

A black and white line drawing of a city street scene. In the foreground, a large yellow speech bubble is tilted, containing the text 'YOUR ANSWERS'. Below the speech bubble, a large building with a tiled roof is visible. The background shows a street with buildings, trees, and a car. The drawing is done in a sketchy, hand-drawn style.

YOUR
ANSWERS

**ICE
BENEVOLENT
FUND**

HELPLINE &
ONLINE WELLBEING PORTAL

YOUR ANSWERS

FOR MAKING LIFE EASIER

No one's immune to life's challenges. Not even 'fixers' like civil engineers.

Cover:
St Pancras International,
London, UK



A terrible accident whilst on holiday left the three young children of Sean and Rebecca orphaned. But Sean had been an ICE member and the Benevolent Fund was able to step in to help.

When news of this tragic event reached the Benevolent Fund it immediately contacted the family's next of kin to offer support.

The Ben Fund has been able to offer specialist counselling to the children and the family member who has since adopted the children. It has also provided invaluable financial assistance. She says:

"My life has been turned around by this event, but the support of the ICE Benevolent Fund is enormously appreciated. Sean was always hugely proud of being a member of the "Civil's". He would be so pleased if he knew how his profession has helped his kids."

When you're not sure where to turn or just need a friendly ear, help is here, wherever and whenever it's needed.

Our helpline and wellbeing portal ensure you have a toolkit of support for whatever life throws at you. From bracing yourself for everyday challenges, to giving you strength to cope with life's surprises.

It could be questions about work, home, relationships or your finances we're here to make life a little bit easier.

How we can help

If you are an ICE member, past or present, you can take advantage of our free helpline service and online wellbeing portal. We're here for your immediate family members too.

Designed to support you at all stages of your life, our services are free, confidential and easy to use.

Free helpline

From UK Tel: 0800 587 3428

Overseas Tel: +44 (0) 01865 397 497

Working in partnership with a leading provider, our 24/7 helpline offers comprehensive, independent advice on a vast spectrum of topics.

Our partner helpline advisers are available whether you need a five minute chat or an in-depth conversation with a specialist.

They can help with:

Personal life

Relationships

Parenting

Ill health

Stress

Loss and bereavement

Finances

Work

Stressful deadlines & targets

Managing a team

Co-worker conflict

Time management and overload

Change/uncertainty

Efficient working practices

Redundancy issues

From the everyday to the unusual, almost any issue that affects your daily life is covered.

If you'd prefer to speak to someone in person, our helpline advisers can also arrange face-to-face counselling. Just give your membership number and get started straight away.

The helpline number is 0800 587 3428

Overseas members can call +44 (0) 1865 397 497

Your wellbeing

Working in partnership with wellbeing specialists, we have come up with a web portal that offers a fast, convenient way for our members and their families to access up-to-date knowledge and support.

Perhaps you're far from home or it's late at night. If you're online, advice is always at your fingertips. It's also useful when you're not quite ready to call our helpline. It's simple, secure and available in multiple languages.

Offering self-help fact sheets and a wealth of information focusing on life events, milestones, as well as crises, our portal is there to help whenever you need it most.

You'll gain access to easy-to-navigate information and interactive tools to help you address issues affecting your personal life, work life and health and wellbeing.

Visit the Wellbeing section on the ICE Ben Fund website now.

www.icebenfund.com

We hope you'll visit as much as possible.

Get help now

We're here to help you achieve your goals, in life and in your career. Call us and get started today.

Free 24 hour helpline

From UK Tel: 0800 587 3428

Overseas Tel: +44 (0) 1865 397 497

Help us support civil engineers and their families

Please help us support our future civil engineers by donating to the Benevolent Fund. As an ICE member, it couldn't be easier to support us. The suggested donation is £10, however, you're welcome to donate any amount by simply changing it in your annual membership subscription. Alternatively, anyone can make a donation direct to the Ben Fund via our website.

Talk to us today

To speak to a staff member of the ICE Benevolent Fund directly:

Telephone: + 44 (0) 1444 417 979

Email: info@icebenfund.com

Website: www.icebenfund.com

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