

LiveWire

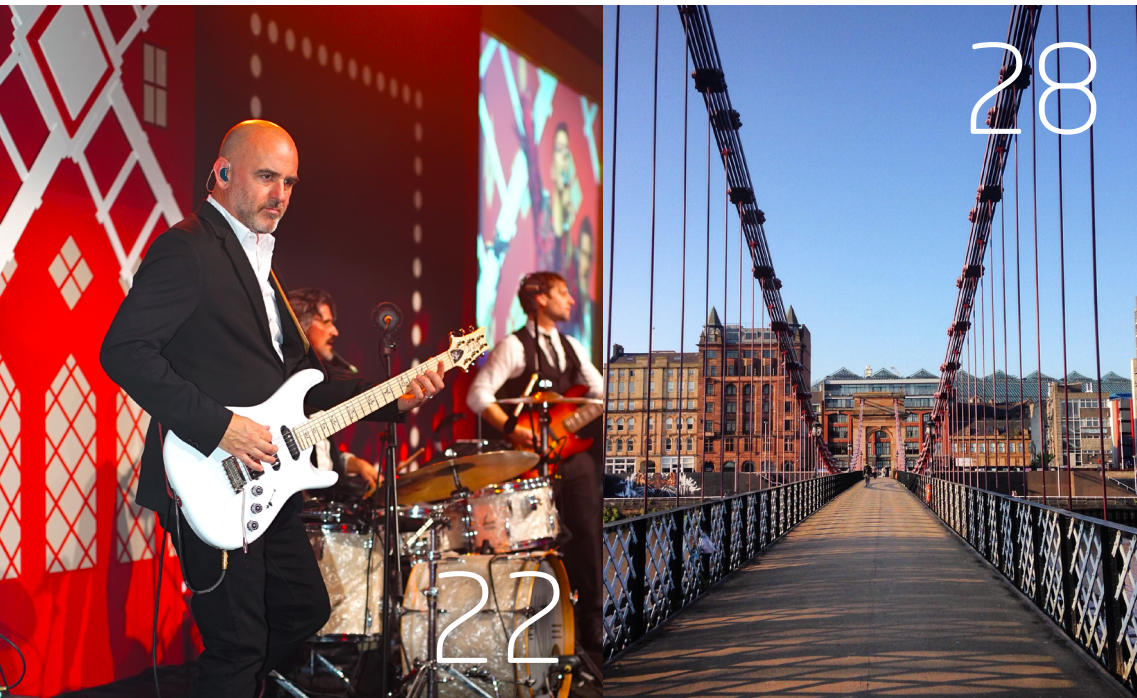


An industry charity for industry people.

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WELCOME MESSAGE

Welcome to the winter edition of LiveWire! Happy New Year to all of our industry members and LiveWire readers, and a huge welcome to 2022. We hope you had a joyous Christmas season and have started the New Year with prosperity. Since our last autumn edition of LiveWire, our events team have been up and down the UK celebrating with supporters and raising vital funds for our industry colleagues in need.

In November we hosted the powerBall and raised the most amount of money ever, over £280,000 fundraised for our industry. We also made our way to the South West for the regional gala ball and the Midlands for their festive extravaganza which returned to the ICC. Not only did we dance the night away in all corners of the country, but we also raised much-needed funds at Christmas lunches across the UK, from Edinburgh to Cambridge to Harrogate to Newcastle. We have been hosting industry events and organisations have been stepping up to raise incredible totals to support industry colleagues in need.

While industry events go into full swing, the welfare team continue to supply mental health awareness training to industry members as well as the wider community. We continue to train hundreds in Mental Health First Aider Training and have recently partnered with CEF to provide 10,000 free mental health awareness training sessions to apprentices. More companies than ever have come on board to support the EIC and the assistance we provide.

We have had more organisations become commercial agreement partners, and we continue to welcome our wellbeing champions and workplace lottery players to the Charity.

We can't wait to start the new year with you and would like to say a huge thank you to all of those who have supported and continue to support the Charity. Until next time, take care!



A NOTE FROM OUR CEO

Tessa Ogle

The Electrical Industries Charity
Managing Director and CEO

Dear Reader,

Here's to another new year, and I hope you have all had a great festive season!

A huge thank you to all of you who have supported the Charity over the yuletide and have made this quarter one of great fundraising. Together we raised hundreds of thousands of pounds to support sector colleagues who need assistance most this New Year.

Personally, I would like to express my gratitude to all our supporters who helped powerBall raise a record-breaking amount. After a difficult 19 months with limited fundraising and crowd numbers, it was incredible to see so many faces at the Park Lane Hilton and celebrate in true Parisian party fashion.

The Christmas party season is full of fun for many of us, and being able to have a festive season shared with family and friends meant the world. While a lot of us enjoyed a Christmas shared with fun and frivolity, for some of our industry colleagues the festive period is particularly hard.



It is in December and January that the Charity receives the most calls, with many struggling with the financial demands or feelings of loneliness and hopelessness that Christmas can bring.

Thanks to the support of our industry, we can assist more people than ever before and make a difference to those in our sector who need it most.

This LiveWire is full of highlights from the last quarter of the year where we did more fundraising than ever before! From a record-breaking powerBall to the festive extravaganzas which took place up and down the country, together our industry has raised an incredible amount of money for colleagues at the start of this new year.

A huge thanks to all our supporters over the last quarter, some of whom you will read about in here. We couldn't do it without you. Enjoy the read!

A handwritten signature in black ink, appearing to read 'Tessa Ogle', written in a cursive style.

CO-OCCURRING DISORDERS WITH ADDICTION AND MENTAL HEALTH



In 2021 there was a 217% rise in addiction within our industry from the year prior, with powdered cocaine being the drug of choice.

When a mental health problem goes untreated, the substance abuse problem usually gets worse. And when alcohol or drug abuse increases, mental health problems usually increase too.

When you have both a substance abuse problem and a mental health issue such as depression, bipolar disorder, or anxiety, it is called a co-occurring disorder or dual diagnosis. Dealing with substance abuse, alcoholism, or drug addiction is never easy, and it's even more difficult when you're also struggling with mental health problems.

Unfortunately, the industry isn't disclosing this to the Charity when individuals seek support with their mental health, leading to longer treatment times and sometimes ineffective treatment plans.

In co-occurring disorders, both the mental health issue and the drug or alcohol addiction have their own unique symptoms that may get in the way of your ability to function at work, maintain a stable home life, handle life's difficulties, and relate to others.

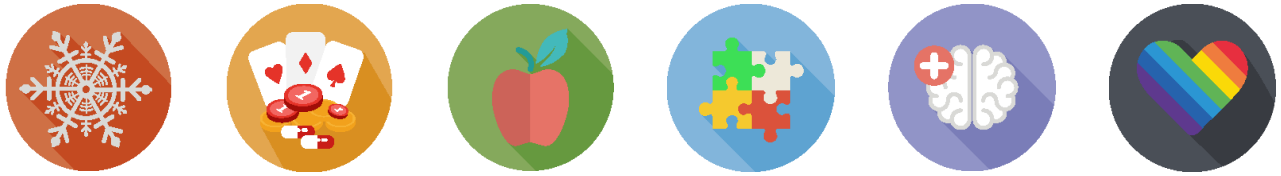


Understanding how addiction impacts our mental health and how we can stop the infinite link between the two, in 2022 the Electrical Industries Charity want to highlight co-occurring disorders with addiction and mental health. With the levels of addiction increasing so much in 2021 it is inevitable that support from the Electrical Industries Charity will be needed to assist those living with addiction and a co-occurring disorder.

To make the situation more complicated, the co-occurring disorders also affect each other.



By highlighting the link between addiction and mental health the Electrical Industries Charity want to ensure that sector colleagues are getting the support they need and that more importantly as an industry we are highlighting the dangerous relationship between addiction and our mental wellbeing.



NEW HEALTH CALENDAR FOR 2022

Our annual health calendar focuses on some of the key topics that people in our industry have been dealing with in their everyday lives. Each month we will cover a different area of health and support, providing information and case studies and looking at some key facts and advice.

It's important to take care of yourself and get the most from life. We are working towards and supporting our industry to become more pro-active in understanding what mental health is and how we can all maintain or improve our wellbeing. We all find time to ensure our physical health is reasonable, but we rarely find time to look after our mental health, which is just as important. Our health calendar is a great tool to provide you with information, stats, and guidance on the services we can provide to you, a family member, colleague or employee.

Health issues can put significant pressure on an individual and their family, therefore, having a larger support network is crucial to help them to overcome these struggles and have a brighter future ahead. Mental health issues can occur due to many factors including work or family-related stress, financial problems such as debts, caring for a loved one, starting a new family or having a family breakdown. In our sector, stress and depression are among the most common matters to deal with, but 95% of people in the industry never discuss feeling depressed with a significant other.

It could be anyone around you who is currently suffering from effects of health problems and who needs support to help them to get back on their feet. The Electrical Industries Charity is here to help because if you work or have worked in our industry, you will never be alone.

