



UK NEWS



**Welcome to UK News 12th September 2024
your weekly update from around Cemex UK**

View UK News on: www.uknews.co.uk

You can also follow us on our social media channels

 @CEMEX_UK

 CEMEX-UK

 CEMEXUK



HEALTH & SAFETY

23 Years ZERO LTIs for UK Admixtures

Congratulations to the team at UK Admixtures for achieving a fantastic 23 years LTI free. Thanks to everyone for continuing to look after each other.

LTI and TRI milestones demonstrate that ZERO is possible, especially in challenging environments and working processes. With the right level of focus and attention to Health & Safety, our Zero4Life objective can be met and sustained.



Safety Essential #9 – Isolation Procedures



Sadly, in our company, we have experienced tragic incidents involving both employees and contractors because the correct procedures for isolating moving equipment were not followed. For this reason, it is fundamental to strictly adhere to our Safety Essential #9, because the goal is for everyone to return home safely.



The primary aim of this Safety Essential is to prevent injuries that can occur from contact with live or moving equipment. By following the correct isolation procedures, workers can minimize the risk of incidents.

Procedures must ensure that each item of equipment is isolated from all its sources of energy, such as mechanical, electricity, hydraulics, gravitational effects, pneumatic, among others.

Managers play a vital role in the implementation of the isolation procedures. They are responsible for providing the necessary facilities and resources to effectively isolate all live or moving machinery. This includes ensuring that proper lockout devices and tags are available and that employees are trained in their use. By doing so, Managers help create a culture of safety and accountability within the workplace.



On the other hand, all employees must take personal responsibility for their safety by always isolating, locking off, and tagging out equipment before performing any maintenance or repair work. This means physically disconnecting the machinery from its energy source and securing it with a lock and tag to prevent unintentional reactivation.

Additionally, employees should always try out the equipment to verify that it is indeed de-energised before beginning any work. This whole procedure is what we know as **LOTOTO (Lock Out, Tag Out, Try Out)**.



We invite you to watch this video where the dos and don'ts of these isolation procedures are explained. Click here to [WATCH](#)

By working together and following these guidelines, we can make significant improvements, and it will support our **Zero4Life goal**, so **let's do it!**



CUSTOMER CENTRICITY

Fantastic Teamwork Minimises Plant Downtime and Customer Service Impact

Following an unplanned event recently, that impacted rail services into our Stourton depot, a fantastic team effort was able to minimise the downtime and bring the site back into operation one week ahead of schedule in a safe manner.

The entire Asphalt team worked together tirelessly day and night supported by the Aggregates team from Dove Holes, to ensure the parts were ordered in a timely manner and the work completed safely.

In parallel, the Commercial and Supply Chain teams had regular calls to ensure customer service was managed during this period. The Logistics and Planning teams reacted promptly to address the haulage implications from Dove Holes, Sheffield and Selby as did the sites in coping with the additional demand.

Dave Hart, Supply Chain Director, said: "This was a real example of how by working together we can act safely and minimise the impact on our customers. Too many people to mention but a special call out to Jason Barker, Phil Repton, Luke Tyghe, Colin Burdett and Paul Carey from Urban Solutions, Jane Walsh, Liz Dixon, Rob Wilkinson and Les Grabarz from Supply Chain, Steve Leigh, Andrew Copley and his team at Dove Holes.

Thanks to everyone for their attitude and effort."



Register NOW for 2024 Superior Customer Service Awards



The 2024 Superior Customer Experience Awards are now open to register.

We want to recognise your positive contributions towards Cemex Customer Centricity (our strategic priority) and distinguish all of the great projects and initiatives aimed at delivering a Superior Customer Experience.

As we all know, taking care of our customers' needs is one of our most important goals which gives directions to our daily work. We make every effort to continue to care for the Customer Experience with the highest quality.

You are invited to take part in this year's Superior Customer Experience Awards, bringing us closer to our efforts in caring for our customers.

