

LiveWire Newsletter

Edition 06 · April 2018



Welcome to 2018...

What a start to 2018 for the Electrical Industries Charity. We launched our Not Just a Number campaign on mental health support in Belfast, appointed nine incredible individuals to our Emerging Professionals Board, embarked on our Arctic Adventure, designed our very first app and supported more people in our industry this quarter than we have in the history of the Charity. People often ask me what the Charity's biggest challenge is, and if you asked me this question a year ago I would have said that people don't know about us, that we are the best-kept secret in the industry. Now my biggest challenge is matching demand with our income levels, which is why we need the support of the whole industry to ensure our unique service to the industry remains available to all that need it. Our lottery app is critical to ensuring the long-term survival of the Charity and to ensure the industry has a fund to support people in their most life-challenging moments. This year, since the launch of our mental health awareness programme, demand for our services has increased tenfold. Each week we are receiving an average of two serious mental health cases involving attempted suicide. Our bespoke mental health services, such as face-to-face CBT, bereavement counselling, relationship counselling and private rehab for addiction, chronic depression and OCD, will soon become our largest support service to the industry. As an industry we have a lot to do in terms of supporting our people through these major life events. I would like to get to a place where all mental health support cases in the industry are coming to us for proactive management rather than crisis support. We have some startling statistics in our industry that we all need to proactively address. We have higher divorce rates than any other sector, sitting at 69.8% (the national average is 42%), our suicide rates are 2.7 times higher than the national average and the highest of any other sector, and there is still a stigma in the industry in terms of talking about mental well-being. We all have a responsibility to our industry to not just manage physical health but also mental health; ask yourself, are you truly doing everything you can for your employees, for you and for your industry? The time to change is now!

Tessa Ogle, Managing Director

Did you see?

[Edition 03: June 2017](#)

[Edition 04: September 2017](#)

[Edition 05: December 2017](#)

Case Study:

Andrew, the Electrical Industries Charity and the National Autistic Society (NAS)

Andrew is an electrician who approached us after seeing our information on the NAS website. He and his partner were struggling with the possibility that their children might all be diagnosed with some form of autism. The eldest daughter, Anna, was 8, and although she appeared to be coping well at school, there had been some worrying behavioural signs, i.e. she was not making friends and was affected by loud noises. The middle child had been diagnosed already, but at 4 he had quite severe behavioural problems. When visiting doctors and the hospital, Andrew and his partner had to manage him and their young twins, both of whom were also being carefully looked at, as they too were suspected of being on the autistic spectrum.

It was proving very difficult for Andrew and his partner, as his company had not been very supportive and he had lost his job, but he was fortunate to find another very quickly and they were being more understanding. Because of the ups and downs in his earnings, he fell behind in paying for their car and it was repossessed. A large people-carrier was essential for him to take the children to and from hospital and other appointments, and we were happy to assist in replacing this. We also referred him to our partner, the NAS, who are now supporting the parents through the ongoing diagnosis process. Initial support will vary but consists of lots of information, putting parents in touch with others in a similar situation, explaining different diagnoses and many other things, depending on need. We are also in contact with his new employer, helping them to understand the challenges of managing a family with autism.



Challenge for a Cause

An Arctic Adventure

by Tessa Ogle

On 8th-12th March 2018, a team of 18 industry individuals embarked on a challenge for a cause - aptly named Arctic Adventure - situated in the Arctic Circle of Kuusamo, Finland. Throughout the three days we endured various challenges including building our own igloos to sleep in, trekking for six hours straight in awkward shoes with two feet of snow and enduring near-freezing waters in the ice dip challenge. It's fair to say that everybody very quickly learnt that this was not going to be a walk in the park, even though quite literally we were walking in a park, albeit a very large national park. Among the adventurers on the trip was myself and Mark Booth who approached me at the end of day one asking, 'Is this what the rest of the trip is going to be like?' I just smiled and replied, 'of course, now get shovelling the rest of the snow for our igloo!'

Throughout the course of each day, the team faced new and ever-more challenging tasks. We learnt that we could not get a fire started in our life survival lesson and no one could go a full day without falling over, but one team member's boundless enthusiasm really drove the team to try new things. Kate Menzies was always the first to stick her hand up for any task, and you only need to see her attempt at the Ice Face Challenge to see how dedicated to the cause she really was. Instead of molding her face in the powder snow she launched her entire body into it, making a new challenge called the 'Menzie body plant challenge' (I'm sure it will catch on!). Even with the team struggling to overcome various physical and emotional challenges, they all thoroughly enjoyed themselves and came together as teammates, friends and industry colleagues for the common purpose of helping this amazing family.





