

# LiveWire



An industry charity for industry people.



# CONTENTS



- 04 Welcome message
- 05 A Note from our CEO
- 06 Health Calendar
- 07 Wellbeing Talks 2023
- 08 Our 2023 Focus - Apprentices
- 09 Mental Health First Aider/Training Course
- 10 Spotlight on: Addiction
- 11 Case Study: Meet Harry
- 12 Cost of Living Crisis

- 14 EIC Trading Company Events
- 15 Events throwback!
- 16 powerBall 2022
- 17 Rising Stars Get Involved
- 18 Become an EIC Wellbeing Champion
- 20 Commercial Agreement Programme (CA)
- 21 New CA Programme Partnership: Aico & Fegime

- 22 Fundraising & Fundraising Tips
- 26 Challenge for a Cause
- 28 Play PowerLottery to Win Cash Prizes!
- 32 Industry Insights
- 30 Welfare Watch Meet our Welfare Team
- 33 Donations
- 34 Events Save the Date





# WELCOME MESSAGE

Welcome to the winter edition of LiveWire! With the festive season in full swing, our events team have been up and down the UK bringing you balls, dinners, and lunches aplenty. It's been amazing to see so many of you enjoying yourselves and celebrating our industry. We're so grateful to everyone that's involved in the events and we're excited to say that, in November, we hosted a record breaking powerBall.

As 2022 draws to a close, we're delighted to share with you some of the amazing fundraising efforts from every single one of you, individuals, and companies alike. We saw a team of brave individuals come together to take on our Challenge for a Cause and make friends for a lifetime, as they trekked the Inca Trail to Machu Picchu in Peru. Along with the long-awaited runners for the London Marathon 2022, seeing some incredible race times. The fundraising efforts have been incredible, so thank you. Without your support, we wouldn't be able to support you.

The past few months have been difficult for many, with the cost of living crisis at its peak, our Welfare Team has seen a huge increase in cases. Our team continue to support lots of organisations in mental health awareness training and are going above and beyond to help the community.

A huge thanks to all of you for reading and for your continued support. We wish you all a joyous Christmas season and a prosperous New Year as we welcome 2023.

View our previous editions of LiveWire on our website at [www.electricalcharity.org/our-newsletter](http://www.electricalcharity.org/our-newsletter)

# A NOTE FROM OUR CEO

**Tessa Ogle**  
The Electrical Industries Charity  
Managing Director and CEO



Dear Reader,

Thank you for scrolling the digital pages of our latest LiveWire edition!

It's that time of year where the festive season is almost upon us, and a New Year peeking around the corner. It's a time for reflection, as we look back and forward to the year that lies ahead. Of course, I must mention that our supporters are an unquestionably crucial part of the charity's fundraising success. They're also the reason why so many industry members have received the help and support they need, to live their lives as best as they possibly can, given each of their unique situations.

Over the last six months, our welfare team has been inundated with calls. Sadly, the effects of the pandemic, and difficulties with the cost of living, have caused anxiety and poor mental health to keep rising within our industry, with some devastating consequences. We'll continue to help those who need assistance most.

My team have had the pleasure of attending many of the recent events, it's been amazing to see you all there. We've had golf days aplenty, lunches and balls and we've raised an incredible amount of money so far, and we've all had a fabulous time while doing so! Not to mention, we hosted the first ever 'Lean in Brunch', to celebrate

diversity and inclusion within the industry and of course, the spectacular powerBall 2022! At a brand-new venue, with record-breaking fundraising, we can't wait to tell you all about it, later in the issue. Thank you to everyone that's attended and supported, and I'm looking forward to seeing you again next year. We continue to raise awareness of mental health across the industry as we fight hard to break the stigma of mental health, especially in our younger generations.

So again, I extend my most sincere appreciation to all that have supported us, whether that be by attending our events, sponsoring, fundraising, donating, joining forces with EIC and becoming an EIC Wellbeing Champion, or by partnering with us through our Commercial Agreement initiative.

A huge thanks to all of you over the last six months, some of whom you'll read about here. We couldn't do it without you.

Wishing you all the warmest season's greetings and a happy New Year for 2023.

Enjoy the read!

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



# OUR HEALTH CALENDAR AND WELLBEING TALKS

For 2023, our annual Health Calendar and monthly Wellbeing Talks will continue with a brand-new look, highlighting the major topics affecting our industry, along with some inspiring speakers.



The start of any year always has us reflecting on what's happened and what is to come. Our Health Calendar provides you with statistics, guidance and support for you, your colleagues, or your family, to help you navigate through life when it's feeling a little tough.

It's important to take care of yourself and get the most from life. Stress has become the number one reason that people in our industry reached out to us for support. These stresses can stem from many factors and often is the start to poor mental health spiralling out of control. That's why it's important to have a wider support network, and if you've worked in the industry, at EIC, we're always here to listen.

Check out our Health Calendar topics:

<b>JANUARY</b> Diversity & Inclusion	<b>FEBRUARY</b> Looking after our Apprentices	<b>MARCH</b> Addiction & Disorders
<b>APRIL</b> Stress Awareness	<b>MAY</b> Mental Health Month	<b>JUNE</b> PRIDE Month
<b>JULY</b> Health & Wellbeing	<b>AUGUST</b> Family & Relationships	<b>SEPTEMBER</b> Suicide Prevention
<b>OCTOBER</b> Women's Month	<b>NOVEMBER</b> Men's Month	<b>DECEMBER</b> Coping with the Holidays

**+ DID YOU KNOW? +**

95% of people in our industry never discussed feeling depressed with a significant other.

[VIEW THE CALENDAR](#)

