



Update 23.04.2020

Today we'd like to feature the great work from our friends at BEN, the charity for the automotive industry - <https://ben.org.uk/>

Ben is the charity dedicated to supporting the people of the automotive industry, providing support for life for them and their family dependents.

Around 1 in 3 people contact Ben's helpline about their mental health issues, including depression and anxiety. Initial findings from Ben's own automotive industry survey state that 22% of those who reported suffering with depression said it had the biggest impact on their health and wellbeing overall. Depression was also Ben's second most visited topic online, after anxiety, with almost 16,000 visits last year.

We think that during these difficult times the work that they do is invaluable, and guess what? Despite it all they're still there. Well done guys we're all right behind you...



Last year in October you'll remember we did a charity 'Bangers for Ben' dash to the South of France. We'll re visit that tomorrow with some great pics and cool video.. Oh and you can still donate here <https://www.justgiving.com/campaign/bangers4ben2019>

This is a difficult time for everybody, and as we are open supporting critical services to stay on the road. We are here for everyone – Stay Safe.

The Fleetline Team

