

DO YOU WORK IN THE DRINKS INDUSTRY IN SCOTLAND?

ARE YOU IN NEED OF FINANCIAL SUPPORT?

WECANHELPI

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







You are about to do something great!





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.

Charity Number: SC005604



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 throw period
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
I also had the financial stress of managing to survive on sick pay more helpful
My work put me in touch with Chris at The BEN who couldn't have been more helpful
She immediately put me at ease and introduced me to
Sandra who would be coming like my fair you done.

Sandra who would be coming like my fair you hat everything would be ok.
Sandra was and reassured me tregularly that had happen and sease and reassured me regularly that had hampen which allowed
She instantly put me at ease and kept in touch regularly that had namunts which she was just brilliant and kept in touch regularly that had nown be ok
She was just brilliant and kept in touch resulting that had nown be ok
I was doing, as I wasn't coping the best with everything which one in 2 amounts who would now with a sum of money which was paid to me in 2 amounts who was all you large to the ground to make surgiling which had go and the regular checks on me to make surgiling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had also gave me lots of helpful advice when I was struggling which had all the

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!





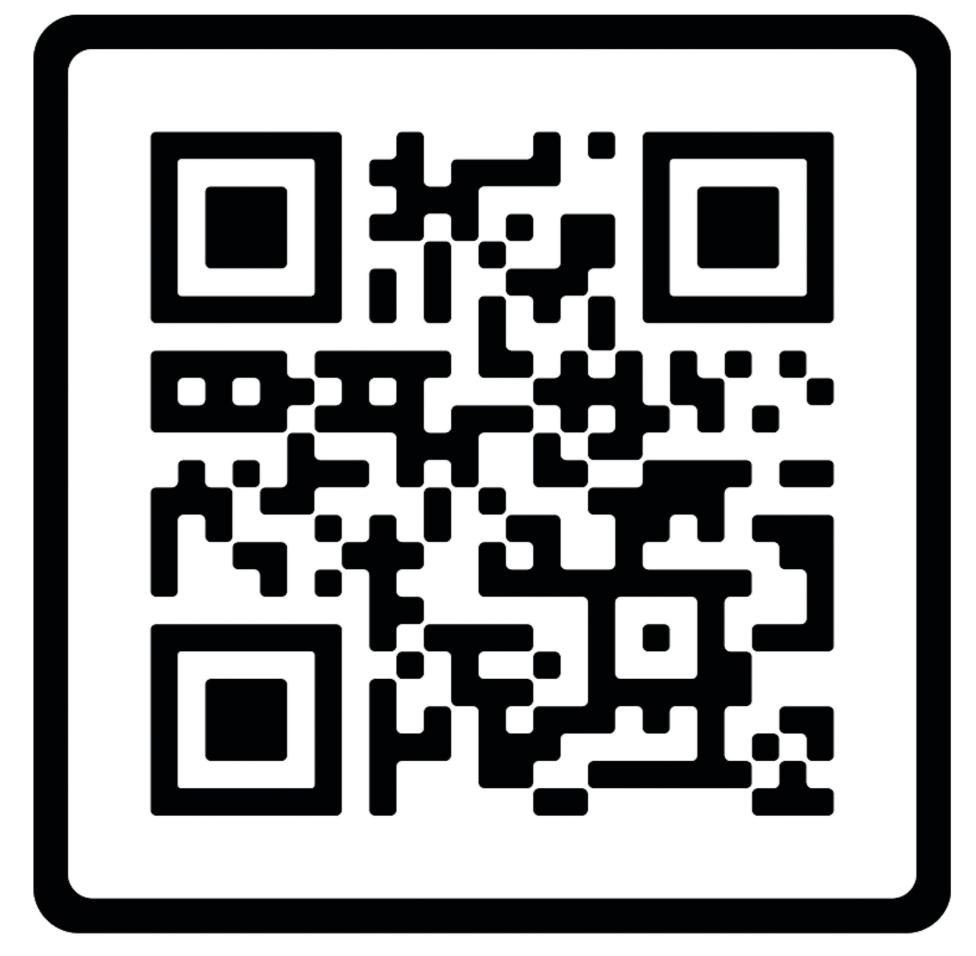
BENSOC.ORG.UK

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









BENSOC.ORG.UK

Donate online with **JustGiving**™

WAYS YOU CAN FUNDRAISE



A Abseil Aerobics

Bungee jump
Baked bean bath

Cycle
Cook-a-thon
Chocolate ban

Dance
Dress up
Do a dare!