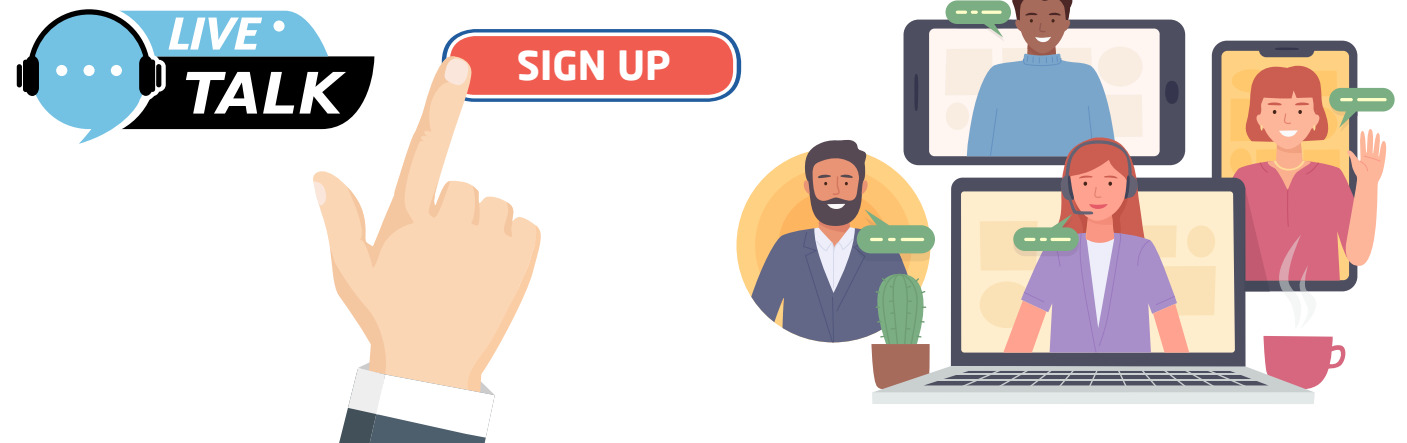
# THE 2023 LINE-UP

You don't want to miss our series of monthly Wellbeing Talks that focus on key topics and issues that are prevalent in our industry.

The series is uplifting and educational, delivered by inspirational speakers and leading experts in mental health and wellbeing. The format of the series is 45 minute virtual presentation followed by 15 minutes of Q&A facilitated by the Charity Director of Marketing and Business Development, Kate Adamczyk.

## Wellbeing Talks

<b>JANUARY</b> 11 Wednesday, 11th January 8.30am-9.30am <b>Build a winning team</b> Presenter: Gina Buckney	<b>FEBRUARY</b> 1 Wednesday, 1st February 8.30am-9.30am <b>Healthy body, healthy mind</b> Presenter: Sam Ruddock
<b>MARCH</b> 1 Wednesday, 1st March 8.30am-9.30am <b>Addictions: Recognising the signs and healing</b> Presenter: Katherine Baldwin	<b>APRIL</b> 5 Wednesday, 5th April 8.30am-9.30am <b>Mindfulness</b> Presenter: Wendy Dignan
<b>MAY</b> 3 Wednesday, 3rd May 8.30am-9.30am <b>Mental Health Awareness</b> Presenter: Will van der Hart	<b>JUNE</b> 7 Wednesday, 7th June 8.30am-9.30am <b>PRIDE London</b> Presenter: Polly Shute
<b>JULY</b> 7 Wednesday, 7th July 8.30am-9.30am <b>Boundaries and Self Worth</b> Presenter: Emma-Jane Taylor	<b>AUGUST</b> 2 Wednesday, 2nd August 8.30am-9.30am <b>Balancing Home &amp; Work</b> Presenter: Christine Armstrong
<b>SEPTEMBER</b> 6 Wednesday, 6th September 8.30am-9.30am <b>A Personal Story</b> Presenter: Nick Wilson	<b>OCTOBER</b> 4 Wednesday, 4th October 8.30am-9.30am <b>All things Fertility</b> Presenter: Sarah Banks
<b>NOVEMBER</b> 1 Wednesday, 1st November 8.30am-9.30am <b>Men's Cancers</b> Presenter: Clive Branson	<b>DECEMBER</b> 6 Wednesday, 6th December 8.30am-9.30am <b>Gambling Addiction</b> Presenter: Ross Hyslop





# OUR 2023 FOCUS - APPRENTICES

If we nurture our industry now and look after the mental health of our future generations, it'll ensure our sustainability and growth for the future, meaning that we can continue to support you. That's why we're focusing on apprentices in 2023.

Our mission is to make a change. With the help of organisations across the industry, we're training more and more apprentices in mental health to try to stop the high suicide numbers and challenge the stigma around mental illness. We've seen a worrying trend in the past year in our apprentices and young people within our sector. As an industry we're not engaging, reaching, and helping them, but collectively, we can.

The pandemic has triggered and worsened mental health issues within the industry, particularly among apprentices and young people. In 2022, we saw 48 deaths by suicide, up from 5 the previous year and 321 people attempted to take their own life. Tragically, we lost 13 apprentices to suicide during lockdown and there's been an upward trend in mental ill health.

Many apprentices suffer in silence and fear losing their apprenticeships if they speak out, as well as losing face. At EIC, we're here for apprentices, no matter which company they work for. We are delighted to say we're launching a brand new mental health awareness course for 2023, specifically for apprentices. The training will be delivered through our new Learning Management System. Presenting real life case studies of what's happened to apprentices, with interactive learning that can be accessed via their smart phones.

**+ DID YOU KNOW? +**

The worst-affected age group for suicide in our industry was the under-30s and apprentices in 2022.

We will work closely with leading training providers, and also promote with platforms and methods that are popular with the younger generation.

By continuing to raise awareness of mental health and showing our apprentices that there is support out there, together we can make a big change. Our aim is to train 35,000 apprentices every year for the next 5 years.

To get involved or get further details on the new training, please contact: [fundraising@electricalcharity.org](mailto:fundraising@electricalcharity.org)

**+ DID YOU KNOW? +**

The number one reason apprentices reached out for support in 2022 was financial difficulties and ill mental health due to financial distress.



## We are offering both virtual and face-to-face Mental Health First Aid Training

Mental Health issues are increasing in our industry and can lead to depression, addictions and even suicides. This is the time to become a Mental Health First Aider and develop support skills to support family, friends, colleagues and your community. Whether you are part of a company or an individual, we can help you.

As outlined on the MHFA England site, qualifying as a Mental Health First Aider gives you:

- An in-depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support using self-help resources, the help of their employer, the NHS, or a combination of these methods.

**COST:**

We value this course at £350 per person or £4,500 per organisation excluding VAT. Cost does not include travel and accommodation expenses.

**SIZE:**

Maximum attendance of 16 people.

**STRUCTURE:**

**Virtual** - 4 days at 2 hours a day.

**Face-to-face** - 2 full days course duration.

We are adhering to all government legislated guidance on social distancing.

**TAKEAWAYS:**

Everyone who completes the course gets:

- A certificate of attendance to say you are a Mental Health First Aider.
- A manual to refer to whenever you need it.
- A quick reference card for the Mental Health First Aid action plan.
- A workbook including a helpful toolkit to support your own mental health.

If you would like further information on the course structure and/or to register with us, please contact [support@electricalcharity.org](mailto:support@electricalcharity.org)



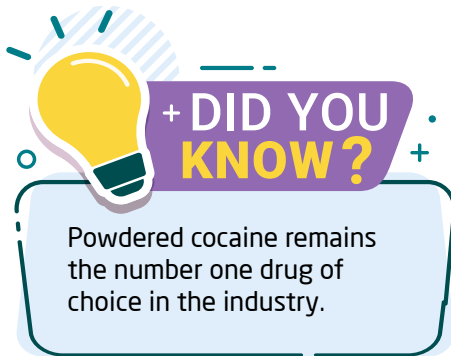
# SPOTLIGHT ON: ADDICTION

We've seen that addiction has continued to rise in our industry over the last few years with an increase of 217% in drug addiction. Addiction and mental health are often interlinked, and people suffering, regularly feel alone and misunderstood.