This is the outlook for 2022:

- **January** - Help keep someone warm
- **February** - Co-occurring disorders with addiction and mental health
- **March** - Nutrition and health
- **April** - Autism
- **May** - Mental Health Month
- **June** - Pride Month
- **July** - Relationships
- **August** - Healthy Heart, Happy Body
- **September** - Suicide
- **October** - Women's month
- **November** - Men's month
- **December** - Financial wellbeing



TOP 10 RESOLUTIONS TO MAKE THIS YEAR

In the new year it is almost tradition to make a resolution, a commitment to yourself that will better your life in some way. It could be to go on a diet, to drink more water or less alcohol, to give up smoking or to learn a new skill. You may want to take up a hobby, join a gym, socialise more, socialise less or find a new job. Although a lot of us may start with a resolution in January, by March or sometimes even February we can forget all about our resolutions. The Electrical Industries Charity are here to give you 10 resolutions which you can actually stick to for the entire year which will make your life better as well as others:



1

JOIN THE
POWERLOTTERY:

Why not take part in the powerLottery and give yourself the chance to win 40 chances to win every month? It's only a pound a play, and when you play you are changing the lives of industry members. The powerLottery supports all of our services to the sector, so by joining powerLottery as your resolution, it means you're committing to bettering our sector for an entire year for just £12.

powerlottery.charitypayments.co.uk/play



3

TAKE ON A CHALLENGE
TO SUPPORT SECTOR
COLLEAGUES:

Every year EIC host challenges for a cause which put you through your paces, all in the name of supporting sector colleagues in need. If you're determined to get active this year or take on an unforgettable adventure, why not join us for one of our challenges? We're recruiting electrical explorers for our Pyrenees Freedom Trail trek across the border of France and Spain, the Arctic Adventure in March 2022 and the Kilimanjaro trek. Find out more about our challenges here:

www.electricalcharity.org/events



2

MAKE A MONTHLY
STANDING DONATION
TO THE EIC:

You have the power to make a difference every month to an industry colleagues' life. By donating a monthly standing order to the Electrical Industries Charity, you can help keep a colleague warm over winter, help to feed a family, provide grief counselling for someone recently bereaved, a psychiatric assessment or give a colleague a listening ear. What you choose to donate is up to you, but when you give you feel better yourself, so why not start this New Year?

electricalcharity.enthuse.com/profile



4

HOST A
FUNDRAISER:

Your New Year's resolution may be to give back more, and a great way to give back is by hosting a fundraiser to support EIC's work in the sector. A fundraiser can take place in many different forms. Perhaps you want to bake a batch of cupcakes to sell to colleagues? Or arrange a Zoom quiz to show your support? There are a whole heap of ways you can get involved, and you can find out more here:

www.electricalcharity.org/get-involved-1#Fundraising



5 TAKE PART IN EIC DAY:

Every year on 10th September, we celebrate the founding of the Electrical Industries Charity over a century ago and we want all of our industry members to get involved. On 10th September we ask each industry member to fundraise or donate £10. You can do a fancy dress day in the office, host a movie night, sell some cupcakes or just put £10 into the EIC bucket. Make EIC Day your resolution, and what's better, it is just one day of the year!

www.electricalcharity.org/fundraising/eic-day



6 TRAIN IN MENTAL HEALTH FIRST AID:

Do you want to learn a new skill this year? How about making your resolution to learn a skill which benefits yourself, your family, your friends, and your colleague? The EIC offer mental health first aid training, which is a five-day course that helps you recognise, deal with, treat, and prevent mental health illnesses. With 1 in 4 of the population experiencing a mental health illness, it is more important than ever to help each other as best we can.

To learn a new skill and benefit yourself and others, sign up here: www.electricalcharity.org/training#MHFAT



7 BECOME A VOLUNTEER BY JOINING OUR BOARDS OR REGIONAL COMMITTEES:

Why not make it your resolution to make an active difference by becoming a volunteer with the EIC? You can join our:

[Emerging Professionals Board](#)

Our EP Board is highly influential, meeting four times a year the morning of the Trustee meetings to put forward key initiatives that the Charity will undertake for the year. The EP Board hold two voting positions on the Trustee board and deliver a fresh perspective from our emerging leadings in the industry.

[Welfare Audit Group](#)

This subgroup provides an independent assessment of the quality and effectiveness of the Electrical Industries Charity's welfare care programmes.

[Fundraising Committee](#)

Our Fundraising Committee are the driving force in ensuring the Charity are able to support those in our industry who need it most.

The committee are looking for an additional member who has a strong background in digital marketing.

[Become a Trustee](#)

Trustees are voting members of the Charity's governing body and set out the strategic direction of the charity and work to ensure we're well managed and meet our objectives. They are also responsible by law for our financial security and transparency.



8 STAND DOWN HOUR:

Why not donate an hour of your pay to help those in need? You can make a resolution to donate an hour of your wage weekly, monthly, quarterly, or annually, and any amount makes a huge difference to the support. You can choose to donate through a standing order or set yourself a reminder to donate using our fundraising page here: <https://electricalcharity.enthuse.com/profile>



9 AMAZON SMILE:

How about making it your New Year's resolution to shop more while making a difference at the same time? You can support sector colleagues by simply shopping on Amazon. Just follow these simple steps:

1. Go to smile.amazon.co.uk
2. Choose the Electrical Industries Charity as your charity of choice
3. That's it! Make sure you use Amazon Smile for any of your future purchases.



10 ATTEND AN INDUSTRY EVENT:

A huge part of the way we fundraise to support sector colleagues is by hosting industry events, so perhaps you could make it your New Year's resolution to have a great time while assisting industry friends in need? We fundraise at over 35 events up and down the country, so why not attend and help to make a change. You can find a full list of industry events here:

www.electricalcharity.org/events

Health Calendar 2022

This year, The Electrical Industries Charity presents a wellbeing series of inspirational speakers and leading experts in mental health, law, and reliance. The series is uplifting and educational on a range of issues impacting our industry. Format of the series will be a 50-minute virtual presentation followed by 10 minutes of questions and answers facilitated by the Charity CEO, Tessa Ogle.



Date & Time: Wednesday the 12th January at 8:30am to 9:30am
Topic: Building Reliance

Presenter: Colin MacLachlan

A respectable military veteran, Colin MacLachlan served an impressive 18 years for The Royal Scots and the 22 SAS unit. He has lived to tell the tale of many incredible and dangerous experiences, from being kidnapped to hunting down guerrilla gangs and hijacked planes.



Date & Time: Wednesday the 2nd February 8:30am to 9:30am
Topic: Addiction

Presenter: Daniel Fryer

Popular psychotherapist, life coach and public speaker, Daniel Fryer is tackling the damaging effects of mental health disorders one appointment and speech at a time. By letting unhealthy anxieties go and valuing healthier thought patterns, he believes that people can live fuller, happier lives.



Date & Time: Wednesday the 2nd March 8:30am to 9:30am
Topic: Sleep Science

Presenter: Dr Neil Stanley

Dr Neil Stanley is a Sleep expert that has been involved in sleep research for 39 years. He has published 38 peer-review papers and is an esteemed member of the European Sleep Research Society, American Academy of Sleep Medicine, British Sleep Society and World Sleep Society. Dr Stanley is the director of sleep at Sleepstation, a clinically validated online sleep course.



Date & Time: Wednesday the 6th April 8:30am to 9:30am
Topic: Conscious parenting

Presenter: Ife Thomas

Having won the heart of the British general public with her dancing appearances and Big Brother antics, Ife has since forged a career as an author and motivational speaker. Changing direction from the jam-packed entertainment world, Ife has honed her skills as a speaker and has also diversified into corporate finance.



Date & Time: Wednesday the 4th May 8:30am to 9:30am
Topic: Mental Health Month - A personal story

Presenter: Thomas Dunning

Thomas Dunning is a passionate mental health activist, fuelled to break the stigma that surrounds mental illness. Having suffered with mental health himself, diagnosed with Borderline Personality Disorder, Social Anxiety Disorder and PTSD, Thomas is making it his mission to ensure that no one struggling with their mental health feels alone.



The Electrical Industries Charity presents:

The 2022 Wellbeing Talks





Date & Time: Wednesday the 1st June 8:30am to 9:30am
Topic: Sexual identification

Presenter: Laila El Metoui

Inspirational Equity and Belonging Consultant, Laila El-Metoui has been promoting greater acceptance for the community in education, businesses and society for over 25 years. An award-winning role model, Laila combines personal experience as an Arab lesbian, with industry-leading strategies to champion more inclusive teams and environments.



Date & Time: Wednesday the 6th July 8:30am to 9:30am
Topic: Banter vs Bullying a legal view

Presenter: Jamie Meechan Senior Solicitor Burness Paull LLP

Jamie is a senior solicitor in our Employment team. He provides advice on all employment law matters to clients across a range of sectors. He also regularly represents clients in the Employment Tribunal and has appeared in Scotland, England & Wales and Northern Ireland.



Date & Time: Wednesday the 3rd August 8:30am to 9:30am
Topic: Sexual harassment and consent a legal view

Presenter: Jamie Meechan Senior Solicitor Burness Paull LLP

Jamie is a senior solicitor in our Employment team. He provides advice on all employment law matters to clients across a range of sectors. He also regularly represents clients in the Employment Tribunal and has appeared in Scotland, England & Wales and Northern Ireland.



Date & Time: Wednesday the 7th September 8:30am to 9:30am
Topic: Suicide prevention

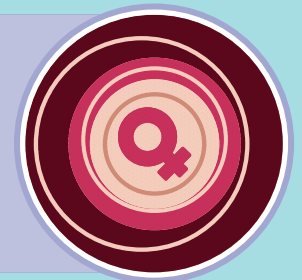
Presenter: Neil Laybourn

Neil is a renowned and highly sought after health and wellbeing expert and public speaker, having been invited to deliver talks and seminars to hundreds of well-known brands and organisations worldwide.



Date & Time: Wednesday the 5th October 8:30am to 9:30am
Topic: Women's Health Month - Navigating Menopause

Empowering the industry to effectively manage the menopause, giving them key insights into the cause and symptoms, how to alleviate symptoms and gain the empathy required to support colleagues going through the change!



Date & Time: Wednesday the 2nd November 8:30am to 9:30am
Topic: Men's Health Month - Taboo health topics

Presenter: Dr Barbara Harkin

Former GP and medical expert, Dame Barbara Hakin is a much respected technology speaker known for her roles in the management and governance of NHS England. Formerly Chief Executive of the East Midlands Strategic Health Authority, Barbara is a much sought after keynote speaker.



