LiveWire Newsletter

Edition 08 · October 2018

Welcome Message

Our scorching heatwave and glorious long summer are officially over, but our eighth edition of our LiveWire Newsletter is hot off the press. What an amazing quarter we have had, not only through donations and fundraising, but through the overwhelming support for Mental Health Awareness.

We launched our first free mental health training on 25th September 2018, which saw people join us from all over the country and commit to educating themselves and others on the importance of preventing mental health issues. We are honoured to have the ability to bring these free services to our industry. It is such a critical time, not only in our industry but globally, to be opening the lines of communication on all aspects of mental health.

Three selfless individuals navigated 47 miles of twists and turns over 10 days on the Great Wall of China. This was in support of the Challenge for a Cause fundraising campaign for the Dickinson family. Many of you fundraised for EIC over this last quarter through football World Cup raffles and sweepstakes, obstacle course challenges, dinners, balls, and a wide range of physical activities. We greatly appreciate all your support and couldn't thank you enough for choosing to donate and fundraise for us.

Did you see?

View our previous editions of LiveWire on our website at:
www.electricalcharity.org/our-newsletter

Keeping mentally healthy

EIC in partnership with Mates in Mind and the British Safety Council have constructed a simple guide – '**5 Ways to Wellbeing**'. This guide will assist you with not only identifying traits in your own mental health that require attention but traits in those around you, so you can prevent friends, family and colleagues getting to crisis point. '**5 Ways to Wellbeing**' offers preventative measures for a range of mental health issues, which include tools, techniques, and resources.

To receive a copy of our '**5 Ways to Wellbeing**' guide please sign up to our mailing list by sending your details to Jess Vailima at **jess.vailima@electricalcharity.org**.

87% of our mental health cases have financial difficulties present.

Donating is now at your fingertips

It is now quick and easy to donate £1, £2, £3, £4, £5, or £10 to help change the lives of your friends, colleagues, or family members. We are excited to be launching text donations: a new form of support for our industry. You simply SMS **POWR01** and your donation amount of either **£1, £2, £3, £4, £5,** or **£10** to **70070**.

Send POWR01 and your donation amount to 70070

The Mitchells give back to EIC

"At the beginning of February 2014, my life changed pretty much overnight..."

I had been having strange sensations in my back, and occasionally in the past had experienced problems waking up with a stiff neck, but this was very different.

My head was turning to one side all on its own. No matter how much I tried to keep looking straight ahead, it would slowly turn to my right. A few days later I was permanently stuck, and to top that off I began to have head tremors. I wasn't sure which part I was more scared about.

I went to see my GP, she took one look at me and said that in 20 years she'd never seen anything like it....oh great! She referred me to a Neurologist and he quickly diagnosed me with Cervical Dystonia. 'A painful disorder in which your muscles contract involuntarily causing abnormal movements and awkward posture of the head and neck' He said it was incurable; suddenly, my world felt like it had fallen apart.

Those first few months were rough, I locked myself away at home, spent most of my days googling about it looking for answers, the tears never seemed to stay dry for long, the pain got much worse. Why me? What had I done to deserve this at 36? I was in a dark place and knew I had to keep trying to pull myself out of it.

The months went by, I was managing the muscle spasms with Botox injections and saw a Chiropractor to try to straighten up my twisted back. My whole body was trying to over-compensate, and I was in a bad way. I changed my diet, tried all sorts of supplements, started seeing a physiotherapist, and, all along I never gave up believing that I would find a way to get better.

Fast forwarding to November last year, I'm still struggling every day but just getting on with my life to the best of my ability. In my constant search for help I joined a Facebook group, which suggested there could be a dental connection to Dystonia. I watch videos of others getting better, and I'm fascinated; I must give this a try. This is a fairly recent study and America is way ahead of us, but in a rare piece of luck there is a specialist in the UK!

I had my first appointment in December, and by January I'd had X-rays and an MRI of my temporomandibular joints. They confirmed that my jaw discs were displaced on both sides, obstructing the nerves that run through the area and triggering the muscle spasms. We had discovered the cause!

Then came the shock of the treatment costs, we'd already had to pay out nearly £2,000 to get this far. It would take a couple of years wearing specially made appliances in my mouth to move my cranial bones, my teeth and my jaw to the correct position. A cost that would run into thousands, I finally had a chance, but couldn't afford to pay for it.

Coincidently, my manager had shown our branch a video about EIC and he suggested that I give them a call. I've worked in Admin for Edmundson Electrical for 19 years, and my husband had worked in the warehouse for 15 years. We'd both heard of EIC, but never really known what they did, let alone the fact they might be able to help us.

After an initial conversation with Tessa, we applied for financial assistance, and they said yes! We were in shock! I could actually go for it....I cried, a lot, but happy tears this time.

I'm so pleased to say that I'm only two months into my new treatment and already seeing amazing progress. It's uncomfortable at times, awkward to talk and eat but it's working so far, and I look forward to seeing what comes with each month that goes by instead of dreading it.

