

Welcome to the July edition of Charity News from The Fire Fighters Charity

It is with great sadness that I have sent the Charity's condolences to Greater Manchester Fire and Rescue Service following the death of Fire Fighter Stephen Hunt in a fire at a city centre shop at the weekend. Unfortunately this tragedy serves as a very poignant reminder of how The Fire Fighters Charity is important in helping the families of fire fighters killed or injured whilst on duty. As we know, the fire and rescue service is one big family, no matter where you work, and the loss of a colleague is felt by all. The charity is taking a lead from GM Fire and Rescue regarding the most appropriate support we can provide and our thoughts are with Stephen's family, friends and his colleagues. More broadly, our trained helpline advisors are here to support our beneficiaries affected by this tragic incident.

We want to ensure we can reach as many people who need support as possible, and we really are starting to see the benefits of extending our rehabilitation support over seven days a week. Undoubtedly this is helping us assist more retained fire fighters who may find it better to attend a rehabilitation programme which takes place in part over a weekend. The first figures for weekend occupancy at Jubilee House and Harcombe House were at 89 and 88% respectively – a fantastic start that our helpline and staff at our centres are keen to build upon. Our mental health teams are also reporting an increasing uptake of our emotional wellbeing services, with nearly 90 clients so far. It's true to say that no other organisation provides such a full package of high quality support, exactly tailored to the needs of fire fighters, support staff and their dependants.

In other news this month, we're launching an exciting competition for all staff and volunteers to name our brand new Intranet – coming soon to a desktop, mobile, laptop or tablet near you! Our great new intranet will improve our services to beneficiaries, promote improvement within the Charity, and help us to communicate even more effectively.

Things to look forward to will include a straightforward and flexible user-focused design, easy to use navigation tools, and social features including a Good News Board for sharing fundraising and volunteering successes. Staff and volunteers will also benefit from a one-site login for the intranet allowing them access to up-to-date resources, documents, images, policies and procedures – as well as a practical new directory for the organisation.

The brand new intranet is coming soon, so we now need to find a friendly and catchy name that is in line with our Charity's culture, style, and values. To be in with a chance to win a [£25 gift voucher TBC] just email your suggestion to marketing@firefighterscharity.org.uk along with an explanation for your choice of name. The closing date is Friday, 23 August and all entries will be considered by a judging panel. Good luck!

May I close by thanking you for supporting our Charity and ensuring we are there to help when it is needed, and to continue keeping fire fighters fit, healthy and happy so they can protect their communities. I hope you enjoy the rest of this month's Charity News.

**Chief Executive
John Parry**

Services update



It's all go in Jubilee's garden

It's been about four weeks since the garden project at Jubilee House was launched and what a difference those four weeks have made! Not only has the garden been used more frequently – but the flowers and veg have really shot up. The garden has become a really nice place to just sit and chat and is now used on a daily basis. The cabbages have really taken hold, so no doubt the centre's chefs will be taking an interest in those very soon.

The new fruit bushes have also taken well, but the herbs had to be rehomed after unwanted attention from the rabbits! A fundraiser to raise money for the garden project has begun with a 'Guess the name of the gnome' competition and the prize is a wonderful gnome made by Clinical Assistant Cara Varty. So if you're interested in winning a beautiful gnome for your garden, contact the Nursing Team at Jubilee House. It's just 50p a go!

Bathrooms upgrade

This month we will also be refreshing 13 of the bathrooms at Jubilee House including some new bath and shower fittings, new towel rails, painting of the walls, and upgrading of the flooring. This is part of a process that will see all the bathrooms refreshed over the next three years.

Energy management update

As a result of good collaborative working, new contracts have been secured for a 24-month period for both our gas and electricity supplies. Buying these utilities as a group has netted savings of £8K per annum fixed for the two year period. One of the advantages of using Energy Centric is the use of a central portal which will allow our Operations Managers and our Finance team to have complete visibility of energy usage across our sites, so we can react swiftly to any variances in demand. It will also make for a simpler e-billing system, which in turn will reduce the number of hours required to process each transaction.

This is the first step in our Energy Management Programme, which will be underpinned over the coming months in the form of education and awareness, and the use of more energy efficient equipment and resources. Coupled with our 24% savings on the catering budget year on year (now averaging £6 per head per day), this is a significant step to ensure we are using our resources in the most efficient way.

It also builds on our commitment to environmental concerns that we demonstrated last year with the large scale photo-voltaic cell installation at Harcombe House. So far the electricity generated by the panels has saved the Charity over £7,000, while also resulting in the receipt of feed-in tariff payments of over £22,000 in the first 14 months of operation.

And relax.....

Our mental health service team is now active at each centre and is being utilised heavily by our clients. We have newly equipped therapeutic rooms at Marine Court in Littlehampton that have been responded to very positively by clients and staff alike. Also at this centre, our psychologists have been facilitating relaxation sessions at the end of every day to provide a wind down from the day's rehabilitation work with clients.

