



Physical
health &
wellbeing



Support for life

We helped Ian address his weight issues and social isolation

Ian suffered from ongoing weight problems and severe bullying at school, which caused him to be more and more socially isolated as time went on.



Taking himself away from peers at school and not engaging in any social relationships was something that transcended from his teenage years and into his adult life. This had a detrimental effect on Ian's mental and physical wellbeing, and he developed an obsessive compulsive spending habit and an eating disorder due to the void he felt from being so isolated. The spending habit left him unable to manage his finances and Ian found himself spending approximately £2,000 in one month on non-essential items and eating out.

We then stepped in to support Ian. We helped him get in touch with a charity specialising in obsessive compulsive disorders, to help him with his mental health issues and compulsive spending and eating. We were also able to support Ian gain access to NHS funded treatment to deal with his weight issues. Ian now has a better support system and he now has the confidence to build a social life, which means he is less isolated.

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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