Day 1

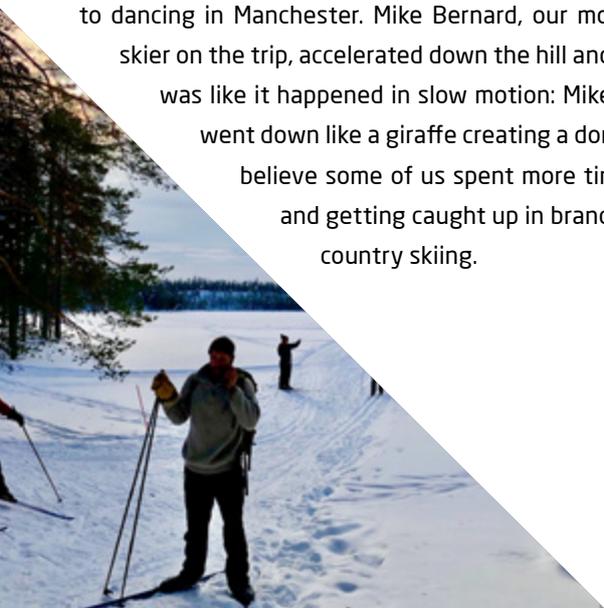
Cross-Country Skiing



After checking into our accommodation in Finland at 1am, the team enthusiastically got up at the crack of dawn, kitted up in skis and learnt the basics of cross-country skiing - one of the most popular winter hobbies in Finland. For all of us it was our first time doing cross-country skiing and for many it was their first experience of skiing in general! This led to some hilarious falls during our relatively short practice tour through the flat pine forest as we tested what we'd learned. The most memorable occurred just before the entrance to the big cross-country track which had a large downhill slope. Kate offered advice to the team on techniques for going down the hill, likening the movement to dancing in Manchester. Mike Bernard, our most experienced skier on the trip, accelerated down the hill and I have to say it was like it happened in slow motion: Mike's 2m of brawn went down like a giraffe creating a domino effect. I do believe some of us spent more time eating snow and getting caught up in branches than cross-country skiing.

After getting back at around 4pm, the team were then challenged with making a quinzee - a type of igloo. Little did we know that this would involve a lot of work! The team had to build two quinzees, each requiring around one ton of snow! This took the team three and a half hours of shovelling and compacting the snow! It was a complete surprise how physically intense it was. Charlie Harwood used the task to get in a workout in preparation for his middleweight boxing match. On the double shovel he was a man on a mission - I've never seen anyone work harder!

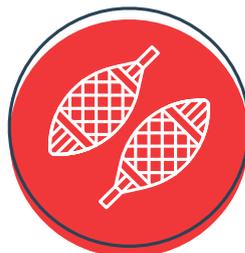
We had to let the quinzee freeze overnight for the big dig-out the next day. Time for the next test! We asked our doctor to meet us at the lake for our Ice Dip Challenge! At -9° outside we all stripped off into our swimmers to take on the challenge. I really thought only a few would do it, but almost everyone completed the task! It was so cold it just took your breath away! You can watch it on Facebook (apologies for the colourful language). The champion of the challenge was Alan Plummer, who managed to stay in there for an incredible 2 minutes and 19 seconds! I just watched in amazement!





