



UDG Healthcare plc



Sharp

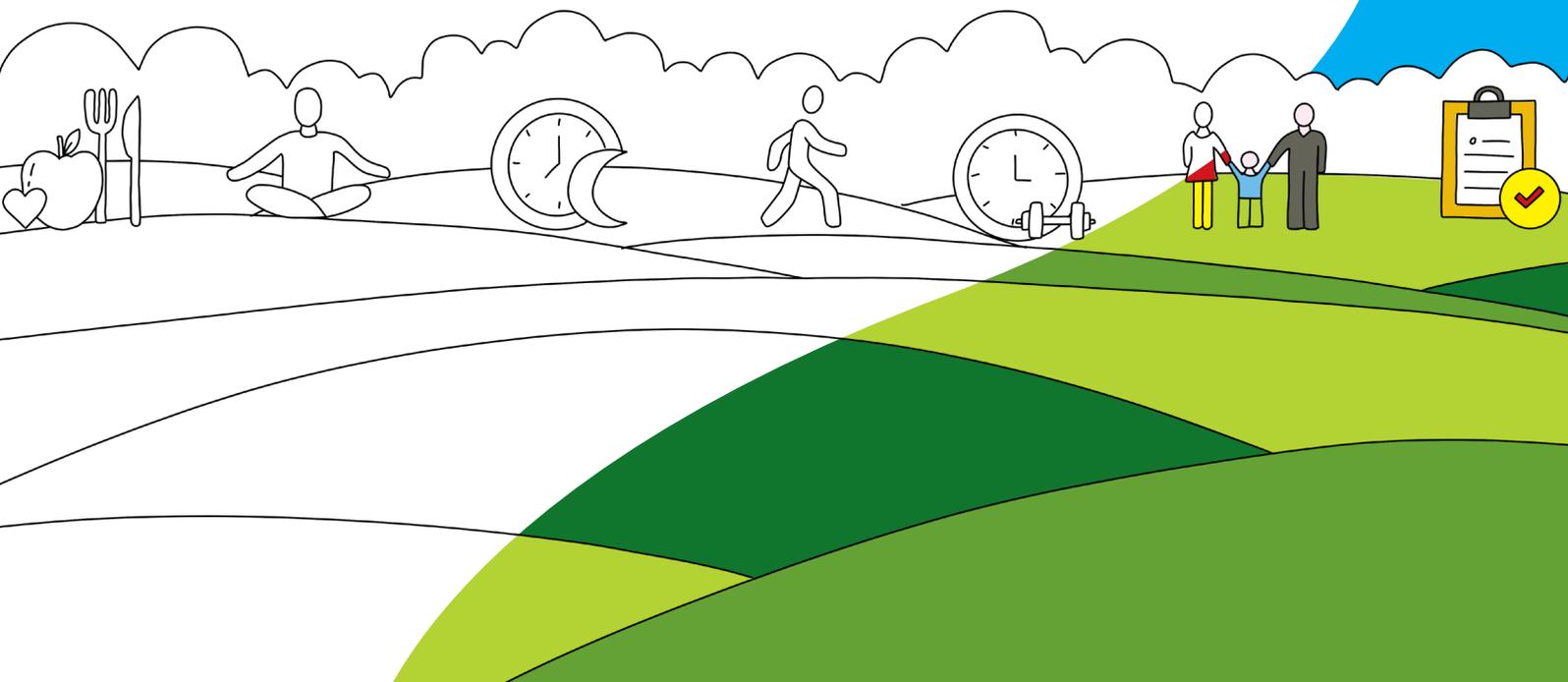


Ashfield

# My Big Colouring Challenge

for Wellbeing Week 2020

UDG Healthcare Wellbeing Week



Giving you a helping hand to stay happy and healthy.

# It's good to get creative

(and it might just win you a prize!)

Practise here!

Did you know, colouring's actually good for you? That's right! It's a mindful activity, which means it helps you let go of your worries and feel calmer and happier. It's also pretty good fun!

