

LiveWire Newsletter

Edition 10 · April 2019



Welcome Message

We are now in spring and have launched all our 2019 events. This year we are set to host more industry events than any of our previous years! This is fantastic, since we are supporting and helping more industry members than ever before and therefore need to ensure the Charity's sustainability in the industry as the leading support services provider.

With fundraising at the forefront for us as a charity this year, we have launched our NEW powerLottery and our workplace powerLottery campaigns. In our number one fundraising stream, powerLottery, participants' chances of winning have now increased from 15 to 40 per month, which, for £1 an entry, is a quick and easy way to support our industry. Our workplace powerLottery, in conjunction with our powerLottery, allows you to play through your workplace, meaning that all administration is done for you and all you need to do is hope that your numbers come up. We are very pleased to announce that Edmundson's has implemented the workplace powerLottery this February and we hope to see more companies join them, in the movement, by the end of the year.

If this year hasn't been exciting enough already, and with even more events and cases in the pipeline, powerBall is turning 100! That's right - our prestigious annual industry event is in its 100th, year and we couldn't be more thrilled to bring you a showstopper of an evening. We must leave a few things under our fedoras, but I can tell you that the roaring twenties are back for one night only, and if you have never been to powerBall before, this is the one you want to attend. Can't wait to see you there, old sport...



Did you see?

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

Power Lottery Mega-Draws

Just for one minute, imagine yourself jumping on an aeroplane to your dream holiday with glistening turquoise seas, or taking that exciting city-break you've been waiting forever to go on. Perhaps you fancy a new modern kitchen, a cool new car or the latest must-have gadget that your children keep pestering you for?

We are all in need of a pick-me-up from time to time. By doing something to help others, you can make the unattainable a reality - simply by joining the Electrical Industries Charity's (EIC) number one fundraising stream and newly revamped powerLottery. The lottery now features a whole host of additional prizes - why not be rewarded for your generosity?

From just £1 a month (think of that as one less coffee or chocolate bar a month), you will be entered into the Charity's prize draw, which now has an incredible 40 cash prizes to be won each and every month. That's right - we've more than doubled the available prizes on offer, just because we like looking after you!

Here's something extra special for 2019: two mega-draws, which will take place in June and December, with a massive top prize of £10,000 to be claimed.

What's more, one lucky person will win the top prize of £1,000 each month, with seven people scooping £500 and £250, 10 people receiving £100 and 15 people pocketing £50.

To play, just tap the app - it is quick and easy to register, and you can check the results while on the go. The EIC powerLottery app is available for download on both the App Store and Google Play.

To play powerLottery, visit the website, tap the app or contact Jess Vailima:
jess.vailima@electricalcharity.org



POWERBALL

100th Anniversary

Friday 8th November 2019
London Hilton on Park Lane



Get ready for the party of the century at powerBall 2019

The most exciting event in the electrical industry's calendar, powerBall 2019, which is sponsored by City Electrical Factors (CEF), is celebrating its 100th anniversary, and to mark this special occasion we will take you back to the roaring twenties and give you the ultimate party experience in Great Gatsby style.

What's more, powerBall guests will have an incredible opportunity to take their party experience to the next level with brand-new entertainment from Icons & Anthems and DJ Laura while dancing the night away until 4am at the powerBall "after-party" - because "A Little Party Never Killed Nobody".

For further information or to book your place, please contact Liva Ivanova:
powerBall@eictradingco.org

JOIN US



How employers can partner with EIC to change our industry

There is nothing worse than feeling helpless. Every day, there are thousands of people in the electrical industry worrying about a situation, sometimes with nobody to turn to or perhaps not wanting to burden anyone with their troubles.

Perhaps you have got into financial issues as a result of a relationship breakdown? Or maybe a family member or colleague has been suffering with ill health and you don't know how you can help them?

The Electrical Industries Charity (EIC) lends a compassionate hand to individuals and organisations in periods of change or challenging times. What is unique about EIC is that anyone in the electrical industry can access the Charity's many services, and what's more, they extend the services to family members of current and retired colleagues.

The support Liam Critchett received from EIC was invaluable. Liam was diagnosed with an extensive spinal cord tumour at age 11, which meant he was a full-time wheelchair user. Over the next 10 years, Liam faced many complicated procedures and unfortunately his spine was fused following a spinal infection.

As Liam's health improved, his mission was to try and walk again. In order to try and achieve this, he started an intense physiotherapy regime, which was sadly not available under the NHS. His supportive employer, Schneider Electric, enabled him to reduce his hours so that he could attend these sessions to aid his recovery.

However, for one year, the spinal and neurological sessions, along with personal training, came at a price tag of £13,500. Liam's friends worked tirelessly to fundraise and did a superb job; however, they were still £5,000 short of their goal.

It was then that Liam's employer got in touch with EIC to see if they could offer any form of assistance. On this particular occasion, the Charity offered Liam a financial grant of £5,000 to help alleviate his concerns of not being able to continue with his physiotherapy.

This has had a huge impact on Liam's daily life. Not only has it kept his dream alive, but it has also helped him to remain enthusiastic and fully motivated despite difficult moments.

It is support from people like you that can help the Charity to continue making a difference to those in need. If you would like to find out how you can help people like Liam and others in a similar position, why not contact Jess Vailima today on: Jess.Vailima@electricalcharity.org

Do your staff know what support is available to them?

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



EFP

Employee &
Family Assistance
Programme



ASP

Apprentice
Support
Programme



PSP

Pensioner
Support
Programme



PPP

Practical
Participation
Programme

Power Lottery

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

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

Over £8,000 is given away in prize money each month, with 40 cash prizes up for grabs ranging from £50 to £1,000. To increase your chances of winning, you can enjoy up to 40 entries per month, with the added bonus of knowing your actions can dramatically change lives.

