LiveWire Newsletter

Edition 09 · January 2019

Welcome Message

Welcome to our first LiveWire Newsletter for 2019! We are excited to share with you how 2018 ended for us and look forward to seeing what 2019 has in store for the industry and EIC.

The last quarter of 2018 was a busy one for the Charity. We held our prestigious powerBall event at Grosvenor House, Park Lane. The Dirty Dancing themed evening was a night to remember. With the evening focused on mental health in our industry, over £167,000 was raised to aid in tackling this crisis. We then moved into the festive season, which saw the team attending and hosting multiple events all over the country. The season is known for its giving spirit and we were overwhelmed and humbled by the generosity and support shown to the Charity during this time.

Thank you to all those who support EIC in 2018 either through donations, attending events, hosting events or fundraising. Without you we would be unable to support our industry members when they need it the most. We hope that 2019 is an even better year for the Charity, industry and all our amazing supporters. 2019 will see the Charity focus on the support we have been providing to families dealing with cancer. According to the most accurate forecast from Cancer Research UK, one in two people will develop cancer at some point in their lives. For the Charity we have seen an increase in financial distress caused by cancer over the last few years.

Did you see?

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

Health Calendar

EIC supporting you differently each month

Take a look at our new mental health calendar for 2019, launching in January.

We have designed a new annual calendar focused around some of the key topics that we provide support with for people in our industry. Each month we will focus on a different area of mental health and support, providing information and case studies and looking at some key facts and advice.

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

Mental health issues can put significant pressure on an individual and their family, so having a larger support network is crucial to help them to overcome these issues and have a brighter future ahead.

Mental health issues can occur due to many factors including work- or family-related stress, financial problems such as debts, caring for a loved one, starting a new family or having a family breakdown. In our sector, stress and depression are some of the most common matters to deal with, but 95% of people in the industry never discuss feeling depressed with a significant other.

Our new mental **health calendar** will look at these factors and many more in our monthly focused topics:

- January - **Healthy Eating, Healthy Living**
- February - **Relationship Breakdown**
- March - **A Healthy You**
- April - **Relationship Communications**
- May - **Mental Health Month**
- June - **Getting Practical**
- July - **Alcohol Addiction**
- August - **Financial Health Check**
- September - **Addictions**
- October - **Living with Cancer**
- November - **Men's Month**
- December - **Financial Wellbeing**

When life challenges are taking their toll, it is crucial to have a support network around you and to remember that you are not alone, because no one deserves to suffer in silence. It could be anyone around you who is currently suffering from effects of mental health problems and who needs support to help them to get back on their feet. The Electrical Industries Charity is here to help because if you work or have worked in our industry, you will never be alone. We are now also providing Mental Health Awareness Introduction courses and Mental Health First Aider courses free of charge at the EIC head office in London and around the country.

powerBall2018

Dirty Dancing

Extraordinary success at powerBall 2018

The Electrical Industries Trading Company, in support of the Electrical Industries Charity (EIC), is proud to announce that the industry event of the year – powerBall 2018 – was a tremendous success which saw over 700 guests raise £167,000.

Every year powerBall brings hundreds of industry professionals together under one roof to celebrate a successful year in the electrical industry – and this year was no different. On Friday 9th November nobody was left in the corner as the biggest event in the industry's calendar whisked its guests back to the summer of 1963 and the famous Kellerman's Resort, where guests witnessed the unforgettable Dirty Dancing show choreographed by Nikki Trow and got to sing along to all-time classic hits including 'Hungry Eyes', 'She's Like the Wind' and 'Be My Baby'.

But the fun didn't end there as returning band Madhen, and DJ Laura, made sure that each guest had the 'Time of their Life' dancing to some of this era's best hits until the early hours of the morning.

In addition, this year's powerBall highlighted the mental health crisis that the electrical industry is currently facing, having lost 36 members to suicide in the last year alone. To highlight the mental health problems that affect so many people within the sector, EIC filled the stage with 36 lights – one for each person who lost their life to suicide – and encouraged the industry to show support by donating £1,000 for each light. Dozens of companies took part and the lights were gone in minutes, allowing EIC to assist hundreds of those within the industry who are struggling with mental health issues every day.

Next year powerBall will be celebrating its 100th anniversary, and an event will be held on 8th November 2019 at a brand-new location: London Hilton on Park Lane.