So, this Wellbeing Week, we'd love to see how creative you can be. Get colouring on the next few pages, pick your favourite piece of work and ask an adult to post a photo onto the Kudoboard on the colouring competition page of WellSpace. You've got until the end of the day on Friday 1st May 2020 and don't forget to include your age!

We'll be picking winners in three age groups – under 5s, 5 to 9s, and 10 or over – and each winner will get a great big £100/\$100/€100 or equivalent in your local currency Amazon voucher. Exciting, right? Spend it on books, toys, games or a whole bunch of other brilliant stuff!

**Sound good?**

**Ok, pens and pencils at the ready... let's get going!**

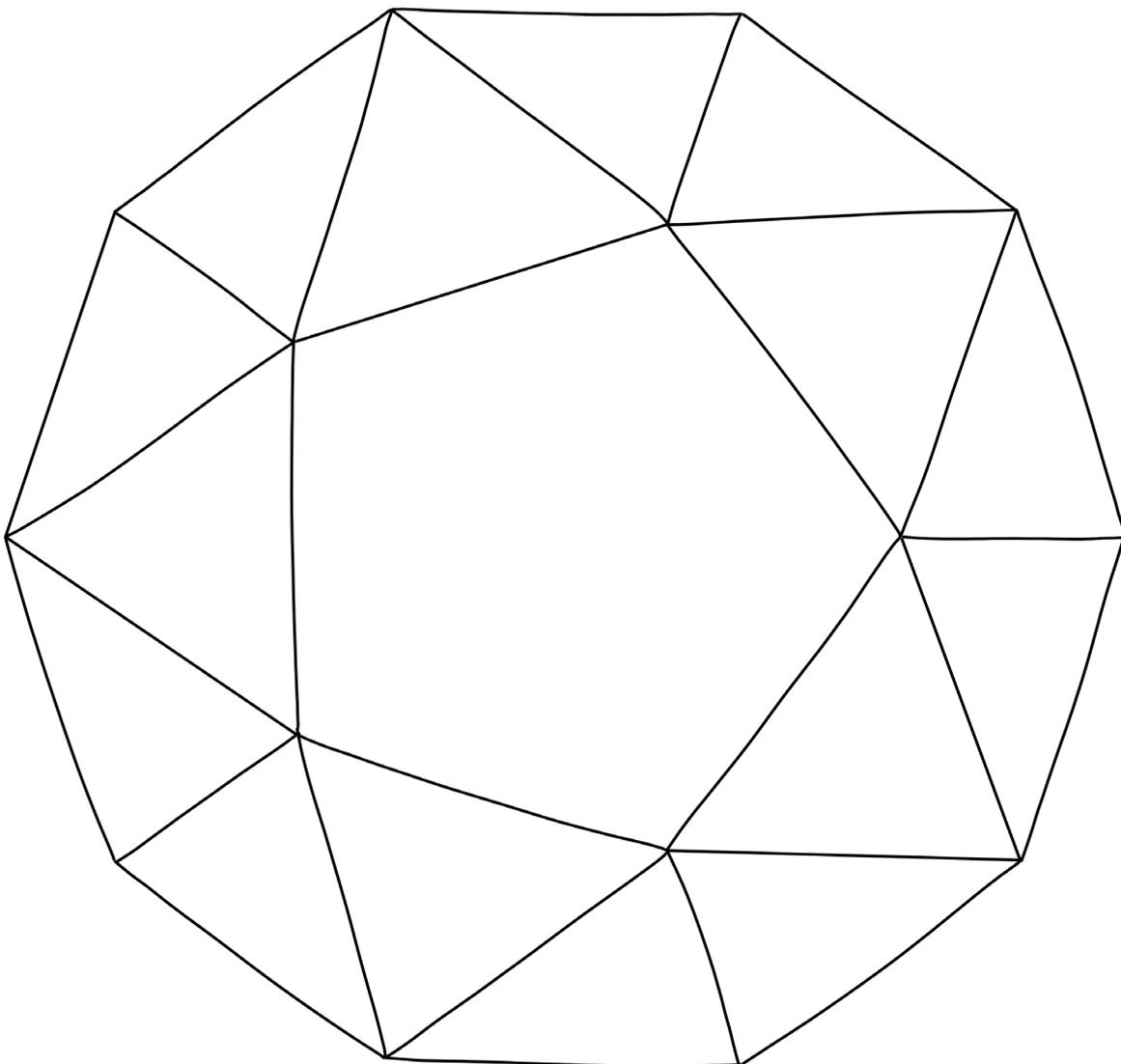


# One big family



Your grown-up works for UDG Healthcare. We're a really big company, with more than 8,000 people on our team! But have you ever wondered what we do? Well, we work with people who invent medicines, helping them bring new ones to patients who need them, all over the world.

**This is our logo. It's like a badge for our company.  
Can you colour it in?**