## WHAT IS ADDICTION?

**Addiction is a common problem, but help is available.**

Addiction is defined as not having control over doing, taking, or using something to the point where it could be harmful to you. It's usually associated with drugs, alcohol, gambling, and smoking but you can become addicted to lots of things.



**+ DID YOU KNOW? +**  
Powdered cocaine remains the number one drug of choice in the industry.

### What causes addiction?

Addiction can manifest itself in lots of different ways. It might be one incident that's impacted your life, or a series of smaller ones. It's not always clear that you have an addiction, until you're too far into the problem. But it's ok. The first part of recovering from an addiction, is acknowledging it.

If someone has grown up with an addict, it doesn't automatically mean that they'll become addicted to something themselves and vice versa. However, we can link a number of common factors in people who have suffered, such as: past trauma and underlying mental health needs, social and environmental factors, predisposition and physical reliance. An addiction usually begins because it creates an emotional or physical 'high'. This feeling is then usually chased following a strong urge to feel it again. However, as a result of the high, the

negative effects from this can cause a vicious cycle, to want to feel 'up' again. This can easily spiral out of control, and so the addiction begins.

### How can addiction affect you?

An addiction can have a serious impact on your life, including work, relationships, and your money. In some cases, where the addiction is related to substance misuse, it can have a devastating effect psychologically and physically.

Any addiction, especially alcohol or substance misuse is often used as a way of coping with difficult issues. This can then spiral into stress, depression and even suicidal thoughts. Addiction is now widely seen as a disease and this has made treatment more effective because it helps remove blame, which is helpful to encouraging recovery.

The important thing to remember is that people don't choose to become addicted. Addiction can cause damage to a person's health, finances, lifestyle, relationships and happiness and most people wouldn't choose to continue in this misery. Rather, they don't know how to stop and what help is available to them.

### Spotting signs of addiction in others.

Addiction will manifest itself over a period of time and it's not always easy to spot the signs. People think that if someone is addicted to alcohol, for example, they'll be loud and brash,



**+ DID YOU KNOW? +**  
There's been a 38% increase in cases of gambling addiction and ill mental health.



**+ DID YOU KNOW? +**  
Community detox options for people suffering with alcohol addiction proved the single, hardest service to find publicly with 2-5 year wait lists.

but often people are able to mask their addictions for a while before it's noticeable.

A person that is addicted to something, may have some accompanying habits that either fuel the addiction or make it more socially acceptable. It's not uncommon for people to drink alcohol and socialise at a casino, a friend or colleague may be eager to make regular social trips, however, this could just be masking the habit.

A person suffering from addiction might become withdrawn or seem distracted. Perhaps they're constantly complaining about having little money after just being paid, or maybe their moods seem quite erratic. If you think someone might be in trouble, always ask them not once, but twice if they're ok. We're always here for support.

### How to get help for addiction?

You can get help for an addiction. Reaching out for help is the first step to do this. It can certainly be scary, but we're here to help. Your GP will also be able to advise you on how to seek help and support. Whether it's you, a friend, a family member or a colleague that needs help, contact us today:

Contact [support@electricalcharity.org](mailto:support@electricalcharity.org) or phone our entirely free and confidential helpline to speak to a member of our welfare team - **0800 652 1618**



### Watch Harry's story:



*Meet Harry* - Harry made the brave decision to reach out to us at EIC for help after his boss referred him. Harry became addicted to cocaine and his life spiralled out of control. Harry couldn't see a way out of his situation as his addiction grew stronger, ordering cocaine to his hospital bed.

People like Harry are the reason that we need the continued support of everyone in our industry.

**Donate now - Supporting our people through life's challenges. ([enthuse.com](https://www.enthuse.com))**



## SUPPORTING OUR PEOPLE THROUGH LIFE'S CHALLENGES

Helpline hours are 8am to 8pm Monday to Friday and 8am to 1pm on Saturday.

Email: [support@electricalcharity.org](mailto:support@electricalcharity.org)

contact us:

EMAIL SUPPORT >

For crisis support outside of these hours call 999 or your GP's out-of-hours service.

**0800 652 1618**





# COST OF LIVING CRISIS

Lots of us are finding ourselves struggling with the increase in price of just about everything. The Cost of Living Crisis means we're seeing so many people in the horrible situation of not being able to pay their bills and having to choose between putting the heating on or eating and spiraling deeper into debt.



If you need extra support, check out our blogs with information and hints and tips that can help you through these tough times.

These include:

### Managing money & debt

Practical advice to make sure you're receiving all the help you should be and where you can go for extra support, including: benefits checks, knowing your priority dates, financial MOTs, and help with energy bills

### Tips to save the pennies

Christmas is coming, which can be a stressful time of year anyway and a large financial burden. We share some festive tips to ensure your spending smartly this Christmas and taking care of your mental health

### Money and mental health

People are worried and this is having a massive impact on people's mental health. Stress isn't a mental health condition but can lead to anxiety and depression. We explore things you can do to look after yourself and each other

### Keeping warm and fed this winter

Some people are having to choose between staying warm or eating. We look at how you can keep warm and stay fed, as well as other help that's available

[www.electricalcharity.org/living-crisis](http://www.electricalcharity.org/living-crisis)

We know that financial worries can have a massive impact on your mental health. If you're feeling isolated, anxious, or depressed, counselling can really help with this, and the Charity may be able to fund some sessions for you to get support with your mental health.

**0800 652 1618**  
support@electricalcharity.org

## 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



## 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

### 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](mailto:support@electricalcharity.org)

Helpline is open 8am-8pm Monday-Friday and 8am-1pm Saturday





## INDUSTRY EVENTS

# EIC TRADING COMPANY EVENTS

The events season is drawing to a close and the Christmas festivities are nearly over and what a spectacular time we've had! Thank you to everyone that has attended and supported. We love seeing all your happy faces! Here's a look back at what's been happening:

### Events throwback!

After a busy end to an idyllic summer of events, our events team started gearing up to round 2 of events season - Christmas! We've had a superb few months seeing so many of you enjoying being around industry members alike and celebrating each other. From golf days, to lunches, to dinners, balls and even brunches!

Our EIC fundraising and events team would like to wholeheartedly thank each and every one of you for attending and supporting the events and making them even more special than the one before and a special thanks go to all of our Regional Committee members.

