



Social
health &
wellbeing



No-one to talk to? Talk to us.

No-one wants to admit it, but there are lots of reasons people feel alone. Maybe a relationship has broken down, perhaps you're a carer for a loved one, you might be dealing with physical or mental illness or the loss of someone you love. No matter what the reason, we can help.

ben

Support for life

We can help you reconnect

It may surprise and comfort you to know that we take calls from people of all ages, from all walks of life who say they feel completely alone and that they have no-one to really talk to.

We provide a range of free and confidential support and expert advice that will help you regain your confidence, reconnect and make lasting, positive change. You're not alone. All you have to do is call.

Jake got a new job and started cycling to work. As a result he has regained his self-esteem, built friendships with colleagues and developed a new social life.



How we can help



We have trained advisors, ready to listen, who can help you reconnect and regain your confidence. Or visit our website for self-help tools, advice and online chat.

Our services include:

Support with family / relationship breakdown

Counselling and mediation services, advice and support to see you through a difficult time.

Supporting older or vulnerable individuals to engage in local support

We can help get something in the diary for you or a loved one to look forward to.

Home Care services

Regular visits to your home to provide care, valuable support and contact.

Re-entering the work place after serious illness

Confidence-boosting support to help you feel in control.

Help to deal with domestic abuse

Confidential and free advice helping you to get access to appropriate support.

Support for alcohol or substance misuse

Confidential and free support including counselling and referrals to support organisations.

Safeguarding alerts

If you or someone you know is in danger we can alert the appropriate authorities.

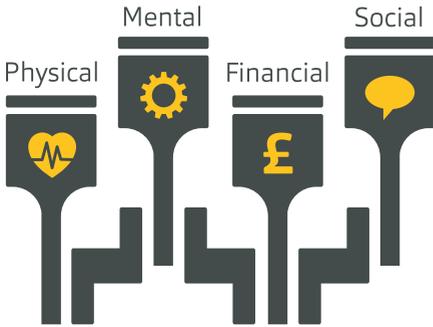
Short breaks

We organise short breaks and days out for families and carers dealing with serious illness.

Self-help tools and advice

On how to build your real world social networks.

Advice on housing options and entitlements



Total health & wellbeing

Ben's support focuses on the four main pillars of people's health and wellbeing - Physical, Mental, Financial and Social. Keeping all four pillars strong is the key to enjoying a good quality of life. We provide lifelong support and care services, along with self-help tools and advice, to help people improve and maintain their total health and wellbeing and be fit for work and for life.

About Ben

Ben is a not-for-profit organisation that partners with the automotive industry to provide support for life to its people and their families. As an independent charity, our tailored, holistic care and support services enable people to navigate life's toughest challenges, empowering them to make lasting, positive change.

Always here for you

Visit www.ben.org.uk for self-help tools and online chat

Call our free and confidential helpline **08081 311 333**

Text **07764 411911** or email supportservices@ben.org.uk

We're here Monday to Thursday 8am - 8pm, Friday 8am - 5pm.

 /BenSupport4Auto

 @BenSupport4Auto

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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