As soon as we heard that EIC has places for the London Marathon, my husband Ben knew he wanted to run for them. A chance to say thank you!

We've been together for over 20 years and he's been my rock through all this. It's his first marathon and he deserve lots of support, so please donate what you can and help us to give something back.

Kelly Mitchell

DONATE

Do your staff know what support is available to them?

The EIC has several workplace programmes that are extremely beneficial to employers and employees, which function as industry-specific employee assistance programmes (or EAPs). Member benefits are available free to anyone in the industry and their immediate family members, offering a broad range of benefits designed to help in times of need.

TELL ME MORE

EFP
Employee & Family Assistance Programme

ASP
Apprentice Support Programme

PSP
Pensioner Support Programme

PPP
Practical Participation Programme

Challenge for a Cause team conquers the Great Wall of China

The Electrical Industries Charity is extremely proud to announce that the team of three enthusiastic trekkers are back from the biggest challenge of the year – the Great Wall of China trek 2018.

On 13th September 2018 the three trekkers, including Jess Vailima of the Electrical Industries Charity (EIC), Mark Doré of Edmundson Electrical, and Monika Gaubyte of Keystone Communications, embarked on the 10-day journey to one of the Seven Wonders of the World – the Great Wall of China, which stretches up to 6,000km in a dotted line across China.

The journey of a lifetime started in a small town of Huangyaguan, which is located in a beautiful valley in the Yanshan Mountains, where the team combated thousands of steep, renovated steps until they reached 'Heaven's Ladder'.

Throughout their 10-day trek, the team were faced with many different challenges, including steep rocky hillsides scattered with scrub, dirt tracks, and thousands of renovated and unrestored steps. During the trip, they experienced different parts of the old and restored wall as they followed the contours of the beautiful hills and mountains in the remote areas, north of Beijing, through woodland and terraced farmland. It was all worth it as they experienced some of the most fascinating scenery of rolling purple hills fading into the distance dotted with many watchtowers and a breath-taking panorama.

Mark Doré of Edmundson Electrical, said: "*We met up as 14 strangers, shared amazing experiences, laughed our way through the hard times and came back the closest of friends with memories to savour for the rest of our lives.*"

Over the 10-days, the team completed over 158,336 steps and trekked over 107 kilometres to show their support for the Dickinson family. So far, the Challenge for a Cause campaign has raised £161,206, which will go towards transforming the lives of Caz Dickinson and her family. There is still time to show your support by donating today via the official Electrical Industries Charity's website.

If you would like to show your support and help the EIC to provide a better future for the Dickinson family, please visit: **https://www.electricalcharity.org/index.php/fundraising/our-fundraisers**

For further information and to get involved in our next challenge, please contact Jess Vailima: **jess.vailima@electricalcharity.org**

Fundraising

LEW Electrical got dirty for EIC!

Five of LEW Electrical Distributors Lincoln and LEW Electrical head office members faced the gruelling Tough Mudder Yorkshire course in August. The mud was deep and the obstacles relentless, but the team smashed through to raise over £600 for EIC.

Western Electrical sweep up in the Football World Cup

Western Electrical hosted raffles and sweepstakes throughout the Football World Cup in support of EIC. It may not have come home for England but with the amazing prizes on offer, the disappointment of losing the cup was slightly reduced for the lucky winners.

Edmundson Electrical were on the edge of their seats!

The first goal was eagerly awaited in the England vs. Belgium match for the Football World Cup. Who was going to win the first goal competition and were England going to make it through to the next stage? England weren't so lucky, but Edmundson's raised over £300 for EIC.

Bryan Armstrong takes on The Crossing!

The Dowds Group's contracts director Bryan Armstrong cycled a gruelling 200 miles over three intense days at the beginning of August. The Crossing tracks ran through the Lake District, the Yorkshire Dales, and the North Yorkshire Moors. The tracks saw Bryan tackle three national parks, each providing their own challenges, including steep climbs, waterways, and uneven terrain.

60 years of success for Drake & Taylor

To mark their Diamond Anniversary, Drake & Taylor held a celebratory garden party for current and past employees. With the sun shining and a delicious hog roast, the event was a huge success with the raffle raising over £1,000 for EIC.

Truro fired up the barbie

Western Electrical Truro fired up the barbeque and made the most of the heatwave that hit England this summer. With employees and suppliers enjoying the sunshine and grilled sausages it was an ideal way to raise funds for EIC.

Edmundson Electrical teed off for EIC

Edmundson Electrical London Region hosted a corporate golf day at Foxhills Golf Club in Surrey on the 19th July. A huge thank you goes to Edmundson Electrical London Region as well as everyone in attendance who helped to raise £1,765 for your industry charity.