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

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

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



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

PLAY TODAY



OUR LUCKY WINNERS:

January

- 1ST PRIZE - £1,000:** KR Faulkner
- 2ND PRIZE - £500:** AJ Kitley, J Barren
- 3RD PRIZE - £250:** MB Escott, M Liddell, EJ Roberts
- 4TH PRIZE - £100:** BL Stansbie, VL Burkitt, LM Jones, VA Pearson
- 5TH PRIZE - £50:** GK Ellis, L Honan, G Vincent, R Williams, GC Gardner

February

- 1ST PRIZE - £1,000:** PV Watkins
- 2ND PRIZE - £500:** SH Watts, MA Stratford
- 3RD PRIZE - £250:** AA McCann, TJ Stripp, J Farmer
- 4TH PRIZE - £100:** D Molloy, M Roff, S Putman, K Garner
- 5TH PRIZE - £50:** JE Foden, S Tugwell, KE Willey, DJ Lovatt, IJ Purnell

BECOME AN INDUSTRY HERO

like Edmundson Electrical and RWE!

Why not get your company signed up to Payroll Lottery? Follow companies like Edmundson Electrical and RWE and make it easier for your employees to sign up.



HOW TO SIGN UP YOUR WORKPLACE FOR THE EIC POWERLOTTERY



The EIC is the licensed lottery holder in the name of Tessa Ogle, Managing Director.

EIC engaged Sterling Lottery, a licensed lottery management company to run the draws on behalf of the EIC.

To comply with the new General Data Protection Act coming into effect in May 2018, the EIC has drafted a contract and implemented a process to protect all our workplace lottery subscribers.

STEP 1 — CONTRACT



Each participating company will enter into a Payroll Lottery Contract & a Data Protection Contract with the EIC. The EIC will issue these contracts to be authorised and returned to us.

The EIC will issue you with an original copy of the signed agreements.

STEP 2 — COLLECTING THE DATA



To reduce the amount of personal data in the file transfer, the EIC requires only a minimal amount of data about the staff member.

OPTION 1

Key information required is:

Date Name Payroll Number Deduction Amount

A unique code is required from payroll as an identifier if 2 staff members have the same name. This could be the payroll number if it is unique.

If you select option 1 all communications that we issue to staff will need to be forwarded by you. This includes statutory joining letters and winners' cheques. Some workplaces select this option to so ensure that no personal details are sent on.

OPTION 2

Key information required is:

Date Name Payroll Number Deduction Amount
Address Email

If you select option 2 we will send staff a lottery joining letter and send on the winners' cheques. No other further communication will be sent.

Payroll will need to verify that the person is over 18 on both options.

STEP 3 — UPLOADING THE FILE



The file needs to be formatted in Excel in order for it to be directly imported into our system with minimal changes

The payroll officer or nominated person will upload the payroll spreadsheet to a secure portal for the lottery administrator to access. All files are to be uploaded by the 21st of each month so draws can be run on the 26th of each month.

Sterling will issue a login access code and password to the lottery portal.

STEP 4 — PAYMENT TO EIC



The powerLottery payment will need to be made before the draw on the 26th of each month. This can be done by BACS or cheque. Please reference your company name, PL for powerLottery and the month of the draw, for example, Rexel PL May 17. Please note that the deduction reports will not be included in the monthly draw until payment is received.

NB: Cheques must be received on the 20th each month to ensure that they are cleared before the draw.

STEP 5 — ISSUING LOTTERY NUMBERS



Sterling will issue a new member's sign-up letter with the person's unique lottery numbers to either the company or directly to staff depending on the option selected.

STEP 6 — ISSUING WINNERS' CHEQUES



Sterling will issue the winners' cheques and, depending on the chosen option, will send them either to the company to pass on to the employees or directly to the employees.

STEP 7 — COMMUNICATING WITH STAFF



Each company will have different requirements when communicating with staff about the joining process. A simple way to do it is to create a video of the process. The EIC has done this for many companies so just ask us to create something for you.

We have a video option or can write and design your process. Just ask us.



GAMBLING COMMISSION

gambleaware.co.uk

#POWEROF1

Fundraising

Knees-up in Glasgow

Terasaki Electric held a lavish social evening in support of the Electrical Industries Charity. The night was enjoyed by all, with over £400 being raised for industry members.



It's been a dry one

Congratulations to Steve and Debra Bratt who gave up alcohol for 2018 in support of the Electrical Industries Charity. Together they raised over £700 and we thank you for your willpower and commitment.



'Tis the season for giving

BM Electrical Wholesalers went above and beyond during the festive season. The team made the selfless decision to forgo Christmas gifts this year and donate the funds to Charity. We would like to thank everyone at BM Electrical for this kind and selfless act that will help many industry members.



Our biggest supporters in the South

ECA South East, Maidstone and East Kent branches are huge supporters and promoters of the Electrical Industries Charity each year. They are involved in hosting or attending fundraising events, and this year is no different, with over £5,000 being raised through their various activities.



Strelia Interim

We would like to thank Strelia Interim who, in the midst of going into liquidation, made a generous donation to the Charity. We thank you for thinking of our industry members in need during your transition period.



IBA Christmas extravaganza

IBA held a Christmas extravaganza which had everyone singing along to those classic festive tunes and tucking into a seasonal mince pie or two. The festivities were not without a charitable aspect: IBA raised over £500 for EIC to help members in need.



40 for Forty

Dowds Group were celebrating their 40th year in business last year, and to mark this they held multiple fundraising events in their bid to reach £40,000 for their chosen charities. The finale was their gala dinner in October, held at the Galgorm Resort, where they smashed their target and raised £60,000 for charity, with £15,000 going to EIC to assist with continuing to support our industry.