We are looking for the best EMEA projects in the following categories:

- **Best Initiatives Implemented** - in this category we are looking for projects that have already been implemented (at least as a pilot) that **enhance the customer experience throughout the entire customer journey.**
- **Best Data Initiatives (new!)** - in this category we are looking for projects that have already been implemented and are **based on data or used data to improve the customer experience.**
- **Sustainable Construction Projects** - in this category we are looking for any construction project that are either under development or already built, where you helped the customer make their **project a more sustainable one by recommending products and solutions from our Vertua Brand.**

Click [HERE](#) for full details and to [APPLY](#). Registration is open until 27th September. Local (EMEA) winners will compete against the best projects from other Cemex regions.



FUTURE IN ACTION

Liverpool Team Lend a Hand

Recently a team from the Liverpool Docklands Asphalt Plant spent their Lend a Hand day volunteering at their Local Football Club.

Prescot Cables FC, who play at the Joseph Russell Stadium in Prescot in Merseyside, were extremely grateful for the teams help fixing gates and fences at the club house, and painting around the stand.

The Cemex team included Plant Manager, Frank Kehoe, Alan Oconnor Trevor Golding, Lee Millington and David Bold.



How to organise your Lend a Hand

To support you and your team in finding local opportunities for Lend a Hand activities, Cemex UK has partnered with Neighbourly, a volunteering platform to support you to deliver social impact. Once registered, the new online platform will assist you in searching for volunteering activities in your local areas. Click this link [HERE](#) to open Neighbourly. You can find instructions to register with Neighbourly [HERE](#). If you need any further support using Neighbourly or organising your Lend a Hand activity this year, please contact Chiedza Mupfumira, Cemex UK Social Impact Specialist.

ESG – Want to Know More?



ESG stands for **Environmental, Social and Corporate Governance**. The world we live in is facing numerous challenges. Progressive climate change and rising social tensions are causing far reaching changes in the way we think about human activity and the acceptable means of getting there. Among other things, the demands on business are changing - companies are expected, among other things, to develop in a more sustainable way.

One symbol of these expectations is the acronym ESG, which you may increasingly encounter in sustainability-related publications. Behind the English terms Environmental, Social and Corporate Governance are three areas of company activity: environmental, social and corporate governance. Year after year, there is growing interest in data on companies' activities in this area. There is also an increase in the number of companies in the European Union that are required to report their environmental, corporate social responsibility and corporate governance activities.

ESG is becoming increasingly important for several reasons:

- *Investors are demanding it.* A [2023 MSCI](#) study indicates that 90% of investment decision-makers consider ESG factors as an important factor in their investment decisions.
- *Customers are demanding it.* A recent study by McKinsey & Co. found that 66% of all respondents and 75% of millennial respondents consider sustainability when making a purchase. This shows a clear shift in consumer behaviour, with people increasingly aligning themselves with brands that share their values and priorities.
- *Governments are demanding it.* Governments around the world are introducing new regulations and legislation that require companies to report on their ESG performance. This is making it more important than ever for companies to take ESG seriously.
- *Employees are demanding more from companies,* not only choosing where to work based on a company's core values, but on their actual impact and results.

But ESG isn't just about meeting the demands of investors, customers, and governments. It's also about doing the right thing. At Cemex, we believe that we have a responsibility to operate our business in a way that is sustainable and that benefits the communities in which we work.

In the following months, you will learn more about our ESG activities in the EMEA region.



For more information about our ESG 2030 targets, please visit our website at <https://www.cemex.com/sustainability/our-2030-targets>.



EMPLOYEES

Our Cemex Wellness Week Starts Next Monday!

After much training and preparation our amazing [Cycling team](#) will be starting their epic 5-day bike ride from Stockton to Southampton. With the honour of sounding the starting horn, the Mayor of the Tees Valley, the Rt Hon. Ben Houchen will be joining the team at the starting line at Stockton.

With other VIPs joining the team along the way we're hoping to get some fantastic social media coverage so please do share our social posts throughout the week! We will be sharing a blog each day so check out the website [HERE](#) for all the latest news from the team. So far, the team have raised an incredible £4,171 for our partnering charity Sense. You can support them too by donating to Sense via our JustGiving link [HERE](#). Thank you.

Are you participating in our first Cemex Wellness Week? Together let's see if we can match or beat the cycling team's total equivalent mileage!

You can take part as an individual or as a team and convert your physical activities into steps. We will be sharing the leaderboard each day on the [webpage](#), including a running total of our steps/mileage equivalent.