The powerBall 2019 centenary celebrations will include some big surprises fit for the occasion. If you don't want to miss your chance to be at the party of the century, register your interest today by emailing Liva Ivanova on **powerBall@eictradingco.org**

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

It is support from people like you who 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 an opportunity to make this a reality, but, more importantly, you could do something amazing and help transform thousands of lives of people in the electrical industry who need your support.

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

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

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

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

Without the kind and generous donations from people like you, EIC would not be able to help make such a difference to the quality of 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'.

PLAY TODAY

OUR LUCKY WINNERS:

September

1ST PRIZE - £1,000: MP Elson
2ND PRIZE - £500: E Ledger, BM Winwood
3RD PRIZE - £250: NK Bradley, G Worley, SM Moore
4TH PRIZE - £100: LJ Easterbrook, RJ Anderson, AJ Bennett, C Polden
5TH PRIZE - £50: L Allen, PJ Highfield, M Lakin, ME Fitzgerald, WR Taylor

October

1ST PRIZE - £1,000: PJ Lippiatt
2ND PRIZE - £500: G Wright, RM Webber
3RD PRIZE - £250: E Sidgwick, W Lloyd, Mr K Heap
4TH PRIZE - £100: DJM Slattery, M Powell, PG Jackson, J Darlow
5TH PRIZE - £50: DJ Swain, PA Silk, HB Silcox, MG Burgess, AM Woodhams

November

1ST PRIZE - £1,000: JF Pardoe
2ND PRIZE - £500: WJ Littlehales, R Baker
3RD PRIZE - £250: N Burrell, BC Scott, L Bigmore
4TH PRIZE - £100: Buxton, DEA Richards, PM Billam, DB Langrish
5TH PRIZE - £50: ME Banks, A Akid, SR Peel, M Owen, DKE Shaylor

December

1ST PRIZE - £1,000: PG Pugh
2ND PRIZE - £500: Steve Kirby, AF Smith
3RD PRIZE - £250: KA Sheridan, David Walker, JA Shore
4TH PRIZE - £100: CH Bartlett, Guy Siddall, GR Keys, DC Hassall
5TH PRIZE - £50: PC Herbert, J Bradburn, K Shaw, RJ Bentley, JE Ball

FREE Mental Health
Awareness Training

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

MATES IN MIND

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

REGISTER

FREE Mental Health
First Aider Training

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

MHFA England

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

REGISTER

Fundraising

Conquering new heights for Kyle

In early September Kyle Livingston's family trekked the unforgiving terrain of Ben Nevis in support of EIC and to raise awareness of mental health in our industry.

CEF dust off their boots

CEF dusted off their boots and faced the treacherous weather in October for their football tournament in support of EIC. The day wasn't perfect for football, but it was one to remember with all money raised going to help industry members.

Select Awards

The Select 2018 Awards was an unforgettable night with many deserving individuals walking away with great awards. Everyone in attendance also did fantastic fundraising for EIC with over £2,700 being raised that evening.

The Riviera of the Highlands

Everyone was in their finest for the EDA Scotland dinner, which was held at the 'Riviera of the Highlands', the Gleneagles Hotel. The evening was enjoyed by all who attended with over £2,700 being raised for EIC to continue to support those who need it in our industry.

EDA ELECTRICAL DISTRIBUTORS ASSOCIATION

40 for forty

Dowds Group were celebrating their 40th year in business last year, and to celebrate 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 £16,000 going to EIC to assist with continuing to support our industry.

Swinging for BELL's centenary

In the big build-up to BELL Lighting's centenary in 2020, and as part of their Getting Fit for 100 campaign, the company held a golf day in October in Leeds. The weather was perfect for a few rounds of golf with one keen golfer winning the day with 39 points.

Leeds Castle

Edmundson Electrical London Region At the picturesque Leeds Castle in early October, R&B Star Electrical Wholesalers hosted a magical evening for the industry that included class entertainment and delicious food. The evening was all in support of EIC and encouraging the mental health work that the Charity is doing for industry members.

Let's do it for Kyle!

A team of Kyle Livingston's friends and family braved the damp Edinburgh weather and conquered Arthur's Seat. Their hike was not only to celebrate Kyle's life but to raise funds for EIC to continue to offer mental health support for those in need in the industry.

Bright Spark Wives

The Bright Spark Wives in October laced up their walking boots and hiked the 10-mile Lighthouse trail in Galloway, Scotland. The team were inspired to complete this hike to fundraise for a 19-year-old man who was knocked over at a pedestrian crossing and left paralysed. The ladies raised over £2,500 for EIC to support this young man to regain some independence.