September was a jam-packed month of 5 events! What a beautiful sunny day it was at the National Golf Championship! 14 teams fought for the title of the industry golf champions with Edmundson Electrical taking first place, closely followed by last year's winners Legrand.

Glasgow Sports Dinner was a fantastic event, returning to the Oran Mor with a stellar sporting line up enjoyed by all, raising over £8,000! Meanwhile over at Western Equinox Ball, 1920's glamour was back at the Old Thorns Hotel and Resort. Industry friends got a memento of the evening by a resident caricaturist!

We're so proud to say we hosted the first ever Lean in Brunch to celebrate diversity and inclusion across the industry. At the spectacular Quaglino's in Mayfair, industry colleagues came together for a thought-provoking discussion with 5 industry figure heads in a panel discussion. We can't wait to develop this concept and bring something even more meaningful next year.



powerBall 2022 found a new home at the truly magnificent Old Billingsgate Market in London. With over 700 industry friends in attendance, the Electrical Industries Charity were in attendance and raised a record breaking £150,000! Guests enjoyed a spectacular fire show, stilt walkers galore, a raffle, an indulgent 3-course meal and danced the night away to a fantastic live band.

We saw the first East Midlands dinner at the Doubletree by Hilton Lincoln, which was a huge success. There were raffle prizes aplenty and a scrumptious 3-course dinner!

The EIC events team have been spreading Christmas cheer up and down the country throughout December, and wow, what an amazing time has been had by all. It's been so nice to close the year off seeing so many of you enjoying the festivities. Lunches in Tyne & Wear, Southern, Glasgow, Edinburgh and Yorkshire regions, along with the Midlands Christmas Gala Ball have been a huge success with amazing fundraising efforts. These kind donations highlight the tremendous generosity of our industry and we can't thank you all enough.

And finally, from all of us at the EIC, a huge thank you to our 156 Regional Committee volunteers for putting on the regional events. We really couldn't do it without you and the money that is raised makes such a big difference to everyone in our industry.

It's been a wonderful year and we can't wait to see you all at our events next year!





# POWERBALL 2022

This November saw the return of the spectacular powerBall 2022! We waved goodbye to our trusty home at The Hilton, and stepped foot into the magnificent and historic Old Billingsgate Market. It was a bigger, better, and more prestigious event than ever before, with record breaking fundraising! What a night!



It was truly amazing to see over 700 of our industry friends enjoying the evening and dancing the night away. This year's enchanted garden theme saw blossom trees and flower walls galore, with butterfly stilt walkers, a captivating fire dance show and fantastic entertainment from the MC and live band. It was a charming evening, and we can't wait to see you all next year.

Thank you to everyone that sponsored the event, supported, and attended. We couldn't raise vital funds to help people across the industry in need, without you.

### Why is powerBall so significant?

This year, the Electrical Industries Charity asked for a financial pledge to support the funding that we require to move our vision forward of training every apprentice in the UK with mental health awareness training. That's 35,000 apprentices and graduates every year for 5 years. Our aim was to hit £200,000.

Our CEO Tessa Ogle attended 38 inquests this year and the rate of suicide in our sector, especially amongst our apprentices are increasing at alarming rates. As an industry we can help these young people coming into our sector with the type of support they require with their mental health, but they are unaware of it or don't know how to ask for help.

The fundraising alone at powerBall this year raised over £150,000 – which is more than double the previous year. It's an incredible amount and we are absolutely delighted with the support from every single one of you. Thank you so much for your generosity and kindness.

**See you in 2023...! Book your place here**



### Headline sponsors



### VIP Drinks Reception & centrepieces sponsors



### Bar & Drinks Reception Sponsor



a world of energy

### The Grand Raffle Sponsor



### Menu Sponsor



### Significant supporter of the event and prize donations



### Rising Stars

This year at powerBall 2022, was the introduction of the Rising Stars! We asked you to nominate your Rising Stars and we're blown away by the number we received. Thank you to everyone that got involved and congratulations to our winners. Look out for next year's Rising Stars campaign.





GET INVOLVED

At EIC, our mission is to make the electrical and energy sector the best it can be, and there are tons of different ways that you can help make that dream into a reality.

# BECOME AN EIC WELLBEING CHAMPION

Our champions recognise the overwhelming need for support in our industry. They strive to ensure the Charity remains relevant and accessible. Our champions help to share our work within the industry and act as ambassadors for the Charity.

**Sign up your business to be an EIC Wellbeing Champion!**

**EIC WELLBEING CHAMPIONS PROGRAMME**

electrical industries charity

There're lots of benefits to being an EIC champion, including advertising at all Charity events\*, access to extended counselling and mental health support, and access to the 'What about me?' wellbeing portal, to name just a few!

**Tell me more benefits and how I can join!**

A huge thank you to our EIC Wellbeing Champions, your support of the Charity is overwhelming and you're helping so many people in our industry!

**EIC WELLBEING CHAMPIONS PROGRAMME**

Thank you to our Wellbeing Champions!

electrical industries charity

**NEW DATE**

**JURASSIC COAST 2023**

**Challenge for a Cause**  
12<sup>th</sup> - 14<sup>th</sup> May 2023

**SIGN UP HERE**

**2021**

**2021 PYRENEES FREEDOM TRAIL**  
FRANCE SPAIN

**Challenge for a Cause**  
12<sup>th</sup> - 17<sup>th</sup> July 2023

**SIGN UP HERE**

electrical industries charity

**ITALIAN LAKES CYCLE**  
2023

**Challenge for a Cause** • 3<sup>rd</sup> - 8<sup>th</sup> October 2023

**SIGN UP HERE**



# BE ON THE COMMERCIAL AGREEMENT PROGRAMME (CA)

The CA Programme is one of our newest initiative that companies in the industry, big or small can get involved in. Join forces with us and contribute a donation from a product or service sold and you will help people in the industry who are going through difficult times. It's a simple way to fundraise, by doing what you do every single day: good business!



**Tell me more benefits and how I can join!**

Kate Adamczyk - Director of Marketing and Business Development  
M: 07821 660 893 E: [kate.adamczyk@electricalcharity.org](mailto:kate.adamczyk@electricalcharity.org)



# NEW COMMERCIAL AGREEMENT PROGRAMME PARTNERSHIP: AICO & FEGIME

Over at the EIC HQ, we're celebrating because Aico and Fegime collaborated to promote the CA Programme initiative, resulting in our first Wholesaler Buying Group partner! We spoke to Neal Hooper, Managing Director at Aico, about the partnership and here's what he has to say:



**Your most recent promotion with Fegime was the first time with a buying group. How did that come about and what benefits do you see?**

*Aico & Fegime joined forces to support EIC in November. 4% profit of all purchases from four of their products, this raised an amazing £20,000 that will go directly to the Charity. #AlarmsSaveLives - Thank you!*

Alan Reynolds, the CEO of Fegime has been involved in an electrical charity for 40 years and recently took part in the Grand Canyon cycle ride for the EIC. So, it was an obvious fit. The benefits of independents as well as nationals being involved are huge as independents are very supportive in their own right. Hopefully more will follow this initiative.