Registration is still open so click [HERE](#) ASAP to register yourself as an individual or Captains register your teams!

How to convert your activities into steps and log them

For those of you taking part, if you're walking or running there are lots of apps you can download to monitor your step count. For other activities we have made a conversion tool – click [HERE](#) to download it. For example, a 30 minute spin class is the equivalent of 6,000 steps. We've also made a quick guide about how to convert your activities into steps – and then to log them – you can find it at the end of this document or download it [HERE](#). We have a long list of different activities but if yours isn't on the list we suggest Googling a conversion.

Once you have made your conversion, share your total step count with your Team Captain who will then need to log their team's daily total step count by 10am the following morning. Captains, please click [HERE](#) to log the steps. Please log the weekend steps by 10am on Monday 23rd September.

Quick summary of how to take part:

1. Convert your activities into steps by downloading our conversion tool or download [HERE](#)



2. Follow our simple 4-step guide to converting and logging your steps (attached) or download it [HERE](#)
3. Captains and Individuals (people not participating as a team) LOG your daily steps [HERE](#)

Get inspired, get active, get Fit4Life!!

Do you Know Your Numbers?

This week is Know Your Numbers Week. This is about raising awareness and sharing resources around high blood pressure, a major risk factor for heart disease and stroke.

Here are some of the reasons why everyone should check their blood pressure numbers.

- 1 in 2 strokes and heart attacks are the result of high blood pressure.
- 1 in 3 adults in the UK have high blood pressure.
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment.
- 6 million people in the UK alone have high blood pressure and don't know it.
- £2.1 billion – that's how much high blood pressure costs the NHS every year.



Because high blood pressure usually has no symptoms, the first sign of it could be a heart attack or stroke. It can cause kidney disease, dementia, and other illnesses too. But these tragedies can be prevented with medications and lifestyle changes.

Finding out your numbers

The only way to know if you have high blood pressure is to have yours measured. However, a single high reading does not necessarily mean you have high blood pressure. Many things can affect your blood pressure through the day, so you will need to see that it stays high over time.

How is blood pressure measured?

Your blood pressure is usually measured using a blood pressure monitor. This is usually an electronic monitor connected to an inflatable cuff, which is wrapped around your upper arm. When you have your blood pressure measured, the reading is written as two numbers. The first is when the pressure is at its highest (or systolic pressure), and the second at its lowest (or diastolic pressure). For example, your reading might be something like 140/90 mmHg, which you would say as “140 over 90” (mmHg is a unit for measuring blood pressure).

Around Cemex UK many of our offices and sites have blood pressure monitors for you to use to check your blood pressure, your Supervisor should be able to advise where they are located. Check out this useful guide on how to take your own blood pressure reading – click [here](#).

If you don't have a monitor at your workplace, some pharmacies and GP surgeries also have blood pressure monitors for you to check your blood pressure.



What do the readings mean?

As a general guide:

- Normal blood pressure is considered to be between 90/60mmHg and 120/80mmHg (this applies if it's measured at home or at a GP surgery or clinic).
- High blood pressure is considered to be 135/85 or higher if your reading was taken at home, or 140/90mmHg or higher if your reading was taken at a GP surgery or clinic.
- Low blood pressure is considered to be lower than 89/59mmHg or lower.

If your reading is between 120/80mmHg and 140/90mmHg, you may be at risk of developing high blood pressure in the future.

There are things you can do to help prevent this, with links to NHS support guides:

- [reduce the amount of salt you eat and have a generally healthy diet](#)
- [cut back on alcohol](#)
- [lose weight if you're overweight](#)
- [exercise regularly](#)
- [cut down on caffeine](#)
- [stop smoking](#)

Some people with high blood pressure may also need to take one or more medicines to stop their blood pressure getting too high.

You can watch a video about High Blood Pressure and understanding the risks [here](#).

You can also check out the NHS website information about high blood pressure [here](#), and on the British Heart Foundation website [here](#).

Once you've found out your numbers – check out the bloodpressure.org website to find out what they mean, and what next steps you might need to take. Click [here](#).

Further Resources

We have shared a number of resources to help you check your blood pressure and understand the numbers.

To access these resources, click [HERE](#) or scan the QR code on our poster in the download section of the UK News website [here](#).