Date & Time: Wednesday the 7th December 8:30am to 9:30am
Topic: Understanding behavioural patterns and mental health

Presenter: Charlie Webster

Broadcaster, host, and trustee of the London Youth Games, Charlie Webster is one of the most recognisable faces in the world of sport. She has made history as a journalist, becoming the first woman to present several prestigious sporting events.



SHOW YOUR DEDICATION TO EMPLOYEE WELLBEING BY BECOMING A WELLBEING CHAMPION WITH EIC

About our champions

Our champions recognise the overwhelming need for support in our industry. They strive to ensure the Charity remains relevant, accessible and thought-provoking. Our champions help to shape our work within the industry by sharing their experiences and needs. As well as being ambassadors for the Charity within the sector.

The EIC champions' programme focuses on our six core values and how we can grow our presences and better our support in the industry. These were set out for us by our 10 founding electrical and energy industry members in 1905.

- 1. People Focus** - An industry Charity for industry people, providing a hand up to those in need.
- 2. Smart** - Solutions which reshape the lives of the people and businesses we support in the longer term.
- 3. Sustainable** - A Charity that can truly say every £ invested goes back to our industry.
- 4. Growth** - An industry Charity sized to cater for growth in the sector by increasing the number of people that we support year on year.
- 5. Leadership** - A Charity designed to support the industry with clear leadership and wellbeing programmes geared towards addressing industry issues.
- 6. Transparent & Accessible** - Trustworthy, truthful and honest about all our activities. Dependable and available now and in the future. Why we have champions To keep our free and confidential services available to the industry we rely on organisations and individuals, such as yourselves to help the Charity in many ways.

This could be financially through participating in and promoting fundraising initiatives across the sector. It could be through championing the Charity in the sector as an ambassador, ensuring a wide presence in all industries. It may also be through implementing and driving best practices for our industry and members such as mental health awareness and an industry EAP programme.

Who should join our champions programme?

Our champions programme is open to anyone who is working or has worked within the electrical and energy sector, along with all companies large and small within the industries. We are a Charity created by industry members to serve industry members. This programme has been designed to give all industry members the opportunity to shape their Charity to suit the changing industry needs, as well as providing the Charity with many more ambassador voices within the sector.

If any of the below questions apply to your company, the champions programme is just what you need:

- Do you want to get your staff more involved with wellbeing initiatives that matter to our industry?
- As a business, have you focused on 'Safety' much more than health?
- Do you have staff who have expressed interest in volunteering, but you don't know where best to direct their attention?
- As a business do you have structured wellbeing programmes that your staff know about and use?
- Have you rolled out the Charity's Industry EAP programme to your staff?



BENEFITS TO BEING AN EIC CHAMPION

As an EIC Champion you are not only supporting your industries Charity to be sustainable for future generations, but you are also gaining a partner who is leading industry change. You will have access to all standard EIC services, and we will exclusively offer you the following member benefits.

Advertising

- Your company logo will be displayed on screens at all Charity events*.
- You will receive a targeted social media marketing campaign. Where we will promote your support through the champions programme on all our platforms.
- You will receive an A4 spread in the Charity LiveWire Magazine annually.
- You will be thanked quarterly in the Charity LiveWire Magazine.
- You will be featured on the Charity website homepage in a rolling banner.

**This applies to all events with appropriate equipment.*

Services

- Extended counselling and mental health support of 6 sessions in comparison to our standard 4 sessions.
- A dedicated welfare officer for all service support and enquires.
- Expert facilitated virtual health presentations in line with the EIC monthly health calendar.
- Monthly champions newsletters to keep you up to date with all Charity developments.
- Exclusive access to Charity articles and case studies with a dedicated media executive for PR collaborations.

What about me? (WAM)

The WAM portal gives its users a full toolkit of ways to improve resilience as well as recover from moments that may have knocked our confidence. WAM users or champions are offered wellbeing workouts that consist of over 100 short videos on how to improve our wellbeing. These videos offer practical guidance, ideas and more. Alongside video resources there are downloadable worksheets, exercises, self-assessments, postcards and more which you can share with whomever you wish. As well as written resources, there are also guided audio relaxation exercises.

Sign up your business to be an EIC Wellbeing Champion!

EIC WELLBEING CHAMPIONS
PROGRAMME

Thank you to our Wellbeing Champions!

aico

ALLIED
BUILDING SERVICES

edf

HeatMat
Underfloor Heating

JTL
TRAINING PEOPLE

legrand

nife EIC

REXEL
a world of energy

Life Is On | **Schneider**
Electric

electrical industries charity





THE RETURN OF THE EDA AWARDS DINNER MEANS A BOOST FOR INDUSTRY COLLEAGUES IN NEED

It has been a long time coming, but the EDA Awards Dinner finally returned to the Intercontinental London for an unforgettable evening. The night celebrated leaders from the electrotechnical sector who have championed the professional development and training of their teams and businesses through the EDA Apprenticeship Service and the EDA Product Knowledge Training Modules. Every awards dinner raises a huge amount of money to support those who need assistance in our sector, and this year was no different.

Together attendees at the EDA Awards Dinner raised over £8,570 for the Electrical Industries Charity and those we support. This is a record-breaking amount from the EDA dinner attendees and we cannot say thank you enough for their support and the ongoing support of the EDA.



CHANGES FOR SUSTAINABILITY AT CEFCO MEAN EIC CAN REMAIN SUSTAINABLE TOO

We all understand the importance of making changes to our everyday habits to make a positive impact on our environment. While we all try to recycle our cartons and turn off the tap while we brush our teeth, we need to do more to make a real difference. Larger companies have also been trying to do their bit to help turn the tide on climate change.



Some businesses have made the promise to go carbon neutral, and others are making the swap to all electric vehicles, but an organisation which has made a big difference in our sector is CEFCO, an in-house company of massive Charity supporters CEF. CEFCO elected to change their motor control gear packaging from blister pack to a recycled carton as part of their focus on sustainability and social value.

Not only does this have a positive impact on our environment and set the benchmark for environmentally friendly packing measures in the industry, but it also provides a cost saving to CEFCO. To extend the positive impact from the change, CEFCO generously donated the benefit of the cost saving to the EIC, resulting in a contribution of £7,423 to assist sector colleagues who need a hand up.

As the demand for Charity services increases year on year, the demand for support in 2021 was greater than ever before, and we expect this trend to continue. A donation like CEFCO's means more people can get the support they need when they need it. A huge thank you to CEFCO, CEF and all of those involved.



CEF SUPPLIER EVENT 'SHAPING THE FUTURE TOGETHER' 2021 RAISES OVER £100,000 FOR THE CHARITY

CEF invited the Electrical Industries Charity to be their charity partner at their inaugural supplier event, held at The Fairmont Windsor Park on Thursday 4th November 2021.



As part of the program, CEF presented to their supplier partners about the importance of the industry supporting the Charity and how our vital work impacts the entire supply chain.

An incredible £6,892 was raised on the evening and suppliers were encouraged to match the donations. Aico, DeWalt, Electrium, Jaylow and Schneider all matched the £6,892 and other suppliers

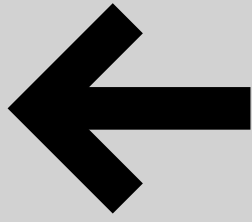
kindly pledged lump sums, including £2,500 from Collingwood. Honeywell MK and Legrand all donated £2,000 each, and C&C Marshall LTD, JCC and Prsymian donated £1,000.

Based on the incredible support from CEF staff and key supplier partners the event raised £50,852 on the night, which CEF generously matched, resulting in an amazing £101,704 donation for the charity.

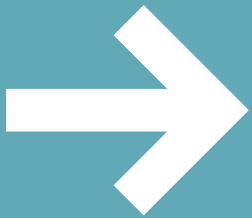
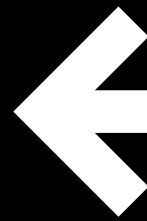


FUNDRAISING





**STEP
BACK,
GET
CLOSER**



GET CLOSER TO OUR EXPERTISE

There's more to Legrand than you realise. Our teams specialise in the research and development of market-leading solutions. Around 80% of our UK sales come from products manufactured in the UK, all supported by our specialist technical teams and engineers. So step back, see the whole picture and get closer to Legrand.