Mysterious Aico evening

Aico raised over £22,000 at their gilts and glam masquerade ball for EIC! The night got off to a great start with delicious food and with everyone in their dancing shoes, the night went on into the early hours. Special thank you to Edmundson Electrical, Rexel UK, CEF, Moss Electrical and Building Services, Kew Electrical, Medlock Electrical Distributors, Eyre & Elliston, BEW Electrical Distributors, LEW Electrical Distributors, COURTS Design Agency, Publicity Overload & Charisma, 7Video, Oswestry and Life, and Lion Quays Hotel who were an integral part of ensuring the evening was such a success.

Birdies in Rotherham

Electric Center, Edmondson Electrical and B&F Edmundson's hosted employees and suppliers for a tough day of golf in Rotherham in September. There were some very skilful teams on the green with some fantastic scores, considering the strong winds they were faced with.

EEL Dartmoor

Thirteen of Edmundson Electrical's elite camped out in the wilderness of the legendary Dartmoor Tors after hiking through ancient woodland and sprawling moorland. Some considerably steep inclines and descents were conquered on the trek, but it was all worth it for the amazing views and over £4,500 was raised for EIC.

Wet and Wild in the Midlands

Paul Hodgson from Edmundson Electrical braved the punishing wet and wild X-Runner Midlands course in September for EIC. The course tested Paul's endurance, balance, and all-round physical ability with an added factor of mud!

3 Peaks in 24 hours

The intrepid Schneider team of 20 completed the national 3 peaks: Ben Nevis, Scafell Pike, and Snowdon, all within 24 hours! That's 26 miles of walking and 3,500m of elevation! The team pushed through the blisters, sore legs, and tiredness for the beautiful views to support our industry.

Getting Fit for 100...

BELL Lighting turn 100 in 2020 and to celebrate this momentous occasion they have decided to put their best foot forward and explore their local areas. While taking on various tracks, the BELL team will be fundraising for EIC. BELL Lighting have already ticked Pen-Y-Ghent off the list of must-do treks in Yorkshire.

Foot Darts for EIC

Electric Center supported EIC during the Football World Cup by hosting an open day with over 60 customers and suppliers in attendance. This fun filled day had lots of football-related activities including a Foot Dart competition, which tested ball skills, balance and accuracy.

PLANTx 2018

On a glorious sunny day at Chester Race Course, EA Technology hosted their PLANTx 2018 event. The event was attended by many and finished with an enjoyable BBQ with fundraising activities in support of EIC.

NAPIT Summer Carnival

This summer NAPIT held a summer carnival in honour of EIC. The carnival took place in Mansfield and was attended by NAPIT staff and partners. The colourful day was filled with games, activities and raffles with all proceeds going to EIC to assist in supporting our industry.

Cakes and Coffee

Legrand are great supporters of EIC. This September to raise funds and create awareness the team hosted a mouth-watering, delicious cake and coffee morning.

THE POWER
to make a
DIFFERENCE

JOIN THE TEAM

EIC pledge to train 100 mental health First Aiders

EIC are strong believers in being proactive rather than reactive to the mental-health crisis facing our industry. This year alone we have dealt with 35 deaths by suicide. If you work in our industry you are 2.7 times more likely to complete suicide than the national average. As a Charity we have recognised that our industry is failing to identify the early warning signs of mental health issues; 2157 people contacted the Charity at crisis point and 443 of those cases have reported attempting to take their life. Stigma is still prevalent in our industry, with only 17% of cases utilising the EIC mental health services reported telling their employer. As an industry, we can no longer sit back and think mental health is not affecting our work place, community or family as one-in-three cases with the Charity encompass a mental health issue. These statistics are alarming, and your Charity is at crisis point. We pledge to train 100 Mental Health First Aiders, so, as an industry we can make a change for the better, not only in our awareness of mental health but in our openness to discuss and identify potential daily issues our colleagues, community and family members could be facing.

REGISTER

Your industry needs you!

Electrical Industries Charity are fortunate to be able to help so many people within our industry through challenging times in their lives. We cannot support our industry without powerLottery. For your £1 a month not only are you in with a chance of winning a cash prize, but you are helping someone in our industry gain their independence in what can sometimes be a very overwhelming time in their lives.

powerLottery Football World Cup Winner

During the Football World Cup, EIC powerLottery held a competition across Facebook. Our lucky winner of a 2018 England World Cup Football Shirt was Dean Scott Angell. Congratulations Dean and thank you for supporting EIC! You could be a monthly winner too with our **powerLottery**

Big Build Project partner with architect Dhiran Vagdia

The Electrical Industries Charity is delighted to announce a partnership with architect Dhiran Vagdia of Vagdia Holmes for the Big Build Project.

The Big Build Project aims to raise £250,000 to purchase a house to transform the daily lives of Caz Dickinson and her family. This is the first partnership of its kind and an important milestone in helping Caz regain her independence in a new home, which will feature modifications to help her move around more easily.

Dhiran is an experienced architect and he and his team will play an integral role in the design and adaption of the purchased house to best suit Caz's needs with the aim to have this completed by Summer 2019.

