



# CEMEX UK NEWS



Welcome to UK News 30th May 2024  
your weekly update from around Cemex UK

View UK News on: [www.uknews.co.uk](http://www.uknews.co.uk)

You can also follow us on our  
social media channels

 @CEMEX\_UK

 CEMEX-UK

 CEMEXUK



## HEALTH & SAFETY

### Safety Essential #5 – Manual Handling

Throughout 2024 each month we are visiting each of our 12 Safety Essentials to remind ourselves of the ways to keep ourselves and our colleagues safe.

The fifth Safety Essential is **Manual Handling**.

Manual handling is a part of many job roles, but it's crucial to carry out these tasks safely to prevent lifelong musculoskeletal injuries.

### Safety Essentials

#### 5. Manual Handling



Use mechanical aids or ask for help to reduce risks. In this way, you can prevent musculoskeletal injuries that can cause impairment for life.



Mechanical aid or a helping hand from a colleague can significantly reduce the risk of harm. It's not just about lifting with your knees it's about knowing the maximum safe weight you can handle as well.

Zero4Life

Supervisors have a responsibility to assess risks and minimise injury potential by providing clear instructions, training, and mechanical aids where possible.

It's a team effort to maintain a safe workplace, and every worker must respect the set weight limits for manual handling, utilise the mechanical aids available, seek help when needed, and always use the correct lifting technique.



## CUSTOMER CENTRICITY

### Cemex's Latest Asphalt Product – Vialayer



Cemex has introduced Vialayer, an advanced Asphalt solution that improves the durability of urban roads to help strengthen surfaces against the growing problem of potholes, deformation and premature cracking – a significant problem which prevails on many of our UK roads.

Vialayer is an enhanced Stone Mastic Asphalt (SMA) surface course which has been specially developed to provide an advanced high-grade solution against the main causes of road defects in urban environments. Using a combination of a selected aggregate grading and a high volume of Polymer Modified Bitumen Vialayer can help local authorities to reduce the frequency and cost of maintenance needed for pavements, and highly trafficked roads. It also offers greater flexibility allowing it to absorb the stresses of urban traffic and withstand the impact of slow, heavy-moving vehicles like buses in bus lanes.

Scott Jones, Director of Asphalt, Cemex UK said: “With Vialayer we have worked hard to provide a solution to help local authorities manage their ever-increasing maintenance costs. According to a recent Government report, road maintenance has dropped to the lowest level in five years, putting local councils under a tremendous amount of pressure to reduce spending and allocate resources efficiently. With less money available to carry out road maintenance, councils must be confident in the materials they use for projects, without causing greater expenses in the future.”

You can read the full press release [HERE](#)



## FUTURE IN ACTION

### Latest UK Environmental Briefing – Procurement – NSS & Lyreco Ordering

The latest Environmental Briefing is about changes to PPE and Stationery orders through NSS and Lyreco, respectively.

These changes are being made to help reduce carbon emissions by reducing unnecessary delivery journeys. This is a joint briefing being sent out with the Procurement team.



From 1<sup>st</sup> June, NSS orders will change to a single weekly delivery per site, reducing to fortnightly next year, and Lyreco orders will change to a single monthly delivery per site, on the last Thursday of each month. Additional details can be found in the briefing including information about urgent requirements.



Many sites capture evidence of communication of environmental briefings for the purposes of showing continued training and awareness as part of the Cemex EMS.

You can find the briefing document at the end of this document and on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

If you have any questions, please contact Ellen Huang in the Procurement team.

## Bake Sales Supports Crohn's and Colitis



Well done to Caitlin Hammond in the Customer Services team, who has raised an amazing sum for [Crohn's and Colitis UK](http://www.crohnsandcolitis.org.uk), by organising a bake sale at Cemex UK's Head Office recently.

The tasty treats were a big success with head office colleagues, and with proceeds from the cake sale, together with donations through JustGiving and a contribution from Cemex, Caitlin raised £470 for the charity.

Every day people are diagnosed with Crohn's or Colitis, the two main forms of inflammatory bowel disease. Going since 1979, the charity Crohn's & Colitis UK works hard to offer help, advice and reassurance to everyone who needed it.

## Mark's Charity Quiz Afternoon



Members of Buxton Concrete Products team attended a quiz afternoon to raise funds for The Christie Charity in memory of a former employee who sadly lost his struggle with cancer in February 2023 at the age of 47.