Leeds dash

The BELL Lighting Get Fit for 100 team dashed through Leeds in early November for the Leeds Abbey 10km run. The weather was beautiful, and the team came in with some great finish times in support of EIC and the BELL Lighting centenary challenge.

ECA Summer Ball

ECA East Midlands held a summer ball in support of EIC. The evening was one to remember with delicious food, everyone dressed to the nines and over £2,000 being raised for our industry.

Showcasing our industry

The Highway Electrical Association's Conference and Awards Dinner 2018 was a fantastic evening. The Awards showcased some top talent from the industry and raised over £4,000 for industry families in need.

Hitting the pitch for Kyle Livingstone

Greenhills Dynamo took on Kyle Livingston's family and friends in a friendly football tournament to raise awareness of Mental Health and raise funds for EIC.

Electric Center golf day

The Electric Center held an amazing Golf Day in support of EIC. There were a few birdies during the day but there was a fantastic turnout with over £1,300 being raised.

Trade day racing

The Electric Center Harrogate held a trade day in November where attendees got to test their racing skills and support your industries charity.

Cake and coffee

Legrand Electric whisked, rolled and mixed in support of EIC at their cake and coffee morning in November. The cakes looked outstanding and tasted even better!

Lunch with Beama

The Beama Christmas lunch was one to remember with delicious food and great company. The team raised over £1,400 to help industry members in need.

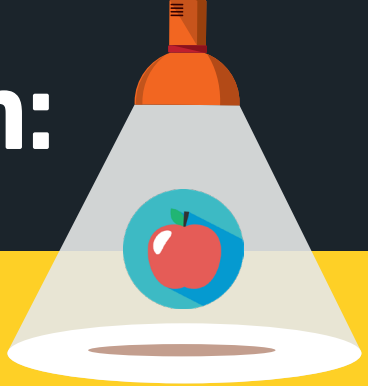
The hosts with the most

What an evening for our Scottish industry members. Thank you to SM Electrical who hosted a fantastic evening at the Radisson Blu in Edinburgh which raised over £500 for EIC.

Leeds to Liverpool Canal Half Marathon

Leeds to Liverpool was no issue for the strong BELL Lighting team who are getting fit for their centenary. The team hit their £2,000 fundraising target, which made the sore legs and blistered feet all worth it to support our industry members.

EIC's spotlight on Health:



Healthy Eating Healthy Living

FAST FACTS

15.4 million Working days lost due to work-related stress, depression or anxiety in 2017/18

Labour Force Survey (LFS)

In 2017/18 stress, depression or anxiety accounted for **44%** of all work-related ill health cases and **57%** of all working days lost due to ill health.

Labour Force Survey (LFS)

595,000 Workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2017/18

Labour Force Survey (LFS)

HOW TO HANDLE STRESS

Stress affects each and every one of us at some point in our lives - but it is how we manage it that controls the impact it has on us.

It is natural to feel stressed from time to time. Christmas is the perfect example of an occasion where there is added pressure on everyone. Sometimes stress can be caused by issues in the workplace, relationships or financial troubles.

Electrical Industries Charity (EIC) understands that stress is a huge factor in everyday lives, particularly in the workplace. Demands are high and often there simply aren't enough hours in the day to get everything done. This can have a damaging effect on life at home, impacting both family life and your own health. People's wellbeing is at the heart of what EIC do, therefore we offer free advice to those in the electrical industry to help handle stressful times.

Sometimes, you may not even realise how stressed you are until it is pointed out to you. Keith is an example of someone the Charity has supported in managing his stress levels. It wasn't until he attended an ECA meeting where there was a presentation on the signs of stress in the workplace that he realised he could tick virtually every box on the list, and it was time to do something about it. Therefore, Keith got in contact with EIC for advice.

As the owner of a small electrical company, Keith was extremely busy due to the high volume of work and long hours required. As a result, he found himself working onsite in the day and at home in the evenings, leaving him tired, irritable and not eating healthily.

EIC suggested a few simple methods to help Keith reduce his stress levels, which can be used by anyone going through a challenging time. Firstly, they advised fitting in some exercise due to the endorphins which are released. Endorphins are chemicals that help to relieve stress and boost happiness with regular exercise proven to combat anxiety and depression.