The Charity has raised over £183,000 to date, thanks to support from the industry as well as many kind individuals undertaking various fundraising events, including EIC's Challenge for a Cause events. If you would like to help meet the target, show your support to Caz and her family by kindly donating here:

DONATE

#GivingTuesday

Each year, the Charities Aid Foundation dedicates one Tuesday to highlight all the effort and support charities throughout the United Kingdom are providing for various causes. Giving Tuesday this year will be Tuesday 27th November 2018.

With research showing that two thirds of us experience a mental health problem in our lifetime, and less than a third of us seek the necessary tools to manage the problem, EIC will be hosting FREE Mental Health Awareness training sessions for Giving Tuesday. These two-hour training sessions, at Rotherwick House in London, will focus on providing tools to assist and identify your own or others' signs of mental health problems. We all deserve to feel safe and comfortable speaking about mental health in any environment. Arm yourself with the knowledge so you can create that environment for yourself and others.

REGISTER

EIC's spotlight on Health:

5 Quick facts:

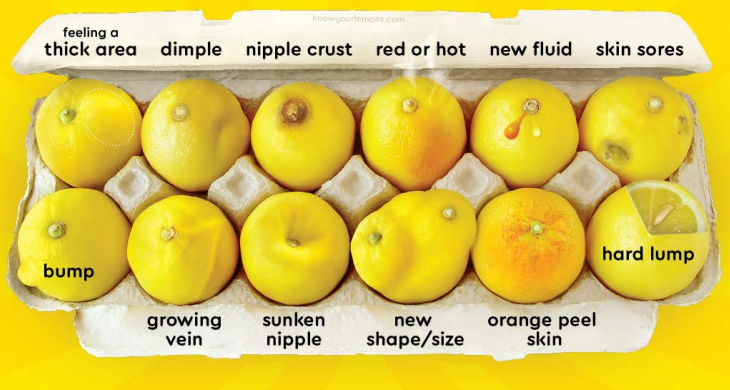
55% More than half (55%) of male breast cancer deaths in the UK are in men aged 75 and over

1 in 8 women in the UK will develop breast cancer in their lifetime

11,400 Every year around 11,400 people die from breast cancer in the UK

Almost 9 out of 10 women survive breast cancer for five years or more

5,000 This Breast Cancer Awareness Month, around 5,000 people will be diagnosed



The Electrical Industries Charity is thrilled to announce a partnership with Tenovus Cancer Care for Breast Cancer Awareness month. Tenovus Cancer Care offers support, advice and treatment to cancer patients and their loved ones. They predominately supply this support in the community through mobile support units.

Breast cancer can strike at any time and is not gender specific, so make sure you check your lemons and encourage your friends, family and colleagues to do the same. To find out more about Tenovus Cancer Care visit **www.tenovuscancercare.org.uk**

Breast Cancer Awareness Month - Mark James' Story

Both Mark and his wife have been affected by breast cancer. Mark's diagnosis came as no surprise to him, but he's found that some men aren't even aware that they can get breast cancer. After his operation he was keen to support the charity and has produced illustrations for the Tenovus Cancer Care Research Team to display at exhibitions.

"I was born during the war and adopted in 1943 to a lovely couple in Hertfordshire who saw me through school and college. I went to Art College, but I didn't really get on with it; I can draw quite well but I never craved the need to express myself in art form. Instead I enrolled on a course at Architectural School; they were training people to be conservators in both a physical sense and through drawing which fascinated me.

I met my wife while living in London. We'd been at a party one evening and I offered her a lift home. We went out together a few times after that. I was quite a serious rock climber at the time and when I was invited to her house her mother used to put newspapers on the floor because she always thought I was filthy; I probably was. We've been married for 52 years.

A few years after we moved to Porthcawl my wife found a tiny little lump on one of her breasts. Sensibly, she went to the doctors, was diagnosed with cancer, and had a single mastectomy to treat it. In 2017 I developed breast cancer myself. Funnily enough it was very obvious. I noticed one day that my left nipple didn't look quite the same as my right nipple; it was slightly wonky in comparison. It looked as though the nipple was folded over, but it wasn't really a bother; I was more concerned with a hernia that I had at the time.

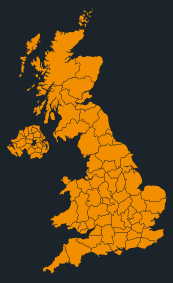
When I was called in to have a pre-op for my hernia I took my top off in front of the nurse who told me that I should get the nipple looked at. I went straight to the surgery and saw the next available doctor who wanted to refer me. I've had some bad experiences in the past, so I decided to see a private consultant and paid about £140. Less than a week later I was having the operation to remove my cancer; it was the best £140 I've ever spent. The cancer was stage two and the tumour was quite small. Since the operation, I've had no need to go back for any other treatment, I simply take a Tamoxifen tablet, once a day.