**What motivated you to support the electrical industry through EIC?**

I joined the EIC board a few years ago due to it being OUR industries charity. The EIC does an awful lot of amazing work and I simply wished, personally, and through Aico as a business, to give any support possible. We are incredibly lucky and all need to recognise those who aren't by supporting EIC.

**For companies thinking about joining the programme, how easy is it to fundraise through it?**

It's very easy and requires minimal effort once it's been set up. It just keeps itself ticking over. It's a simple way to support our industry charity and colleagues and commit to doing our part in looking after our sector. It's surprising how much can be raised for the Charity, just by joining the programme.

**What do you expect to achieve from your involvement with EICs CA Programme?**

We are partnering with other large organisations and distributors, to not only create awareness of what the EIC do but also ensuring joint support, not just from Aico alone.

**How does EIC's CA programme benefit your company?**

It's a fantastic way to allow our customers to support the company. It also provides great coverage for the brand and creates lots of awareness for us and the charity; all in aid of a positive cause. We hope that it encourages other Wholesalers across the industry to sign up.



*A huge thank you to all our CA Programme partners! Your commitment to the Charity makes a significant difference!*



# FUNDRAISING

Let's look at some of the amazing fundraising that has been going on over the last 6 months. We're so grateful for everyone's efforts, thank you for your contributions.

## CEF

An amazing £100,000 was raised at CEF's Supplier Partner Event in November. A massive thanks to CEF and all the partners that helped contribute to this incredible number: Aico, Jaylow, DeWalt, Schneider, Scolmore, WAGO, Collingwood, Legrand, Premier, Atkore, Bell Lighting, Glen Dimplex, Marshall Tufflex, Thorn Lighting, Electrium, Rointe, Hager, SWA, Integral LED, JCC, Ledvance, Saxby Lighting, Steinel, Batt Cables, Contactum, Deta, Lewden, ML Accessories, Aurora, LED Robus and CK Tools



### CEF Shrewsbury - Golf Day

Organised by Steven Blakhurst, Account Manager at CEF Shrewsbury, they held a golf day at Hawkstone Park in November. It was a great day had by all who attended, despite the soggy weather and they raised an amazing £1,000! Thank you so much.



## Schneider Snowdon

Schneider Electric took on Snowdon with our very own Rachel Morgan, Events & Marketing Co-Ordinator. Thank you for your amazing efforts, raising £2,077 - we're looking forward to see you at our next Challenge for a Cause!



## BEAMA

In October, we were so lucky to attend the BEAMA annual lunch. It was a fantastic day and we're so grateful that they raised a super £1,605! These funds will make a vital difference to those that need support across our industry. Thank you!



## Electrical Wholesaler Awards 2022

After a hiatus from COVID-19, Datateam Business Media hosted the annual Electrical Wholesaler Awards at the Chelsea Harbour Hotel in October. It was an amazing event celebrating companies across the industry with some well-deserved winners and nominees. Thank you so much for raising £850!



## WAGO World Food Day 2022

Our event partners WAGO are always a great support to us. Thank you for celebrating World Food Day and raising £790 for the industry!



## Edmundson Electrical - £60,000 donation

A huge thank you to Edmundson Electrical for an incredible donation of £60,000! Wow! Your donation and generosity will make a tremendous difference to the Charity and to people in our industry that are going through challenging times. Edmundson Electrical are always such great supporters of the Charity and we are so grateful.



## Scott Broughton - Hispec

In September, Scott Broughton held a 5 aside football tournament in aid of EIC! Thank you so much for your fundraising efforts, it means so much to us and will help lots of people in the industry who are in need. Scott raised a whopping £300! Thank you!



## HEA

The yearly HEA Conference and Exhibition took place on 27th October 2022 and we're lucky enough to be invited to the evening celebrations. As well as celebrating people in the industry with an awards ceremony, they also raised the brilliant amount of £3,346.56 for the Electrical Industries Charity. Thank you!



## FUNDRAISING TIPS

Fundraising for the Charity has never been easier with our 'Fundraising in 15' handbook! You'll find 15 different and simple ways to fundraise. Try hosting an event or doing something wacky!



SCAN HERE



CHALLENGES

# INCA TRAIL TO MACHU PICCHU

A group of brave challengers took on an incredible challenge of a lifetime as they trekked the Inca Trail in Peru, climbing to Machu Picchu. It was an emotional, difficult, and breath-taking experience for the team in tough conditions, leaving them fuzzy headed at the high altitude. Back home, the support was outstanding with amazing fundraising efforts from so many companies, families and friends across the industry!



She now hands the baton on to Kate Adamczyk, Charity Director of Marketing and Business Development – **Good Luck Kate!**

And a huge thank you to our very own Tessa Ogle, Charity CEO, as she took on her last challenge! Thank you for your incredible efforts motivating and leading groups of industry friends through a whopping 17 challenges, it's truly inspiring!

*Thank you!*

CHALLENGES

# LONDON MARATHON 2022

After a two-year wait, we had a team of 5 extraordinary runners competing in the London Marathon in aid of the Charity. They had some record-breaking times, and it wasn't without its own complications with a couple of last-minute injuries, but they did it and raised an incredible amount of money for the Charity.





# FANCY TAKING ON YOUR OWN Challenge for a cause?



Our **Challenge for a Cause** are a great way to get involved. Not only will you be supporting the people in our industry, you'll also have the best time doing it.

Our challenges are tough and full of adventure... BUT... you'll make some lifelong friends and the sense of achievement is massive.

We have seen so many people grow in confidence and self-belief on these challenges and are so proud of each and every one of our participants.

You'll be fully supported throughout, from help with fundraising material, promotion, training plans and events, right through to motivating you through the challenging.

You can do this as an individual or why not use it as a Team Building event.

So what are you waiting for? Sign up today to make a difference to not only the people in our industry, but also you.

If you want to chat through any of the challenges contact:

Kate Adamczyk, Director of Marketing & Business Development.

07821 660 893, [kate.adamczyk@electricalcharity.org](mailto:kate.adamczyk@electricalcharity.org)



SCAN HERE

# Challenge

ACCEPTED!



2023 TCS London Marathon  
Sunday 23<sup>rd</sup> April 2023

This event is now sold out! But watch out for London Marathon 2024.



Jurassic Coast Trek, 12th - 14th 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.

