



# Spare 10 for Ben

A CHARITABLE INCORPORATED ORGANISATION



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# OUR HISTORY

We lost our beloved Ben suddenly and unexpectedly on the 26th January 2020 to suicide. He was 20 years old.

Ben was loved by so many, his family and a wide circle of close friends. He had so many people in his life whom he could trust and speak to about how he was feeling-and he did. We will never know why Ben felt he had no choice other than to end his life that fateful night, when he had so many people he could rely on to speak to at any hour, day or night.

We vowed, his family and friends that Ben would always be remembered and that our tragic loss would not be in vain.



# OUR MISSION

Our mission is to help anyone fighting mental health problems. We believe no one should have to go through this kind of fight alone and in doing so we are keeping the memory of our Benny Boy alive.

We know that some people find it easier to speak to someone unknown to them as opposed to their family or friends. With this in mind, we are looking to recruit a network of volunteers who will pledge 10 minutes a day, or a week, to check in with those who wish to register for our service.

## OUR AIM

Not everyone who suffers with mental health issues seeks help. This is because they believe it's a taboo subject-this just isn't true.

Mental health is just as serious as physical health and we encourage people to seek help, just as they would for a physical ailment.

We hope to encourage people to spare 10 minutes for a loved one or someone in need.

We aim to provide a service for those who may not have someone to talk to or feel more comfortable speaking to a person not known to them.

We want everyone to **#spare10forBen.**

# WHAT YOU CAN DO

We hope that if everyone spares just 10 minutes to check up on a family member, a friend or even someone unknown to them, this can reassure people they are not alone. Mental health has no face, it can affect anyone. Sign up to our volunteer program if you'd like to make a difference by submitting the form on our website.

[www.spare10forben.co.uk](http://www.spare10forben.co.uk)



Claire Dale  
(Bens mother)

Liam Healy  
(Bens brother)

OUR GROWING TEAM

# WANT TO GET INVOLVED?

We hope that if everyone spares just 10 minutes to check up on a family member, a friend or even someone unknown to them, this can reassure people they are not alone. Mental health has no face, it can affect anyone.

- ▶ If you'd like to get involved then we'd love to hear from you.
- ▶ There are a number of options available to contact us:
- ▶ Visit our website [www.spare10forben.co.uk](http://www.spare10forben.co.uk)
- ▶ Follow us on Facebook, Instagram and Twitter @spare10forben
- ▶ Email us at @spare10forben@gmail.com

# GET IN TOUCH

- ▶ Please contact us if you feel that you would benefit from receiving support or if you would like to register as a volunteer in pledging to devote 10 minutes a day or a week to speak to someone in need.
- ▶ Our website: [www.spare10forben.co.uk](http://www.spare10forben.co.uk)
- ▶ Facebook: @spare10forben
- ▶ Twitter: @spare10forben
- ▶ Instagram: @spare10forben
- ▶ Call Claire -