It didn't surprise me that I had breast cancer. After my wife's diagnosis I'd done some reading on the subject, so I did know something about it and that men could be affected. What surprised me were people's attitudes toward it. I'd had a conversation with a chap in the town centre one day who gave me the impression that he thought it was somehow un-masculine to have breast cancer. I hasten to add that he's a bit of an idiot. The other surprise is the number of young men that are amazed that men can have breast cancer.

It's important that we talk about cancer because there's a fear of the unknown; 'breast cancer is something that women get, why should men be affected by it?' There's an attitude that 'rugged men' can't be affected by it. Cancer is very unpleasant, it gives you a sense of your own mortality and there's a fear that it might come back, but do not bury your head in the sand because talking about it might help someone.

I'm a member of the local museum society and we keep the keys at the Tenovus Cancer Care charity shop, so I was aware of them before I had cancer. I phoned the charity after having my operation because I wanted to support them in any way I could, thinking I may be able to speak to others affected by cancer or share my story. I spoke with a member of the Research Team called Lisa who asked if I might use my skills as an illustrator to produce something that they could present to the public. Lisa came down and we discussed the project and how we were going to present it. Lisa came up with the designs for four drawings that would tell a simple story about cancer throughout history and I used my drawing and illustration skills to produce them.

Regional Events



To be a part of these events in 2019 please contact:
events@eictradingco.org

National Golf

On the 18th September, EIC Trading Co. hosted their 81st National Golf Championship at the crème de la crème of golf courses, The Belfry's Brabazon. The weather conditions were perfect with some great scores achieved out on the course. Glen Dimplex's Team 2 (Stuart MacKenzie, Roger Grey, Andy Field and Nitin Patel) took the trophy for the day, managing to beat out Legrand on a countback! Congratulations to Andy Field for receiving the top individual score for the day (35) and being in the top team!

The evening's festivities were equally as enjoyable with salmon fillet, melt-in-your mouth beef brisket, and blueberry cheesecake, followed by a performance from the hilarious Les Gibson. EIC managed to raise a cool £1632.65 on the night, thanks to all that attended and contributed! We can't wait for next year.

South West Regional Golf Day

South West Region Golf Competition was again hosted by Lilley Brook Golf Club, Cheltenham on the 21st June. The weather was fine and bright, but with a keen cool wind, which was to test the players throughout the day. The course was in excellent condition with fast and testing greens. Twenty-six teams took part from 17 supporting organisations. The day was rounded off with a delightful dinner, followed by prize giving and a raffle. South West Region would like to thank all the sponsors, players, and Lilley Brook Golf Club for their continued support of this popular event, which raised in excess of £22,000. Special thanks to Headline Sponsor - EDF Energy, Gold Sponsor - Studsvik, and Silver Sponsors - Cavendish Nuclear, Corporate Risk Associates, Imtech/Capula, Ultra Electronics, and Workplace Solutions.

Midlands Golf Day

Another great event in the Midlands Region, which raised £3,000 so that we can continue helping people in electrical industry. The weather was great and teams were in good spirit after a day on the course. Everyone was treated with a delicious three-course dinner. We look forward to seeing everyone next year on 11th September at Stoneleigh Deer Park Golf Club!

EIC London Region 2018 Fishing Day

Another idyllic day was had at Gold Valley Lakes for this year's London Fishing Day. Many fish were to be seen, (a lot were caught, which is always a bonus!), and we were fortunate enough to be joined again by television's fishing royalty, Keith Arthur, as well as Johnny Weedon and Mark Eves from the England Disabled Fishing Team. Craig Gibbons took out the best weight of the day with 106lb worth of fish caught, and Ashley Prestige hooked the biggest catch with a whopping 14lb carp!

After tucking into the most delicious hog roast with melt-in-your-mouth crackling and three kinds of potatoes, nearly £2,000 worth of prizes were awarded to the day's winners. All in all, the event raised a superb £1,600 for EIC. A massive thank you goes to Ian Young and Edmundson Electrical for another fantastic event!

2018 Western Equinox Ball

A picturesque start to the fall, the Western Equinox Ball (Rio Carnival Edition) kicked off with a bang on Saturday 29th September. Featuring entertainment from the Latamba Show Band and headlined by the incredible Candy Apple Blue; our very own Western Committee Chairman, Gary Hutchins, also did a fine job as host and comedian for the evening, bringing the room to a crescendo with The Four Seasons 'Can't Take My Eyes Off You'. The call to action for the evening was the pressing and important matter of donating blood, following the story of one of the Charity's most touching cases of the young William Rhodes, who needs regular blood transfusions every 3 weeks just to stay alive. We hope that many of those who attended will have signed up to give blood in the coming weeks! All in all, the event is estimated to have made over a fantastic £10,000. Our appreciation and gratitude go to all in attendance, to our gold tables: S.R. Industrial, Rexel London & Basingstoke, Entric Services and Wingate, and most importantly, to the event's headline sponsor, MK by Honeywell! We look forward to seeing you back next year.