Day 2

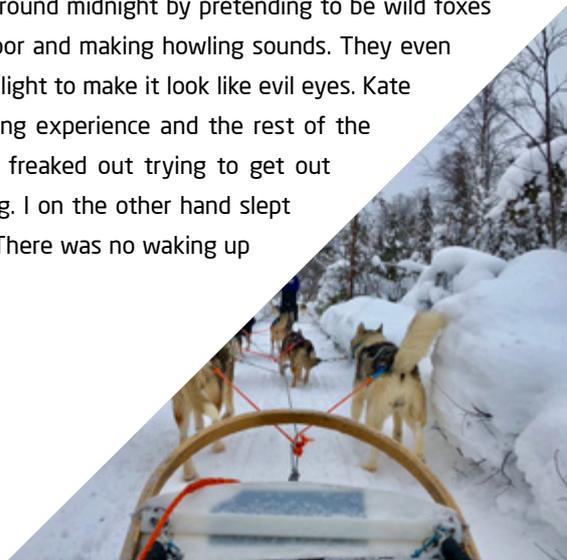
Snowshoeing



We all woke to aching muscles and a big dump of snow overnight. Putting on my ski gear physically hurt. I couldn't even pull off my shirt when I woke up - that snow shovelling was a killer! We all pulled ourselves together and put on our snow shoes. This was quite a challenge as some of our adventurers had size 14 feet! That's three times the size of my feet! My goodness! As we walked out of the cabin area I was thinking, oh, this is going to be fine! Shortly into our walk we hit the hill and had to climb up a steep mountain sinking with one metre of fresh snow from the recent snow fall! WOW, what a workout! We all huffed and puffed our way to the top and rested on a ledge overlooking the incredible national park. The landscape was idyllic and surreal, and I felt so incredibly lucky to be experiencing it. As we made our way up and down the mountain we finally stopped for lunch. Now it was time for us to get the fire started! All I can say is I hope you don't get trapped in the Arctic with our bunch, as we were hopeless at starting a fire! Fortunately, Geoff helped us out with a lighter - apparently he doesn't go anywhere without one and a few cigars! I felt like I was back in Australia with snags on a barbie! After lunch I was voted to be the guide (the first one to walk in the untouched snow, the hardest job). I took the challenge, like all in my life, with extreme enthusiasm until I physically couldn't lift my legs anymore, collapsing and sinking into 1.5 metres of snow. The final challenge was the ice lake run, all standing parallel (so we all had fresh snow), and we had to run to the cabins! I have never seen so many people faceplant - we were exhausted! I use the term 'race' loosely as no one was physically able to run! Paul Rhodes won the race and we all headed straight to our quinzees to dig them out so we could sleep in them that night. Keith volunteered to do the initial boring through the entrance. Aptly nicknamed the 'Mole', he powered through the dig-out process like a champ. Kate and Paul soon got inside and both dug out the main sleeping area. Mark kindly supervised the entire build, giving structural advice to the team through strategically placed tubes. The quinzee was a structural and architectural masterpiece! We decided to treat the team to a sauna to soothe any aching muscles before dinner.

At dinner, Rachael and Jodie, Caz Dickinson's daughters, presented a letter to each team member from Mick, Caz's husband and their father. This was a very emotional moment on our trip. Rachael started to read out the letter but was overcome with emotions, then Jodie read it out loud to the team. Jodie was only 8 years old when her mother collapsed, but she read this letter with courage and strength that I'd not seen before in someone so young. I will quote Mick's last paragraph of his letter: 'If I was to thank each and every one of you every day between now and my last breath, it still wouldn't come close to appreciating what you have all sacrificed for the Dickinson family. You have all given one week of your life, to improve ours for the rest of ours. An incredible selfless act that will change Caz's life forever. I personally will never forget what you have done for us.' I can tell you there wasn't a dry eye in the room!

We then headed off to our respective quinzees to enjoy a night's sleep in our handmade igloos! I was very warm in the middle, snuggling with Kate. Dave and Charlie decided they were going to play a prank on our quinzee at around midnight by pretending to be wild foxes scratching at our door and making howling sounds. They even got a small red LED light to make it look like evil eyes. Kate woke to a frightening experience and the rest of the quinzee completely freaked out trying to get out of the small opening. I on the other hand slept through all of this. There was no waking up this Aussie.





Day 3

Husky Sledding

Our last challenge was husky sledging! We were told that it would be very cold, and it did end up being our coldest day at a crisp -21°. I was teamed with Andy on the sled. One person goes in the sled and the other stands up. I thought this would be the easiest day, but oh my gosh, I was wrong! I could see our dogs slowing down on the hills so we ended up having to push the sleds up the hills, dodging poo as we went. Doesn't sound hard, but I was wearing nine layers and pushing 90kg up a hill, absolutely sweating up a storm! Paul Reeve was teamed with Mike for the last leg and all I was thinking was 'Thank goodness I'm not pushing Mike!' Paul was an absolute trooper! The dogs, scenery and final challenge added up to what was truly a once-in-a-lifetime experience!

Darren Wetherill: 'The whole trip was well organised from start to finish, challenging and at times very emotional as we were really in touch with the reason we were doing the challenge and the reason we were raising money. I didn't know what to expect when signing up for the trip all those months ago, but I couldn't have wished for a better experience.'

Paul Rhodes: 'What a great trip for a great cause, with great people. Have totally enjoyed the entire experience.'

Kate Menzie: 'I had such an amazing time. Thank you to each and every one of you for making it such a memorable and rewarding trip.'