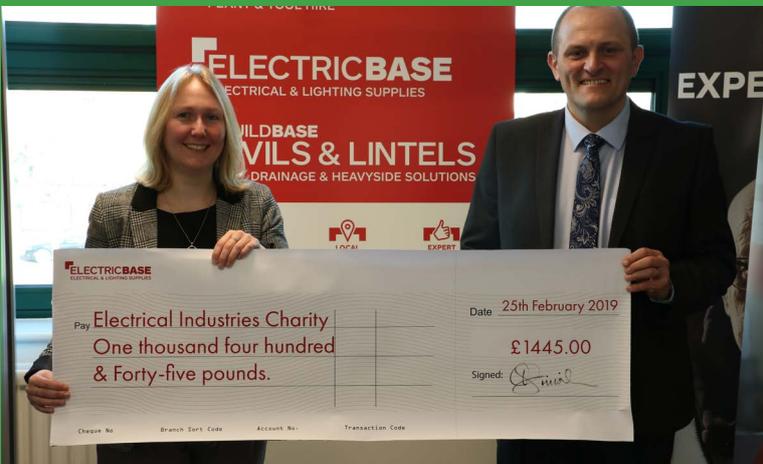
Twelve Electric Club

The Twelve Electric Club are a group of twelve people from the electrical industry who meet monthly to entertain clients and raise money for charity. The group supports many local charities, but always donates at least 50% of everything they raise to the EIC. This has resulted in £17,000 from recent events being donated to our fundraising total. The EIC would like to say a huge thank you to the individuals of Twelve Electric Club for their efforts and support of the charity, and to those attending the events for their generous contributions.



Electricbase

Electricbase held their Annual Conference and Awards Dinner on Thursday 31st January 2019. The whole day was a roaring success, with £1,445 being raised to help industry members in need through the Charity's support services.



EDA Dinner

EDA held their annual lavish awards dinner in March. The evening saw many well-deserving industry members gain recognition for their efforts as well as raising over £7,000 for industry members in need.



Aico is changing the industry

After hearing of the huge influx of cases the charity has seen in the last quarter, Neal Hooper of Aico made an overwhelming contribution of £20,000! Aico have always been advocates and supporters of the Charity and we could not thank them enough for this generous donation to ensure the Charity's sustainability in the coming year.



McArthur family

We would like to pay tribute to Jim McArthur, ex-president of the Electrical Industries Charity and a true advocate and supporter of the work the Charity does for those in need. Jim was laid to rest in a beautiful service surrounded by many friends, family and industry colleagues. Thank you to the McArthur family, who carry on Jim's legacy and continue to support EIC.



Your industry needs you!

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



EIC's spotlight on Health:



Relationship Communications

Feeling overwhelmed or overloaded? Find yourself in a carers position for elderly parents, a sick child or partner perhaps? Your friends and family can be a good support to open up to and we can help support with the added responsibilities, emotional side and having that extra weight on your shoulders too. Have a look at the items we cover off this month.



Hidden Carers

the sixty-somethings looking after parents and grandchildren

What impact does caring for generations of family have on those in their 60s and 70s? The sandwich generation, when the term was coined - people who care for ageing parents while supporting their children, it generally referred to people in their 30s and 40s. Now the sandwich generation has grown older and deeper. People in their 50s, 60s and 70s are caring for their elderly parents, needy adult children and lively grandchildren. The sandwich has become a triple.

Experts say the layers of responsibility will soon grow, with pensioner children caring for two generations either side of them, from grandparent to grandchild. At the same time, the government will expect these adult children to work ever longer and save more for their own old age.

theguardian.com

1 in 5

people aged 50-64 in the UK are carers to an older family member.

1 in 3

of the country's 6.5 million informal carers are aged 65 and over.

35%

increase in those aged 75 and over since 2001.

Fitting it all in

We have looked at two important barriers to working for those in their 50s and early- to mid-60s - health and caring.

"A carer is considered to be anyone who spends time looking after or helping a friend, family member or neighbour who, because of their health and care needs, would find it difficult to cope without this help regardless of age or whether they identify as a carer."

In 2016 to 2017, of all people aged 52 to 64 years, 50% still had at least one living parent, 82% had at least one child, and 45% had a grandchild. Additionally, 75% of men and 65% of women aged 52 to 64 were working. People in this age group are more likely than any other age group to be carers and many will be working at the same time. One in four women and around one in seven men provided care for someone in 2016 to 2017.

Women in particular are trying to "fit it all in". Analysis has shown that a higher percentage of women aged 52 to 64 years provide care than men while at the same time the percentage of women in their 50s and 60s who work has been rising over recent decades and is now higher than ever before.

Care giving for women aged 45 to 64 years can be associated with increased social activity (this includes caring for dependent children). However, for the most-part, informal care giving can be a mentally and physically demanding responsibility, which can negatively affect a person's overall health and in turn, their ability to work. Research has shown those who combine work and care often do so at personal cost such as tiredness, ill-health and lack of leisure.

A recent study showed few employees want to give up work in order to take on caring responsibilities. However, decisions about working were based on a combination of factors, including financial considerations, health, job satisfaction and stress, as well as caring responsibilities. Flexible working hours and part time options are most likely to encourage people in their 50s to continue working for longer

"Workers aged in their 50s and early 60s are more likely than any other age group to be juggling caring responsibilities and working. In 2016 to 2017, 65% of men and 60% of women aged 52 to 64 years who were carers were also in work."

www.ons.gov.uk

PUTTING YOURSELF FIRST

When a couple enters into marriage, the aim is for marital bliss and to stay together 'until death do us part'. Unfortunately, unforeseen problems such as pressures at work, illness or financial concerns can cause friction in a marriage and ultimately this can lead to divorce. Subsequently, this can impact the whole family both physically and emotionally...



This was the case for John, a Head of Sales for a large electrical wholesaler. His job in sales involved lots of travelling and after 22 years of marriage, John made the agonising decision to end his marriage. Sadly, the electrical sector has a very high divorce rate of 69.8%. The number one reason behind this is excess travel - a fundamental part of John's sales based role.

John loved his wife and cared for her a great deal, however, he felt the relationship had changed over the years and that they no longer had anything in common or to talk about. This had left him feeling depressed and trapped in not only his marriage but in the family home. It was a particularly difficult time for John given the fact that they had three children together, aged seven, nine and eleven. It was an incredibly heartbreaking decision for John to make.

His wife urged him to make the marriage work, suggesting holidays together and couples' therapy. John felt guilt-ridden as there was no real reason to end his relationship with his wife as she had done nothing wrong, but the feeling of guilt began to eat away at him and hurt an awful lot.

The guilt that John was experiencing began to take its toll on him. He wasn't sleeping well, not eating properly and as a consequence it began to affect him physically. It also impacted his performance at work. He felt evil, selfish and even guiltier when he spent time with his children as he felt as though he was about to ruin their lives forever.