[BOOK YOUR PLACE NOW](#)

[Support the participants](#)



Pyrenees Freedom Trail 2023  
12th - 17th 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.

[BOOK YOUR PLACE NOW](#)

[Support the participants](#)



Italian Lakes Cycle, 6th - 10th September 2023

There's a lot of keen cyclists in our industry, so why not do something you love and raise money for our industry. Join us on this 5 day trip for one of the greatest cycle experiences in Europe. We'll take in the picturesque Kent countryside, cross the channel and pass through the small villages and medieval market towns of Northern France. Our finishing point is the iconic Eiffel Tower, where we can celebrate our achievement!

[BOOK YOUR PLACE NOW](#)

[Support the participants](#)



Mt Kilimanjaro  
27<sup>th</sup> September to 6<sup>th</sup> October 2024

Ready to take on the highest freestanding mountain in the world? Kilimanjaro, with its snow-capped summit that rises high above the dusty African plains, is also the highest mountain on the African continent at 5895m.

[BOOK YOUR PLACE NOW](#)

[Support the participants](#)





Power  
Lottery

## PLAY POWERLOTTERY TO WIN 40 CASH PRIZES!

The powerLottery is EIC's number one fundraising stream. It helps to support thousands of our sector colleagues every year who need a helping hand.

You can 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, make a difference, with tickets from just £1!



SCAN TO PLAY



### OUR LUCKY WINNERS:

#### June 2022

- 1<sup>st</sup> PRIZE - £1,000:** Powell  
**2<sup>nd</sup> PRIZE - £500:** Robinson, Hall, Terry, Bates, Grocott, Parker, Hodgson  
**3<sup>rd</sup> PRIZE - £250:** Hearn, Mason, Fairman, Wilkes, Butler, Isherwood, Earley  
**4<sup>th</sup> PRIZE - £100:** Hodkin, Taylor, Hanson, Stanley, Thomas, Harris, Connor, Allgood, Marks  
**5<sup>th</sup> PRIZE - £50:** Sewell, Brunning, Pogson, Anonymous, Gregory, Blower, Fisher, Atack, Chesebrough, Austin, Wiggins, Martin, Brigg, S Burke, Willis

#### July 2022

- 1<sup>st</sup> PRIZE - £10,000:** Davies  
**2<sup>nd</sup> PRIZE - £1,000:** Harley  
**3<sup>rd</sup> PRIZE - £500:** Judd, Threlfall, Chamerlain, Maxey, Bostel, Hoche  
**4<sup>th</sup> PRIZE - £250:** Ashenden, Putt, Ellwood, Anonymous, Smerdon, Mee, Ballard  
**5<sup>th</sup> PRIZE - £100:** Nock, Peacock, Weston, Harrison, Bazley, Whiteley, Whitworth, Howarth, Burnley, Abrahams  
**6<sup>th</sup> PRIZE - £50:** Mcmichael, Hurlock, Evans, Harper, Thornton, Clarke, Anonymous, Little, Thompson, Crone, Shuter, Lacotta, Rice, Simmons, Marner

#### August 2022

- 1<sup>st</sup> PRIZE - £1,000:** Burgess  
**2<sup>nd</sup> Prize - £500:** Kimpton, Day, Morrice, Hinchcliffe, Seal, Wilkinson, Ellis  
**3<sup>rd</sup> Prize - £250:** - Kerley, Burt, Jones, Stokes, Montgomery, Boys, Gee  
**4<sup>th</sup> Prize - £100:** Butcher, Peacock, Anonymous, White, Russell, Pooley, Berridge, Short, Smith, Saunders  
**5<sup>th</sup> Prize - £50:** Lee, Woodhams, Handsley, Herbert, Walker, Brotherwood, Realf, Gregory, Mcconville, Harris, Smith, Woodcock, Wheeler, Sherry, Adams

#### September 2022

- 1<sup>st</sup> PRIZE - £1,000:** Owen  
**2<sup>nd</sup> PRIZE - £500:** King, Reeves, Pridmore, Godsell, Tildersley, Williams, Buxton  
**3<sup>rd</sup> PRIZE - £250:** Monaghan, Hope, Johnson, Persad, Whittingham, Jones, Wingate  
**4<sup>th</sup> PRIZE - £100:** Back, Ong, Ogden, Mckenna, Parkin, Anonymous, Anonymous, Feldman, Duke  
**5<sup>th</sup> PRIZE - £50:** Burston, Dulley, Ayres, Thornton, Rayer, Dowell, Anonymous, Morrish, Jones, Hoggins, Wallbank, Aaron, Wheatley, Follett, Jones

#### October 2022

- 1<sup>st</sup> PRIZE - £1,000:** Thumwood  
**2<sup>nd</sup> PRIZE - £500:** Maclean, Pellett, Copley, Foster, Scott, Hull, Staves  
**3<sup>rd</sup> PRIZE - £250:** Slessor, Long, Fairman, Jones, Henderson, Bond, Nunn  
**4<sup>th</sup> PRIZE - £100:** Mcphearson, Newbury, Hawkins, Wheatley, Bateson, Butler, Pittuck, Moffitt, Inward, Callaway  
**5<sup>th</sup> PRIZE - £50:** Steel, Walker, Murphy, Wells, Owen, Lay, Pritchard, Williams, Godden, Taitt, Chadwick, Hemingway, Worsfold, Keene, Dennis

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](mailto: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 the contract to be authorised and returned to us.

### 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 7 — COMPANY PAYROLL CONTACT MAKES THE DEDUCTIONS FROM PAYROLL

Payroll contact makes the deductions from each player's salary. The 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 3 — COMPANY ADDED TO PORTAL

EIC will add the company to the lottery portal drop-down list.

#### Step 3 - Payment Options

Payment Method

Direct Debit

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

Payroll

[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 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 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 16<sup>th</sup> of each month telling them to access the lottery deductions report in the folder for the month.

### 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.



# WELFARE WATCH

As always, our welfare team have been working hard to help so many of you across our industry. In the past 6 months, we've definitely seen the effects of the pandemic, energy crisis and cost of living crisis. Addiction has increased as well as stress caused by financial difficulties. Suicides have increased, particularly in under 30's and apprentices and worryingly we've also seen attempted suicide rise. We are committed to educating the industry in mental health and removing the stigma around mental health issues.

**Grace Ellis** - Welfare Officer

**Rebecca Jennings** - Senior Welfare Officer

**Marci McArthur** - Welfare Officer

**Lucy Raemers** - Welfare Officer

**Nikki Shackwitz** - Senior Welfare Officer

**Grace Ellis**

Welfare Officer

**Tell us about yourself**

I've been with EIC since October 2021 and I'm loving every minute. Making a difference is so important to me and always has been. Having the ability to change the trajectory of someone's life is magical. I'm passionate about educating our industry on its importance and challenging the stigma that unfortunately still exists.