Often people worry that they have no time to exercise, but even a brisk 10-15 minute walk every other day is beneficial. Fitting in two 30-minute exercise sessions a week can make a significant difference in the battle against stress.

A lot us are guilty of spending too much time in front of our computer or laptop. It is important to take some time out to switch off and relax. One of the best ways to achieve this is by using the HeadSpace app: https://www.headspace.com/headspace-meditation-app. There are a range of techniques to listen to which can help you clear your head of worries and assist with feeling calmer. The best part is that you only need to take 5-10 minutes out of your busy schedule to listen and feel the benefits.

Eating healthily often goes out of the window during stressful times in life. However, eating poorly, grabbing sugary snacks on the go, or missing meals entirely will not help your stress levels. A regular meal routine and trying to incorporate fruit and vegetables into your diet is pivotal in giving you welcome energy to feel good about yourself.

The Charity were delighted to hear that Keith has felt less stressed of late. He has found some time to fit in a few gym sessions as well as using the HeadSpace app. EIC will schedule a call with him again in the New Year to see how he is feeling, particularly as he is moving to a new house.

Handling Workplace Stress

Job stress is the physical and emotional harm that occurs when the requirements of a job do not match the capabilities, resources or needs of the worker. Job stress can lead to poor health and even injury. Do you ever feel overwhelmed by the amount of work you have?

HOW TO REDUCE STRESS AT WORK: 10 PRACTICAL IDEAS

Here are 10 ways you can reduce stress at work each day. Not all of them will be realistic for your job, but some of them will. Focus on the ones that work for you and forget about the rest.

1 **Work in 90-minute sessions**

Studies have discovered that top performers work in approximately 90-minute sessions and then take a break. They focus intensely and then give themselves time to recover and regain energy.

2 **Break your day up with exercise**

You're probably aware that exercise reduces stress, and regardless of what exercise you do, the bottom line is this: get out and move.

3 **When you leave work, leave work**

We can probably all admit that we are just as guilty as anyone else when it comes to answering work emails at all hours of the day. Try of an evening to ignore your inbox and you will notice something: nothing changes. Give your email a rest for a night or two and see if work is any different the next day. Your time outside of the office should be spent on you and the people you care about, not in your inbox.

4 **Do something creative (either at work or outside of it)**

Numerous studies have proven that creative pursuits like music, art and writing reduce stress. Plus, creativity helps you avoid living a short, unimportant life.

5 **Job suitability**

Realise that your job may not be the best option for your personality or your other responsibilities (such as children, school and medical conditions) and have the confidence to update the CV and go out and look for something else more suitable.

6 **Breathe**

It sounds so simple, but we rarely make time in our day to just breathe. The good news is that you can do this anytime, including right now. Close your eyes and focus on your breathing. Breathe in through your nose for a count of three and out through your mouth for a count of five. Do this 5 times and see how you feel.

7 **Leave your desk for lunch**

Give yourself some space and get out of the work environment. There's a reason why people suggest getting a fresh breath of air.

8 **Take a short nap**

It is suggested that a 60-minute nap improves memory just as much as a 8-hours of sleep. Short naps of 20 minutes have shown big benefits as well. It is also suggested that occasional napping can lead to a 12% decrease in heart disease and daily napping can lead to a 37% reduction.

9 **Take vacation more frequently**

And when you're on vacation, be on vacation. The emails, phone calls and presentations can wait.

10 **Get to sleep earlier**

We know sleep is beneficial to us. We often feel 'out of sorts' after a bad night's sleep, yet ready to take on anything after a good night's sleep. Make a conscious effort to go to bed at a decent time on a weekday.

Your Diet

Your mental health and wellbeing are important. Did you know a few simple dietary changes may boost cognitive function and reduce symptoms of depression, anxiety and other mental health disorders?

One of the best ways to improve your mental health is through your gut. Like your brain, the gut has its own nervous system, which sends information to the brain. Just as the brain impacts the gut, what we put in our gut can impact the functioning of the brain. Here are four food groups that keep the mind working at its best:

Omega-3 fatty acids

Foods high in omega-3 fatty acids, such as salmon, herring, sardines, mackerel, seaweed, chicken fed on flaxseed and walnuts, have been shown to reduce symptoms of schizophrenia, depression, attention deficit hyperactivity disorder and other mental disorders. This is likely because of the effect omega-3s have on the production of neurotransmitters (brain chemicals responsible for our moods), including dopamine.

