

FUNDRAISING

PACK



**DO YOU WORK IN THE
DRINKS INDUSTRY
IN SCOTLAND?**

**ARE YOU IN NEED OF FINANCIAL SUPPORT?
WE CAN HELP!**

The Ben is here as a safety net for anyone who works in our trade and is facing extreme financial hardship.

We may be in a position to offer one-off financial assistance on a case by case basis.

If this applies to you or any colleagues please contact

chris@bensoc.org.uk

0141 353 3596

79 West Regent Street Glasgow, G2 2AW



#TheBEN

You are about to do something great!



We have been in operation since 1864!

We need your help to fundraise to assist the people of the drinks and hospitality industry in Scotland who have fallen on hard times. We can give one off grants and financial support.



We have to raise over £350,000 per year to help support our beneficiaries in Scotland.

PEOPLE WE HAVE HELPED



Eric was finding it increasingly difficult to get about due to arthritis in his legs so we managed to get him a scooter and it has made such a difference to the quality of his life

Back in July 2016 I had a bad fall off my horse resulting in a very nasty broken leg
Not the day I had planned at all!
Once the reality of what had happen had kicked in I realised that I would be unable to work in the bar I was currently managing for an unknown period of time and therefore along with the stress of my leg injury

I also had the financial stress of managing to survive on sick pay alone
My work put me in touch with Chris at The BEN who couldn't have been more helpful
Sandra who would be coming to meet with me to assess my situation.
She instantly put me at ease and reassured me that everything would be ok.
She was just brilliant and kept in touch regularly to see how I was doing, as I wasn't coping the best with everything that had happened
The BEN provided me with a sum of money which was paid to me in 2 amounts which allowed me to concentrate on my recovery as financially I would now be ok
Sandra and Chris made regular checks on me to make sure I was coping ok and also gave me lots of helpful advice when I was struggling which helped me loads along the road to recovery
Thanks to the emotional and financial support provided by the BEN I recovered faster than was expected by everyone and returned back to work after 3 months
and I am back to riding my horse again and loving every minute of it

The work that the BEN does is so under
publisised and really is a life line to so many people in the bar trade.

Lisa Smith



Paul phoned the office just before Christmas asking if we provided food parcels, his house was up for sale, he was working and trying his best but had no money left for food We stepped in and gave him an annual allowance,

he phoned to say we had saved his life



We need your support to help the people
of the drinks and hospitality industry in
Scotland who have fallen on hard times!

New App Coming Soon!



BENSOC.ORG.UK

Charity Number: SC005604

We need your support to help the people
of the drinks and hospitality industry in
Scotland who have fallen on hard times!

Donate Today!

Simply scan our QR code to take you to our
JUST GIVING PAGE



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Donate online with
JustGiving™

Charity Number: SC005604

WAYS YOU CAN FUNDRAISE



A

Abseil
Aerobics

B

Boxing
Bus pull
Bungee jump
Baked bean bath

C

Cycle
Cook-a-thon
Chocolate ban

D

Dance
Dress up
Do a dare!

E

Eating
competition
Expedition

F

5K
Fun run
Facepaint

G

Golf
Give up
something
you love

H

Hike
Head shave
Half marathon

I

Ice
bucket
challenge

J

Juggle
Jailbreak

K

Knit-a-
thon

L

Local race
Log throw

M

Mud
assault course
Marathon

N

Night walk
No swearing

O

Onesie day
Office
dare/activity

P

Pledge
Pyjama day

Q

Quiet time
Quit a habit

R

Run
Row-a-thon

S

Swim
Sky dive
Sleep out

T

10K
Triathlon
Three peak
challenge

U

Underwear
day (on the
outside)

V

Be a
vegetarian
/vegan for a
month

W

Wax
Walk
World record
attempt

X

X-plain
why your
chosen cause
needs money

Y

Yo-Yo
competition
Yoga day

Z

Zorb
Zumbathon



WOULD LIKE TO THANK EVERYONE
FOR THEIR CONTINUED SUPPORT

The Scottish Hospitality and Drinks Industry Charity



THANK YOU!

THESE ARE A SMALL SELECTION OF COMPANIES WHO HAVE DONATED TO THE BEN,
THANK YOU TO EVERYONE AND EVERY COMPANY WHO HAVE DONATED.
YOUR DONATIONITIONS HAVE MADE A HUGE DIFFERENCE

Benevolent Society of the Licensed Trade Scotland is a Scottish Charity SC 005604. Scottish Charity Regulator



FREE Mental Health Helpline 0800 83 85 87

Donate online with
JustGiving™



SCAN ME



The Scottish Hospitality and Drinks Industry Charity

The Scottish Licienced Trade Benevolent Society
79 West Regent Street
Glasgow
G2 2AW

chris@bensoc.org

JUST BECAUSE YOU CAN'T SEE IT DOESN'T MEAN IT'S NOT THERE.

Mental illness isn't always easy to see.
2 out of 3 people suffering from mental illness
suffer in silence.



STOP THE STIGMA. SUPPORT MENTAL HEALTH AWARENESS.

**Call our free
confidential helpline
today!**



0800 83 85 87

Bensoc.org.uk
Charity Number: SC 005604