



Financial
health &
wellbeing

Money worries? You're not alone.

The stress caused by money worries can affect your work, relationships, even your physical and mental health. Nearly half of all the people who call Ben have money worries. Almost all of them wish they'd called us sooner. No matter how bad it seems, we can help.

ben

Support for life

Whatever the reason, we can help

For some it's just ordinary household bills piling up, others have been unable to work or they've run up unmanageable debts. Whatever the reason for your money worries, getting the right advice and support early on can prevent a bad situation from turning into a full-blown crisis.

Don't let things get any worse. Pick up the phone and call Ben for free, confidential help and expert advice to get you back on track and planning for a brighter financial future. Or visit our website for self-help tools, advice and online chat.

Paul and his family avoided falling into arrears with their mortgage and learned how to take better control of their money to ensure a more stable financial future.



How we can help



We have trained advisors waiting to talk to you. They'll listen to you and help you back on the road to financial health. Or visit our website for self-help tools, advice and online chat.

Our services include:

Budgeting advice

Information and resources to help you make the right choices.

Financial capability assessment and advice

Working out whether you can afford your current outgoings and advice around what to do.

Welfare benefits and entitlements

Are you claiming the help you're entitled to?

Retirement planning

Helping you plan financially for life after work.

Debt management

Including referrals to regulated debt advice services.

Preparing for redundancy

Help and advice to help you prepare if you are at risk of losing your job.

Financial assistance

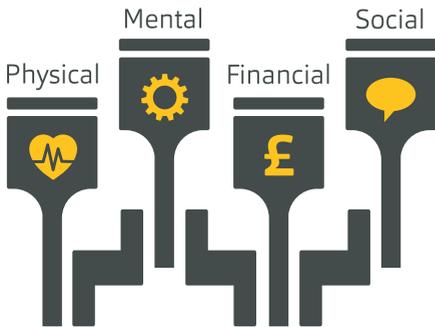
We can help with grants where appropriate.

Care home funding advice

Advice on where to access information to help you plan.

Self-help tools, factsheets and online chat

To help you manage your money.



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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