All the quiz questions were based on an aspect of Mark's life from computers, news and Pokemon. Well done to everyone that attended the quiz, they raised over £500 for the Christie charity.

If you would like to donate, please follow the link:

[https://www.justgiving.com/page/marksquiz1852024?utm\\_medium=fundraising&utm\\_content=page%2Fmarksquiz1852024&utm\\_source=copyLink&utm\\_campaign=pdf-share](https://www.justgiving.com/page/marksquiz1852024?utm_medium=fundraising&utm_content=page%2Fmarksquiz1852024&utm_source=copyLink&utm_campaign=pdf-share)

The Christie charity provides enhanced services over and above what the NHS funds for more than 44,000 cancer patients treated at The Christie every year. Your support can help us to fund life-changing and potentially life-saving projects that will benefit cancer patients both now and in the future.



## Supporting Collaborative Women

Around the world our Cemex Social Impact strategy is making a positive and lasting difference in the local communities where we operate. We focus on empowering people, improving housing and infrastructure, building green spaces and resilient communities, and supporting local economies through skills development, entrepreneurship, and sustainability for a just transition.



### How can you get involved

Across the UK between 10<sup>th</sup> – 14<sup>th</sup> June we are asking Cemex UK colleagues to please support **Collaborative Women** this June, by donating items that you no longer need or want. Operating out of Manchester, Collaborative Women work with victims of domestic violence and provide access to safe and affordable housing and also find ways of empowering these women to forge their own paths. The support they mostly require is with materials to assist women who have been housed or are seeking safe accommodation when they escape domestic violence. You can find out more about the organisation here:

<https://www.collaborativewomen.co.uk/about>

### We can support them by donating:

- Bedding | For Double and Single Beds
  - Mattress covers
  - Sheets
  - Pillows
  - Duvet covers
- Period products
- Toiletries | travel size options would be welcome
  - Toothpaste
  - Toothbrush
  - Shampoo and conditioner
  - Shower gel and bar of soap
- Body lotions and hand lotions (particularly culturally specific skincare products that are halal)

**We have arranged the following collection points at Cemex sites. Please bring your donations to these collection points between 10<sup>th</sup> – 14<sup>th</sup> June.**

### UK Collection points:

- Sheffield – Contact: Paul Cooke
- Head Office Coventry – Contact: Chiedza Mupfumira
- Wick Floors – Contact: Susan Townsend
- Wick Readymix – Contact: Ann Ponting
- Dove Holes – Contact: Stephen Leigh
- Southampton Marine – Contact: Matt Bland
- Rugby Cement Plant – Contact: Nicola Clare
- Preston Brook – Contact: Damon Montgomery





- Stockton - Contact: Christine Westwood
- Oldbury - Contact: Naomi Gough

Please share our poster on all workplace notice boards – you can find it at the end of this document and on the UK News download page: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

Many thanks for your support.

## EMPLOYEES

### Wellbeing | Men's Health | Prostate and Testicular Cancer

Our Men's Health campaign aims to bring awareness to health issues that affect men disproportionately and focuses on encouraging men to become aware of problems they may have or could develop and gain the courage to do something about it.

This week's focus is on **Prostate and Testicular Cancer**.

While some people do confuse them, prostate and testicular cancer are separate conditions that have different risk factors, symptoms, and outcomes.



**Prostate Cancer** is much more common than testicular cancer and is the most common cancer in men. Some FACTS:

- Most men with early prostate cancer don't have symptoms because of the way the cancer grows.
- Prostate cancer is not always life-threatening, but when it is, the earlier you catch it the more likely it is to be cured.
- The chances of developing prostate cancer increase as you get older, most cases develop in men aged 50 or older.
- Prostate cancer is more common in black men and less common in Asian men.
- Obesity increases the risk of prostate cancer.

The Prostate Cancer UK charity has a tool, to check your risk in 30 seconds – why not give it a try! Click [here](#) to check your risk.

You can find out all about symptoms, diagnosis, testing and treatment on the following websites:

- <https://www.nhs.uk/conditions/prostate-cancer/>
- <https://prostatecanceruk.org/prostate-information-and-support>

We have also shared some resources about Prostate Cancer in our Men's Health – UK News download page [HERE](#).



- [Prostate Cancer Booklet](#)
- [Know Your Prostate Booklet](#)

**Testicular Cancer** is cancer that's found in the testicles. It is most common in men aged 15 to 49. How serious testicular cancer is depends on the type of testicular cancer, how big it is and if it has spread.