See the whole picture at [legrand.co.uk](https://www.legrand.co.uk)



 **legrand**[®]

NON-MEANS TESTED:

- General legal advice (family law only) to support with divorces, child agreement orders, inquests, will and estate issues
- Therapy and mental health support (tiered funding approach)
- Bereavement support (including those affected by suicide)
- Psychiatric assessments
- Support for those suffering with a terminal illness
- Dyslexia support
- Clinical Occupational Therapist (OT) for those who do not have access to this through their workplace, who help to write and support with return to work plans after a serious mental health absence from work
- CV support following redundancy and job loss
- Complex case management support: assigned case worker to help get you back on your feet

OUR SERVICES



ACCESS ASSISTANCE

You can access this support 7 days a week on our free and confidential helpline:

0800 652 1618 Or by emailing:
support@electricalcharity.org

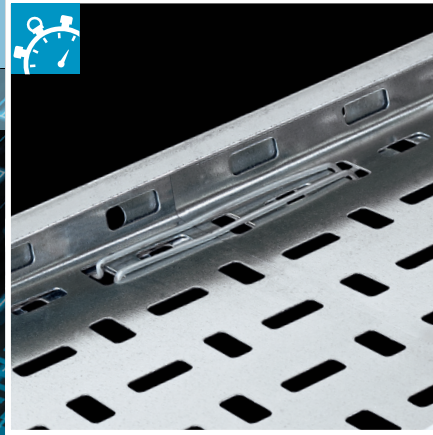
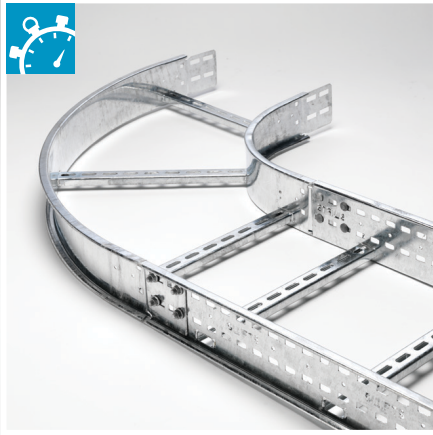
Helpline is open 8am-8pm Monday - Friday and 8am-1pm on weekends

MEANS TESTED:

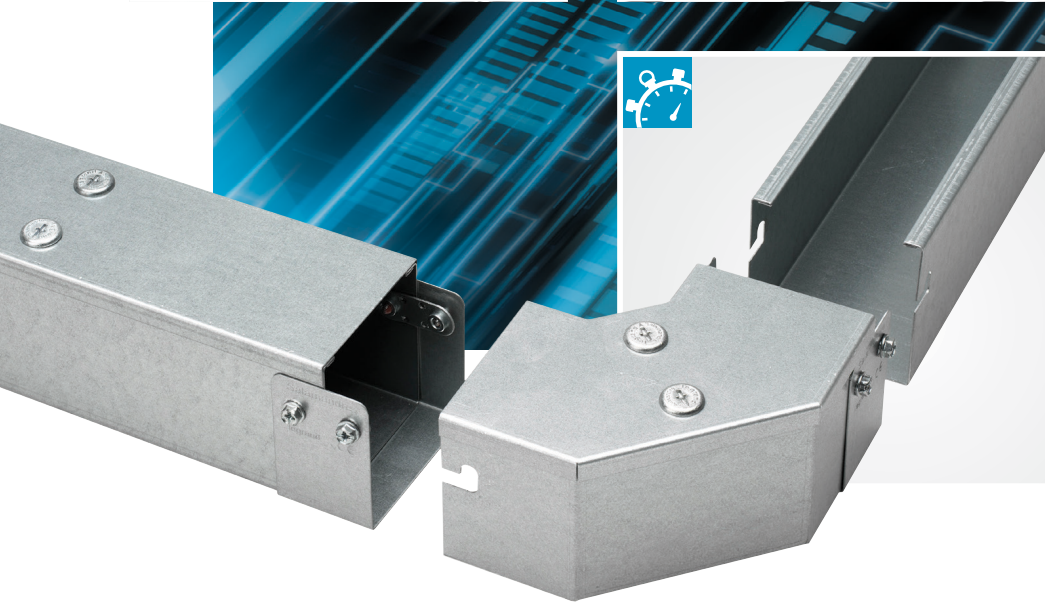
- Legal support will service
- Holistic-based intervention (acupuncture and nutrition support)
- Counselling and mental health support including ADHD and ASD assessments
- Financial assistance and grants immediate urgent need and serious illness/disability
- Debt advice - how to manage debt and get ahead with professional advice and assistance
- Apprentice bursary scheme - additional financial support for apprentices with carer responsibilities and/or illness and disability
- Severe illness support with the establishment of a Lasting Power of Attorney


FASTER
by design

SUITABLE FOR
18TH EDITION
INSTALLATIONS



THE BEST
GOT EVEN
BETTER



Three simple steps to better cable management

At Legrand we continually look for ways to improve our product ranges. In the case of cable management, every improvement we make has the installer in mind and is based around the three areas that make up our 'Faster by Design' ethos:

1

EASIER TO INSTALL

2

FASTER TO INSTALL

3

FEWER COMPONENTS

Our products are not only faster to install, they're also easier to handle and require fewer components - reducing the total installed cost of your project. In the UK we manufacture approximately 75% of everything we sell, which means we have local expertise in research and development, design, production and technical support. Swifts cable ladder and tray, two of our most recognised products in cable management, have been designed and manufactured in the UK at our Scarborough site since the 1960s.

For more ways to ensure faster fitting, visit www.legrand.co.uk

 **legrand**[®]

MEET OUR WELFARE TEAM – INTRODUCING LUCY RAEMERS



In each LiveWire we want to take the opportunity to showcase a member of our incredible team so you can get to know some of the people who do amazing work to support our industry every day. In this edition we chat to Lucy Raemers, a case officer from our welfare team who has worked with the charity for six months.

**Hi Lucy, thanks for chatting with us.
Tell us a bit about your EIC journey:**

Prior to working with the EIC I was actually a hairdresser, but I have always had a keen interest in wellbeing and helping others. I think it's part of human nature to want to help others and be that listening ear for someone, you get that a lot being a hairdresser – you stand and listen all day with scissors in your hand. In 2019 I founded my own organisation in memory of my brother Ben who I lost to suicide. The Ben Raemers Foundation. It is a men's mental health foundation that is mainly aimed at the skateboarding community. Ben was a professional skateboarder. I knew there was nothing that had been done like this before in the skateboarding world. This was where my real relationship with the importance of mental health began.

As a welfare case officer, what is the biggest focus of your job?

The biggest focus is approaching each case with the same amount of empathy, care, support and with a non-judgmental attitude.

Thinking outside the box and exploring different avenues to resolve any pain points our cases may be facing.

Tell us about a case you have been working on:

We had a call from a dad through helpline who had concerns for his son's wellbeing after he disclosed that he had been struggling with bullying at school and had just lost an aunt whom he was very close to. He heartbreakingly relayed a turn of events that happened a few nights before where his son tried to take his own life at the age of just 11. I managed to source a child psychologist who was able to see the son face to face almost immediately, and once the sessions began there was an instant change in the son's all-round wellbeing. The dad also told me how his son loved outdoor sports, so I sent over a spare skateboard I had for him. Once it arrived, I got a photo of him with it, which was so lovely. It's so rewarding to have a real-world impact, especially on someone so young and his entire family.

What is the most challenging part of your role?

I would say when you have a call through the helpline and either substance misuse or alcohol is present with the person you're trying to support. It can be really challenging to help someone who is under the use of drugs and alcohol.

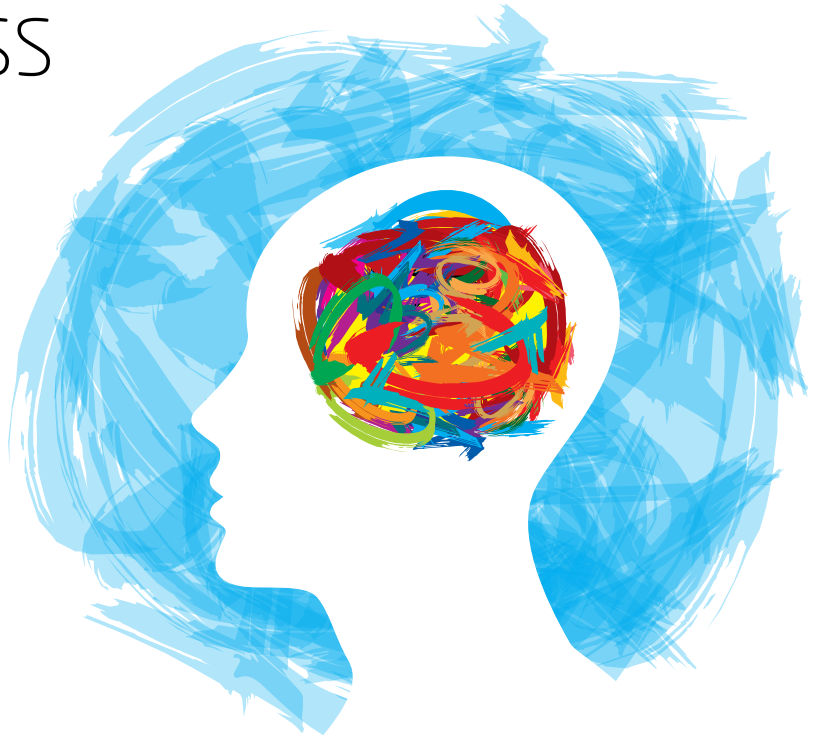
What is your favourite aspect of your role?

My favourite aspect is being able to support someone who has been struggling and feeling like they are in the darkest place. Being able to scoop them up and work with them to get them back into a good headspace is somewhat beautiful. After losing my brother to suicide I have really felt my role has helped in my healing process. Using tools I have learnt through my lived life experience to save others makes each day amazing.

THE IMPACT OF A FAMILY MEMBER SUFFERING WITH MENTAL ILLNESS

In May 2021 we launched our Electrical Industries Charity podcast channel. We have a whole host of exciting content lined up for you to tune into and in this podcast we engage with the often missed and forgotten family member's experience of supporting someone with mental illness.

Steph is the daughter of John, who has experienced great financial distress which massively impacted his physical and mental health. We have asked Steph to join us in sharing some of the challenges, learnings and changes that she experienced while trying to support her dad through his illness.



You can listen to this Electrical Industries Charity podcast episode here:



THE RETURN OF POWERBALL TO THE LONDON HILTON ON PARK LANE TRANSPORTED GUESTS TO PARIS FOR ONE NIGHT ONLY

powerBall returned for an incredible evening of champagne, the can-can and Parisian charm for one night only at the London Hilton on Park Lane.

powerBall returned for an incredible evening of champagne, the can-can and Parisian charm for one night only at the London Hilton on Park Lane. Guests enjoyed a sumptuous feast from menu sponsor Legrand, which had goat's cheese and butternut squash tart, beef fillet and a dessert which oozed French feeling. Not only was there a feast on the table, but there was a feast for the eyes too. The room was beautifully decorated with the decadence of the Moulin Rouge, from red roses to glistening tablecloths to balloon arrangements adorned with pinwheels, feathers and fans.