- [New Leaf Resources](#)
- [Guidelines for Blood Pressure Testing](#)
- [Know Your Numbers Resources](#)
- [Blood pressure chart for adults](#)
- [How to check your own Blood Pressure](#)

Please print our poster and share on your workplace notice boards.



Conservative Leadership Event

Our Public Affairs team recently attended an event hosted by a Conservative Party lobby group, with leadership candidate Tom Tugendhat as the guest speaker. The event gave the team an opportunity to get a feel for the opinions of party members as to who is likely to be successful in the leadership election, and the direction of the party for the new opposition.

With the Conservative Party now in opposition, the team will continue their engagement where our Cemex sites have Conservative representation, and for important issues across the country which remain on the radar within Westminster.

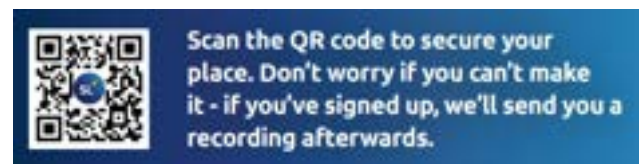
Our public affairs efforts are apolitical, and they seek to engage with all parties regardless of political allegiances, in order to secure the best possible outcomes for our business.



Get to Know Your Pension

Cemex uses Standard Life to provide you with a workplace pension that helps you shape your financial future.

Pension Engagement Season is here and throughout September we will be sharing some great tips on helping you to keep making the right choices for you and your pension savings.



This week Standard Life have been running a series of seminars to help you get to know your pension better. Scan the QR code above or click [HERE](#) and sign up to receive a recording to listen to in your own time.

- Workplace pensions: what are they and how do they work?
- Now vs. later: explore how not saving into a pension might cost you
- Get it together – all you need to know about combining pensions
- Did you know your pension is invested?
- Your retirement, your choices

Have you downloaded the Standard Life UK mobile app? Use it to manage your pension plan on the go. Click [HERE](#) to download the app. And if you haven't already, register for online servicing to manage your pension online [HERE](#).



How to be a Cemex Brand Ambassador on Social Media – LinkedIn

LinkedIn is the ultimate professional platform. It is not only a powerful networking tool but also an excellent way to promote Cemex and its values. Here are some practical tips to help you stand out as a brand ambassador on LinkedIn:



1. Optimise your profile

Your LinkedIn profile is your business card. Make sure it is complete and updated:

- Professional profile photo: Use a clear and professional photo.
- Headline: Include your position at Cemex and a brief description of your responsibilities.
- Summary: Write a summary that highlights your experience and commitment to Cemex's values.

2. Share relevant content

Post and share content that reflects Cemex's values and achievements:

- Company news: Share updates on Cemex's projects, innovations, and achievements.
- Articles and blogs: Publish articles on relevant topics in the construction and sustainability industries.
- Events and/or conferences: Promote events involving Cemex and share your experiences.
- Storytelling content: Share personal or team accomplishments, day-to-day activities to show our values and culture.

3. Engage with your network

Engagement is key to building strong relationships on LinkedIn:

- Comment and react: Participate in posts from your colleagues and the company.
- Direct messages: Connect with other professionals and have meaningful conversations.
- Recommendations: Write and request recommendations to strengthen your profile.

4. Use hashtags and tags

Hashtags and tags can increase the visibility of your posts:

- Hashtags: Use relevant hashtags like #Cemex, #Sustainability, #Innovation.
- Tags: Tag colleagues and the official Cemex page in your posts.

5. Be authentic

Authenticity is essential for building a strong personal brand:

- Share your story: Talk about your experience at Cemex and how you contribute to the company's mission.
- Personal values: Align your posts with Cemex's values, showing your commitment to sustainability and innovation.

Being a Cemex brand ambassador comes with important benefits:

- Professional growth: Enhance your personal brand and professional network.
- Recognition: Gain visibility within the company and the industry.
- Impact: Contribute to Cemex's mission and sustainability goals.
- Learning opportunities: Access to exclusive resources and training.



Being a Cemex brand ambassador on LinkedIn not only strengthens our presence on the platform but also positions you as a leader in your field. Every post, every interaction, is an opportunity to show the world the incredible work we do at Cemex and how we are building a more sustainable future.