These sessions have been responded to positively as providing a nice end to the day and lead into evening events and dinner. We will look to develop this type of work across our other centres.

Supporting our beneficiaries!

Our overall beneficiary numbers (financial year to date) are listed by region in the table below. More detailed information can be found on the regional pages of the Charity's intranet – you will need your login details to hand.

	Rehabilitation	Recuperation	Support services	Total
North East	22	21	4	47
Yorks & Humbs	53	56	7	116
East Mids	38	28	7	73
East Anglia	15	44	10	69
London	60	75	4	139
Southern	38	42	10	90
South West	69	47	16	132
Wales	27	24	3	54
West Mids	31	83	14	128
North West	81	96	9	186
Scotland	37	27	18	82
South East	23	43	8	74
Total	494	586	110	1190

Fundraising update

70th Anniversary Celebration Pin Badges

As we countdown to the Charity's official birthday on Saturday, 17 August, the good news is that services across the UK have been reporting fantastic sales of our 70th anniversary pin badges. Cambridgeshire Fire and Rescue Service have banked an amazing £1000, with Merseyside and Staffordshire both close on their heels with sales exceeding £700. Our thanks go to all those involved for your enthusiasm in broadening the awareness of our services. We hope the badges will continue to be worn with pride throughout 2013 and we hope to receive similar donations from other brigades in the coming weeks and months!

Thruxton Driving Challenge – get behind the wheel for charity!

Ever fancied driving a bus, articulated lorry, fire engine, or tractor? If you're looking for a fantastic experience of driving a large selection of vehicles in a safe and fun environment – then this is the event for you! On Sunday 29th September, we are hosting a special Driving Challenge at Thruxton Circuit to raise funds to help fire fighters and their families get better after injury, illness and emotional turmoil. The Driving Challenge will give participants the chance to experience life behind the wheel of a variety of vehicles they may not usually get the chance to drive – such as fire engines, HGVs, and even a hovercraft! All you have to do is secure your place with a £10 deposit, then raise a minimum of £90 in sponsorship for The Fire Fighters Charity. [Click here](#) if you would like more information.

Win a Cadbury's Deluxe Chocolate Hamper!

We are once again giving you two chances to win a Cadbury's Deluxe Chocolate Hamper in our September 2013 Car Wash Competition. One hamper will be awarded to the station with the highest overall car wash income and the other to the station with the most improved % from last September's car wash income. The official date for the next National Car Wash is Saturday, 14 September, but of course you can arrange your car wash at any date convenient during the whole month of September. To be in with a chance of winning a deluxe hamper, you must bank your fundraising income (using the slip provided in the car wash packs) and send back your Grand Total Slip before Friday, 11 October 2013. The winners will be announced Monday, 14 October 2013. Whether you choose to reward yourselves with a delicious treat or donate your hamper to a local hospice or hospital, we wish you all the best of luck in winning! Please note that eligible income excludes Gift Aid for this competition. You can read more about the [National Car Wash](#) on our website, or to register for a car wash pack, please contact your [local fundraiser](#) or email fundraising@firefighterscharity.org.uk.



World Police and Fire Games

The 2013 World Police and Fire Games begins on Thursday, 1 August 2013 with an Opening Ceremony at the King's Hall complex that will celebrate the diversity of Northern Ireland. Co-ordinated by Belfast City Council in consultation with 2013 WPF, DCAL and the World Police and Fire Games Federation, the programme will feature the Games' traditional parade of competing athletes and will also include a moment of reflection for police, fire and prison officers who have lost their lives in the line of duty since the last Games in 2011.

Competitors and spectators will gather from 3pm to enjoy a pre-ceremony entertainment programme with a Food Market and drinks provided by Games' sponsors Food NI and the Horatio Group. The show will begin at 6.30pm with the Athletes Parade and will be interspersed with carnival/performance pieces. Tickets for the Opening Ceremony are available on a first-come first-served basis to the general public via Ticketmaster. The tickets are free but there will be an administration fee of £2.50 applied to each ticket. Tickets are bookable online at www.ticketmaster.ie.

Namibia Trek

Just imagine trekking across the Namibian Desert in aid of The Fire Fighters Charity and Elephant Human Relations Aid (EHRA), as you conquer one of the world's last great wildernesses! In September 2013, we're offering you the chance to support both of these worthwhile causes by joining our 70th anniversary team to support the fire service community and protect the desert elephants of Namibia. For further information or to register for the trek, please [click here](#).

Join our spooky Fright Hikes!