Get Involved

Take on a challenge that's right for you. We have plenty of adventure challenges on offer, catering for all levels of abilities. Step outside your comfort zone and give back to your industry, whilst raising money for the Electrical Industries Charity. Sign up as a workplace team or individual to one of our organised adventure challenges below, or alternatively, you can get in touch to create your own bespoke event. We are always delighted to see the industry come together to help shape a better future for the electrical industry. Register your interest to take part by contacting Jess on **Jess.Vailima@electricalcharity.org**

London Marathon 2019

This historic spectacle brings athletes and spectators together under the roof of one of the world's leading cities. The 2018 event saw over 300,000 people apply to run in the Virgin Money London Marathon with over 40,000 runners taking part. Britain keenly watched Mo Farah set a new British record. Running on 28th April 2019, fundraising for the Electrical Industries Charity are:

Ben Mitchell - Tanglewood Wines
SPONSOR NOW

Danny Carey - Schneider Electric
SPONSOR NOW

Ross Drinkell - South West Ambulance Service Trust
SPONSOR NOW

Mark Stevens - CEF
SPONSOR NOW

Dean Wilsher - LEW Electrical Distributors
SPONSOR NOW

Lee Cooper - Edmundson Electrical
SPONSOR NOW

Danny Knight - CEF
SPONSOR NOW

powerBall Pledges

The following individuals and companies stood up at powerBall 2017 and pledged to raise at least £1,000 each throughout 2018 by undertaking various fundraising activities and challenges:

Pledged At PowerBall 2017

Simon Greenwood - ZG Lighting **, Darren Riva -** Zumtobel Group, **Andy Cottenham -** Ark Electrical, **Geraldine Jones -** Ledvance Uk, **Lee Adams -** Kidde Safety, **Mark Allnutt -** Corrigan Bentley, **John Bailey -** Rexel, **Joanne Brown, Jonathan Casley -** Glen Dimplex Home Appliances, **Chris Castle -** Hager, **Steve Cole -** T Brown Limited, **Ian Crosby -** Crosby Electrical Services Ltd, **Bruce Davies -** Hager, **Mark Ellis -** Kew Electrical, **Ben Freeman -** Corrigan Bentley, **Deborah Graham-Wilson -** Eland Cables ,**James Holland, Andrew Horrell, Jonathan Jennings -** Grafton Group plc, **David Kieft -** RD Electrical & Mechanical Services Ltd T11, **Roy Kleister -** Glen Dimplex H&V, **David Lindfield -** Lindfield Electrical, **Darren Ling -** Lutron, **Lesley Mackenzie -** Dimplex, **Richard McCabe -** Quicklight Ltd, **Steve Mortimer -** Glen Dimplex H&V, **Paul O'Sullivan -** Essex Services Group, **Rosemary Phillips -** RD Electrical & Mechanical Services Ltd, **Nicola Smith -** Venture Lighting, **Graham Tasker -** Electrical Wholesale Supplies, **Craig Thompson -** Rexel, **John Wood -** Corrigan Bentley

Fundraising In Progress

Steve Bratt - ECA

Joe Mee - Edmundson Electrical Limited

Fundraising Completed

Matthew Sylvester - LEW

Matthew Boon - Boon Building Services Limited

Steve Brawley - JIB

Alan Reynolds - Fegime

Clare Whitehurst - CEF

Paul McNaughton - Darke & Taylor Limited

Baljit Kaur - Legrand Electric

Steve Nicholls - Edmundson Electrical London

Stephen Pope - CEF

Neal Hooper - Aico

Spencer Pope - Schneider Electric

Tony Greig - Legrand Electric

Paul Coggins - Zumtobel Group

Don Carron - Edmundson Electrical London

Rachael Garside - Morgan Sindall

Andy Johnson - LEW

John Cox - Zumtobel Group

Alan Reynolds - Fegime

Express your Interest:

Croatia Sailing - Settle into summer by sailing through the rugged beauty of Croatia. It's time to get out your boat shoes and brush up on your nautical lingo. There will be two teams racing across the turquoise waters in 2019. If sailing isn't your forte, come along to learn a new skill or compete in the many challenges, such as swimming races.

Everest Base Camp - Sir Edmund Hillary and Tenzing Norgay were the first to conquer the ever-growing Everest summit in 1954. Now it's your chance to take on the world's greatest walk to Everest Base Camp for Caz Dickinson. Join us on 28th September 2019 to take on a 14-day challenge that will test your mind, body, and soul. You will see the beauty of Nepal and Mother Nature on your 17,600-foot climb.

Register your interest with Jess.Vailima@electricalcharity.org

Don't forget to join us at ....

