



Physical
health &
wellbeing



Support for life

Ben helped Pete to boost his confidence

Pete owned his own garage and MOT centre until his back pain became so severe that he had to undergo two spine fusions, which sadly did not work. This left him in a more debilitating condition and he was forced to sell his business.



Over the years, Pete lost all of his confidence. He stopped driving and gained a considerable amount of weight, which further impacted upon his mobility.

One day, Pete picked up a leaflet for a local wheelchair rugby group and he and his wife decided to have a look and see what it was like. They visited the group and Pete not only felt welcome but, for the first time in years, he felt inspired.

When he joined, the team supplied him with a spare chair; however it was not a great fit. This is when Ben

stepped in. We were able to provide funding towards a wheelchair, alongside contributions from the NHS and Aspire.

Since starting to play wheelchair rugby, Pete has lost 1.5 stones, began to travel independently and regained his confidence. His confidence has grown so much that he has signed up for a charity bike ride across to Paris! He is now looking forward to a brighter future where he can be more physically fit and enjoy life with his family.

www.ben.org.uk

Free, confidential helpline 08081 311 333

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