At our company, each of us is a key piece in building a better world. By being an ambassador of our brand, you not only represent the company but also carry the pride of belonging to an organisation that values innovation, sustainability, and positive impact on society.

Together, we can build a more connected future!

Win £50 Towards Bike Accessories



Pluxee, our benefits platform provider, are running an incentive to win £50 for simply applying for a bike and/or bike accessories between 16th September 2024 and 18th October 2024, which automatically enters your employee into a prize draw to win one of six £50 vouchers for bike accessories!

This is a chance for you to get a new helmet, safety gear, tracking device, or any other cycling accessory.

You can find more details on the poster at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads

Your Benefits Platform – find out how to make the most of it!



Our benefit provider Pluxee is running a virtual roadshow on 25th September at 10am. Learn how to maximise your savings by joining the virtual session!

Join by Teams to find out how to use our benefits platform, how to get E Vouchers and about the Pluxee card.

Add it to your diary and then [Click here](#) to JOIN the session. Click [HERE](#) for savings!



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

Username: cemex

Password: cemex



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

You can find a guide all about How Care first can support you at the end of this document and in the UK News website:

www.cemexuknews.co.uk/downloads

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 (Username: cemex Password: cemex).

Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
154-09-2024	Plant and Field Technician	Materials – Quality and Product Technology	Weeford and Alrewas	19/09/2024
155-09-2024	Multi Skilled Operative	Urbanisation Solutions - Asphalt	Bletchley	20/09/2024
156-09-2024	Customer Service Representative	Customer Experience - Readymix	Binley	13/09/2024
157-09-2024	Submissions Leader	Materials – National Key Accounts	Binley / Hub Office	20/09/2024
158-09-2024	Contracts Manager	Materials – Readymix	Kingsbury	24/09/2024
159-09-2024	Operative	Materials – Aggregates	Angerstein	24/09/2024

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

If you can, please include a photo too (taken in super fine landscape setting and saved



as a jpeg.) Thank you.



How to convert your activities into steps and log



1. Download conversion tool



<https://cemexuknews.co.uk/downloads/download-info/cemex-wellness-week-daily-log/>

Click to download

2. Open tool in excel and enable editing

Protected View.

Enable Editing

3. Select you activity from the long list of activites and insert th enumber of minutes spent doing it in the column shown below.

Activities that can be counted towards step total

Conversion Table

Fill in your time to find the find your equivalent step count

	Step Count Per Minute	No of Minutes	Equivalent Steps
Aerobic dancing class	127		0
Aerobic fitness class	181		0
Aerobics, low impact	125		0
Aerobics, step	153		0
Badminton, casual	131		0
Badminton, competitive	160		0
Ballet dancing	120		0

3. Select you activity from the long list of activites and insert the number of minutes spent doing it in the column shown below.

4. Share your daily total with your team Captain or log your steps as an individulal.

Captains/Individuals click or scan to log your daily step totals.

<https://forms.office.com/r/1EuN-rvk5tm>

Cemex UK Wellness Week 2024

Conversion tool

Use this form to calculate you activity's MILE equavlient

Find your activity in the list below - fill in your time spent on that activity, then tra

	16-Sep	17-Sep	18-Sep	19-Sep
Activity 1 - step total				
Activity 2 - step total				
Activity 3 - step total				
Activity 4 - step total				
Activity 5 - step total				
Daily STEP Total		0	0	0

Click to
Open



WELLBEING STRATEGY GROUP
SEPTEMBER FOCUS



KNOW YOUR NUMBERS



In September, we are focusing on the theme 'Know Your Numbers', as part of our Wellbeing calendar.

Scan the QR code to access your downloadable resources.





✖ Cycle Benefit Scheme

Big savings of up to 47%

Apply for a bike and/or bike accessory through your Cycle Benefit Scheme between **16 Sept 2024 and 18 Oct 2024**, and you'll be automatically entered into our prize draw for a chance to **win 1 of 6 £50 Cycle Accessory Vouchers!** A new helmet, safety equipment, tracking device or any other bike accessory could be yours.