Halloween is not too far away and if you enjoy that spooky time of year, then why not join us for one of our ghostly Fright Hikes? On Saturday, 26 October we will host a special Halloween trek through Epping Forest, London's largest open space, and on Saturday, 2 November we will be hiking through Sherwood Forest, best known for the legend of Robin Hood. Have you got what it takes to take on these 30km ghostly challenges and walk through the eerie darkness of these two famous forests? Participants can join The Fire Fighters Charity team for a £39 registration fee and must meet the £160 fundraising challenge. Open to both individuals and teams, this once in a lifetime challenge will involve hundreds of people from across the UK coming together to enjoy this spooky time of year. All participants will need to complete the course within six hours... which is set to be a scream! For a free information pack, call The Fire Fighters Charity's Supporter Care team on 01256 366566 or email fundraising@firefighterscharity.org.uk. Alternatively, visit our [website](#).

Special offer skydives

Here's your chance to team up with friends and family and receive a FREE free-fall place with every 10th member of the team! To celebrate our 70th anniversary, we are hosting a series of tandem skydives. This involves a freefall through the air (without the parachute deployed) for several thousand feet. You are harnessed to a professional parachute instructor at all times throughout the descent. The training and the jump are completed in one day and your instructor will be in control of your landing. Dynamic, adventurous and exhilarating, skydiving gives you the freedom to make the skies your own, raising vital funds for the Charity in the process. Jumps can take place on a date and at a location convenient for you! For further information or to register for the trek, please [click here](#).

On yer bike... or canoe!

All those signing up to The Fire Fighters Charity cycle team will now receive branded cycling jerseys so their supporters will be able to pick out their friends and family members in the crowds. We're also now organising canoeing, walking, parachuting, and running events – so why not join our team? Just some of the great events coming up in 2014 include:

- The Great Glen Cycle in Scotland – simply 80 miles of mountain bike heaven
- Canoe across Scotland – canoe through 3 of the most famous Lochs in Scotland

- The Ben Nevis Challenge – the highest mountain in Britain
- Cycle L'Etape – complete the 2014 Tour de France route

Going one step beyond

Many people run a marathon for charity. Many more *should*! The money you raise goes to a great cause of your choice and should make you feel good doing it. If you would like to become part of The Fire Fighters Charity team in 2014, we have places on the Reading Half Marathon, the Brighton Marathon, the Silverstone Half Marathon, and the Great North Run. There's also still time to express your interest in joining our team for the 2014 Virgin London Marathon! Further information is available on the Charity's website or contact Dave Smith on 01256 366566 or email dsmith@firefighterscharity.org.uk

Charity artwork: 70 years of fire fighting

Now's the time to get your hands on our special 70th anniversary limited edition set of prints from artist and retired fire fighter, Marcus Phillips. The set can be purchased as single prints or as three triptych pieces. Marcus created the pieces, which show fire fighting scenes from 1943, 1978 and 2013, to mark our anniversary and to say thank you for the support he has received from the Charity. Each print took more than 100 hours to complete. A single print is only £40, but you can buy all three for just £100. Only 999 prints are available – so don't miss out! If you would like to pre-order the set of three prints, please email [Kevin Biles](mailto:Kevin.Biles@firefighterscharity.org.uk) or call 01256 366573.

Skydivers over Cumbria!

Six members of the staff team at Jubilee House took part in the Charity's Skydive on Saturday, 6 July. They were Lorraine Johnston (Head Chef), Rebecca Mason and Audrey Battersby (Catering Assistants), Anne Rigby (Head Housekeeper) and Sue Stoddart (House Keeper). To raise money the team undertook various fund raising events, including a family fun day at the local pub in Eamont Bridge with the support of Cumbria Fire and Rescue Service, and they were featured in the local newspaper. Well done team – and thank you!

Big thanks to Dorset Fire and Rescue

Local dignitaries joined the fundraising event including Catriona Payne, Dorset's High Sheriff Michael Kitchen, Shaftesbury Mayoress Stephanie Pritchard and Dorset Fire and Rescue Service's Chief Fire Officer Darran Gunter. On Sunday, 7 July at Gold Hill Fair in Shaftesbury, Dorset Fire and Rescue Service teamed up with the Rotary Club to stage a Sponsored Abseil raising funds for good causes. 25 participants from local groups descended the 27m high Trinity Tower in Shaftesbury. Plenty of money was raised through sponsorship and donations which will be donated to The Fire Fighters Charity once the final tally has been completed. Dorset Fire and Rescue Service are in need of fire fighters at Shaftesbury Fire Station and used the weekend's events to publicise their vacancies.

Scores on the doors...

Every month the charity's finance team provides an update on the income figures for each region. This information shows the income per for the financial year to date. If you would like to find out more about the behind these figures, you can do so via the regional pages of our intranet your login details.



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region
detail
using

Region	Total £s
North East	66,617
Yorkshire & Humberside	121,159
East Midlands	126,463
East Anglia	152,585
London	175,936
Southern	132,015
South West	136,517
Wales	97,695
West Midlands	98,908
North West	170,448
Scotland	182,258
South East	92,098

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