**Main symptoms of testicular cancer:**

- a lump or swelling in your testicle
- your testicle getting bigger
- an ache or pain in your testicle or scrotum (the skin that covers the testicles)
- your scrotum feeling heavy, firm or hard

Other symptoms include:

- an ache or pain in your back or lower tummy
- losing weight without trying
- a cough
- difficulty breathing or swallowing
- a sore or swollen chest

These symptoms are very common and can be caused by many different conditions. Having them does not definitely mean you have testicular cancer but it's important to get them checked by a GP. This is because if they're caused by cancer, finding it early may mean it's easier to treat – it is therefore important to check your testicles regularly. Click [HERE](#) to find out how to do this.

You can find more information, including symptoms, causes and tests Testicular Cancer here:

- <https://www.nhs.uk/conditions/testicular-cancer/what-is-testicular-cancer/>
- <https://www.cancerresearchuk.org/about-cancer/testicular-cancer>
- <https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer>

**Successful Collaboration Delivers State-of-the-Art Flagship Plant**



After several years of design, build and more recently testing stages, Swinderby quarry's new processing plant is now being handed over to the local operation team to begin business as usual operations – a momentous end to a long and challenging project.

The impressive new plant will enable the quarry to process significantly higher quantities of high-quality sand and gravel, with the potential to produce up to 700,000 tonnes a year, nearly doubling production.



The successful delivery of a project of this scale was mainly due to the outstanding collaboration between the Cemex Operational site and Engineering team, along with contractor CDE, the company who designed and built the new plant.

The Engineering team included Senior Project Manager, David Hakes, and from the end of 2022 Engineering Project Manager, Jamie Ewing, who is CDM (Construction Design and Management) site Manager for the construction of the new processing plant on the Swinderby project. Vanessa's team included Gary Pell, Assistant Quarry Manager, Neil Robinson, Supervisor, Alistair Longdon, Supervisor, John Feast, Plant Operative, Tomasz Bielanski, Plant Operative, Mark Bell, Plant Operative and Darren Clay, Plant Operative.



This strong relationship began back in 2021 when the first phase of the redevelopment began with the installation of 1,600m of field conveyor by Canning Conveyors. Quarry Manager, Vanessa Smithson, and her team continued to operate the existing plant, processing high quality sand and gravel for both internal Readymix plants and external customers, many of which collect their own materials. Meanwhile they were working very closely with Jamie Ewing to help manage the new site construction. One of Vanessa's first priorities was to re-organise the site to accommodate the variety of contractors and the increased traffic, with Health and Safety and Wellbeing a top priority. This was discussed by the team resulting in an improved traffic management plan being implemented and demarcation between both sites being fully defined, benefiting both the day-to-day operations of the quarry and the installation of the new plant. The whole redevelopment has been completed with zero injuries.

With Jamie's in-depth knowledge of the project, and being based onsite at Swinderby, together with Vanessa, they build a very strong working relationship built on excellent communication, expertise and agility. Each day Jamie and Vanessa would discuss items such as traffic management, building management and staffing. Together they were able to make quick decisions to solve problems and overcome all the challenges that the huge operation created daily. These included lack of available contractors, bad weather and issues in the supply chain causing delays in phases of the construction, plus redesigning elements of the plant to improve safety and efficiency.

Vanessa and her team have now taken over the daily operations of the new plant from CDE, running it themselves, while still making improvements and dealing with small issues. Jamie is now at the beginning phase of dismantling the old processing plant, with many parts being repurposed at other Cemex sites.

The successful collaboration between Operations, Engineering and the Contractors have resulted in the delivery of a multimillion state-of-the-art processing flagship plant that the teams are very proud of. In a recent visit from Operational and Commercial colleagues from Cemex Spain, the local team were able to showcase the new plant's advanced ergonomic and ease-of-maintenance design features, along with the digital monitoring sensors and health and safety features.



Well done and congratulations to everyone involved in this flagship plant, which will be producing quality sand and gravel for their customers for many years to come.

In the photos: Top Jamie Ewing and Vanessa Smithson

Bottom L to R: John Feast, Alistair Longdon, David Hakes, Jamie Ewing and Vanessa Smithson

## Ryan's Work Experience

From time to time we are asked to support students with some Work Experience, often as part of their GCSE studies. It's always good to be able to take these opportunities to introduce young people to Cemex, so that in the future they might consider a career with us or in the wider industry. It's especially nice too when we can do this for families of colleagues at Cemex.