Eating competition Expedition

Fun run Facepaint

G Golf

Give up something you love

Head shave
Half marathon

lce bucket challenge Juggle Jailbreak Knit-athon

Local race Log throw Marathon

Night walk
No swearing

Onesie day
Office
dare/activity

P Pledge
Pyjama day

Quiet time Quit a habit

Run Row-a-thon

S Swim
Sky dive
Sleep out

Triathlon
Three peak
challenge

Underwear day (on the outside)

Be a vegetarian /vegan for a month

Walk
World record
attempt

X-plain why your chosen cause needs money Yo-Yo competition
Yoga day

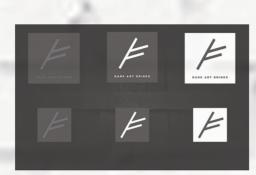
Z Zorb Zumbathon



WOULD LIKE TO THANK EVERYONE FOR THEIR CONTINUED SUPPORT

The Scottish Hospitality and Drinks Industry Charity









































Heineken





















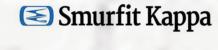






















Cairngorm Hotel













HALEWOOD

RANKIN























MoëtHennessy







B Dewar's.







MARSTON'S













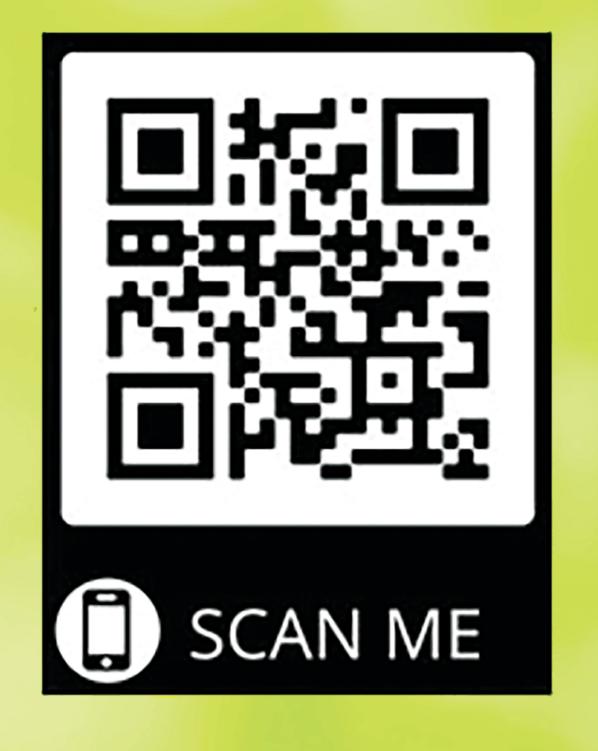


THESE ARE A SMALL SELECTION OF COMPANIES WHO HAVE DONATED TO THE BEN, THANK YOU TO EVERYONE AND EVERY COMPANY WHO HAVE DONATED. YOUR DONATIONTIONS HAVE MADE A HUGE DIFFERENCE



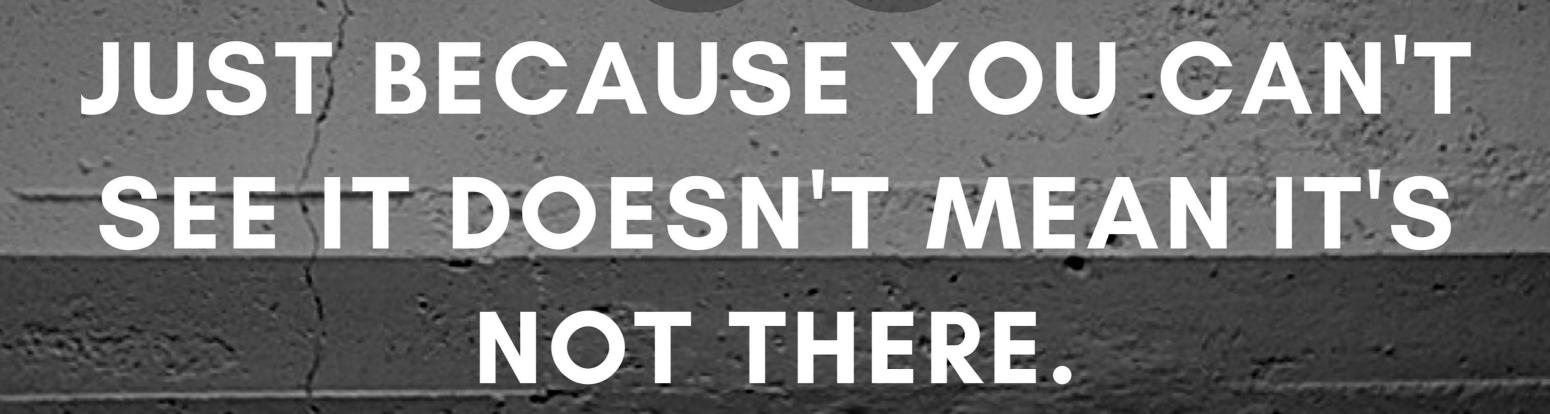
FREE Mental Health Helpline 0800 83 85 81 with

Donate online with JustGiving™





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



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