Example Savings

Application amount	£100	£500	£1,000
RRP Monthly Cost*	£8.43	£41.67	£83.33
Cycle to Work Monthly Cost	£4.42	£22.01	£44.17
Cycle to Work Total Cost	£53	£265	£530

*Up to 47% in tax and NI for additional rate taxpayers, 42% off for higher rate taxpayers and up to 28% for a basic rate taxpayer. Prize draw runs 16th September to 18th October. Terms and conditions apply.



[https://cmx.employeebenefitsplatform.com/
view-product/third-party/c2w-cemex](https://cmx.employeebenefitsplatform.com/view-product/third-party/c2w-cemex)

Call 01908 303 498





✖ Employee Assistance Programme

How Care first can support you...

Counselling support

Our team of professionally trained, qualified and BACP accredited counsellors are available 24/7 to offer support for personal or workplace related issues. As well as the headline issues surrounding mental health, our Care first counsellors are also trained in dealing with both work and home grievances, bullying & harassment issues, domestic violence, relationships at both home and at work and much more. No matter how big or small the problem may be, our counsellors are here for you to provide you with unbiased support away from the situation. Everyone has very individual needs for support, Care first provides short term focused counselling, so the Care first counsellor will assess your circumstances when you call to establish what the most appropriate form of support will be for you. It might be that you just need a brief conversation with the counsellor that day, or you may benefit from a few more sessions.

Information Specialists

As control, or the lack of it, can be an influencing factor on the impact of stress. Many individuals identify stress as emotional. However, a lack of control around practical issues can be just as impactful. We have expert advisors that have been trained by Citizens Advice who can provide you with comprehensive answers and assistance on a wide range of practical issues which can affect our daily life, these include but are not limited to; redundancy, advice on funerals and probate, legal information, housing and tenancy issues, childcare, elder care, health, consumer issues, employment, travel and education.

Our Information Specialists are also money trained experts and can provide support with a variety of financial queries such as help with budgeting finances and advice with benefits. You can speak with one of our Information Specialists confidentially Monday-Friday between 8am-8pm.

Management Support

If you are a manager, have leadership responsibilities, or look after a team within your organisation, it is as important as ever that your colleagues are made aware of the range of support available from Care first. As well as supporting you to signpost your colleagues to the Care first service effectively to maintain your managerial boundaries, Care first can also provide you with support within your role as a manager. Care first counsellors are all management trained and can provide support with issues such as if the organisation is going through a period of redundancy, managing change and difficult conversations, workplace performance, remote working, absence management and disciplinary.

Care first Lifestyle

Through the Care first lifestyle site you can access a wide range of supportive information, read helpful articles published by our team, view Webinars covering a variety of well-being topics and even speak with a Care first counsellor in real-time via our online counselling facility.

You can log into your account by visiting www.carefirst-lifestyle.co.uk and logging in using your organisation's unique log in details. If you are unsure what these details are then please contact your line manager or HR department. The Care first Lifestyle website is great place to go to learn more about Care first and the different areas that we can support in.

Care first service
BACP counselling
Information specialists
Management support
Care first lifestyle
How it supports?
Mental wellbeing
Practical issues
Support for managers within their working role
Hub of resources and information

How all of these above services link together

As you can see from the above table, all the services that we offer complement each other to ultimately encompass an individual's overall mental and physical wellbeing, which enables individuals to access professional and clinically proven support.

Our counselling support is available 24/7 to help individuals with any emotional issues that they may have. Our Information Specialists can help individuals with practical information and advice. This practical support is so important because if an individual is concerned about a practical issue, then this can cause detrimental effects to their emotional wellbeing. By getting some support from an Information Specialist this will provide the individual with some clarity on that particular issue, which may help them to feel more in control of a situation and relieve some anxiety.

The Care first Lifestyle site can help individuals who are concerned about an issue. The individual may not know where to start and they can have a look at the resources on our Lifestyle website which may be enough to help them.

The Lifestyle website is a great starting place to learn about the types of issues that Care first can support with. The individual can also access our online counselling tool through the Lifestyle website which is an alternative way to access support from a counsellor. By an individual looking through all the resources on our Lifestyle website this can help them to get answers about an issue they may be having.

Again by getting some clarity on their issue this may have a positive effect on their mental wellbeing.

If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number provided below and you can speak to a professional in confidence.

Visit: www.carefirst-lifestyle.co.uk to view our articles on health and well-being, or call **0808 168 2143** for in the moment support.