Guilt had manifested in all areas of his life and it had not only affected him, but his wife and everyone around them, making everyone feel unhappy. John's employer could see that his behaviour had changed, so they got in touch with EIC for help.

After the Charity had spoken to John, they felt the best course of action was to offer him counselling. The reason for this was not to save his marriage, it was to allow him to resolve, cope and manage his feelings of guilt that were beginning to build up more and more.

Counselling was also highly recommended to John to give him the chance to take time to deal with what had happened and to forgive himself as things had not been right in the marriage for a number of years. As with all relationships there are often two sides of a story and faults on both sides. It was important that John did not absorb all of the guilt and dwell on it.

With assistance from EIC, John was brave and took much-needed steps to move on and leave the guilt behind him. It was vital not to prolong the pain for his wife in what was a very challenging time for them both.

John is now separated from his wife and they are going through an amicable divorce. Relationship breakdowns and divorce can impact people in different ways, every case is unique. In John's situation, it manifested itself in feelings of guilt which affected his whole family, as well as his standards at work.

It is important to remember that you can support someone experiencing many different emotions - guilt being one of them. EIC is always on hand to help support people in the electrical industries, whatever they are feeling, and will help them progress in moments of turmoil. Ultimately, this often helps the people closest to them deal with the circumstances too.

For free and confidential advice e-mail: support@electricalcharity.org or call **0800 652 1618**.

FAST FACTS

carers.org



There are 4.27 million carers of working age living in the UK; 2.44 million (57%) of these are women and 1.83 million (43%) are men.



65% of older carers (aged 60-94) have long-term health problems or a disability themselves.



68.8% of older carers say that being a carer has an adverse effect on their mental health.



Nearly one in eight workers is a carer.



One in five carers gives up employment to care.

When Caregiving Creates Tension Among Siblings

Providing care for an aging or ill parent can bring out the best and the worst in sibling relationships. Ideally, the experience of caregiving is a time for siblings to come together and provide mutual support to one another. However, stressful situations can cause old rivalries to flare up or old wounds to be reopened. This can further escalate strained relations and result in painful conflict. Yet seen another way, caregiving can strengthen sibling bonds and provide an opportunity to nourish family relationships because there is a common purpose

www.mentalhelp.net

Here are three ways to find common ground and improve your relationship with your siblings.

www.mentalhelp.net

Finding it difficult to open up and relate to family and friends when you are going through periods of change or challenging times?

There is nothing worse than feeling helpless. Every day there are thousands of people in the electrical industry worrying about a situation, sometimes with nobody to turn to or perhaps not wanting to burden anyone with their troubles.

Perhaps you have got into financial issues as a result of a relationship breakdown? Or maybe a family member or colleague has been suffering with ill health and you don't know how you can help them? Or perhaps you are caring for a family and finding it hard to cope, with feelings of overwhelming stress and anxiety?

Communication goes a long way and it important to remember that your family and friends are there to help, if you can find a way to open and communicate with them. There are five stages that can be identified in finding it difficult to open up and relate to family and friends when you are going through periods of change or challenging times.

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live. They are tools to help us frame and identify what we may be feeling. Not everyone goes through all of them or in a prescribed order

5 Common Stages of Grief

grief.com

1

DENIAL

Denial is the first of the five stages. In this stage, the world becomes meaningless and overwhelming. Life makes no sense. We wonder how we can go on, if we can go on, why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings. There is a grace in denial. It is nature's way of letting in only as much as we can handle. As you accept the reality of the situation and start to ask yourself questions, you are unknowingly beginning to deal with the process. You are becoming stronger, and the denial is beginning to fade. But as you proceed, all the feelings you were denying begin to surface.

2

ANGER

Anger is a necessary stage of the dealing process. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will be able to accept the situation and cope with it. There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to managing. The truth is that anger has no limits. It can extend not only to your friends, the doctors, your family, and your loved ones, but also to yourself. Underneath anger is pain, your pain. It is natural to feel deserted and abandoned and left to deal with the overwhelming situation or problem, but we live in a society that fears anger. Anger is strength and it can be an anchor, giving temporary structure.

3

BARGAINING

We become lost in a maze of "if only..." or "what if..." statements. We want life returned to what it was; we want our loved one restored. We want to go back in time: find the tumour sooner, recognize the illness more quickly, stop the accident from happening...if only, if only, if only. Guilt is often bargaining's companion. The "if onlys" cause us to find fault in ourselves and what we "think" we could have done differently. People often think of the stages as lasting weeks or months. They forget that the stages are responses to feelings that can last for minutes or hours as we flip in and out of one and then another. We do not enter and leave each individual stage in a linear fashion. We may feel one, then another and back again to the first one.

4

DEPRESSION

After bargaining, our attention moves squarely into the present. Empty feelings present themselves. This depressive stage feels as though it will last forever. It's important to understand that this depression is not a sign of mental illness. It is the appropriate response to a currently difficult or saddening situation in your life. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone? Why go on at all? The first question to ask yourself is whether or not the situation you're in is actually depressing and remind yourself that depression is a normal and appropriate response.

5

ACCEPTANCE

Acceptance is often confused with the notion of being "all right" or "OK" with what has happened or is happening. This stage is about accepting the reality of the situation or problem and recognizing that this new reality is the permanent reality. We will never like this reality or make it OK, but eventually we accept it. We learn to live with it. It is the new norm with which we must learn to live. In time, through bits and pieces of acceptance, however, we see that we cannot maintain the past intact. It has been forever changed and we must readjust. We must learn to reorganize roles, re-assign them to others or take them on ourselves. Finding acceptance may be just having more good days than bad ones, as we begin to live again and enjoy our life. Once we can accept the reality of the new situation, we can make new connections, new meaningful relationships, new inter-dependencies. Instead of denying our feelings, we listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We invest in our friendships and in our relationship with ourselves. We begin to live again, but we cannot do so until we have given communication and opening up with family and friends a chance to help.

Carers caring for someone with dementia

carers.org



Of all the UK's carers, 11% care for people with dementia.

There are currently 800,000 people living in the UK with dementia.