Paul Reeve: 'The trip has been fantastic and, in various ways, a quite humbling experience. What a wonderful crew you all were.'

Geoff Kerly: 'What made the whole trip so special was having four family members on the trip. This really made it all so real, as without the family I don't think you would have got the personal touch and emotion of the situation.'

Thank you to all donors and supporters who gave what they could to the cause. A very special thank you to the flag sponsors, CEF, Dimplex, Schneider Electric, Edmundson Electrical, Daewoo, Gewiss, Heatrae Sadia and V-TAC. Every contribution to the cause makes a real difference to help rebuild the future for those who have fallen on hard times. And finally, to our Arctic Adventurers - without you, none of this could have been possible. We couldn't have asked for a more caring and determined group of individuals with whom to share this experience of giving back to our industry and helping to change the lives of one very special family. Thank you to you all! You all have a special place in my heart.

There is still time to give what you can and help us reach our goal of £250,000 to build a fit-for-purpose family house for Caz Dickinson: uk.virginmoneygiving.com/fund/CFAC2018.

We are only halfway there!

Managing Director Tessa Ogle 'After the great success of our very first Challenge for a Cause, Mount Kilimanjaro 2017 for the Hendrie family, and the amazing support received for this year's Arctic Adventure 2018 for the Dickinson family, you too can join us on an incredible journey to help us to create a brighter future for the electrical and energy industries.'

Do you have what it takes to join our next big fundraising challenge for a good cause? Get in touch to register your interest and find out more. They really are life-changing events - you will laugh, cry and develop a bond with people that will last a lifetime.'

View the Arctic Adventure journey through the trip photos here: www.electricalcharity.org/index.php/photo-gallery/arctic-adventure-2018



Back from left to right: Mike Burnard, Geoff Kerly, Andy Reakes, Keith Sampson, Rachel Wright, Paul Rhodes, Mark Booth, Paul Reeve, Sean Miller, Darren Wetherill, Charlie Harwood, Dave Gilbert.

Front from left to right: Cathy Plummer, Kate Menzies, Alan Plummer, Scott Champion, Tessa Ogle, Jodie Dickinson.

Get Involved

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

Register your interest to take part by contacting Charlotte on Charlotte.Laurent@electricalcharity.org or 0203 696 1711.



Great Wall of China 2018

This is one to tick off your bucket list! We still have places available to join this trek. Being one of the most sought-after wonders of the world, this challenge event will test your inner strengths. Whilst combating the elements, our team will trek through woodland and terraced farmland, following the contours of the beautiful hills and mountains in remote areas north of Beijing. This trek carries many steps, breath-taking scenery and a fascinating insight into a rich culture and history. The trip dates are 13th-22th September 2018 and limited places are still available.

Paul McHale - ARH Group LTD
[uk.virginmoneygiving.com/
PaulMcHale1](http://uk.virginmoneygiving.com/PaulMcHale1)

Mark Dore - Edmundson Electrical
[uk.virginmoneygiving.com/
MarkDore1](http://uk.virginmoneygiving.com/MarkDore1)

Tracey Ruston-Thorpe - Keystone Communications
[uk.virginmoneygiving.com/team/
Keystone](http://uk.virginmoneygiving.com/team/Keystone)

Monika Gaubyte - Keystone Communications
[uk.virginmoneygiving.com/team/
Keystone](http://uk.virginmoneygiving.com/team/Keystone)



powerBall pledges

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

Legrand Electric
[uk.virginmoneygiving.com/Team/
LegrandElectric](http://uk.virginmoneygiving.com/Team/LegrandElectric)

CEF, Steve Pope - Sky Dive
[uk.virginmoneygiving.com/
StevePope3](http://uk.virginmoneygiving.com/StevePope3)

Zumtobel Group - Coast to Coast Hadrian's Cycleway
[uk.virginmoneygiving.com/Team/
PowerballPeloton](http://uk.virginmoneygiving.com/Team/PowerballPeloton)

CEF, Clare Whitehurst - 1,000 Mile Trek Challenge
[uk.virginmoneygiving.com/
ClareWhitehurst](http://uk.virginmoneygiving.com/ClareWhitehurst)

JIB, Steve Brawley - 250 Cycle Challenge
[uk.virginmoneygiving.com/
SteveBrawley](http://uk.virginmoneygiving.com/SteveBrawley)

SGS College, Rachael Garside - Sky Dive
[uk.virginmoneygiving.com/
RachaelGarside](http://uk.virginmoneygiving.com/RachaelGarside)