**What do you like most about your job?**

I'm passionate about educating our industry on its importance and challenging the stigma that unfortunately still exists around mental health. You're likely to see me if you attend one of our many fantastic presentations! I absolutely love presenting and enjoy interacting with our industry!

**How do you look after your own mental health?**

I go for a walk and self-reflect, which gives me time to check in with myself. I find that picking up the phone and having a chat with a friend or relative can be very helpful too!

**Can't live without:**

A hot cuppa tea.

**Lucy Raemers**

Welfare Officer

**Tell us about yourself**

I live in Brixton but am originally from a little seaside town called Frinton-On-Sea in Essex! I run a men's mental health charity alongside being a welfare officer at the EIC. Mental health is my passion and I love that all aspects of my life contribute to saving lives and breaking the stigma around mental health.



**What do you like most about your job?**

Suicide prevention in supporting families or individuals that have been affected by suicide. I have lost a loved one to suicide and through my grief and heartbreak I promised to save and support as many souls as I possibly could. Seeing that I am making a difference in this has been a huge part in the healing process through my own suicide grief.

**How do you look after your own mental health?**

Running helps me to blow away the cobwebs of a tough day and keeps my headspace a happy one!

**Can't live without:**

My loved ones. I am a social butterfly but love nothing more than walks and quiet time with my boyfriend and family!

Remember, Mental wellbeing is just as important as physical wellbeing, and you need to maintain both to stay fit and healthy.

**Marci McArthur**

Welfare Officer

**Tell us about yourself:**

I joined over 6 years ago, I live in sunny Glasgow with my husband Gordon, 2 daughters Molly and Katie and my gorgeous cockapoo Harper who likes to join in on regular Team meetings!



**What do you like most about your job?**

After a few years of BD and then Events and Fundraising, I transitioned into the Welfare Team. I feel that my previous experience in other areas of the business held me in a good position to move across and knowing the Industry from a business perspective was also a great asset. Being part of the Welfare Team is extremely challenging and rewarding at the same time...imagine the joy of being able to assist a young family who has a disabled child or just being an ear for someone who may be struggling with poor mental health.

**How do you look after your own mental health?**

I'm very much on the go all the time and love walking my dog after work which helps me unwind. As a busy working mum I love spending time with my friends and my mum.

**Can't live without:**

My family

**Nikki Shackwitz**

Senior Welfare Officer

**Tell us about yourself:**

G'day everyone, my name is Nikki. I am based in London and live with my housemates, two cats and adopted Frenchie. I grew up in Australia but have been in London now for years! I have a background in Mental Health and I've worked in Psychiatric units, and managed a Mental Health Helpline for under 25's. I've also worked as a Mental Health Advisor for NCS and a school.



**What do you like most about your job?**

Being able to support and help people in the industry who are really struggling and making a difference in someone's life. Also, being there for the rest of the team when they're having a tough day!

**How do you look after your own mental health?**

I look after my own wellbeing with journalling, meditation, movement and getting out in nature or having a boogie down the bar.

**Can't live without:** Oxygen!

**Rebecca Jennings**

Senior Welfare Officer

**Tell us about yourself**

Hello! I'm Rebecca. I live in London and have worked for EIC since August 2022. Before this, I worked with other UK charities such as Hestia and Family Action in mental health and well-being support roles. I've also just completed a master's degree in Psychodynamic Counselling and Psychotherapy, which I'm so proud of.



**What do you like most about your job?**

I enjoy my role at the EIC immensely, being able to act as the first point of contact for people within the industry, to listen, coach, signpost and support people who may be reaching out for help for the very first time, is incredibly rewarding work.

**How do you look after your own mental health?**

To consciously give myself a break - I think the world puts a lot of pressure on achievements. I often give myself a hard time if I've not managed to balance all my work, social and health commitments. So, remembering to give myself a break and remind me that I've done enough is liberating and relaxing.

**Can't live without:**

My family dog - Spider!





# £900,000

GIVEN BACK TO THE INDUSTRY

For every **£1** donated the Charity gives back **£1.47**

**1.3** people reached through our services, business programmes, training, and interventions.

**MILLION**



delivered on **17 topics** to **5,324 people**

# £66,000

of training delivered in Mental Health Awareness and First Aid

Mental health training sessions delivered to **27 companies**, training over **7,500 people** and generating revenues of just under **£70,000**

# 35,157

**17%** INCREASE

INSTANCES OF INTERVENTION SUPPORT

# 2,471

PEOPLE AT CRISIS POINT

down from 5,746 the previous year. The worst affected sector was Electrical Wholesale & Distribution.

# 48

SUICIDES

This year we have dealt with 48 deaths by suicide. Up on the previous year by 5 (43 deaths by suicide)

# 321

ATTEMPTED SUICIDES

up from 287 the previous year

# ADHD

Was the number one neurodiversity diagnosis across the industry. **NHS wait times for assessments can take two years.**

**If you are working in our industry you are 2.7 x more likely to complete suicide than the national average.** The worst affected age group was the under-30s in our industry with 8 suicides by apprentices (down from 14 the previous year).

# STRESS

both workplace and personal, became the number one reason people reach out for support

# 34%

INCREASE in terminal cancer cases

# 38%

INCREASE in cases of gambling addiction and mental ill health

# FINANCIAL DIFFICULTIES

the number one reason apprentices reached out for support was financial difficulties and mental ill health due to financial distress.

**Powdered cocaine** remained the number one drug of choice in the industry

In 53% of our mental health cases, **financial difficulties** are present, increasing from 42% the previous year.

# DONATIONS

# THANK YOU

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

*Aico Limited, BEAMA, Bernard Kestelman, CEF, ECA (Oxford Branch), ECA (South East Regional Office), Edgar Lee Foundation, Edmundson Electrical (Alan Neil), Edmundson Electrical (David Grimes), Edmundson Electrical (Joe Roberts), Edmundson Electrical (Mark Felber), Edmundson Electrical (Stuart Ashworth), Edmundson Electrical (Tom Williams), Edmundson Electrical (Twickenham Office), Grant & Stone (Darren House), JCC Lighting Products Ltd, Leonard Coates, Pembroke Power Station, Rexel, RWE Generation UK (Jason Keene), Scottish EDA, SELECT, Wago Limited, YECC,*

Every penny raised, greatly helps the Charity and the people in our industry that need it most. Watch us grow with every donation!

# 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](https://smile.amazon.co.uk) and select to support the **Electrical Industries Charity!**



# SAVE THE DATE

Don't miss our jam-packed calendar of events and challenges for 2023! Tickets sell out fast, so be quick and register your interest today.