There are 670,000 unpaid carers of people with dementia in the UK.

Two thirds of people with dementia live at home and most are supported by unpaid carers.

Caring for a family member with dementia

Is challenging:

carers manage difficult changes in their loved ones' behaviour and personality, including aggression in some cases. Caring full-time can leave family members feeling socially isolated and having to meet hidden costs.

Can change family relationships:

changes in behaviour and personality can cause family carers to treat their loved one in a different, more childlike way. Carers' relationships with siblings can also become strained as the amount of care increases.

Is rewarding:

caring is often a very rewarding experience that can strengthen family bonds through the close and intimate relationship shared.

Impacts psychological and physical health:

the negative health consequences of looking after a family member with dementia are well documented.

Changing relationships

Caring for their loved one also affected the carers' relationships with other family members because of the resentment and guilt caused by one family member taking on the vast majority of the caring responsibility. Existing research shows that family carers often treat their loved one in a different, more infantile way because of the impact of the condition on their behaviour and personality. The carers we spoke to all demonstrated this to an extent and they particularly struggled to cope with behaviours such as anger and frustration, which sometimes in turn led to physical violence by the person with dementia. The emotional impact of all these factors led carers to become frustrated and depressed.

Impact on relationships with the wider family

Carers' relationships with siblings typically became strained as the amount of care required increased. This led to some siblings falling out with each other and to feelings of resentment. Carers UK suggest that 57% of carers lose touch with family or friends as a result of their caring responsibilities, leading to increased isolation and emotional distress. Carers also felt that other family members did not understand the physical and emotional strain that caring places on them, which led to further resentment.

Social isolation

Family carers have little ability to socialise and any 'me' time is lost, as caring duties and the needs of the family member are prioritised. This is not unusual; according to Carers UK, eight in 10 (83%) carers have felt lonely or socially isolated as a result of their caring responsibilities. Despite this isolation, the carers strongly emphasised the positive aspects of being able to provide support at such a crucial time in their loved one's life.

Impact on personal goals

Caring for a family member with dementia can be a 24 hour, seven days a week responsibility. It is both emotionally and physically exhausting and can leave some carers with little energy or enthusiasm for anything else. The absence of a social life was a sacrifice recognised by carers, but they considered it their duty and responsibility to look after their loved one. Care for their family member was prioritised over their own wellbeing, and this finding corresponds to the findings from other studies. It was clear that all the carers we spoke to sacrificed their social lives to provide round the clock care for their loved one, but this was justified through a strong sense of duty and responsibility. They prioritised their caring responsibilities over personal time, holidays and romantic relationships.

Psychological health

The mental and physical health of family carers taking part in this study was poor and appears to be related to the progression of the condition. All of the carers experienced high levels of stress and depression and these symptoms were further exacerbated by social isolation. It is clear that these factors contribute to the ill-health and exhaustion observed in the carers.

Existing research suggests that stress is a common health problem for carers of people with dementia. The carers we spoke to all appeared stressed and saddened by their duty as a carer. The responsibility of providing around the clock care had a negative impact on their psychological wellbeing, and this was exacerbated by the sadness of feeling that they are gradually losing their loved one.

Physical health

The physical health of the carers was poor. They were exhausted as a result of sleep deprivation, carrying out all of the household chores, extra cleaning and laundry as well as moving or lifting their loved one.



Key to Communication

Some people like to talk, some prefer touch and others are more visual or respond better to gift giving than an outward discussion of feelings. You probably know which communication style you prefer, but what about your partner's, friends or family? We are all unique, and we all respond to different stimuli in distinct ways, and effective communication with the others you care about will come from acknowledging this. If there's miscommunication, you'll miss the opportunity to build trust, honesty and support, and you could all feel frustrated within the situation and relationship.

Improving Communications in our relationships

In consideration of wellness, Self-Determinism Theory suggests three key factors attributed to wellness; autonomy, relatedness and competence. Autonomy is having choice-fullness and action, Relatedness - feeling close to and connected with others. Competence - feeling as though you are competent and effective - able to attain desired outcome. Communication is fundamental to maintaining relationships and particularly relatedness.

Here are 9 steps to improving communications

1 Stop and listen

hard to put aside our point for the moment and just listen. We're often so afraid of not being heard, we rush to keep talking. Ironically, such behaviour makes it all the more likely we won't be heard.

2 Force yourself to hear

You've stopped talking for the moment, but your head is still swirling with all of the things you want to say, so you're still not really hearing what is being said. Laugh all you want, but therapists have a technique that works very well that "forces" them to really hear what a client tells them — rephrasing what a person has just said to them (called "reflection").

This may upset a partner if you do it too much or do it in a tone that suggests you're mocking rather than trying to seriously listen. So, use the technique sparingly, and let your partner know why you're doing it if they ask — "Sometimes I don't think I'm getting what you're telling me, and doing this lets me slow my mind down a bit and really try and hear what you're saying."

3 Be open and honest with your partner

Some people have never been very open to others in their life. Heck, some people might not even know themselves, or know much about their own real needs and desires. But to be in a relationship is to take a step toward opening up your life and opening up yourself.

Being open means talking about things you may have never talked about with another human being before in your life. It means being vulnerable and honest with your partner, completely and unabashedly. It means opening yourself up to possible hurt and disappointment. But it also means opening yourself up to the full potential of all a relationship can be.

4 Pay attention to nonverbal signals

Most of our communication with one another in any friendship or relationship isn't what we say, but how we say it. Nonverbal communication is your body language, the tone of your voice, its inflection, eye contact, and how far away you are when you talk to someone else. Learning to communicate better means that you need to learn how to read these signals as well as hear what the other person is saying. Reading your partner's nonverbal signals takes time and patience, but the more you do it, the more attuned you will be to what they're really saying, such as:

- Folded arms in front of a person may mean they're feeling defensive or closed off.
- Lack of eye contact may mean they're not really interested in what you're saying, are ashamed of something, or find it difficult to talk about something.
- Louder, more aggressive tone may mean the person is escalating the discussion and is becoming very emotionally involved. It might also suggest they feel like they're not being heard or understood.
- Someone who's turned away from you when talking to you may mean disinterest or being closed off.