Attendees were treated to a can-can curtain raiser with the sounds of Roxanne, Get the Party Started and Diamonds Are Forever. There were snake charmers, sword swallowers, two incredible bands and a mistress of ceremonies, all of whom helped to bring the Moulin Rouge alive, thanks to entertainment sponsor Wago.



Paris wasn't the thing guests were treated to; there were plenty of chances to win too, with Higher or Lower sponsored by Glen Dimplex, the grand raffle sponsored by Schneider and a live auction with prizes donated by Hager, Edmundson Electrical, Group B and Rexel.



The evening's festivities would not have been possible without sponsorship from CEF, headline sponsors, after-party and drinks reception sponsors Aico, and VIP drinks reception and centrepiece sponsor Bell Lighting. A huge thank you to all of our donators to proceedings and attendees; thanks to everyone's support we raised a record-breaking £284,000 to support sector colleagues in need.

WHAT THE ELECTRICAL INDUSTRIES TRADING COMPANY AND REGIONAL COMMITTEES HAVE BEEN UP TO AT INDUSTRY EVENTS

It has been a busy return to events for the Electrical Industries Trading Company, and we have achieved record-breaking numbers.

Glasgow Sportspersons Dinner returns to wow the crowds

Glasgow Sportspersons Dinner returned to the Oran Mor for a showstopper of an evening with a stellar sporting line-up for attendees to enjoy. Headline sponsors CEF held top table while entertainment sponsors MacD Electrical and drink reception sponsors Aico all made up the team sheet alongside a whole heap of other industry organisations. Sporting speakers Gordon Strachan and Alex McLeish recalled anecdotes from Scottish footballing history and David Tanner compered the evening which raised over £25,583 to support sector colleagues in need. A huge thank you to everyone who attended, sponsored, and donated to the evening. We can't wait to see you back at Glasgow Sportpersons Dinner in August 2022.



National Golf heads for the fairways and hits a hole-in-one

What a beautiful sunny day it was at National Golf Championship 2021 in September! A total of 27 teams fought for the title of the industry golf champions with Legrand Electric taking their place on the top pedestal, closely followed by last year's winners Doncaster Dynamos. Over £13,000 was raised for our industry. A huge thank you to sponsors - City Electrical Factors, Atkore, Schneider Electric, Electricbase, OVIA Lighting and event partner Bell Lighting! Save the date for 2022 - 14th September at the beautiful Forest of Arden Golf Club.



Midlands Golf Day Stoneleigh gives golfers a great day

Our annual Midlands Region Golf Day at Stoneleigh Deer Park Golf Club was a great success once again, gathering 22 teams for a day of golfing, networking, and a delicious dinner. Over £6,000 was raised for our sector, which is a record number for the event. Thank you to our Sporting Partner, Bell Lighting, and all the prize donators and attendees that made this event one of success.



Western Equinox Ball brings the 1920s to the West!

After much anticipation, the Western Equinox Ball returned to a brand-new venue, Old Thorns, to throw a 1920s-inspired bash. Guests enjoyed a four-course banquet with free-flowing fizz to celebrate the occasion, and not only did attendees enjoy a feast of food but they also had a feast for the senses. The Vegas Show Girls performed a Gatsby-inspired routine, and Western committee chair Gary Hutchins was the host with the most. Candy Apple Blue wowed the crowd with some floor fillers and kept the party going all night long. Thanks to all of our attendees, including sponsors Wiska, Termination Technology, Lutron, Bell Lighting and our gold table sponsors. Together we raised over £10,000 to support industry colleagues in need.



Eastern Golf Day returns to Cambridgeshire countryside fairways

Eastern Golf Day returned to Bar Hill Golf Club, Cambridgeshire, for a fantastic day on the fairways hosted by Eastern regional committee chair Andie Morris. Together attendees enjoyed 18 holes, trying their luck for nearest the pin and longest drive, and then returned to the clubhouse for a two-course meal as a reward for their efforts. The event raised more than £2,000 for industry colleagues in need. A huge thank you to our headline sponsor Trilux Lighting and all of our attendees, prize donors and sponsors Glen Dimplex Heating and Ventilation and Bell Lighting.



Magic returned to the South West at the South West Ball

South West Region Annual Ball returned to the magical De Vere Tortworth Court Hotel in the heart of Cotswolds and gathered over 130 industry friends for an evening of great food and entertainment. Over £7,300 were raised for the industry. Huge thank you to Gold Sponsor - Cavendish Nuclear! We look forward to seeing everyone once again next year on Friday 18th November 2022.



Glasgow Christmas Lunch kick starts the festive season

Glasgow Christmas Lunch returned to the DoubleTree Hilton for an incredible afternoon of festive fundraising fun. Joined by incredible speaker Sheriff Lindsay Wood and comedian Nina Conti attendees dined on a delicious meal of goats cheese roulade, a trio of lamb and a sultana and apple crumble. Guests were dazzled by host Alex Fleming and transported to a starlit winter wonderland in the heart of Glasgow. With a grand raffle with prizes from industry donors and incredible auction lots the event raised more than £34,000 to support industry colleagues in need, an amazing total from an amazing crowd. Thanks to Leigh Cables and MacD Electrical as well as Bell Lighting.



Christmas came early at Tyne and Wear festive lunch

What a fantastic day we had at the Crowne Plaza Hotel in Newcastle for Tyne & Wear Christmas Lunch 2021. A record number of over £13,500 were raised for electrical industry thanks to a sold-out room of 300 industry members in attendance and all the generous prize donators. Huge thank you to Now Dutton for being the headline sponsor of the day! We can't wait to see everyone again at the Tyne & Wear Summer Lunch on 10th June 2022 at the same location.



Walking in a winter wonderland at the ICC

Midlands Christmas Gala Ball 2021 brought us to the Winter Wonderland at The ICC Birmingham after a year's break. Over 300 industry members gathered for a fantastic evening of great food, entertainment and networking with old and new industry friends. Over £23,000 were raised for people going through challenging times in our sector and this was possible thanks to everyone's generosity. Extra special thank you to Headline Sponsor - Schneider Electric, Entertainment Sponsor - City Electrical Factors, Bar Sponsor - Rexel, Gold Table Sponsor - Briggs & Forrester Group and Event Partner - Bell Lighting. We are excited to announce that the event will take place at a brand-new venue in 2022 - The Eastside Rooms, Birmingham. Save The Date - 3rd December 2022!



Festive fun returns to the South

Southern Christmas Lunch returned to the 1st Central County Cricket ground for an incredible afternoon of festive fundraising fun. Attendees enjoyed a delicious Christmas banquet with turkey, all the trimmings and mince pies to finish the afternoon on a high. There were prizes to be won with a grand raffle and bonus ball board which allowed attendees to win cash prizes. Bob Webb kept guests entertained with a great comedy set and Darren Wetherill of DW group was host with the most. Together attendees raised over £5400 to support sector colleagues in need. A huge thank you to all of those who attended and donated.

Festive wishes all the way from Harrogate at Yorkshire Christmas Lunch

Yorkshire Christmas Lunch 2021 was once again a great success bringing together over 300 industry friends and raising over £13,500 for electrical industry. The entertainment was as always exceptional with Dion Dublin and Josh Daniels filling the room with laughter. Huge thank you to headline sponsor Tobbell Electrical, the famous Teddy Bear sponsors - Edmundson Electrical North East Region and Glen Dimplex Heating & Ventilation, raffle prize sponsors City Electrical Factors and Skanwear, as well as to our event partner Bell Lighting.



Kings College provided the perfect festive backdrop for Eastern Christmas Lunch

A huge thanks to everyone who attended the Eastern Christmas Lunch at the stunning King's College to help celebrate the festive season in the most magical way. Together attendees raised over £2,500 to support sector colleagues in need this holiday season with a grand raffle, auction and game of heads or tails. Thank you to our heads or tails sponsor Trilux Lighting, event partner Bell Lighting and all the organisations who came together to help make a difference, we couldn't do it without you.

THE IMPORTANCE OF SLEEP AND HOW THE ELECTRICAL INDUSTRIES CHARITY AND PARTNER SLEEPSTATION CAN HELP

Sleep is one of the key ingredients to help you be the best you can be. On average in the UK we each get 7.6 hours sleep a night and those who are between the age 18 and 29 get the most sleep with on average over eight hours a night. While we all need sleep, it can sometimes be difficult to get all the shut-eye we need. A lack of sleep can lead to depression, stress, anxiety and poor physical health. It is because sleep is so important that the Electrical Industries Charity have partnered with sleep experts Sleepstation to provide all industry members with free sleep advice.

Sleepstation is a clinically validated sleep improvement programme that can help you sleep better after just four sessions. Designed by experts and backed by science, the online service is proven to combat even the most severe insomnia. Their team will help you identify the underlying causes of your sleep problem and provide the personal support needed to improve your sleep. Sleepstation delivers remote care with a personal touch, and that's what makes it so effective.