Folate, B vitamins and selenium

Leafy greens such as spinach, romaine, turnip and mustard greens, and broccoli are high in folic acid, as are beets and lentils. Deficiencies in folate as well as other B vitamins have been linked with higher rates of depression, fatigue and insomnia. It is also suggested that low levels of selenium contribute to depression, anxiety and fatigue. Sources of selenium include broccoli, chicken, onions, seafood, walnuts and brazil nuts, and wholegrain products.

Complex carbohydrates

The primary source of energy for the brain is glucose. Complex carbohydrates release glucose slowly, helping us feel full for longer and providing a steady source of fuel for the brain and body. Healthy sources of complex carbohydrates include whole grains such as whole-wheat products, bulgur, oats, wild rice, barley, beans and soy. Complex carbohydrates facilitate the entry of tryptophan into the brain, reducing the symptoms of depression and anxiety and improving overall cognitive functioning.

Serotonin

The foods we eat are broken down into substances that are used to make neurotransmitters and other chemicals that allow different parts of the nervous system to communicate effectively with each other and the rest of the body. The amino acid tryptophan, a building block of protein, influences mood by producing the neurotransmitter serotonin. Sometimes called nature's Prozac, serotonin is associated with depression. Lean protein sources, including fish, turkey, chicken, eggs and beans, help keep serotonin levels balanced.

Looking After You

If you see a loved one suffering, naturally you want to do everything you can to make them feel better and protect them from any pain. When you are looking after someone, especially in difficult circumstances, they are your main priority and often any thoughts of your own needs or wellbeing are long forgotten.

Being a parent can be hugely challenging at the best of times, particularly when you have a million things to juggle. Meet Amy Angell. Amy is a stay-at-home mum who has four children to look after, including Elliott. After being born prematurely at 31 weeks, Elliott suffered brain damage. He has diplegic cerebral palsy, which affects both of his legs to the point that he is unable to sit or walk unaided.

Elliott hopes to one day walk alongside his siblings and play football with his twin sister, but this relies heavily on having life-changing surgery: Selective Dorsal Rhizotomy (SDR). Unfortunately, this operation costs £75,000 and is not funded by the NHS.

Over the past six years, Amy has dedicated her time to increasing awareness locally about Elliott's condition, contacting charities and finding fundraising events to make her son's dream become a reality. As Amy's husband Dean worked in the electrical industry for 20 years, he contacted Electrical Industries Charity (EIC) for assistance.

EIC has supported Elliott in a number of ways, such as funding a new wheelchair for him. However, the Charity has also played an integral role in improving Amy's wellbeing. It has been an incredibly tough time for Amy as life is filled with hospital appointments, of which Amy does not miss a single one. There is a lot of planning involved, such as booking travel, identifying disability-friendly hotel stays, arranging childcare and overnight provisions for Elliott's twin sister, as well as meal planning to suit Elliott's strict diet.

Alongside this, Amy has to manage the family home and all of the usual responsibilities such as housework, food shopping, birthdays, paying bills and general life admin.

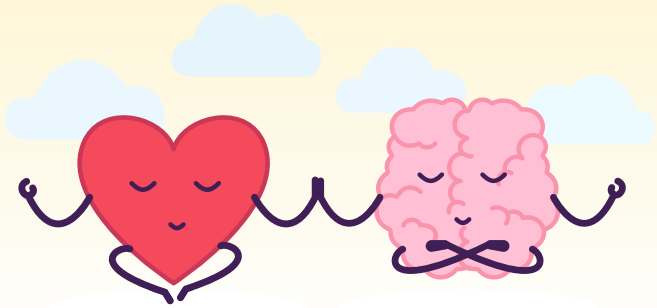
Sometimes, this is very draining on Amy as the family no longer go out together as every penny is precious and they need to save any babysitting hours for hospital appointments.

Previously, Amy had some self-help sessions which she felt were very useful in helping her manage daily life. EIC has now funded hypnotherapy sessions for Amy which are helping her feel more like her usual self. At home she has a CD she can listen to which helps her relax.

EIC has been on hand to help Amy take some time out for herself without having to feel guilty or having to use any of the much-needed funds from the family's income. With Amy feeling stronger, she can continue to look after her own wellbeing and also her family's.

5 quick steps

to enhancing your mind, body and soul



1 Read and learn often

Your education shouldn't stop once you're out of school. Open your mind to new possibilities, beliefs and interests by reading, taking online classes, watching documentaries and attending workshops.