All the while you're reading your partner's nonverbal signals, be aware of your own. Make and maintain eye contact, keep a neutral body stance and tone to your voice, and sit next to the person when you're talking to them.

5 Stay focused in the here and now

Sometimes discussions turn into arguments, that can then morph into a discussion about everything and the kitchen sink. To be respectful of one another and the relationship, you should try and keep the discussion (or argument) focused to the topic at hand. While it's easy to get in the cheap shots or bring up everything that an argument seems to call for, just don't.

Arguments that do veer off tend to escalate and grow larger and larger. One party needs to make an effort at that point to try and de-escalate the argument, even if it means walking away from it, literally. But do so as respectfully as possible, saying something like, "Look, I can see this isn't going to get any better by discussing it tonight. Let's sleep on it and try talking about it with fresh eyes in the morning, okay?"

6 Try to minimize emotion when talking about important, big decisions

Nobody can talk about important, big matters if they feel emotionally vulnerable or charged-up and angry. Those are not the times to talk about the serious issues (like money, getting married, the kids, or retirement). You might think it impossible, nonsensical or even contradictory to talk about an emotional topic like getting married or having children without emotion. And yet, these discussions need to keep a foothold of rationality to them in order to not gloss over the realities that they bring.

7 Be ready to cede an argument

How many times do we continue to argue or have a heated discussion because we simply want to be "right." So many of couples' arguments revolve around one party thinking they're "right" and the other party not willing to cede the point or back off. In fact, though, both parties need to back off.

By doing this, are you giving up a piece of yourself by compromising and not insisting on how right you are? Well, that's something only you can decide. Would you rather be in a happy relationship where you respect the other person, even if you may occasionally disagree with them? Or would you rather be in an unhappy relationship where you know you're always right, no matter what? It just comes down to your priorities — if being "right" is more important to you than your partner's happiness, then perhaps you have not found the right partner.

8 Humour and playfulness usually help

You don't have to be funny in order to use humour and playfulness in everyday conversations. You just need to use the sense of humour you do have and try and inject it into more of your communications with your partner. Humour helps lighten everyday frustrations and helps puts things into perspective more gently than other methods. Playfulness reminds us that even as adults, we all have a side to us that enjoys fun and taking a break from the seriousness of work and other demands made on us.

9 Communicating is more than just talking

To communicate better and more effectively in your relationship, you don't only have to talk. You can communicate in other ways — through your actions, and nowadays, electronically too (through email, Facebook, blogs, texting or Twitter). All too often, couples focus only on the talking aspect of their relationship, but your actions also speak loudly. Keeping in touch throughout the day or week through email or other electronic means also reminds the person you're thinking about them and how important they are in your life. Even if such communications are mainly playful or inconsequential, they can help lighten your partner's day and improve their mood.

Some couples also find that using email or another method is easier to discuss emotional issues rather than trying to do so face-to-face. It's something to consider if every time you try and bring up a particular topic with your significant other, it turns into an argument or they shy away from it. Email or texting may be a way of communicating about such matters more openly and directly.

psychcentral.com





Industry statistics

evidence the number one reason for separation or divorce in our industry is excess travel. It is important we tackle the issue of communication and support our marriages and relationships. These guidelines engage with the question of how communication works in marriage and how to improve marriage communication.

psychcentral.com



Employer/employee relationships

and maintaining communication is important particularly when dealing with mental health conditions. Mind offers a helpful step by step guide to engage with the question of employer disclosure or communication please see the link as follows:

mind.org.uk



In terms of communicating work-related issues

a helpful resource is Acas who provide multiple services for employers and employees to support you through workplace problems. The Acas helpline number is 0300 123 1100. It is available Monday to Friday 8am-6pm and website

acas.org.uk



People are relationships!

Psychologist, Kathy Marshack, Ph.D. has worked as a marriage and family therapist for 34 years and provides key information on improving communication in relationships

psychcentral.com

Useful Links



4 Communication habits to avoid in your relationship

relate.org.uk

[READ MORE](#)



The Key to Communication in Relationships

tonyrobbins.com

[READ MORE](#)



6 Surprising Ways to Communicate Better With Your Partner

psychologytoday.com

[READ MORE](#)



5 Communication Tips to Try With Your Partner

relate.org.uk

[READ MORE](#)



8 Steps to Better Family communication

froddo.com

[READ MORE](#)



Informal Care and Work After Fifty

jrf.org.uk

[READ MORE](#)



[FIND OUT MORE](#)

Regional Events



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

Northern Ireland Electric Lunch

The first event to kick off the EIC events calendar was the Northern Ireland Electric Lunch. It was announced that this year's charity focus is cancer, in particular prostate cancer, which affects many men in the industry - an extremely important and prominent issue for so many. Rugby legends Andrew Trimble and Adrian Logan (Logie) also entertained us with sports talk, while comedic magician Rodd Hogg surprised us with his magic. Attendees left smiling after raising almost £11k for the charity! Always a great way to start the year.



Glasgow Valentine's Ball 2019

Another beautiful night of celebration in Glasgow to mark their annual Valentine's Ball 2019. Great food and entertainment were enjoyed by almost 180 guests. Thanks to their generosity, £15,000 was raised for Electrical Industries Charity so that we can continue supporting people across our industry. We hope to see everyone again in 2020 at the beautiful Grand Central Hotel Glasgow.



London Valentine's Ball 2019

Returning to the luxurious InterContinental on Park Lane, attendees enjoyed the season of love at the London Valentine's Ball 2019. In support of this year's EIC cancer awareness campaign, all attendees dug deep to raise over £16.5K for our industry charity! A fantastic night of love songs by Irie J, and Creations Music Band had everyone dancing the night away!



