



Physical  
health &  
wellbeing

ben

Support for life

## Ben helped Danny reduce his back pain

Danny used to work as a car manufacturer and approached Ben for help as he had been suffering with severe back pain. He had found it difficult to eat healthily for the last six months as he didn't have a working fridge or freezer. As a result, he had gained two stone in weight which had a major impact on his back and he was in lot of pain.



Ben helped Danny by providing him with a fridge and freezer so that he can now store healthy food and doesn't rely on convenience food any longer. Ben has also helped to support Danny in following a healthy eating plan and he has lost 12lbs in weight so far.

Danny is determined to continue to lose the rest of his excess weight but he can already feel the benefit that his current weight loss has had in reducing the pain in his back. Danny is starting to feel he is getting his physical health back on track.

[www.ben.org.uk](http://www.ben.org.uk)

Free, confidential helpline 08081 311 333

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Ben - Motor and Allied Trades Benevolent Fund, Lynwood Court, Lynwood Village, Rise Road, Ascot SL5 0FG. A charity registered in England and Wales (no.297877) and Scotland (no.SC039842). Registered with the Homes and Communities Agency (no. LH3766).

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