Most recently Ryan Elson, whose parent Bob Haddock is our Learning and Development Coordinator, has spent some time at Binley office working in Customer Service and Facilities.



Ryan's work experience has been particularly important to us because it helped us to see how well our office works for a wheelchair user.

He told us: "I've really enjoyed my time at Cemex. The part I most enjoyed was working in reception, also I learnt how to deal with customers. I've also enjoyed meeting new people."

## Celebrating Long Service Awards

We would like to send huge congratulations and thank you to the following colleagues for reaching long service milestones in May 2024.

We appreciate all your contributions and hard work over the years:

- Anthony Connolly, Process Development Support Manager in Surrey, celebrated 40 years
- Ian Davenport, Technical Manager in Lincolnshire, celebrated 40 years
- Andrew Page, Electrical Shift Technician in Warwickshire, celebrated 25 years
- Justin Wakelin, Electrical Senior Technician in Warwickshire, celebrated 25 years
- John Ryan, Factory Supervisor, Rugby Cement Plant – celebrated 15 years





## UK News: Voting Information, General Election 4th July 2024



As you'll all have seen, a General Election has been called and Britain will go to the polls on Thursday 4<sup>th</sup> July. In order to have your say on the decisions that will shape the country for the next five years, we'd urge you to go out and vote.

Below are some key details and dates that might be helpful in making a plan to vote:

- **Registering to Vote:** You will need to be registered in order to vote in the General Election. If you've never registered before, have moved house or have changed your name, you will need to re-register. **The deadline to register to vote in the Parliamentary general election on Thursday 4<sup>th</sup> July is Tuesday 18<sup>th</sup> June.**
  - A link to register to vote is [here](#).
- **Voter ID:** You will need some form of photo ID to cast your vote, a passport, or photocard driving license will do. If you don't have either of these, you can apply, free of charge, for a 'Voter Authority Certificate'. The deadline to apply for a Voter Authority Certificate to vote in the Parliamentary general election on Thursday 4 July is 5pm on Wednesday 26 June.
  - **Register for a free of charge 'Voter Authority Certificate' [here](#).**
- **Proxy Votes:** If you know that you won't be able to get to the polling station on polling day, **you can ask someone you trust to cast your vote on your behalf.** This is called a proxy vote and the person casting your vote is often referred to as your proxy.
  - The person voting on your behalf can either go to your polling station to cast your vote, or can apply to vote on your behalf by post. **The deadline to apply for a proxy vote in the Parliamentary general election is 5pm on Wednesday 26<sup>th</sup> June.** You must also be registered to vote by 11:59pm on Tuesday 18<sup>th</sup> June.
  - **Register for a proxy vote via Gov.uk with the link, [here](#).**
- **Postal Votes:** If you know that you won't be able to get to the polling station on polling day, **you can also vote by post.** You can apply for a postal vote if you're away on holiday or because your work schedule means you can't get to polling station. You can also choose to vote by post simply because it would be more convenient for you. You will be sent a postal vote ballot pack before the election.
  - **The deadline to apply for a postal vote in the Parliamentary general election is 5pm on Wednesday 19<sup>th</sup> June.** You must also be registered to vote by 11:59pm on Tuesday 18<sup>th</sup> June.
  - **Register for a postal vote via Gov.uk with the link, [here](#).**
- **Polling Stations & Local Democratic Services:** If you would like to check where your polling station is – and beware, these can differ from one election to the next, check which candidates are standing in your local area, or for any further details, please check your local council's website.
  - **A link to finding this information can be found [here](#).**



If you would like more details, please visit the Electoral Commission's website, link [here](#). The Electoral Commission website lists everything from details to registering to vote, how elections work, and even how you can get involved in the democratic process.

Don't forget to vote on the 4<sup>th</sup> July.

### Public Affairs Team Welcome Visitors



Our Public Affairs team recently welcomed Mary Creagh, Prospective Parliamentary Candidate for Coventry North East, and the then candidate, now newly elected Mayor of the West Midlands, Richard Parker, to our Binley HQ for a briefing on our operations.

They discussed Cemex's footprint and operations in the West Midlands, our commitment to biodiversity and restoration of our sites, our efforts to support a circular economy, our industry leading road safety standards, and also how national policy can support our business and our wider industry.