*How many countries  
can you name?*



## **Working together, around the world**

We work in 26 different countries, right across the planet.

**Can you colour in the map? Don't forget to make your own country really stand out!**

# What matters most to us...

## Quality

We do our best every day – for ourselves and everyone we work with.

## Partnership

We work together, trust each other and always keep our promises.

## Ingenuity

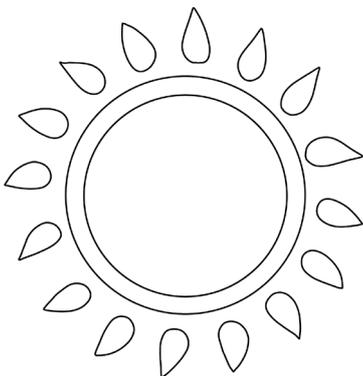
We get creative, come up with big ideas and solve tricky problems.

## Expertise

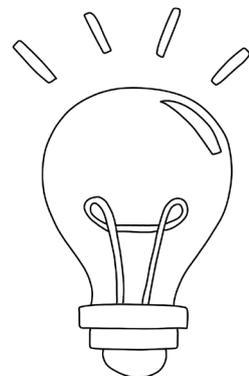
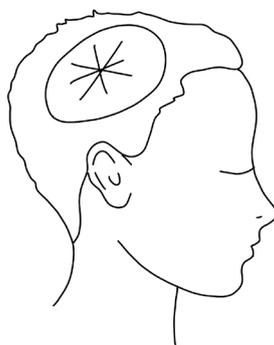
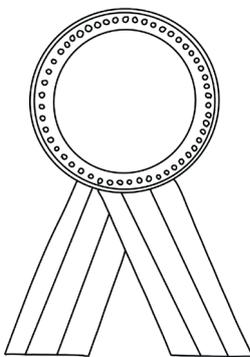
We know a lot about medicines and we share it to make lives better.

## Energy

We use our imaginations and enthusiasm to make amazing things happen.



Can you match the right image to the right value?



Can you colour in the pictures to make them really stand out?  
You could even add your own drawings of the things that matter most to you!

