



YOUR
SUPPORT

**ICE
BENEVOLENT
FUND**

Cover:

Falkirk Wheel,
Scotland



"It has been a very difficult journey but I'm focused on making a future for me and my daughter and I find being back in employment very rewarding."

Nasrin had a successful career as a Project Manager for the City of Tehran Council in Iran. When the project was stopped due to lack of finance she moved to the UK where she suffered domestic abuse. As an ICE member she sought help from the Benevolent Fund to rebuild her life.

Nasrin married an Iranian and they had a daughter. Her husband assured her he had thriving business interests in the UK, and persuaded her to move to Britain. When they arrived, she realised this was not the case. Her husband had lied about his prospects, was abusive and she discovered he had several previous failed marriages. She had to seek

refuge at a church before coming to the ICE Benevolent Fund for help.

The Ben Fund's Visitor arranged for her to have an interview with a regional membership officer at ICE to discuss educational and job opportunities. Until she was back on her feet, the Ben Fund also provided financial assistance.

Nasrin was placed on the ICE Benevolent Fund's Back to Work scheme where her confidence quickly grew and she made a business contact of her own, who offered to arrange a paid work placement with a major contractor. This happily led to permanent employment and her Ben Fund Visitor continues to mentor her.

SUPPORTING THOSE WHO SHAPE OUR WORLD

The Institution of Civil Engineers Benevolent Fund gives back to the people who quietly contribute so much to society by shaping the world around us.

We're here to help all civil engineers who are, or have been, members of ICE. We're also here for their families. Our toolkit of support services equips them to build firm foundations for everyday life. And it provides stability in case of the unexpected so they can face life's challenges head-on.

Life's challenges come in all different guises, from a couple facing redundancy, a family confronted with the loss of their home or an ICE member with a terminal illness. In all of these instances and more, the ICE Benevolent Fund can help.

Always here

For resolving difficulties or simply wherever a helping hand is needed; we ensure you've someone to call 24 hours a day, 7 days a week.

No matter when or how often you need us, our specialist support can help. From the everyday to the unusual, almost any issue that disrupts your daily life is covered. And if we can't help, we'll know someone who can.

And because life is unpredictable, we're flexible and design everything to fit around you.



No one's immune to life's challenges. Not even 'fixers' like civil engineers. Our support services are here to help you in times of difficulty or hardship.

We support with advice, guidance and financial assistance. If needed, we can even provide a place you can call 'home'. Whatever the size and shape of your need, our practical and effective support gives you the time, confidence and resources you need to move forward. We'll do everything we can to support you.

Our dedicated Wellbeing Portal (available in multiple languages) is a fast, convenient way to access our support. It's there whenever you need help preparing for upcoming life challenges or to manage existing ones. Follow the links from our website to gain access to

a host of easy-to-navigate information and interactive online tools. It's simple, confidential and expertly designed to help you get back on track.

The types of support services we offer include:

- Counselling (bereavement, stress-related, relationships)
- Debt management
- Financial assistance
- Funding for aids and adaptations to make life with illness or disability more manageable
- General helpline
- Financial support for disabled and disadvantaged students
- Online Work/Life Wellbeing Portal



Our development services help open doors. We offer extensive, up-to-date advice to give you and your family greater confidence for better decision making. Not only that, we give you the opportunity to find your own answers to life's big questions.

Supporting your continuing personal and professional development, we run a programme of workshops to help you reach your full potential. From financial planning to personal resilience, our experts will work with you to construct a plan that will help you achieve your goals.

We're proud of our members past and present, which is why you'll find we're so dedicated to helping you realise new and better opportunities.

In life and in your career; today and tomorrow we nurture your capacity to be the best you can be.

The types of development services we offer include:

Personal Development Workshops

Financial planning for life

Retirement preparation

Personal resilience

New workshops are continually being developed

Other opportunities for personal development

'Back to work' employment support scheme

Online Work/Life Wellbeing Portal

Financial guidance with a registered Independent Financial Advisor (IFA)

Become a Ben Fund Volunteer Visitor / Trustee and give something back

Your service

Pick and choose the type and level of help you need from our comprehensive support toolkit. It's here to help you bear the load of life's ups and downs, with no restriction on when or how often you decide to use it.

Here are just a few ways we can help take the load:

Free 24 hour helpline: Confidential, expert advice on a vast range of topics, including: debt, employment issues, financial planning, illness, bereavement and personal injury.

Online Wellbeing Portal (available in multiple languages): A wealth of information with interactive tools designed to address issues affecting you in your personal or professional life, health and wellbeing, and to help you prepare for future work and life changes.

'Back to Work' employment support:

Our programme following redundancy or unemployment aims to get you back on your feet and in employment within 6 months.

Debt management: Confidential, impartial advice from a registered IFA if you are struggling to make ends meet.

Help for disabled and disadvantaged

students: A scheme for student members with financial grants available.

Financial assistance: One-off payments or monthly grants to help those unable to make ends meet or to help pay for equipment for disabled living.

Advice: A pointer in the right direction for help on a variety of issues; if we can't help, we may know someone who can.

Housing: Accommodation in Sussex, UK for members and their families in need.

Counselling: Helping people come to terms with their difficulties, whatever they may be.

Visiting & befriending: When an ICE member passes away, we are there for your loved ones too. We make a point of contacting the closest ones who are left behind, to offer support if and when they need it.

Personal Development Workshops:

Helping you to reach your potential in both your personal and professional life. Tailored workshops are being developed all the time on areas such as planning for retirement, financial planning and personal resilience.

Eligibility

To find out if you or your family are eligible for any of these services, visit our website or contact us on 01444 417 979

Get help now

We're here to offer you and your family expert advice and invaluable information on a whole host of things including debt, employment issues, financial planning, illness, bereavement and personal injury.

Free 24 hour helpline

From UK Tel: 0800 587 3428

Overseas Tel: +44 (0) 1865 397 497

Your donations

Please help us give back to civil engineers and their families 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:

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Email: info@icebenfund.com

Website: www.icebenfund.com

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