It is important for us to speak to politicians and policy makers so that we are able to understand their policy priorities and how we can work together to achieve our shared goals.

The team were grateful for Mary and Richard for visiting us, and we very much look forward to working with them closely going forward.

If any other sites would be interested in hosting a political visit, please contact Dan Mann in the Public Affairs team at [Daniel.mann@cemex.com](mailto:Daniel.mann@cemex.com)

### One Million Tonnes Milestone



On 22<sup>nd</sup> May the one millionth tonne of aggregate was loaded and left Dove Holes by rail destined for Barking. This is in line with previous years in spite of the challenges of the weather at the beginning of the year.

Dave Hart, Director Supply Chain, commented on Engage: "Well done and thanks to all involved - the Supply Chain Rail team, the Aggregates Operations and Commercial teams and the depots for this collaborative effort undertaken safely."



## Generative AI in the Building Material Industry

Cemex has developed the first generative Artificial Intelligence (AI) tool of its kind in the building material industry, transforming how the salesforce interacts with clients by providing real-time support for a superior customer experience.

**Digital  
Forward**

*Tech-driven value*

This tool is an advanced knowledge assistant using Microsoft's artificial intelligence and trained with Cemex's product information and expertise in construction regulations. Built on a robust data management system, it offers tailored solutions to diverse project requirements while providing accurate information about expected behaviours and needs.

"Digital transformation is a top priority at Cemex, as we are continually looking for new digital solutions to innovate and drive more efficient, sustainable, and safer construction projects for our customers," said Fernando A. González, CEO of Cemex. "We strongly believe that Generative AI serves as a key differentiator in our business, giving customers a unique experience and memorable experience that embodies our company's identity."

This project is part of Cemex's Digital Forward initiative, which encompasses the company's digital innovation efforts in its commercial offering, supply chain, back-office processes, and manufacturing. Through digital innovation, Cemex evolves to meet its customer's needs, makes its processes more efficient, provides a superior experience for its workforce, and supports the company's aggressive decarbonisation roadmap.

You can read the full Global press release [HERE](#).

## Our Employee Assistance Programme

### Do you need support? Care first

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety.

It is run by a separate provider and not part of Cemex; we don't receive any employee specific information from them.



Call 0808 168 2143

Visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk)

Username: cemex  
Password: cemex



Did you know that Cemex offers all employees a free, confidential employee assistance programme called Lifestyle Support.

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety.

It is run by a separate provider and not part of Cemex; we don't receive any employee specific information from them.

Contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk) (Username: cemex Password: cemex). A poster can be found at the end of this document and in the download section of the website: [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)



## Cemex Lifestyle Holiday Discounts

### Looking to book a holiday?

Our Cemex Lifestyle benefits platform has a 'Holiday Discounts' website which allows you to see the latest travel trends and get some inspiration on this year's must-visit destinations. Their dedicated travel agency 'Holiday Discounts' will hunt out deals with up to an additional 10% off holidays from over 200 tour operators. All the holidays are ABTA and ATOL protected so you know you're in safe hands.



### How To Book

Email: [travel.uk@sodexo.com](mailto:travel.uk@sodexo.com) to request a call back or let them know your budget and where you'd like to go and they'll put together your ideal holiday package.

Give them a ring on 01908 303531 and one of their friendly travel experts will tailor your perfect getaway based on your budget and needs. Alternatively, if you've found your own deal online they'll see if they can beat it. There is no request too big or far-fetched for their travel experts.

You can also search for holiday discounts on the Lifestyle platform [HERE](#)

## We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website or email [gb-communicationsandpublicaffairs@com](mailto:gb-communicationsandpublicaffairs@com)

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.