# Meet the people who really know medicines...

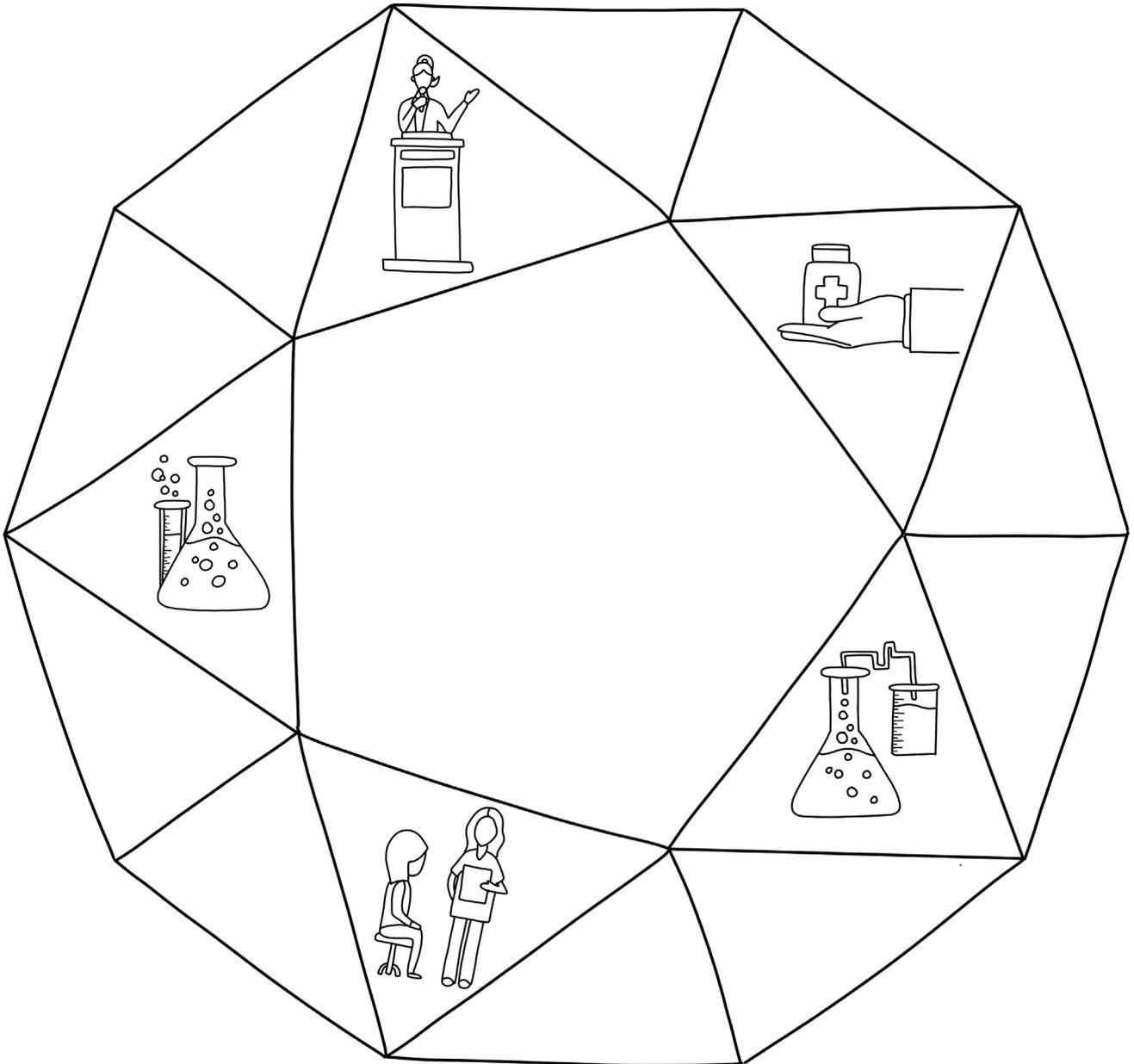
Ashfield is a company that's part of our UDG Healthcare family. It might even be the bit your grown up works for. The people there are good at planning, teaching, writing and explaining, so they help people understand how new medicines work. That helps doctors pick the right medicines for their patients, and helps patients take their medicines properly – so they feel better!