The Sleepstation experts have put together a whole knowledge base on sleep, which you can access as an industry member. To give you a taste of what

you can find out about sleep, we've put together some good-to-know sleep soundbites:

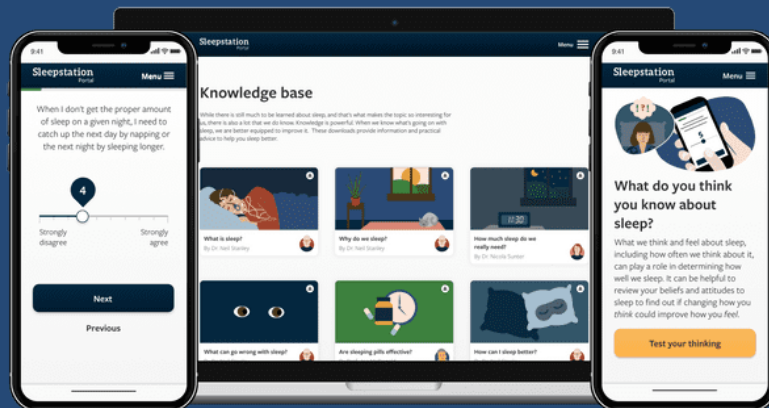
- To get to sleep you need three things:
 - A quiet mind.
 - A relaxed body.
 - A bedroom that is conducive to sleep.

Daytime exercise, both physical and mental, can promote good sleep. The best way to get a good night's sleep is to be awake during the day. One of the most important things you can do is establish a regular, relaxing bedtime routine. You should spend at least 30 minutes winding down before bed. This means turning off the TV/computer and doing those things that help you quieten the mind and relax the body. Don't work, don't argue with your partner, and don't open the gas bill. Make your bedroom a sanctuary. Keep it dark, quiet, and cool. Many experts say that the ideal temperature for the bedroom is 16-18°C. Spending long periods of time in bed awake can break the association between bed and sleep. If you're tossing and turning for more than 30 minutes at the start of the night - or 20 minutes during the night - then it may be helpful to get out of bed and do something else. Only go back to bed when you feel sleepy again. These are just some little hints to help kickstart your journey to better sleep, but Sleepstation and EIC have a whole portal dedicated to better sleep.

You can access this here: www.sleepstation.org.uk/electrical-industries-charity and access code **electrical2020**.

Sleepstation is a clinically validated sleep improvement programme that can help you sleep better after just four sessions. Designed by experts and backed by science, the online service is proven to combat even the most severe insomnia. You don't have to put up with not being able to drift off, constantly waking up or poor sleep health. Sleepstation and the Electrical Industries Charity are here to help. Therapeutic support through Sleepstation is available to those in need and who meet our charity eligibility criteria.

Sleepstation



UP CLOSE AND PERSONAL WITH GLASGOW REGION

A huge part of how we support industry colleagues in need is through industry events hosted by our sister company, the Electrical Industries Trading Company. Every year the events team host over 35 regional events all across the UK. We're going to give you the inside scoop on a region every LiveWire; this quarter it's time to get up close and personal with the Glasgow region.

One of our two regions within Scotland, the Glasgow region have six committee members who help to shape the region and its annual events, the Glasgow Valentine's Ball at the Grand Central Hotel, Glasgow Sportspeople's Dinner at the Oran Mor and the Glasgow Christmas Lunch at the DoubleTree Hilton, Glasgow Central.

Our Glasgow committee members are: Isabel Smith (Chairperson), David MacDonald, Gerry Young, Ken McQuaker, Barry McNally and Gregor Morrison. Together they help to raise the profile of the charity, they shine the spotlight on how people can fundraise, and they bring the sector together.

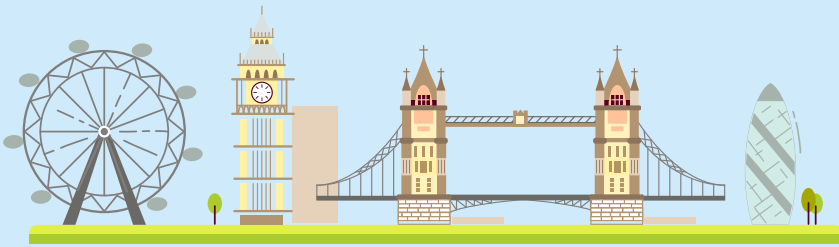
Looking for love in 2022 or want to celebrate a day of love with those dearest to you? Then the Glasgow Valentine's Ball is perfect for you! Join the Electrical Industries Charity, your fellow electrical colleagues and friends from the sector for an evening of dining, dancing and devilish behaviour at the beautiful Grand Central Hotel, Glasgow. You and this night are a match made in heaven, so join us and help give back to those in our industry who need some TLC too. www.eictradingco.org/industry-events/247-valentine-s-ball-2022

It's time to return to the Oran Mor for a spectacular evening of sporting entertainment from the famous faces who have been some of the best in their field. Our stellar sporting line-up is yet to be announced, but you can register your interest for this incredible evening today. Use the contact details below to enjoy a three-course meal with some heroes of the sporting world.

<https://www.eictradingco.org/industry-events/295-glasgow-sports-dinner-2022-2>

To find out more about how to join a committee, please click here: www.electricalcharity.org/index.php/about-us/regional-committees

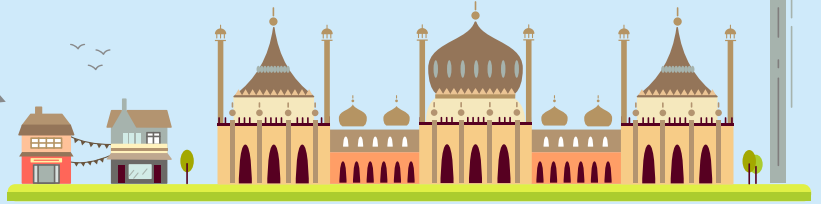




54 miles

Challenge for a Cause
A New Virtual Fundraising Event!

LONDON TO BRIGHTON



What you need to take part:

A competitive spirit

Registration fee:

£10 per team

Fundraising target:

As much as you can!



Ready to sign up?

Please contact fundraising@electricalcharity.org for more information



SCAN ME

OR CLICK HERE TO SIGN UP NOW

This beautiful and demanding trek in the Pyrenees follows the Freedom Trail, or 'Chemin de la Liberté', one of the toughest WW2 escape routes from Nazi-occupied France into Spain.

Challenge for a Cause

11th - 16th July 2023



POWERLOTTERY GIVES YOU THE CHANCE TO WIN 40 CASH PRIZES A MONTH, AND HERE IS HOW

The powerLottery is the Electrical Industries Charity's number-one fundraising stream, and it helps to support thousands of our sector colleagues every year who need a helping hand. The powerLottery gives its players a chance to win 40 cash prizes every month ranging from £50 all the way to £1,000 and £10,000 bi-yearly! You can change your own life and someone else's too.

Take a chance and play every month with tickets from just £1. The more tickets you have, the more chances you have to win. Just like the National Lottery, which helps support charities across the UK, the powerLottery helps to support our own industry Charity.



powerLottery players are industry superheroes who help to fund essential support to the Electrical Industries Charity caseload. Tap the app or sign up online to help make a difference to our sector and your wallet!

www.electricalcharity.org/lottery

OUR LUCKY WINNERS:

September 2021

1st PRIZE - £1,000: Mr W Webb

2nd PRIZE - £500: EG Fryer, G Abeyawardene, J Wilde, J Goodinson, D Atherton, P Read, P Johnston

3rd PRIZE - £250: J Pickles, B Jones, K Hudson, J Chamberlin, A Sparks, W Hunt, C McDonnell

4th PRIZE - £100: L Gent, A Stoneley, B Harris,

T Wheeler, S Connor, M Simpson, R Webster, A Norman, A Brimblecombe, K Moseley

5th PRIZE - £50: J Amery, N Odea, J Hills, D Potter,

J Coleman, R Hastings, D Mullen, D Kither, D Mansell,

RE Ayling, A Burnley, B Whittle, B Phelps,

G Sykes-Waller, P Cutting

October 2021

1st PRIZE - £1,000: J Duerden

2nd PRIZE - £500: R Bagshaw, C Muhl, M Clark, B Campbell Smith, V Butler, JD Hughes, N Quarry

3rd PRIZE - £250: P Fairest, P Gwynne, K Waugh, G Middleton, S Kimpton, S Parker, S Franks

4th PRIZE - £100: B Seymour, G McArthur, R Whitworth, R Muttram, J Hopkinson, G Goold, M Henderson,

E Shelton, D Hutchinson, B McKenzie

5th PRIZE - £50: E Bates, P Hunt, J Gallon,

R Humphreys, S Connor, P Walker, O White, J Smith,

D Evans, I Bradshaw, S Johnston, M Llewellyn, J Smith,

G Pursey, R Davies

November 2021

1st PRIZE - £1,000: W Lyon

2nd PRIZE - £500: N Lowe, E Borthwick, B Clegg,

R Sharman, P Gilmore, S Harvey, M Williams

3rd PRIZE - £250: K Ella, C Thomas, A Beck,

W Smith, B Andrew, J Melville, R Harris

4th PRIZE - £100: VJ Hanby, B Wade, B Fleming,

A Smith, M Brown, A Smith, J Whitworth, M Anderson,

M Peacock, TO Dawkins

5th PRIZE - £50: J Boucher, J Ferguson, D Hassall,

J Vickers, N Jackson, DE Harvey, A Pollitt, B Clegg,

C Walker, D Stewart-Smith, N Barnden, S Weatherill,

P Hoche, J Wainwright, C Nodder

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

PLAY TODAY

<https://powerlottery.charitypayments.co.uk/play>

Power
Lottery

PAYROLL LOTTERY PROCESS

COMPANY PERSPECTIVE

STEP 1 — REGISTERING COMPANY



Register your company's interest to sign up to the Payroll Lottery with EIC by contacting lottery@electricalcharity.org

STEP 2 — CONTRACT ISSUED

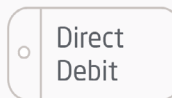
EIC will issue each participating company a Payroll Lottery Contract. The company will provide the EIC with its full legal name for the contract and the nominated Payroll Contact. The EIC will add this information into contract to be authorised and returned to us.