Get Involved

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

London Marathon 2019



Raising the Roof for the Dickinson Family

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

Ben Mitchell -
Tanglewood Wines

[SPONSOR NOW](#)

Danny Carey -
Schneider Electric

[SPONSOR NOW](#)

Ross Drinkell - South West
Ambulance Service Trust

[SPONSOR NOW](#)

Richard Whitehurst -
CEF

[SPONSOR NOW](#)

Dean Wilsher -
LEW Electrical Distributors

[SPONSOR NOW](#)

Lee Cooper -
Edmundson Electrical

[SPONSOR NOW](#)

Danny Knight -
CEF

[SPONSOR NOW](#)

Express your Interest:

NIGHTRIDER GLASGOW

Join the Electrical Industries Charity team in 2019 and take over the night on 22nd - 23rd June at the Glasgow Nightrider Cycle event! We have two routes available to you with a choice of a 100km or a 50km ride. This fun-filled charity cycle ride is about taking on the challenge and seeing the sights of Glasgow. Full support, back-up and regular break stops are provided throughout the night, and you'll receive a well-earned breakfast at the finish line. Register your interest with Jess Vailima by completing the application form:



[➔ APPLY](#)



Croatia Sailing

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

Martin Cordrey
ECA

[SPONSOR NOW](#)

Daren Pool
Triple Star Fire and Security Limited

[SPONSOR NOW](#)

[➔ APPLY](#)

Everest

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



[➔ APPLY](#)

Omar Khalil -
ECA

[SPONSOR NOW](#)

Harry Smith & Ian Strugnell - EEL

[SPONSOR NOW](#)

Rachel Griffiths & Kate Adamczyk - REXEL

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Alex Mulvenny

[SPONSOR NOW](#)

Tessa Ogle -
EIC

[SPONSOR NOW](#)

David Bradley & Gordon McArthur - WMQ Building Services

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Don't forget to join us at

Midlands Comedy Night 2019

Have you got your corporate entertainment sorted for the summer? Why not make it a night of comedy, food and drink? Join us for Midlands Comedy Night on 6th June 2019 at Aston Villa FC, 82 Lounge. Relaxed atmosphere and good laughs guaranteed. £45+VAT per person. Book now by contacting events@eictradingco.org

BOOK NOW



London Fishing Day

Attention all fishing enthusiasts: London Fishing Day 2019 is back and the fish are set to be bigger and better! Join us on 3rd July 2019 at the serene Gold Valley Lakes, recently voted "the UK's best commercial fishery". Fishing champions will be announced post-event at the delicious hog roast lunch held at the on-site Lake House café and bar. Register for your peg today with events@eictradingco.org

BOOK NOW

Glasgow Sports Dinner

Join us on Friday 23rd August at Oran Mor for our first Glasgow Sports Dinner! The evening will see you enjoy a delicious three-course meal hosted by radio broadcaster Mark Guidi and hear from fantastic sporting legends including John Hartson, Kris Boyd and Shelley Kerr. If that wasn't enough, John Guagan will have you in stitches as he closes out the evening. Tables are selling out fast so be sure to grab your seat with the legends now! By registering your interest with events@eictradingco.org

BOOK NOW

Edinburgh Fall Ball

Book today to celebrate the magical season of Autumn where the outdoors become an enchantment of colour. Dress to impress and join us at the gorgeous Hilton Edinburgh Grosvenor on Friday 6th September. It will be a night full of glamour and luxury! Enjoy a drop of sparkling wine and a delectable three-course meal while getting lost in the incredible live sounds of the evening's entertainment The Jersey Tones. Contact events@eictradingco.org to reserve your table today.

BOOK NOW



Can't attend an event?

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

Setting the bar high

Twelve Electric Club and Dowds Group are huge supporters and advocates for the charity, showing their overwhelming support for the change the charity is making in the industry by donating £37,000 collectively. We couldn't thank you enough for your generous contributions over the years and, in particular, this year as we see our highest rate of cases to date. Without your support, encouragement and donations we wouldn't be able to continue to reach and help more industry members than ever before. For this we are forever grateful and appreciative.

Twelve Electric Club.



Donations

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

Batt Cables Public Limited Company, R & B Star, The Independent Buyers Association (IBA), ECA South East ECA Maidstone and East Kent Branch, BM Wholesale Electrical, Edmundson Electrical Eastern Region, Darke & Taylor, Schneider Electric, The Edgar Lee Foundation, CEF, Dowds Group, Edmundson - Glyn Prestwood, Newbury Investments, Twelve Electric Club, Bournemouth & District Electric Club, Edmundson Electrical - David Fielder, ECA London, ECA South East Region Surrey, Aico Ltd, Corporacare Limited, EDA.

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



THANK
YOU



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

Upcoming Events



Southern Region Spring Ball
 It is the 85th Anniversary of the Southern Region Spring Ball and we are so excited to be inviting you all to join us for the biggest and most spectacular celebrations at a brand-new venue - Hilton Brighton



South West Golf Day 2019
 South West Golf Day is back for 2019 and now's your chance to swing to win!



Eastern Clay Shooting Steak Out
 Focus your aim on the brand-new event to hit our 2019 event calendar, the Eastern Charity Clay Shoot. Test your skill set amongst the glorious Cambridgeshire countryside with industry friends and finish the day with a well-earned famous steak lunch!



Nightrider Glasgow
 22nd - 23rd June 2019 We are delighted to be joining the Glasgow Nightrider Cycle event in 2019! We have two routes available to you with a choice of a 100km or a 50km ride.



Eastern Golf Day
 Join the Eastern Region for a quality round of golf, delicious roast meal and the chance to win one of the many great prizes at Cambridge's finest golf course, the Cambridgeshire.



London Fishing Day 2019
 Attention to all fishing enthusiast, London Fishing Day 2019 is back and the fish a bigger and better! Join us on the 3rd of July 2019 at the serene Gold Valley Lakes near London, recently voted "the UK's best commercial fishery".



Western Golf Day
 Grab some clubs, balls and a team of your industry friends and join us in fundraising for the Electrical Industries Charity with a round of golf at the beautiful parkland setting Calcot Park has to offer. This course will have you enjoying every swing.



Southern Region Golf Day 2019
 Southern Region Golf Day is returning to the superb Goodwood Golf Club on Wednesday 10th July 2019.



Aston Wood Midlands Golf Day 2019
 Save the date to tee off at the Aston Wood Midlands Golf Day on 15th May 2019.