**Valentine's Ball 2023**

**Glasgow Valentine's Ball**  
11-Feb-23  
Glasgow




**London Valentines Ball**

**London Valentine's Ball**  
11-Feb-23  
London



**LONDON MARATHON 2023**

**London Marathon 2023**  
23-Apr-23




**ELECTRIC LUNCH**

**Northern Ireland Lunch**  
03-Feb-23



**Southern Spring Ball 2023**

**Southern Spring Ball**  
21-Apr-23




**JURASSIC COAST 2023**

**Jurassic Coast Trek**  
12-14 May 2023




**MIDLANDS GOLF DAY 2023**

**Midlands Golf Day - Aston Wood**  
17-May-23




**Northern Ireland Race Day 2023**

**Northern Ireland Race day**  
June 2023




**GOLF DAY 2023**

**South West Golf Day**  
09-Jun-23




**TYNE & WEAR Summer Lunch 2023**

**Tyne and Wear Summer Lunch**  
09-Jun-23



**Eastern Summer Ball 2023**

**Eastern Summer Ball**  
10-Jun-23




**GLASGOW SPORTSPERSONS DINNER**

**Glasgow Sports Dinner**  
Sept 2023




**Western Golf Day 2023**

**Western Golf Day**  
June 2023



**LONDON FISHING DAY**

**London Fishing Day**  
July 2023




**SOUTHERN REGION GOLF DAY 2023**

**Southern Golf Day**  
July 2023




**2023 PYRENEES FREEDOM TRAIL**

**Pyrenees Freedom Trail**  
12 - 17 July 2023




**Tyne & Wear GOLF DAY 2023**

**Tyne & Wear Golf Day**  
July 2023




**Northern Region SUMMER LUNCH 2023**

**Northern Region Summer Lunch**  
07-Jul-23



**Northern Ireland Golf Day 2023**

**Northern Ireland golf day**  
August 2023




**Lean in Branch**

**London Brunch**  
Sept 2023



**ITALIAN LAKES CYCLE 2023**

**Italian Lakes Cycle**  
6th - 10th Sept 23



**POWERBALL 2023 Frosted**

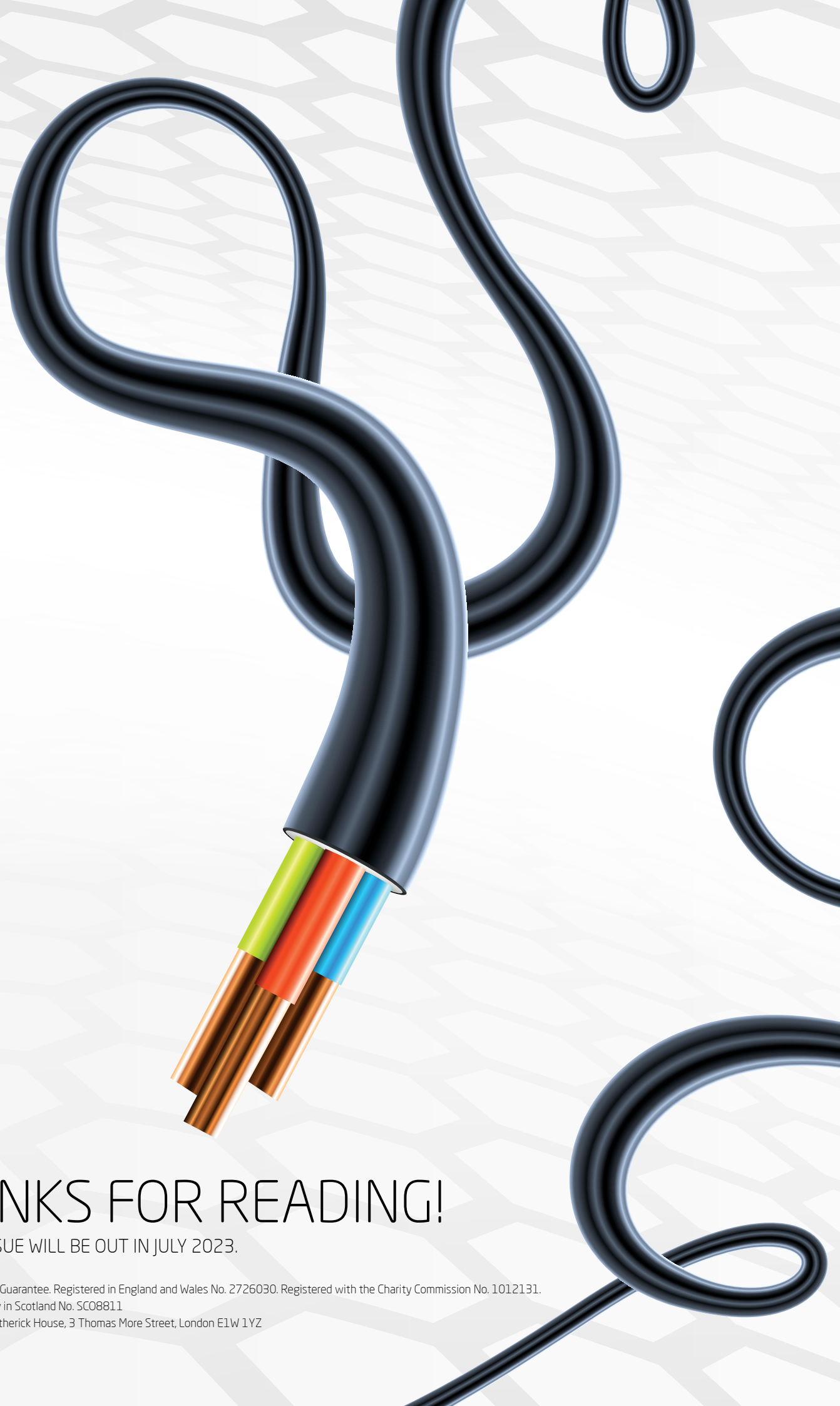
**powerBall 2023**  
10-Nov-23

## STAY CONNECTED

-  020 3696 1710
-  fundraising@electricalcharity.org
-  @electriccharity
-  facebook.com/electricalcharity
-  youtube/electricalcharity
- [www.electricalcharity.org](http://www.electricalcharity.org)

[DOWNLOAD AS PDF](#)





# THANKS FOR READING!

OUR NEXT ISSUE WILL BE OUT IN JULY 2023.

A Company Limited by Guarantee. Registered in England and Wales No. 2726030. Registered with the Charity Commission No. 1012131.  
Registered as a Charity in Scotland No. SC08811

**Registered Office:** Rotherick House, 3 Thomas More Street, London E1W 1YZ