Mental Health Awareness Training

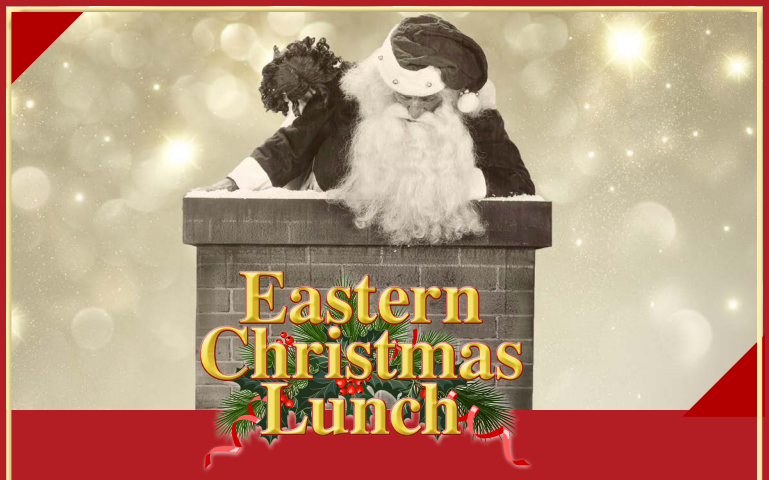
REGISTER

One in four adults will experience mental health problems in any given year. We need to build a safe, open, and comfortable environment to tackle these problems. EIC are hosting a FREE Mental Health Awareness Training session on 30th October 2018 at Rotherwick House, London. Help us to build this mental-health safe space in our industry. Register today for this session

Midlands Gala Ball 2018

Join your industry at THE BEST Christmas party in the Midlands region with outstanding food and entertainment. Brand new table packages this year starting at £1,000+VAT for a table for 10. We hope to see you there!

BOOK NOW



Fancy celebrating Christmas in majestic Cambridge this year? Join the EIC in attending the Eastern Christmas Lunch this year at DoubleTree by Hilton Cambridge Centre on the 19th of December. Set beside the gorgeous canals that give Cambridge it's unique charm, the event will celebrate a fresh start, featuring comedy from Ian Irving and a divine seasonal three-course meal.

BOOK NOW

electrical industries charity
N.IRELAND BRANCH

electric ball

Do they know it's Christmas time at all? Belfast sure do, and they're celebrating with their infamous Northern Ireland Electric Ball on the evening of the 24th November, in Europa's Grand Ballroom. A get together of the industry's finest, featuring the best craic, cuisine, and cocktails, as well as entertainment from the Briefcase Blues Brothers, and hosted by local legend, John Daly. Book today to ensure you don't miss out! Please contact Karen@kmpltd.co.uk to secure your table now.

BOOK NOW

Can't attend an event?

Have your company represented at the event through sponsorship opportunities. For more information contact **events@eictrading.co.org**

Two teams total £20k

Edmundsons Electrical and Aico are strong supporters of EIC and, last quarter, they both skyrocketed into our elite over 20's club with their fundraising efforts. We couldn't thank you both enough for your generous contributions over the past quarter. Without your support, encouragement and donations we wouldn't be able to continue to reach and help more industry members than ever before. For this we are forever grateful and appreciative.

The extraordinary Aico team of Neal Hooper, Michelle Duffy, Emma Ferguson, Kelly Hodgetts, Sarah Wright and Sarah Goddard organized a masquerade ball extravaganza. The mysterious masked evening was well attended and even showcased a fire dancer or two. EIC and Aico received overwhelming support on the evening with over £20,000 being raised to support our industry.

Edmundson Electrical, Midlands Region; Joe Roberts, Alan Bailey, Mike Burnard, Neil Smith, Phil Addis, Chris Platt, Paul Atkins, and their suppliers/clients; Steven Barber, Richard Moyes, Kelvin Drinkwater, Nicola Scirocco, Anthony Gillespie and Mervyn Peers who cycled from London to Paris and raise over £20,000 for EIC in support of the Dickinson family!

Special Thanks

We would like to say a special thank you to Mark Doré who completed our Challenge for a Cause Great Wall of China Trek at the end of September and raised over £9,000 for the Big Build Project supporting Caz Dickinson.

Donations

Thank you for all the donations made in the last financial quarter from the following individuals and companies:

R & B Star, Keystone Communications, Legrand Electric, Mike Burnard, Cathy Plummer, Bright Spark Wives, SELECT, Edmundson Electrical (Swansea), Gilbert & Stamper, Edmundson Electrical (Bristol), Edmundson Electrical - London Branch, Bryan Armstrong, Edmundson Electrical Ltd, Paul Hodgeson - Xrunner Challenge, Weir & McQuiston (Scot) Ltd, Electric Center - Dartmoor Challenge, ECA Bristol & Bath Branch.

We would like to send a heartfelt thank you to the above supporters who continuously and generously donate. The EIC is a national charity with an ongoing mission to look after our industry community. Thanks for doing your part in supporting your industry's charity!

Power Lottery

Fancy an exotic holiday with your loved ones? For just £1 a month, not only could you be in with an opportunity to make this a reality, but, more importantly, you could do something amazing and help transform thousands of lives of people in the electrical industry who need your support.