2 Meditate regularly

Meditation improves memory, attention, mood, immune system function, sleep and creativity. All it takes is a few minutes a day to start reaping the benefits.

3 Get at least 15 minutes of moderate - to fast-paced exercise each day

Live close to work? Walk or ride your bike on nice days. Exercise is important for heart health, physical stamina and mood.

4 Add more plant-based foods to yourdiet

Eating lots of vegetables and fruit can help prevent chronic disease. Shop at your local farmer's market for fresh in-season produce.

5 Be kind to everyone

This includes yourself!

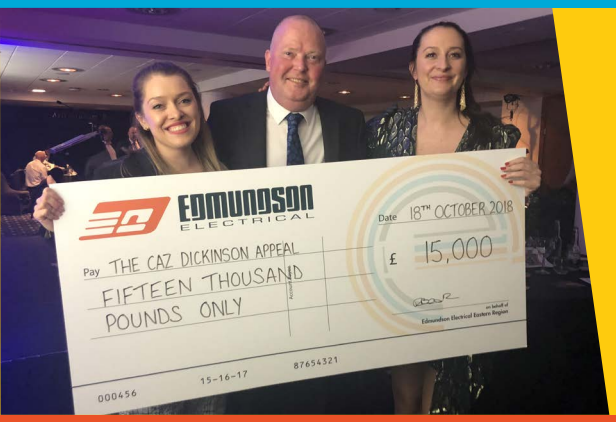
FIND OUT MORE

Regional Events

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

Yorkshire powerBall

This year Yorkshire powerBall turned the Old Swan Hotel in Harrogate into a Great Gatsby Extravaganza. Guests dressed in their best 1920s outfits, which added to the atmosphere greatly. Over £4,000 was raised for EIC with the all-time favourite activity being the tombola. Thank you to everyone in attendance and also the Gold Sponsors - Morgan Sindall, Edmundson Electrical, Sweco JV and CEF. We can't wait to see you all next year at a brand-new venue, The Majestic Hotel in Harrogate. Save The Date - Saturday 19th October 2018!



Sports Talk with Edmundson Electrical

Edmundson Electrical hosted a full night of sporting entertainment at the Eastern Sportsman's Dinner at the Newmarket Racecourse in October. Singing waiters surprised us with their comedic performance, Jeff Innocent had the crowd in stitches, and the highly regarded key speaker and football legend Ray Parlour enthralled us with his locker room secrets. Not to mention, there were loads of games and raffles which finished the evening on a high, raising a considerable contribution to the Charity that goes directly to those who need to most.

Northern Ireland Electric Ball

The Blues Brothers had everyone up and dancing at the Northern Ireland Electric Ball in November 2018. A fantastic evening was experienced by all with comedy, games and dancing into the early hours. Overall it was an amazing effort raising funds of over £3k that goes directly to those seeking assistance with the Charity.

South West Region Annual Ball

Another great night at South West Region Annual Ball this year. Over £8,000 was raised for the industry by all companies in attendance. Thank you to the Gold Sponsor - City Electrical Factors - and everyone else who attended and supported with raffle prize donations - EDF Energy NNB, Edvance, EDF Energy NG and ECA. Thank you very much and see you all again next year! Save The Date - 22nd November 2019 at De Vere Tortworth Court Hotel.

Glasgow Christmas Lunch

Attendance numbers soared at the Glasgow Christmas Lunch 2018! Everyone was in high spirits as they welcomed the festive season at the annual lunch enjoying a delicious festive feast and comedy from Des McKeown, John McKelvie and Joe Camay. A significant contribution of over £21k was also raised for the Charity which will go directly to helping those in the industry who need it most!

Regional Events

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

Tyne & Wear Christmas Lunch

For the Tyne and Wear Christmas lunch it was almost like a summer's day in Newcastle. With the sun shining and not an empty seat in the house, the festivities were enjoyed by all those who attended. They got to hear the antics of Dean Saunders' football days and were kept entertained by our amazing host Graham Foster. The lunch raised over £6,000 for our industry members! Thank you to everyone who supported the Charity at the lunch and we look forward to seeing you this year on 6th December at The Assembly Rooms.

Yorkshire Christmas Lunch

Another successful year for the Yorkshire region and their annual Christmas Lunch in 2018. With a full house once again, delicious food and fantastic performances by ex-footballer Neil Ruddock and comedian Josh Daniels, the event raised over £13,700 for Electrical Industries Charity. A big thank you to everyone in attendance and we hope to see you all again on 13th December 2019!