STEP 3 — COMPANY ADDED TO PORTAL

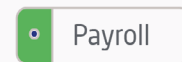
EIC will add the Company to the lottery portal drop down list.

Step 3 - Payment Options

Payment Method



Playing by Direct Debit means your balance will top-up automatically so you never miss a draw.



[How does payroll work?](#)

Your monthly tickets £1 per chance)

1 Chance

Payroll Company

Company Name

Payroll Unique ID

£1.00

This is a recurring payment of £1 entitling you to 1 chance in each draw

I have read and accepted the [terms & conditions](#).

Continue to Payment

STEP 6 — TO CONFIRM ALL EMPLOYEES ARE STILL EMPLOYED

Company Payroll contact confirms if all employees on the report are employed by the company and send the EIC lottery administrator an email to confirm the deduction report. If there are players on the report who have left their employment or appear on the report in error these should be deleted, and the amended report sent back to the EIC lottery administrator.

STEP 5 — DEDUCTION REPORTS SENT TO PAYROLL CONTACT

The EIC will produce a monthly report on all players who joined the company lottery through the online portal. A secure folder will be set up where the payroll company contact can access these reports. The Payroll contact will receive an email on the 16th of each month telling them to access the lottery deductions report in the folder for the month.

STEP 4 — COMPANY GENERATED MARKETING MATERIAL

The EIC will design an email campaign for each participating company on the sign-up process and why the lottery is important for the Industry.

This email campaign can then be distributed to staff internally.

STEP 7 — COMPANY PAYROLL CONTACT MAKES THE DEDUCTIONS FROM PAYROLL

Payroll contact makes the deductions from each players salary. Company then makes a BACS transfer to the Electrical Industries Charity by the last day of the month. The payment to the EIC should match exactly the amount from the lottery report confirmed with the EIC lottery administrator.

STEP 8 — CONFIRMING DRAW RUN

Company Payroll contact will receive an email from the EIC administrator confirming that the money has been received and the staff have been entered into the draw.

FUNDRAISING

Thanks to RWE Generation UK for continuing to support sector colleagues

RWE Generation UK have continued to support the Electrical Industries Charity in a big way, and with their ongoing assistance we have been able to help more industry mates in need than ever before. To keep their superstar fundraiser flags flying, RWE Generation UK have donated over £10,000 this quarter to help ensure that our industry continues to be the best it can be. A huge donation like this has a massive impact on the assistance the charity can provide. It means a family in need can be fed, someone searching for a new role can get the CV support needed to boost their career, a grieving widow can get the therapy they need and someone struggling to get a diagnosis can receive a sourced and funded psychiatric assessment. Thank you to everyone at RWE Generation UK for their ongoing support.

RWE

The Elle at Legrand UK LTD makes a difference with donation

Thanks to The Elle at Legrand UK Ltd for coordinating activities to fundraise for sector colleagues in need. From a bake-off to a bike ride, the team have been getting up to all sorts of fundraising fun to raise as much money as they can for the EIC welfare team. Together they raised £2,626.89, an incredible total from an incredible organisation. A huge thanks for your support.

 **legrand** | CABLE MANAGEMENT

Aico get spooky to support

Aico are consistently being highlighted in our quarterly newsletters as charity champions within our industry and their support just does not stop. To celebrate Halloween, Aico hosted a themed fundraiser within their head office with a pumpkin-carving competition and costume parade. With prizes offered for the best pumpkin and the best fancy dress, it's fair to say that fundraising really did bring the fun.

Getting into the spooky spirit, Aico raised over £300 for the Electrical Industries Charity. A huge thank you to them and all those who attended.





CEF host golf day to hit a fundraising hole-in-one

A lot of industry organisations host golf days to support the charity and those we assist every day. CEF hosted their own golf day in October to raise funds for sector colleagues this quarter. Industry attendees gathered on the golf course to try their luck in a Stapleford competition with trophies and pride up for grabs. Through fundraising activities, the day raised over £800 for sector colleagues, and we cannot thank everyone at CEF and the golf day attendees enough.

 **YOUR ELECTRICAL EXPERTS**

Throwing a party to support sector colleagues

Sometimes fundraising can be as simple as throwing a celebration and asking attendees to chip in to support a good cause. That's exactly what Aico did with their party fundraiser. Over drinks, games and some snacks, colleagues got together to celebrate after a tough 18 months and raised over £780 for sector colleagues in need. Why not follow Aico's lead and host your own party fundraiser for EIC? Thanks to Aico for their fundraising and support.



Edmundson Electrical head to the fairways for fundraising

Another industry golf day that helped to support colleagues this quarter was the Edmundson Electrical Northeast Regional Office Golf Day, which took place in October. Sector chums got together to hit a hole in one and raise much-needed funds for the EIC. They played two competitions - one for lower handicaps, the Brooke Trophy, which dates back to 1939 and was won by Jack Rushworth H/C 2 and Joe Black H/C 7. The other trophy was the Prentice Cup, which dates back to 1934 and was won by Elliott Mercer H/C 12 and John Williamson H/C 21. Together they raised over £1,340 for industry colleagues in need. Thanks to Edmundson Electrical and those who attended.



Thank you to ERMA

ERMA have existed for more than 30 years as an association for former staff members of the CEGB and the Electricity Council/Electricity Association. Due to the effects of the pandemic, the association have had to wind up their activities, an annual lunch and AGM, and have donated the remainder of their funds to the Charity. We would like to thank them for their donation of over £1,200 to support industry colleagues, and for their support over the last 30 years. Thanks also go to their association members.

Stearn pound the pavements to raise the pounds

Last edition we featured Stearn Electric, where 14 Stearn teams from up and down the UK took part in a 500-mile walk, each taking a chunk of the total distance to raise much-needed funds for industry colleagues in need. The walk aimed to raise awareness and funds for the EIC and was organised by Nicky Pearce from Stearn Leighton Buzzard after the EIC welfare team provided support to Nicky and her son. In total the teams raised over £7,000 for the Charity.



Thank you to Vinci Energies for their virtual fundraising efforts

Vinci Energies launched a virtual mission which covered 16,000km and raised a total of £1,250 for EIC. On 20th September, they teamed up with My Virtual Mission to challenge their community of incredible people to a 4,000km virtual race for charity. Nearly 200 people took part and were split into four teams depending on their four respective perimeters: Actemium UK (Industrial Perimeter & Automation Perimeter), Omexom UK & Rol and Axians UK.

The teams raced along our pre-designed 4,000km route which linked key Omexom, Axians and Actemium locations around the UK and Rol. Their positions in the race determined their chosen charity's share of the prize money. Teams raised over £1,250 for the EIC, and we can't thank them enough.



Thank you to the EDA

The EDA really got back into the swing of events and on top of their awards dinner at the Intercontinental, London. They also hosted a function at Gleneagles in Scotland. There they celebrated the achievements within the electrical industry and fundraising for the Electrical Industries Charity. Dinner attendees fundraised more than £2,881 for the charity. A huge thank you to the ECA and dinner guests.



Thank you to the ECA

With awards dinners, events and more kicking off again, the ECA hosted their awards dinner to celebrate those who have gone above and beyond in our sector. As well as celebrating the accolades of our industry they also fundraised for the Electrical Industries Charity. Through a raffle the awards dinner raised over £5,800 to support sector colleagues. Thank you to the ECA.



GET INVOLVED

The Electrical Industries Charity's mission is to make the electrical and energy sector the best it can be, and there are tons of different ways in which you can help make that mission a reality. Fundraising for the Charity has never been easier with the launch of our new fundraising handbook 'Fundraising in 15'!

<https://www.electricalcharity.org/images/fundraising-in-15/EIC%20FUNDRAISING%20IN%2015%20020221.pdf>

Here you will find 15 different and simple ways to fundraise for your industry charity. Want to try something a little different? Why not set your own fundraising challenge and donate whatever is raised to the EIC?

<https://electricalcharity.enthuse.com/profile>

Each year we host different challenges, in which a team of electrical and energy sector members take to all corners of the globe to tackle a once-in-a-lifetime trip and raise funds for those in need. We currently have spaces available on lots of our Challenges for a Cause, so why not find out more below and sign up?



Arctic Adventure 2022
31st March - 4th April 2022

Are you up for a winter challenge? Experience Arctic winter conditions deep in the wilderness of Finnish Lapland on this five-day challenge.

Experience a pure white winter wilderness away from the crowds, and enjoy mesmerisingly peaceful scenes of frozen lakes and snow-covered pine and spruce forests. We'll be cross-country skiing, snow-shoeing and husky-sledding, pushing ourselves in this harsh but compelling environment. At night, we will watch the skies for the captivating dance of the Northern Lights.

Belinda Colwell - Bell Lighting: [SPONSOR NOW](#)

Wendy MacCallum - Legrand: [SPONSOR NOW](#)

Alice Davies - Schneider: [SPONSOR NOW](#)

Danny Carey - Energy Assets: [SPONSOR NOW](#)

Jonathan King - Crossrail: [SPONSOR NOW](#)

Neville Leary - Energy Assets: [SPONSOR NOW](#)

Ian Crosby - Crosby Electrical: [SPONSOR NOW](#)

Geoffrey Carey: [SPONSOR NOW](#)

Fundraising target: £1,000

Please contact: fundraising@electricalcharity.org



Grand Canyon to Las Vegas Cycle
1st to 8th May 2022

At 277 miles long, 18 miles wide and in places one mile deep, the Grand Canyon is a breath-taking sight. The Grand Canyon and its surroundings offer wonderful cycling and a memorable eight-day challenge! Join EIC's Managing Director Tessa Ogle May 2022 and experience the iconic majesty of one of the Natural Wonders of the World. This exciting ride offers fabulous views not just of the Grand Canyon but also the colourful desert, rocky gorges and forested plateaus around it. Passing historic towns on the iconic Route 66, this is a fascinating ride with some challenging climbs and fabulous long descents, culminating on the famous Strip in Las Vegas. This is a great opportunity to give back to your industry peers while raising funds through your industries charity, which supports over 10,000 industry members each year and granted £1.5million in funding to those members in 2019.

