



Physical
health &
wellbeing

Health worries? We can help.

Time off work because of ill health can have a serious knock-on effect on your finances and the stress of money worries can make recovery even more difficult. Our support can help you get back on your feet. We also offer expert guidance and support around staying fit for work and fit for life.

ben

Support for life

Ongoing support for you and your dependents

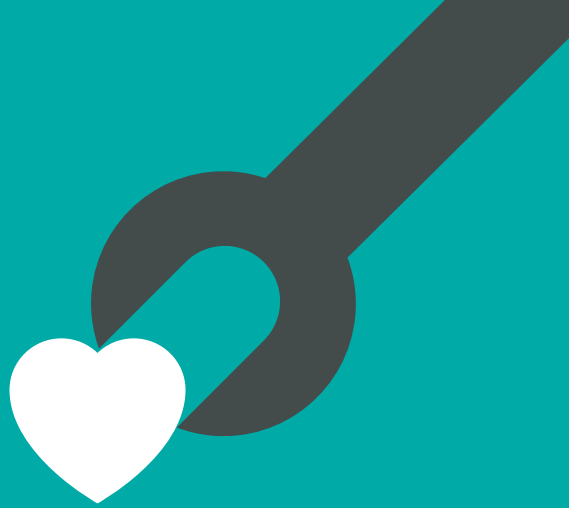
If you or a family member has a long-term health condition or serious injury, just having someone to talk to can help, but we can do much more than just listen. We can ensure you have all the information and resources you need, provide access to specialists, pay for assessments and therapies or help adapt your home.

No matter what you're facing, our tailored support can help you make lasting, positive change.

Pete has been using his new wheelchair to play rugby. He has lost 1.5 stones, begun to travel independently and regained his confidence.



How we can help



Our trained advisors are ready and waiting to talk to you. They will listen to you, assess your needs and find ways to help. Or visit our website for self-help tools, advice and online chat.

Our services include:

General health and wellbeing support

Information and resources to help you make the right choices.

Referrals on to specialist providers

Enabling access to specialists who have the expertise to help you with your specific situation or condition.

Assessment for physical therapies

We can refer you and pay for a clinical assessment and up to 6 sessions of therapy.

Help with a Disabled Facilities Grant application

Assistance with your application and help understanding your rights.

Funding for disability aids, therapies, adaptations to your home

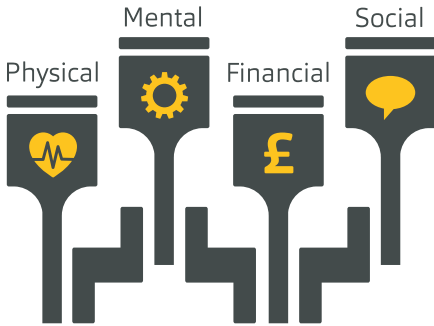
If you need to adapt your home to make it suitable for new circumstances we may be able to help – or help to access information regarding alternative accommodation.

Care options, rights and help understanding the Care Act

If you or a member of your family needs care, we can help you work out what you're entitled to and how to claim it.

Care services

Ben runs highly regarded care centres around the UK offering residential, nursing, dementia care, respite and rehabilitation, care for younger physically disabled people and home care services. If there isn't a Ben care centre near you, we can guide you to information resources to help you identify suitable options.



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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