



Social  
health &  
wellbeing



Support for life

## Ben helped Eva return to work

Eva's husband Matt has worked in the industry for many years in a car dealership. Last year Eva was made redundant from her job and a few months later her mum passed away. The stress of this made Eva withdraw from the community around her and Matt was getting increasingly worried that she was feeling isolated so he got in touch with Ben.



Ben's Support Services team had several conversations with Eva and, following that, she gained the confidence to visit her doctor and she has been receiving bereavement counselling. Eva has come out of her shell again and even joined her local Women's Institute which has greatly improved her social life.

Eva is now feeling less socially isolated and hopes to return to work in the near future. She is excited by the prospect of going back to work and is grateful to Ben for getting her the help she needed to improve her social health and wellbeing.

[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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