**Fancy colouring in our picture? We'd love to see what you can do!**





# Ashfield



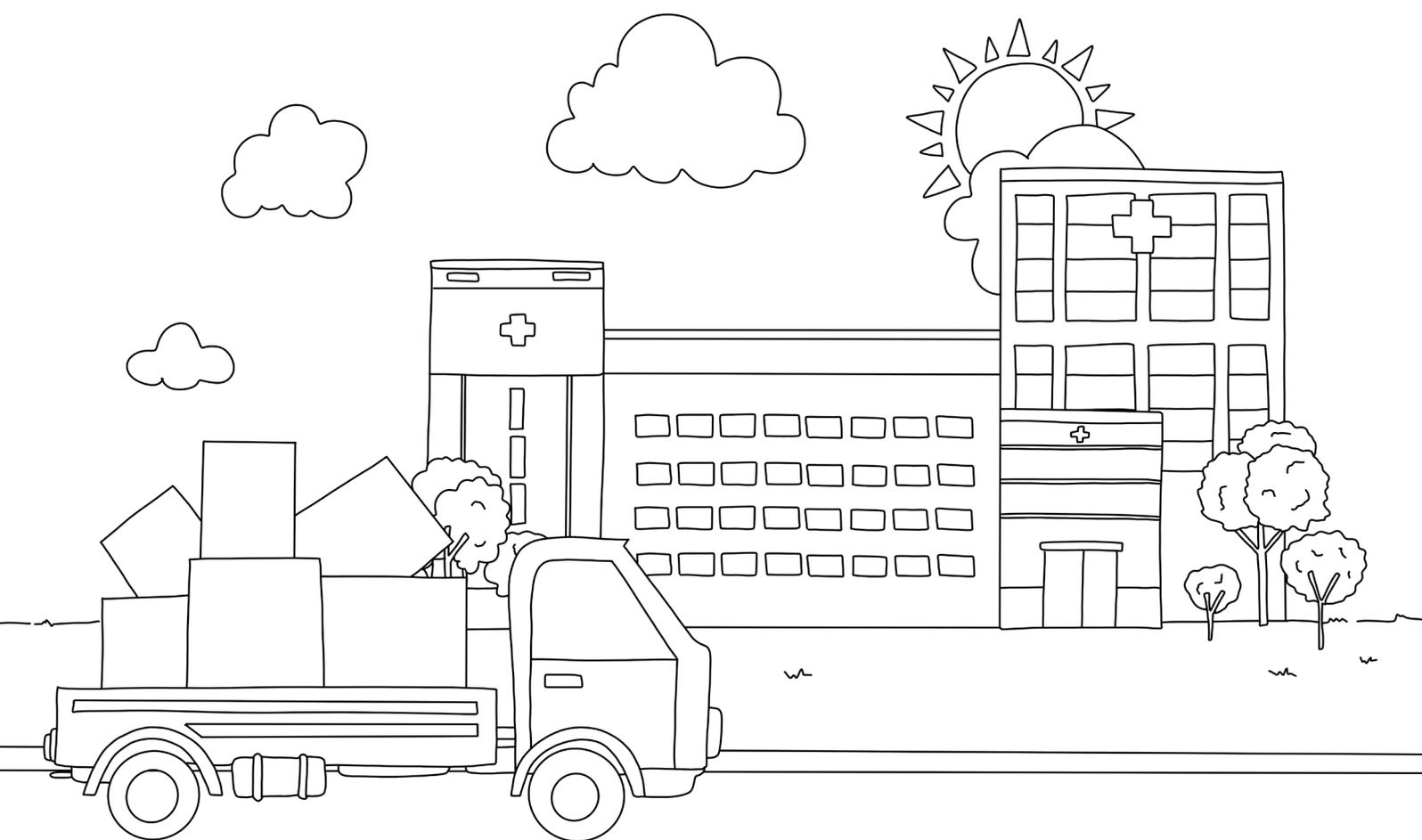
**What do you think  
they're saying?**

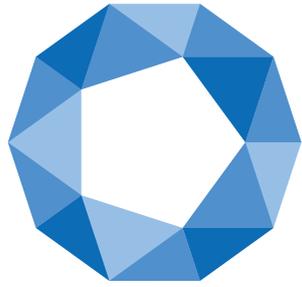


# Say hello to our marvellous medicine makers...

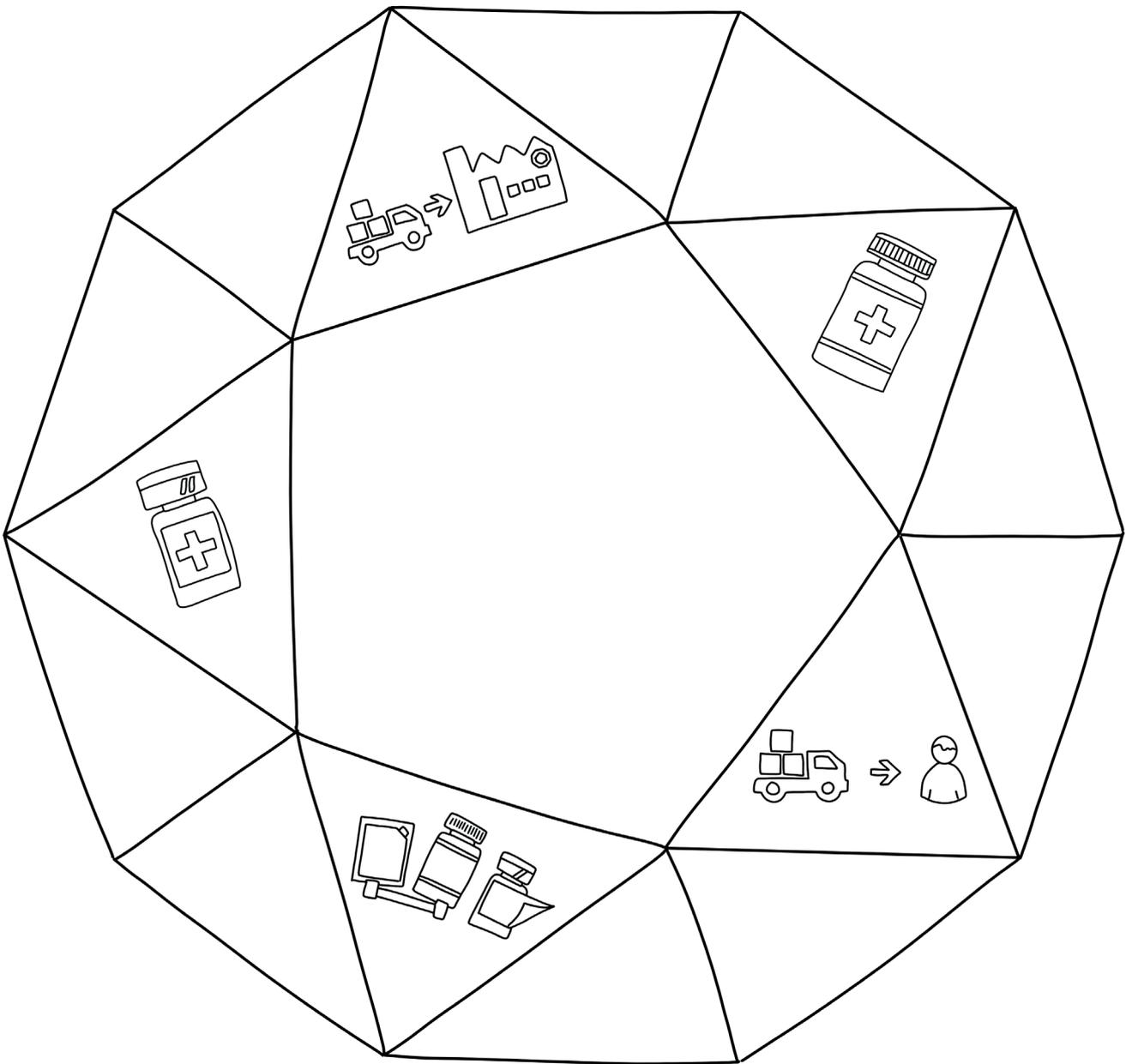
Sharp is another part of our UDG family (we told you there were a lot of us!). The people there work in science labs and factories, making new medicines, packing them up carefully and sending them to hospitals and pharmacies right around the world.

