

**SUPPORTING  
THE POLICE FAMILY**

**THE BEN  
FUND**

**WELLBEING →**

Talk to the Ben Fund about our wellbeing  
programmes for serving and retired  
Police Officers



# WELLBEING AT THE BEN FUND

The Ben Fund offers residential programmes for up to four nights in any 12 month period. Our Wellbeing programmes include Ai Chi, Stretch, mindfulness and holistic treatments.

To apply please complete the application form, available to download from [www.thebenfund.co.uk/health-and-wellbeing](http://www.thebenfund.co.uk/health-and-wellbeing) and return to us. We will be in touch to arrange your stay.



**Learn more about us at**  
**[www.thebenfund.co.uk](http://www.thebenfund.co.uk)**

**01254 244980 • [enquiries@nwpgbf.org](mailto:enquiries@nwpgbf.org)**

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