With a simple touch of a button, you could play powerLottery, the Electrical Industries Charity (EIC)'s number one fundraising stream, which enables life-changing solutions and provides support to employers and their families through turbulent times, as well as much-needed support for industry members, their families, apprentices and pensioners through the four big EIC Assistance Programmes.

Over £3,000 is given away in prize money each month with 15 cash prizes up for grabs ranging from £50 to £1,000. To increase your chances of winning, you can enjoy up to 40 entries per month, with the added bonus of knowing your actions can dramatically change lives.

The best thing about this is that each and every time you play powerLottery, 95% of your donation goes directly back into the Charity's pot to fund those industry members in need of help.

It's quick and easy to do – just download the EIC powerLottery app onto your Apple or Android device and simply tap the app to play and be in with a chance to win big while doing something big for the electrical industry. Surely, that's a win-win?

Without the kind and generous donations from people like you, EIC would not be able to help make such a difference to the quality of peoples' lives. So, next time you are popping your £1 in the shopping trolley, just think about the impact your donation could have on helping others lead a more fulfilling and happier life.

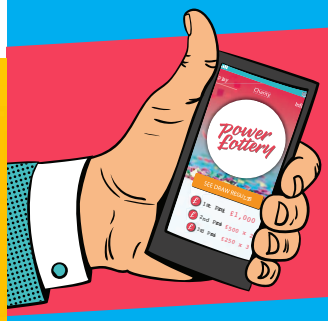
OUR LUCKY WINNERS:

July

1ST PRIZE - £1,000: CF Sprules
2ND PRIZE - £500: NG Shackson, MR Bowen
3RD PRIZE - £250: KEF Bradley, JC Orders, KEF Bradley
4TH PRIZE - £100: SJ Porter, R Austerberry, JR Hodges, RM Bridges
5TH PRIZE - £50: BJ Papps, GA Edwards, WB Penberth, MP Dalton, KM Chapman

August

1ST PRIZE - £1,000: JB Beswetherick
2ND PRIZE - £500: MJ Pyatt, K Clowes
3RD PRIZE - £250: AC Belch, S Grimshaw, E Sinclair
4TH PRIZE - £100: MJ Gerard, KJ Gates, H Jones, DJ Lovatt
5TH PRIZE - £50: J Preston, H S Minhas, HA Pritchard, CM Donohue, J Page



Download our app today in your app store by searching for 'EIC'.

PLAY TODAY

amazonsmile

In November 2017 AmazonSmile was launched, an affiliate marketing service that lets customers generate a donation for charity each time you shop on Amazon. Customers who shop with AmazonSmile can choose a charity to support where Amazon will donate a percentage of the net purchase price for millions of eligible products. Try it today at smile.amazon.co.uk and select to support the **Electrical Industries Charity!**

Upcoming Events

Event	Location	Date
Yorkshire powerBall	The Old Swan Hotel, Harrogate	20 October 2018
Mental Health Awareness Training	Rotherwick House, London	30 October 2018
powerBall	Grosvenor House, London	9 November 2018
Northern Ireland Electric Ball	Europa Hotel, Belfast	24 November 2018
Mental Health Awareness Training	Rotherwick House, London	27 November 2018
Mental Health First Aider Training	Rotherwick House, London	29 - 30 November 2018
South West Region Annual Ball	De Vere Tortworth Court Hotel	30 November 2018
Glasgow Christmas Lunch	DoubleTree by Hilton	5 December 2018
Tyne & Wear Christmas Lunch	The Assembly Rooms, Newcastle	7 December 2018
Yorkshire Christmas Lunch	Pavilions of Harrogate	7 December 2018
Midlands Christmas Gala Ball	The ICC, Birmingham	8 December 2018
Edinburgh Christmas Lunch	The Sheraton Hotel and Spa	13 December 2018
Eastern Christmas Lunch	DoubleTree by Hilton, Cambridge	19 December 2018
Northern Ireland Electric Lunch	Windsor Park, Belfast	1 February 2019
Mental Health Awareness Training	Rotherwick House, London	5 February 2019
Mental Health First Aider Training	Rotherwick House, London	7 - 8 February 2019
Valentine's Ball London	InterContinental Hotel, Park Lane	9 February 2019
Valentine's Ball Glasgow	Grand Central Hotel	16 February 2019
Mental Health Awareness Training	Scotland	5 March 2019
Mental Health First Aider Training	Scotland	7 - 8 March 2019
London Marathon 2019	London	28 April 2019
Mental Health Awareness Training	Rotherwick House, London	25 June 2019
Mental Health First Aider Training	Rotherwick House, London	26 - 27 June 2019
Challenge for a Cause 2019 - Croatia Sailing	Croatia	16 September to 21 September 2019
Challenge for a Cause 2019 - Everest Base Camp	Himalayas, Nepal	28 September - 11 October 2019

For more information visit electricalcharity.org/events

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