Midlands Christmas Gala Ball

A fantastic night for the industry in the Midlands Region with their annual Midlands Christmas Gala Ball being a great success once again! The room was turned into a Victorian Winter Wonderland creating a magical atmosphere for all. New band DJ Creation Live kept everyone on their feet all night long. A big thank you to the Gold Sponsors of the evening - Schneider Electric and City Electrical Factors - and everyone in attendance on the night! With your help £12,000 was raised for our industry! Let's do it all again on 7th December 2019.

Edinburgh Christmas Lunch

End-of-year celebrations were enjoyed by mates at the Edinburgh Christmas Lunch 2018! Laughs were provided by Andy Cameron and Scott Glynn and fantastic prizes snapped up in the raffle and auction. EIC would like to thank everyone who attended and helped raise funds of over £11k to go towards those in our industry.

Eastern Christmas Lunch

Returning to the scenic DoubleTree Hilton along the banks of the river Cam, Eastern Christmas Lunch attendees enjoyed a fantastic afternoon. With full bellies after enjoying a delicious Christmas banquet, attendees were rolling with laughter provided by top comic Ian Irving. The afternoon concluded the EIC events calendar with funds raised providing the ultimate gift to those who needed it most over the festive season.

Get Involved

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

London Marathon 2019

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

Ben Mitchell - Tanglewood Wines
SPONSOR NOW

Danny Carey - Schneider Electric
SPONSOR NOW

Ross Drinkell - South West Ambulance Service Trust
SPONSOR NOW

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

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

APPLY

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

Northern Ireland Electric Lunch

Get involved in the very first event of the year! Join Adrian Logan and guests for a lunch to remember at the Europa Hotel on Friday 1st February. Come and enjoy a delicious three-course meal as we take part in the discussion about health in our industry, mixed in with all the craic from our host for the day: Logie! The Electrical Industries Charity will be there to assist in raising funds for those in need and to offer help and support to you or anyone you know through challenging times.

BOOK NOW

London Valentine's Ball

Please join us in celebrating the day of love at the London Valentine's Ball 2019 at the gorgeous Intercontinental Hotel on Park Lane. Dress to impress in black tie and get ready to get whisked away by the evening's events. Enjoy a delectable three-course meal and dance the night away to the sounds of incredible live entertainment. Make your heart flutter with joy by joining EIC to raise funds for those who need it most. There will be many chances to win some incredible prizes on the night. Don't miss out on this highly anticipated event! Follow your heart and buy your tickets now!

BOOK NOW

Glasgow Valentine's Ball

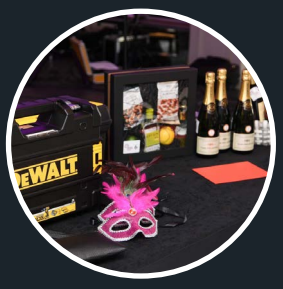
Let sparks fly at the Glasgow Valentine's Ball to be held at the Grand Central Hotel on 16th February 2019. Join your industry colleagues for a night of decadence and good company, with a delicious three-course meal and excellent live entertainment. Join the Electrical Industries Charity who will be fundraising for those in our industry who need a little love and support the most. Selling quickly! Don't miss your chance to book a table for a night to remember.

BOOK NOW

BOOK NOW

London Fishing Day

Attention all fishing enthusiasts: London Fishing Day 2019 is back and the fish are bigger and better than ever! Join us on the 3rd of July 2019 at the serene Gold Valley Lakes near London, recently voted "the UK's best commercial fishery". For just £55 per peg you will receive breakfast, refreshments, entertainment and top the day off with a delicious hog roast to share with your industry mates. The Electrical Industries Charity will be there to raise money for those in need, as well as awareness on how they can help you, your family and colleagues.



Can't attend an event?

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

£30k Club Expands

Edmundson's Electrical are huge supports and advocates for the charity and last quarter they showed their overwhelming support for the change the charity is making in the industry by donating £30,000. We couldn't thank you enough for your generous contributions over the past quarter. Without your support, encouragement and donations we wouldn't be able to continue to reach and help more industry members than ever before. For this we are forever grateful and appreciative of you.