# ENVIRONMENTAL BRIEFING

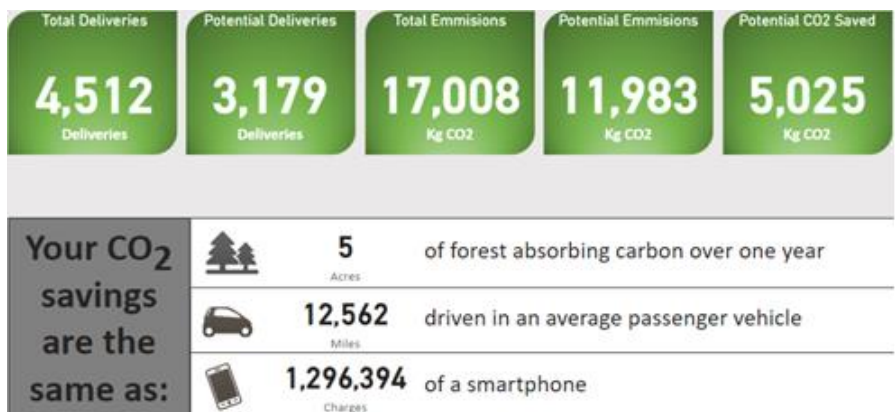
## Procurement – NSS & Lyreco Ordering

### Summary

As a business we are constantly looking for ways to reduce our environmental footprint and improve our sustainability credentials. The Procurement team have been in discussions with our approved stationery supplier – Lyreco – and PPE supplier – NSS – to identify ways in which our purchasing habits can help improve our environmental footprint by reducing the number of site deliveries, thereby reducing CO<sub>2</sub> emissions. The following changes are being made to how we order PPE and stationery. These changes will take effect from **1<sup>st</sup> June**.

### NSS (PPE) Ordering Changes

- From **1<sup>st</sup> June** a single weekly delivery per site, reducing to fortnightly next year.
- Order cutoff time is Mondays at 2pm. Orders will normally be dispatched early Tuesday, ensuring delivery to sites by Wednesday of the same week.
- **Urgent requirements will be dealt with separately. Please contact Linda Fullwood directly - [linda.fullwood@nssgb.co.uk](mailto:linda.fullwood@nssgb.co.uk)**
- By reducing deliveries, we can potentially save the following CO<sub>2</sub> emissions:



### Lyreco (stationery) Ordering Changes

- From **1<sup>st</sup> June** a single monthly delivery per site, on the last Thursday of each month – highlighted in green on the calendar.
- Order cutoff date is the last Wednesday of the month at 2pm, for next day delivery.
- **Urgent requirements will be dealt with separately. Please contact Robert Weston directly - [robert.weston@lyreco.com](mailto:robert.weston@lyreco.com)**



# Supporting Collaborative Women



Around the world, our Cemex Social Impact strategy is making a positive and lasting difference in the local communities where we operate.

We focus on empowering people, improving housing and infrastructure, building green spaces and resilient communities, and supporting local economies through skills development, entrepreneurship, and sustainability for a just transition

## Collaborative Women

Creating Safe Spaces For Women



Scan to find out more



## How can you support?

Across the UK, **between 10th - 14th June**, we are asking Cemex UK colleagues to please support Collaborative Women this June, by donating items that you no longer need or want.

This is an organisation providing access to safe and affordable housing and to find ways of empowering women have been who victims of domestic violence, helping them to forge their own paths.

## We can support them by donating:

- **Bedding | For Double and Single Beds**
  - Mattress covers
  - Sheets
  - Pillows
  - Duvet Covers
- **Period Products**
- **Toiletries | travel size options would be welcome**
  - Toothpaste
  - Toothbrush
  - Shampoo & Conditioner
  - Shower Gel and Bar of Soap
- **Body lotions & Hand Lotion (particularly culturally specific skincare products that are halal)**

## UK Collection points:

- Sheffield RMX plant – Contact: Paul Cooke
- Head Office – Binley, Coventry – Contact: Chiedza Mupfumira
- Wick Floors – Contact: Susan Townsend
- Wick Ready Mix – Contact: Ann Ponting
- Dove Holes – Contact: Stephen Leigh
- Southampton Marine – Contact: Matt Bland
- Rugby Cement Plant – Contact: Nicola Clare
- Preston Brook – Contact: Damon Montgomery
- Stockton – Contact: Christine Westwood
- Oldbury – Contact: Naomi Gough





# HELP AND ADVICE AVAILABLE 24/7

Lifestyle support is your Employee Assistance Programme which can help you with any personal, work or family issue you face. Talk to highly qualified counsellors about anything that's on your mind, including:

- Consumer rights
- Family matters
- Employee support
- Elder care
- Health issues
- Loss/bereavement
- Well-being
- Debt management
- Childcare
- Depression & Anxiety
- Relationships

## FREE CONFIDENTIAL COUNSELLING

Support available anytime, day or night

**Call 0808 168 2143**

[www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk)

Username: cemex  
Password: cemex

Outside the UK:  
+44(0)1452 623 353  
Minicom:  
0800 174 319