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PRESS RELEASE

TMD Technologies raises record-breaking sum of money for CALM (Campaign Against Living Miserably) – Male Mental Health Charity

West London based electronics company TMD Technologies (TMD) announces that during 2018 its staff raised over £8400 for **CALM (Campaign Against Living Miserably)**. This charity addresses the problem of male depression and suicide, the biggest killer of men under 45 in the UK (website <https://www.thecalmzone.net/>).

Moreover, TMD has topped up this total to **£10,000** in recognition of the fantastic effort and personal sacrifices made by the staff who supported this tremendous cause.

TMD has been operating a charity of the year scheme since 2014, with a new charity being nominated by the workforce every year. On average we usually make around £5,000 each year, so this year's result is particularly impressive, breaking all previous records.

CALM has special relevance to TMD as several members of staff have been personally affected by mental health tragedies. The workforce of 180 people really got behind the task with a total of 47 separate activities including: Abseiling down The ArcelorMittal Orbit in Stratford, a Bake-off competition, a Thames Bridge long distance walk and abstinence from alcohol for a month!

Top fund-raiser however was our **Head of Sales, Nigel Hann**, who raised over £3000 by cycling 360 miles from Land's End to London at the end of October 2018. Nigel says "When I finally committed to this at the beginning of October I was very anxious, as it was a huge challenge for me. During the four days of cycling there were some very tough moments both mentally and physically, but I had tremendous support from family, friends and colleagues. Some even got into their Lycra and joined me on parts of the ride and back at the office they were tracking me on GPS!"

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I was absolutely elated at the finish - thank you to everyone who sponsored me and supported CALM.



Left, Nigel Hann at the start of his bike ride and right, with family and friends at the finish

CALM's Fundraising Director Anna Jones says "We at CALM are amazed at the amount raised and thank all the staff of TMD Technologies for their combined efforts which will make a big impact on our end of year result. There are two main aspects to CALM's activities; providing support to sufferers via a dedicated helpline and webchat, while running a programme to educate the public regarding male mental health issues. Our long-term aim is to reduce the tragic incidence of male suicide in the UK"

TMD's CEO Dave Brown says "Although primarily a leading engineering/manufacturing organisation we see our charity fundraising and responsibility to the wider community as an important part of our operation. I'm very proud of the way our staff have responded to the charity challenges – especially this year, after such a fantastic result".

TMD Technologies Limited – more than 20 years at the top of scientific and technical microwave and RF innovation

With a heritage dating back to the 1940s, TMD Technologies Limited (TMD) is a world class designer and manufacturer of professional microwave and RF products. At the company headquarters in Hayes, West London it produces specialised transmitters, amplifiers, microwave power modules (MPMs), high voltage power supplies and microwave tubes for radar, EW and communications applications. A previous twice Queen's Award winner, it also produces a range of advanced instrumentation microwave amplifiers for EMC testing, scientific and medical applications.

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