Glasgow Sporting Dinner 2019
 Share in the triumphs of sporting legends and join us at the brand new dinner event for Glasgow 2019! Remember to save the date as this is an event not to be missed!



The 11th Rail Industry Electrical Engineers Annual Dinner Dance
 Friday 17th May 2019 The Ashford International Hotel Join the Electrical Industries Charity and Friends of Force for a delicious dinner and evening of entertainment at The Ashford International Hotel on Friday 17th May 2019.



Edinburgh Fall Ball 2019
 Save the date in your calendar for a brand new Edinburgh Fall Ball! The new black tie social event not to be missed.



Midlands Comedy Night 2019
 Midlands Comedy Night is back in June 2019! Save the Date for a fun night with great comedy and banter with your industry colleagues and friends at the famous Aston Villa FC.



Stoneleigh Midlands Golf Day 2019
 Get your clubs ready and join us at the stunning parkland course of Stoneleigh Deer Park Golf Club on 11th September 2019.



Tyne & Wear Summer Lunch 2019
 Friday 7th June 2019 Friday 7th June 2019 is our summer sell-out event the Tyne and Wear Summer Lunch! Book your tables now and don't miss out on the after party.



National Golf Championship 2019
 We extend to you a warm invitation to the National Golf Championship 2019.



Tyne & Wear Golf Day 2019
 Celebrate our second ever Tyne & Wear Golf Day on the 14th June 2019 with amazing scenery and breath-taking views at this superb course which serves as one of the finest tests of golf in the North East..



Northern Ireland White Collar Boxing
 Let's get ready to rumble! The next level in industry competition. Save the date for this not to be missed event.

Upcoming Events



**Challenge For a Cause
Croatia 2019**

16th - 21st Sep

Sail with us!
Settle into summer by sailing through the rugged beauty of Croatia. It's time to get out your boat shoes and up on your nautical lingo.

Midlands

Christmas Gala Ball

7th December 2019 • The ICC Birmingham, Hall 4

7th Dec

Midlands Christmas Gala Ball 2019
Midlands Christmas Gala Ball 2019 is returning to Birmingham once again to transport you to Winter Wonderland in time for Christmas!

Western

Equinox Ball

28th September 2019 • De Vere Wokefield Estate

28th Sep

Western Equinox Ball 2019
Western Equinox Ball is back for another night of fun and dancing till your feet are sore. Make note and keep watching for event updates!



Edinburgh

Christmas Lunch 2019

13th Dec

Edinburgh Christmas Lunch 2019
Come and celebrate the end of the working year with us at Edinburgh Christmas Lunch 2019.

SOUTHERN

SPORTSPERSONS DINNER

2019

10th Oct

Southern Sportspersons Dinner 2019
Southern Region are bringing the first Sportspersons Dinner in the region to you in 2019. Save the date for a great night out with your friends and colleagues in the industry!

Yorkshire

Christmas Lunch

13th December 2019 • Pavilions of Harrogate

13th Dec

Yorkshire Christmas Lunch 2019
Block out your calendar Yorkshire Christmas lunch is a must attend for 2019.

Yorkshire

powerBall

19th October 2019
The Majestic Hotel, Harrogate

19th Oct

Yorkshire powerBall 2019
Join the industry for celebrations at Yorkshire powerBall 2019!



Eastern

Christmas Lunch 2019

18th Dec

Eastern Christmas Lunch 2019
Save the date to celebrate the festive season at Eastern Christmas Lunch 2019

POWERBALL

100th Anniversary

8th Nov

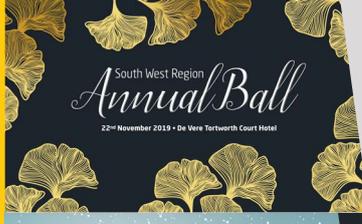
powerBall 2019
It's our 100th anniversary and we can not wait to celebrate with you on Friday 8th November 2019!

Midlands

Christmas Lunch 2019

19th Dec

Midlands Christmas Lunch 2019
Mark your diary Midlands Christmas lunch is back for 2019!



South West Region

Annual Ball

22nd November 2019 • De Vere Tortworth Court Hotel

22nd Nov

South West Region Annual Ball 2019
Feel the magic of the Beautiful Tortworth Court Hotel surroundings in November 2019!

Northern Ireland

ELECTRIC LUNCH

Feb 2020

Northern Ireland Electric Lunch 2020
Save the date for our annual Northern Ireland Electric Lunch in February 2020. You will enjoy a delicious three course meal with fantastic entertainment.

SAVE THE DATE for a Scottish festive lunch to remember!

Glasgow Christmas Lunch 2019

4th Dec

Glasgow Christmas Lunch 2019
On the 4th December 2019 mark your diary for a Scottish festive lunch to remember!

Glasgow Valentine's Ball

8th February 2020

8th Feb 2020

Glasgow Valentine's Ball 2020
Save the date and let sparks fly at the Glasgow Valentine's Ball 2020! You will enjoy a decadent three course meal and an evening with excellent live entertainment.



Tyne & Wear

Christmas Lunch 2019

6th Dec

Tyne & Wear Christmas Lunch 2019
The elves have been working overtime to bring you Tyne & Wear Christmas lunch 2019.



London Valentine's Ball

15th Feb 2020

London Valentine's Ball 2020
Celebrate the internationally recognized day of love with us at London Valentines Ball 2020. You will enjoy a delectable three course meal and an evening where your best dancing shoes are a must!

Southern

Christmas Lunch 2019

6th Dec

Southern Christmas Lunch 2019
Ho-Ho-Ho Southern Christmas lunch 2019 will be the event of the season.



Apr 2020

2020 Virgin Money London Marathon
Take on the world-famous London Marathon with us in 2020 with EIC. By fundraising for us you will be taking on our new Challenge for a Cause campaign for 2020.

FREE Mental Health Awareness Training

This two-hour session is an introductory course to raise awareness of mental health



The session is being delivered as part of Mates in Mind's 'Manage the Conversation' course.



FREE Mental Health First Aider Training

Our two day course qualifies you as a Mental Health First Aider.



On this course there is a limit of **100** places

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