**This is a picture of our friends at Sharp delivering the medicine to the people that need it.**

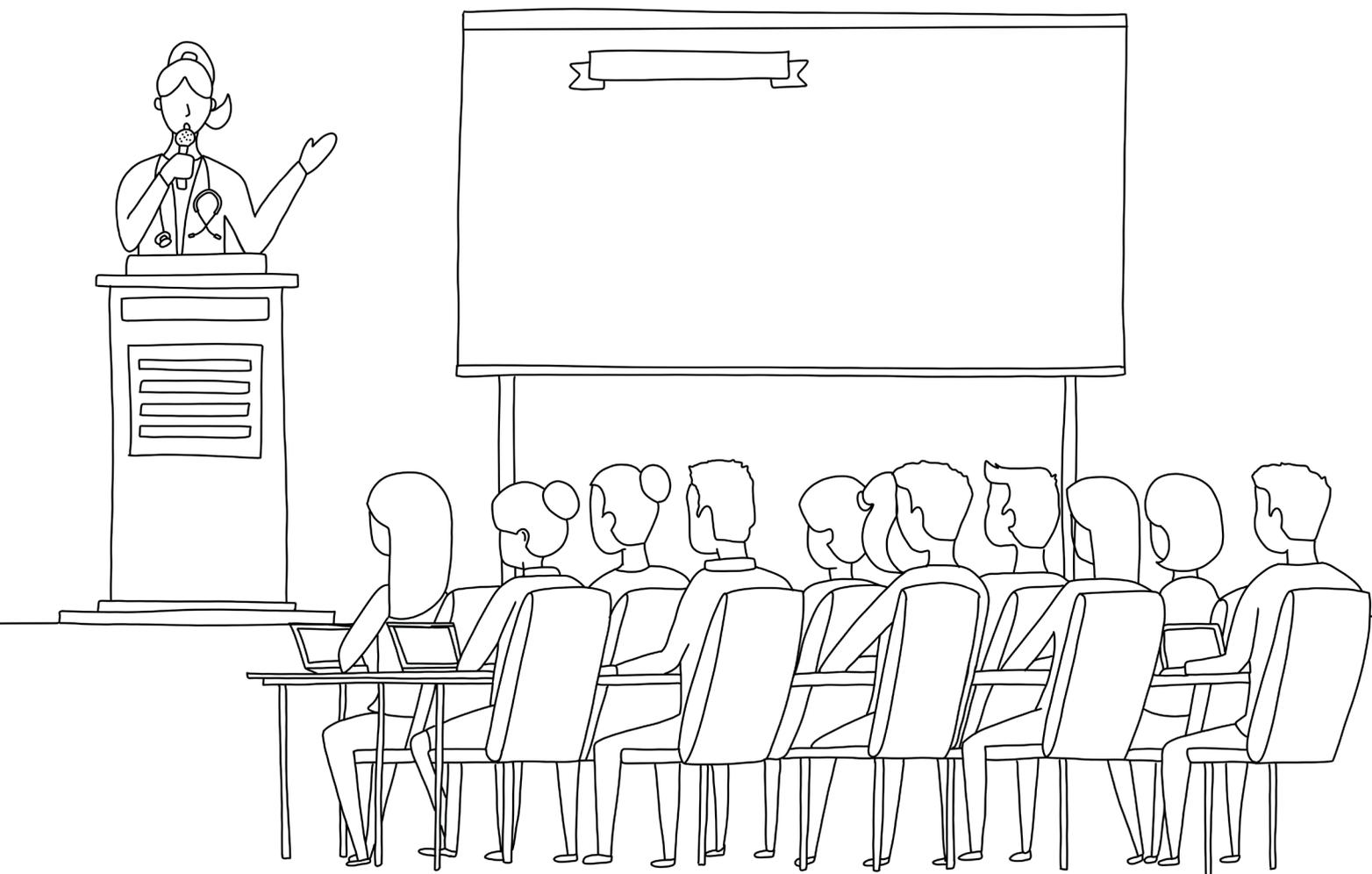




Sharp



This is a picture of an important presentation that some of our colleagues have organised.



Don't forget, we'd love to see your colourful creations. Just ask an adult to post a photo onto the Kudoboard on the colouring competition page of WellSpace by the end of the day on Friday 1st May 2020. Let us know your name and age and you could be one of our lucky winners!



Illustrations by  
[paperjackillustrates.co.uk](http://paperjackillustrates.co.uk)