EDMUNDSON ELECTRICAL

Donations

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

Aico Ltd, Batt Cables Public Limited Company, Beama and Gambica, BW (Electrical Contractors) LTD, CEF, Ciara Grant - Collingwood Lighting, Corporacare Limited, ECA East Midlands, ECA North East Regional Office, ECA West Midlands, ECA West Riding of Yorkshire, Edmundson (B&F), Edmundson Electrical - Mike Burnard, Edmundson Electrical – Brentwood, Edmundson Electrical Eastern Region - Robert Beck, Edmundson Electrical - Stuart Ashworth, Edmundson Electrical Ltd, Electric Center Harrogate, Sean Gilbert – IBA, Kew Electrical Brighton, Legrand Electric, Leyland SDM, Lloyds Bank Foundation ,Philip Atley, Quantum Electrical Distribution Ltd, R & B Star, Schneider Electric, SELECT, Simply Photography, Steve Bratt – ECA and The Independent Buyers Association (IBA).

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!

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.

Getting Mark back in the swing of it

Our industry is full of amazing individuals and the Bright Spark Wives are no exception! Over a casual evening out this group of industry wives decided they were going to hike the 10-mile Lighthouse Trail in Galloway Scotland to fundraise for Mark Armour. Mark, a budding apprentice of our industry, was hit by a car while on a pedestrian crossing and left paralysed. This moment changed not only Mark's life but the lives of his family members too. The Charity has been supporting the family since the accident and the Bright Spark Wives wanted to take this support a step further to give Mark some independence back. Mark is a keen golfer and loved to play a few rounds with his dad before the accident. With this in mind, the Bright Spark Wives raised over £2,000 to get a custom set of golf clubs made for Mark so he can continue to enjoy the game he loves. **If you too would like to take part in fundraising for industry members like Mark, please contact Jess Vailima on: jess.vailima@electricalcharity .org**

amazonsmile

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

Upcoming Events 2019

1st February Northern Ireland **Electric Lunch**	28th April London **London Marathon**	27th June - 28th June London **Mental Health First Aider Training**	13th September Northern Ireland **NI White Collar Boxing**	26th November London **Mental Health Awareness Training**
5th February Tyne & Wear **Mental Health Awareness Training**	May Eastern **Golf Day**	July Midlands **Comedy Night**	16th September - 21st September Croatia **Croatia Sailing**	28th November - 29th November London **Mental Health First Aider Training**
7th February - 8th February London **Mental Health First Aider Training**	15th May Midlands **Aston Wood Golf Day**	3rd July London **Fishing Day**	24th September Glasgow **Mental Health Awareness Training**	6th December Tyne & Wear **Christmas Lunch**
16th February London **Valentine's Ball 2019**	17th May Southern **Rail Industry Electrical Engineers Annual Dinner**	10th July Southern **Golf Day**	25th September - 26th September Glasgow **Mental Health First Aider Training**	7th December Midlands **Christmas Gala**
16th February Scotland **Glasgow Valentine's Ball 2019**	24th May Scotland **Glasgow Games Night**	23rd July Edinburgh **Mental Health Awareness Training**	28th September - 11th October Everest **Everest Base Camp**	13th December Yorkshire **Christmas Lunch**
15th March Edinburgh **Mental Health Awareness Training**	7th June Tyne & Wear **Summer Lunch**	24th July - 25th July Edinburgh **Mental Health First Aider Training**	October Southern **Sportsman's Dinner**	19th December Midlands **Christmas Lunch**
6th March - 7th March Edinburgh **Mental Health First Aider Training**	14th June Tyne & Wear **Golf Day**	23rd August Scotland **Glasgow Sportspersons Dinner**	October Western **Western Equinox Ball**	December Eastern **Christmas Lunch**
14th March Coventry **Mental Health Awareness Training**	20th June South West **Golf Day**	6th September Scotland **Edinburgh Fall Ball**	19th October Yorkshire **powerBall**	December Scotland **Glasgow Christmas Lunch**
5th April Southern **Spring Ball**	22nd June - 23rd June Scotland **Glasgow Nightrider**	11th September Midlands **Stoneleigh Golf Day**	8th November London **powerBall 2019**	December Scotland **Edinburgh Christmas Lunch**
11th April Eastern **Eastern Clay Shooting Steak out**	25th June London **Mental Health Awareness Training**	12th September London **National Golf Championship**	22nd November South West **Annual Ball**	December Southern **Christmas Lunch**

For more information visit electricalcharity.org/events

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