills in the kitchen as they learnt how to bake bread which they were able to take home to share with their families.



Mandela Day celebrations concluded with the children decorating and then enjoying some ice cream.



ASPEN MALAYSIA

# Protecting endangered turtles



The team from Aspen Malaysia chose an environmental initiative by supporting the Cherating Turtle Sanctuary in Pahang.

This centre was established in 1972 as a turtle hatchery in an effort to protect endangered species, particular the Leatherback Turtle.

The centre educates the public about turtles and the need to protect them in an effort to ensure their survival. The turtles lay their eggs on the beach during the night from April to August and the centre issues an alert to the public when this takes place in order to encourage them to witness this natural phenomenon.

As part of their environmental awareness commitment, about 40 employees from Aspen Malaysia participated in routine maintenance work on the hatchery and turtle nets and cleaned the surrounding beaches.



ASPEN PHARMA



# Caring for cancer patients



Aspen Pharma in Brazil celebrated Mandela Day with a very special party at Ronald McDonald Institute that develops and coordinates programmes that enable early diagnosis, appropriate referral, reception and quality integral care for young patients with cancer and their families.

The volunteers spent the morning with the Ronald McDonald recreation team and enjoyed entertaining and spoiling the children with snacks, games and fun.

Aspen also participated in the McDia Feliz programme by purchasing 500 tickets for its Rio de Janeiro branch and the facility located in Espírito Santo.

In addition, employees in Espírito Santo participated in another activity through the Capixaba Association Against Childhood Cancer, a non-profit organisation that also helps children and adolescents with cancer.

Aspen Pharma wants to highlight the fight against childhood cancer and promote awareness of early

diagnosis through various initiatives involving key collaborators. "We want to help share more information about the disease in Brazil and contribute toward changing lives of these patients in our country," said Alexandre França.





## ASPEN CARICAM – COSTA RICA



# Empowerment through sport



Mandela Day was a celebration of joy in the community. For the second successive year, Aspen Caribbean and Central America (Caricam) positively impacted the lives of more than 80 young athletes, by participating in the annual Costa Rica Special Olympics Organisation competition.

Aspen arranged sporting activities and spent the day with the children, aged from five to 14 and who suffer from intellectual disabilities, together their families. They had immense fun doing what they love most: playing sport.



The team of volunteers led the basketball activities thereby helping to complete the children's weekly exercise routine. During game time, the Aspen coaches emphasised values such as teamwork and commitment, and in return learnt a lot from the young athletes in terms of perseverance, following instructions and gratitude. Most importantly, it was a day of fun and an opportunity for Aspen's employees to experience the immense discipline, courage and strength that these children and their parents have.



## ASPEN CHILE



# Medical treatment for 23 children



This year, we commemorated Nelson Mandela's Centenary by supporting the Hogar Esperanza Foundation, which shelters and promotes healthcare to children, newborns and toddlers up to five years old.

This Foundation repeatedly needs medicines for particular diseases such as cancer, epilepsy and treatments for growth complications.

In order to support the medical treatment of 23 children, a raffle was arranged for participants to stand a chance to win home appliances. Our goal was to raise enough money to support monthly medical treatments for each child.

Aspen Chile's employees were organised into teams, supported by some leaders who encouraged participation thereby demonstrating that teamwork is the most effective strategy in achieving a goal. Working together, we exceeded our target and raised some US\$700 for Hogar Esperanza.



ASPEN COLOMBIA

# This little experience changed our lives

Employees at Aspen Colombia started their Mandela Day efforts as early as March through fundraising activities for two beneficiaries – one in Cali and another in Bogotá.



The team engaged in food sales, games, bingo and a world cup football pool using a mobile app. Their efforts were rewarded with US\$1 564 raised. An additional donation of US\$1 215 was made by Aspen that resulted in essential and emergency goods being purchased for both foundations. The initiative was so inspiring that some suppliers also decided to make donations.

## A first cinema experience for some cancer patients

The team in Cali spent a wonderful time with 20 young children who have cancer. The Carlos Portela Foundation is dependent on the generosity of donors to support economically disadvantaged families who are unable to provide treatment for their children. Sadly there is little to no hope of survival for the majority of these children.



The sales team spoilt them and their parents with an excursion to a local cinema – something which many of them had never experienced before. It was an emotional, humbling and very exciting adventure for the children, their parents and also for the team!

The gratitude expressed by a parent whose child is suffering from leukemia was overwhelming: "God bless you all. This is my first time at the cinema. We came from a little village to Cali and today you have made our lives different. It will be unforgettable for me and my child, who will probably never come to the



cinema again. This little experience has changed our lives. Many thanks Aspen!"

Donations of food, cooking and kitchen appliances and electronics were also made to the foundation.

## Bringing hope to young mothers

The Bogotá team supported the Creo Foundation that assists 25 needy pregnant girls and 15 young mother aged from 15 to 18 years. While visiting the foundation, Emilio Rey, Aspen Medical Director spoke to the ladies about female health and pregnancy following which Nora Álvarez, Aspen Nutritional Advisor, discussed the importance of healthy nutritional habits and taught them how to cook tasty low-budget meals.