Mick Roof - Kew Electrical: [SPONSOR NOW](#)

Gary Mordue - Scolmore: [SPONSOR NOW](#)

Daniel Poole - Phase Electrical: [SPONSOR NOW](#)

Nick Edwell - Rapid Electrical: [SPONSOR NOW](#)

Dave Nash - CEF: [SPONSOR NOW](#)

Jeremy Saunders - CEF: [SPONSOR NOW](#)

Andrew Kinch - Kew Electrical: [SPONSOR NOW](#)

Alan Reynolds - Fegime: [SPONSOR NOW](#)

Paul Russell - Schneider: [SPONSOR NOW](#)

Chris Castle - Hager: [SPONSOR NOW](#)

Rob Horsefield - Hager: [SPONSOR NOW](#)

Zach Geczy - CEF: [SPONSOR NOW](#)

Ben Fountain - Midshires Electrical
and Lighting Ltd: [SPONSOR NOW](#)

Dave Budd - Edmundson Electrical
- [SPONSOR NOW](#)

David Fielder: [SPONSOR NOW](#)

Ben Pull: [SPONSOR NOW](#)

Fundraising target: £4,000

Please contact: fundraising@electricalcharity.org



2022 TCS London Marathon Sunday 2nd October 2022

This challenge is now full, but you can show your support by sponsoring one of our runners below!

Callum George - EEL: [SPONSOR NOW](#)

Alun Evans - N.Smith: [SPONSOR NOW](#)

Ryan Baulcomb - Channel Smarter Safety:
[SPONSOR NOW](#)

Julian Mole - EEL: [SPONSOR NOW](#)

Dalia Triponaite - Eland Cables



Inca Trail to Machu Picchu 3rd - 12th September 2022

Are you up for a challenge? Explore one of the most iconic sights in South America as you trek along the fascinating Peruvian Andes scattered with Inca ruins. This is a demanding trek as you acclimatise to the high altitude before ascending to Dead Woman's Pass at 4,200m. The final stretch coming into the Sun Gate will provide your first magical glimpse overlooking Machu Picchu, providing an unforgettable reward for your efforts. This is also a great opportunity to give back to your industry peers while raising funds through your industries charity.

Mark & Mark - EEL: [SPONSOR NOW](#)

Lauren Daniels - JD Electrical and Mechanical
Services: [SPONSOR NOW](#)

Rob Haworth - Phase Electrical: [SPONSOR NOW](#)

Adam Found - Foundation Electrical:
[SPONSOR NOW](#)

Darren Parker - Legrand: [SPONSOR NOW](#)

Alex Dowell - Alex Dowell Electrical Services Ltd:
[SPONSOR NOW](#)

Shaun Morgan - Rexel: [SPONSOR NOW](#)

Gordon McArthur - WMQ Building Services:
[SPONSOR NOW](#)

Luke Osborne - ECA: [SPONSOR NOW](#)

Dan Jackson - Dan the Engineer: [SPONSOR NOW](#)

Mike and Julie Burnard - Edmundsons Electrical:
[SPONSOR NOW](#)

Kate Adamczyk and Rachael Griffiths - Rexel:
[SPONSOR NOW](#)

Linda Rolfe - Select: [SPONSOR NOW](#)

Fundraising target: £5,000

Please contact: fundraising@electricalcharity.org



2023 TCS London Marathon Sunday 23rd April 2023

The TCS London Marathon returns in April 2023 to the city streets, and the Electrical Industries Charity are calling on you to join the Electrrunning team and help raise vital funds for those in our sector who need it most. Places in our marathon team get snapped up quickly, so register today to avoid missing out on your place at the starting line.

The TCS London Marathon is the world's most iconic marathon, raising over £50 million for charities each year.

Bennet Carr - [SPONSOR NOW](#)

Mark Stevens - CEF: [SPONSOR NOW](#)

Carla Moss - RWE Supply & Trading:
[SPONSOR NOW](#)

- Registration fee: £100
- Fundraising target: £2,000

Please contact: fundraising@electricalcharity.org



Pyrenees Freedom Trail 2023 11th -16th July 2023

This beautiful and demanding trek in the Pyrenees follows the Freedom Trail, or 'Chemin de la Liberté', one of the toughest WW2 escape routes from Nazi-occupied France into Spain. The trek is arduous and steep, taking us through spectacular scenery on remote trails reaching approx. 2,500m. This is an incredible trek with a poignant undertone - a personal challenge which commemorates the bravery of others. Are you ready to take on this five-day challenge for your industry?

Calum Shields - [SPONSOR NOW](#)

Kenneth Bird - Allied Services: [SPONSOR NOW](#)

Registration fee: £600

Fundraising target: £2,200

[BOOK YOUR PLACE NOW](#)



Jurassic Coast Trek 5th to 7th May 2023

Stretching 95 miles between Old Harry Rocks in Dorset, to Orcombe Point in East Devon, the Jurassic Coast - England's first Natural World Heritage Site - is the most geologically diverse coastline in the world. The exposed cliff sections allow you to look back through 185 million years of time; dinosaur remains have been found here, and it's a fossil-hunter's paradise. We take in some of its most spectacular scenery, from the renowned natural stone archway of Durdle Door to the beautiful circular Lulworth Cove, as we continually climb and descend the steep hills of the Jurassic Coast. We camp at a lovely campsite a short distance from our route.

Registration fee: £220

Fundraising target: £800

[BOOK YOUR PLACE NOW](#)

DONATIONS



A huge thank you to all of those who have donated to the Electrical Industries Charity this quarter!

JR Melville, Darren Coppola, Ozlem, JR Pridham Services Ltd, ECA Bath and Bristol Branch, ECA Western Regional Branch, ECA Gloucester District Branch, Edmundson Electrical London Region, Edmundson Electrical South East

Every penny you raise for or donate to the EIC goes directly back into our industry. Support the survival of the EIC and watch how the electrical industry thrives.

MAKE A DONATION

Donations go to people just like you who are facing very difficult times .


♥ DONATE NOW >



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!

SAVE THE DATE



The Tunbridge Wells ECA Branch Valentine's Ball
 Saturday 12th February 2022
 Salomons Estate,
 Royal Tunbridge Wells



London Valentine's Ball 2022
 Saturday 12th February 2022
 InterContinental Hotel, London



Edinburgh Christmas Lunch 2021
 Thursday 10th March 2022
 Sheraton Hotel, Edinburgh



Arctic Adventure 2022
 31st March - 4th April 2022
 Finland



Southern Spring Ball 2022
 Friday 8th April 2022
 The Grand, Brighton



Grand Canyon to Las Vegas Cycle
 1st - 8th May 2022
 Grand Canyon to Vegas




Midlands Golf Day Aston Wood 2022
 Wednesday 11th May 2022
 Aston Wood Golf Club



South West Golf Day 2022
 Thursday 9th June 2022
 Lilley Brook Golf Club




Tyne and Wear Summer Lunch 2022
 Friday 10th June 2022
 Crowne Plaza



Eastern Summer Ball 2022
 Saturday 11th June 2022
 Dunston Hall, Norwich



Glasgow Sportspersons Dinner 2022
 Friday 17th June 2022
 Oran Mor



Western Golf Day 2022
 Monday 27th June 2022
 Calcot Park Golf Club



Southern Region Golf Day 2022
 6th July 2022
 Goodwood Golf Course



London Fishing Day 2022
 Wednesday 6th July 2022
 Gold Valley Lakes



Midlands Comedy Night 2022
 Friday 8th July 2022
 Eastside Rooms, Birmingham



Northern Region Summer Lunch 2022
 Friday 15th July 2022
 Queens Hotel, Leeds



Tyne & Wear Golf Day 2022

July 2022

Whitley Bay Golf Club



Inca Trail to Machu Picchu

3rd - 12th September 2022

Peru



London to Brighton Virtual Challenge

Saturday 10th September 2022

Virtual Challenge



National Golf Championship 2022

Wednesday 14th September 2022

Forest of Arden Country Club



Midlands Golf Day Stoneleigh 2022

Wednesday 21st September 2022

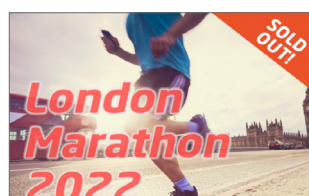
Stoneleigh Deer Park Golf Club



Western Equinox Ball 2022

Saturday 24th September 2022

Old Thorns, Liphook



2022 TCS London Marathon

Sunday 2nd October 2022



powerBall 2022

Friday 11th November 2022

Old Billingsgate



South West Region Annual Ball 2022

Friday 18th November 2022



Southern Christmas Lunch 2022

Friday 2nd December 2022

The 1st Central County Ground



Tyne & Wear Christmas Lunch 2022

Friday 2nd December 2022

Crowne Plaza



Midlands Christmas Gala Ball 2022

Saturday 3rd December 2022

Eastside Rooms, Birmingham



Glasgow Christmas Lunch 2022

Wednesday 7th December 2022

Doubletree by Hilton



Yorkshire Christmas Lunch 2022

Friday 9th December 2022

Pavillions of Harrogate



Eastern Christmas Lunch 2022

December 2022



Midlands Christmas Lunch 2022

Thursday 15th December 2022

Macdonald Burlington Hotel, Birmingham