LEW Electrical Barnsley - Yorkshire Three Peaks
[www.justgiving.com/fundraising/
barnsley-lew-electrical-
distributors](http://www.justgiving.com/fundraising/barnsley-lew-electrical-distributors)

Boon Building Services, Matthew Boon - Marbella 70.3 Half Ironman
[uk.virginmoneygiving.com/
MatthewBoon1](http://uk.virginmoneygiving.com/MatthewBoon1)

ECA, Steve Bratt - Personal Challenge
[uk.virginmoneygiving.com/
SteveBratt](http://uk.virginmoneygiving.com/SteveBratt)

Edmundson Electrical, Steve Nicholls - Company golf day in 2018

Fegime, Alan Reynolds - Fundraising at Company conference in 2018

Edmundson Electrical, Joe Mee - challenge TBC

Eland Cables, Deborah Graham-Wilson - challenge TBC



London Marathon 2018

This historic spectacle brings athletes and spectators together under the roof of one of the world's leading cities. The 2017 event saw a record number of runners cross the starting line of the Virgin Money London Marathon, with more than 39,400 completing the gruelling 26.2-mile journey from Blackheath to Westminster. We would like to wish our supporters and runners below the best of luck. And good luck to us trying to spot them!

Emma Dickenson:
[uk.virginmoneygiving.com/
EmmaDickenson1](http://uk.virginmoneygiving.com/EmmaDickenson1)

Dervla Carty:
[uk.virginmoneygiving.com/
DervlaCarty](http://uk.virginmoneygiving.com/DervlaCarty)

Aaron Moffatt:
[uk.virginmoneygiving.com/
AaronMoffatt](http://uk.virginmoneygiving.com/AaronMoffatt)

Alex Webb:
[uk.virginmoneygiving.com/
AlexWebb5](http://uk.virginmoneygiving.com/AlexWebb5)

Dom Lorenzo:
[uk.virginmoneygiving.com/
DomandMatt](http://uk.virginmoneygiving.com/DomandMatt)

Matt Lombard:
[uk.virginmoneygiving.com/
DomandMatt](http://uk.virginmoneygiving.com/DomandMatt)

Special Thanks!

Thank you to Electrical Contractors Association (ECA) East Midlands Region and the team at the Derbyshire and Burton branches for hosting their Summer Ball in 2017 and raising a generous amount of £2,060 on the night for the EIC!

What an evening the Electrical Distributors Association (EDA) had last month at the EDA Awards Dinner on 8th March, raising a whopping £6,410 for your industries charity! We can't thank you enough for your support every year! Industry event fundraising like this powers our services and delivers critical financial and social support. Every pound raised and every minute of your time helps to make a massive difference to people's lives in our industry!

See below for further donations made in the last quarter.

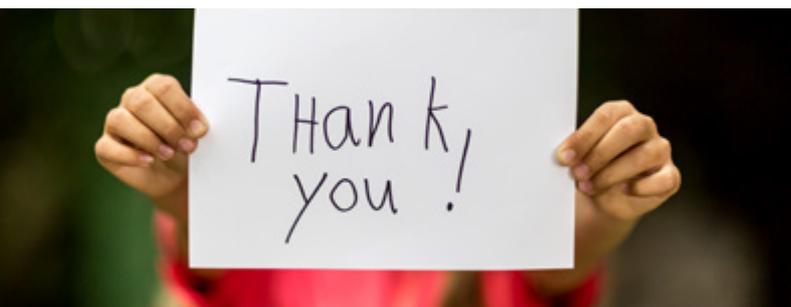


Donations

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

Twelve Electric Club, IET Connect, Edmundson Electrical Midlands Region, LED Group Robus, Highway Electrical Association, Schneider Electric, Beama, Mr B Kestelman, Rexel, ECA Oxford Branch, Stearn Electric, Edmundson Electrical, LEW Electrical, Edmundson Electrical Yorkshire, SSE Payroll, Edmundson Electrical London Region, ECA Eastern Region, Weir & McQuiston, The Independent Buyers Association, The Edgar Lee Foundation, Prysmian, ECA Northampton, ECA South east region and Maidstone and Kent Branch, GEFCO, ECA Bristol and Bath Region, ECA Northeast, ECA West Midlands.