Creo was extremely grateful for the donations of food, clothing, books, diapers, linen, toiletries as well as Infacare and S-26 nutritional products.

Jessica, a 17-year-old mother, thanked Aspen and said, "No one has done anything like this for us before. You do not even know us but you shared your time, activities and money with us. That shows the kind of caring company that you are. Thank you!"



ASPEN ECUADOR



# The gift of a smile

In order to support children suffering from cancer, this year we worked together with two non-profit organisations: **Brave Hearts (Corazones Valientes) in Quito and Ronald McDonald House in Guayaquil.**



participated in the exciting activities. The team prepared two theatre plays with positive messages such as 'Every single person in the world is very special and even more important, no matter their size, age, or skin colour... we all have a very significant place on earth'. Our acting skills were greatly motivated by those little ones who smiled and cheered our efforts to help them have a good time. After the theatrical performances, we provided the children and their parents with a delicious meal. Most of the kids wanted to get pictures with the different characters from the plays and we were only too happy to oblige.

In Guayaquil, makeup artists painted the children's faces, entertained them and also enjoyed a fun-filled time with them. The children learnt more about Mandela Day and the importance of giving back to others.

Through a campaign called "Chanchito Valiente" (Brave Piggy), which was launched in May 2018, we also collected US\$831, which was shared between the two organisations.

The experience of participating in the activities left the team with precious memories that will be cherished.

These organisations provide economic support to families who do not have the necessary resources to pay for proper treatment for their children.

Our mission was to host an entertaining, fun experience so that the children could forget about the difficulties that they are facing with their families, if only for a short while.

Thirty volunteers from Aspen Ecuador





ASPEN MEXICO



# Making social differences across Mexico



"Sadly, children continue to die from flu, diarrhea and other diseases that are all preventable by using affordable vaccinations," said Mariana Valdés, Director of Strategic Alliances at Save The Children.



This dire situation prompted the sale of food, candies and other articles as well as hosting raffles and music concerts by some 400 employees in Mexico who raised US\$9 857 to support the vaccination campaign led by Save The Children. This initiative was developed to help 25 000 children from poor and vulnerable communities and to encourage their parents to recognise the importance of proper healthcare.

In addition to supporting affordable vaccinations, a team of 51 volunteers that included members of the South African Embassy in Mexico, worked

together to improve the facilities at three community education centres. The Titzkatli, Los Pingos and Bosque Magico centres accommodate more than 120 children for whom education is still considered a luxury.

For the second consecutive year, Aspen also hosted a Nelson Mandela exhibition to create awareness about his altruistic work. In 2017 the exhibition was held at the National Institute of Perinatology (INPer) and this year it took place at the Memory and Tolerance Museum and was supported by the United Nations and the South African Embassy in Mexico.



## Singing to save the children

The Aspen Mexico team has been hard at work in support of Save The Children Mexico that has initiated a vaccination campaign aimed at encouraging citizens to embrace the importance of healthcare.

Some vulnerable populations in Mexico do not consider healthcare as being important and citizens in some regions don't appreciate that their health is the most valuable gift one can have. The Aspen team is intent on changing that mindset and encouraging citizens to embrace life and take care of their health.

As part of their personal commitment to Mandela Day, four employees from Aspen Labs in Mexico have hosted classical concerts to

raise funds to support the vaccination of infants in the country.

A few musical discoveries have been made among employees in this process. These include the skills of David García, Aspen Regional Leader of Audits, Compliance and Quality Assurance, who has composed original classic, romance and traditional Mexican songs. He has been accompanied by the singing trio of Sabrina Torres, Regulatory Compliance Coordinator, Saúl Gómez, Documentation Chemist and Noé García, a contracted gardener at the Aspen Vallejo Site.

View their performance of the romantic song La Llorona (Only with You) here.





ASPEN PERU

# Small things make a big difference



This year, Aspen Peru supported San Lorenzo, a socially vulnerable community, located in a underprivileged sector of Lima City, that offers educational support to 163 children and teenagers, between three and seventeen years of age.

These students come from very poor families and many of them are under-nourished and experience hunger daily.

Since this community is characterised by its extreme poverty, the infrastructure, facilities, educational, nutritional and health conditions are not adequate to offer proper education to the children.

This prompted 38 Aspen Peru employees to spend time playing with the children, teaching them basics such as identifying colours and numbers as well as psychomotor activities.

The generous team, with the support of suppliers, also donated 1 545 school items such

as chairs, shawls, balls and teaching aids valued at nearly US\$350.

Being able to make a small difference in the lives of these children resonated with the team, which was reminded of the many blessings that they enjoy daily.



*"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we led."*  
— Nelson Mandela

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**TAKE ACTION. INSPIRE CHANGE,  
MAKE EVERY DAY A MANDELA DAY.**