We would like to send a heartfelt thanks 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. Thank you for doing your part in supporting your industry's charity!



amazonsmile

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

Power Lottery

The powerLottery is EIC's number one fundraising stream, providing 30% of its annual income, which is directly handed out in financial grants, therefore each time you play you will be supporting a great cause. The lottery offers everyone in the industry a fun way to support the Charity while having the chance to win one of 15 cash prizes up to the value of £1,000. You can choose to purchase between one and ten numbers each month to increase your chances of winning at a cost from only £1 each. For every £1 you pledge EIC will allocate a number unique to you for entry into a monthly prize draw.

Join the Electrical Industries Charity's powerLottery and be in with a chance of winning big every month while supporting our industry community.

OUR LUCKY WINNERS:

NOVEMBER 2017

- 1ST PRIZE £1,000 D Perks
- 2ND PRIZE £500 W Grimstead, G Leigh
- 3RD PRIZE £250 R Whinnerah, E Jarrett, D Snowden
- 4TH PRIZE £100 B Tatton, D Payne, K Turk, W Littlehales
- 5TH PRIZE £50 R Perring, O Pereira, G Barlow, G Ellis, D Halstead

DECEMBER 2017

- 1ST PRIZE £1,000 B Owen
- 2ND PRIZE £500 AS Nokes, D Cooper
- 3RD PRIZE £250 A Chudleigh, B Cooper, H Jones
- 4TH PRIZE £100 J Wilson, C Rule, J Reeves, K McGreevy
- 5TH PRIZE £50 J Broadmore, N Briggs, R Mayo, P Kilduff, R Needham

JANUARY

- 1ST PRIZE £1,000 J Hoare
- 2ND PRIZE £500 D Deighton, D Corbett
- 3RD PRIZE £250 G Weir, A Beddow, S Savage
- 4TH PRIZE £100 J Barnstaple, D Smith, N Jones, A Gould
- 5TH PRIZE £50 E Whittaker, C Brick, M Kitching, J Cooper, M Woods

FEBRUARY

- 1ST PRIZE £1,000 LB Rogers
- 2ND PRIZE £500 DJ Thompson, P Riley
- 3RD PRIZE £250 MG Griffiths, AG Harris, DE James
- 4TH PRIZE £100 JH Crawley, J McKeown, PG Bowditch, CF Sprules
- 5TH PRIZE £50 DE Harding, M Ashworth, TC Bailey, M Biggs, AN Hillman



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

PLAY TODAY

Upcoming Events



Southern Spring Ball • The Grand, Brighton • 21 April 2018

Virgin Money London Marathon • St James' Park • 22 April 2018

Midlands Aston Wood Golf Day • Aston Wood Golf Club • 16 May 2018

Western Golf Day • Pine Ridge Golf Club • 18 May 2018

Eastern Golf Day • Cambridgeshire Golf Club • 24 May 2018

Glasgow Race Night • Rhoderick Dhu • 25 May 2018

Tyne & Wear Summer Lunch • The Assembly Rooms • 8 June 2018

Midlands Comedy Night • Aston Villa Football Club • 14 June 2018

Southern Golf Day • Goodwood Golf Club • 20 June 2018

Gloucester Golf Day • Lilley Brook Golf Club • 21 June 2018

Wales Summer Ball • Celtic Manor Resort • 22 June 2018

Yorkshire Golf Day • Scarcroft Golf Club • 23 June 2018

London Fishing Day • Gold Valley Lakes • 11 July 2018

National Golf Championship • The Belfry • 18 September 2018

Challenge for a Cause - Great Wall of China Trek • Beijing • 13-22 September 2018

Western Equinox Ball • De Vere Wakefield Estate • 29 September 2018

Yorkshire powerBall • Old Swan Hotel • 20 October 2018

powerBall • Grosvenor House • 9 November 2018

Gloucester Annual Ball • Tortworth Court Four Pillars Hotel • 30 November 2018

Northern Ireland Ball • Crowne Plaza • 30 November 2018

Glasgow Christmas Lunch • The DoubleTree by Hilton • 5 December 2018

Tyne & Wear Christmas Lunch • The Assembly Rooms • 7 December 2018

Yorkshire Christmas Lunch • Pavilions of Harrogate • 7 December 2018

Midlands Christmas Lunch • The ICC, Birmingham • 8 December 2018

Edinburgh Christmas Lunch • The Sheraton Hotel and Spa • 13 December 2018

Eastern Christmas Lunch • DoubleTree by Hilton, Cambridge City Center • 19 December 2018

Challenge for a Cause 2019 - Croatia to Italy Sailing • Europe • July 2019

Challenge for a Cause 2019 - Everest Base Camp • Himalayas, Nepal • October 2019

For more information visit electricalcharity.org/events

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