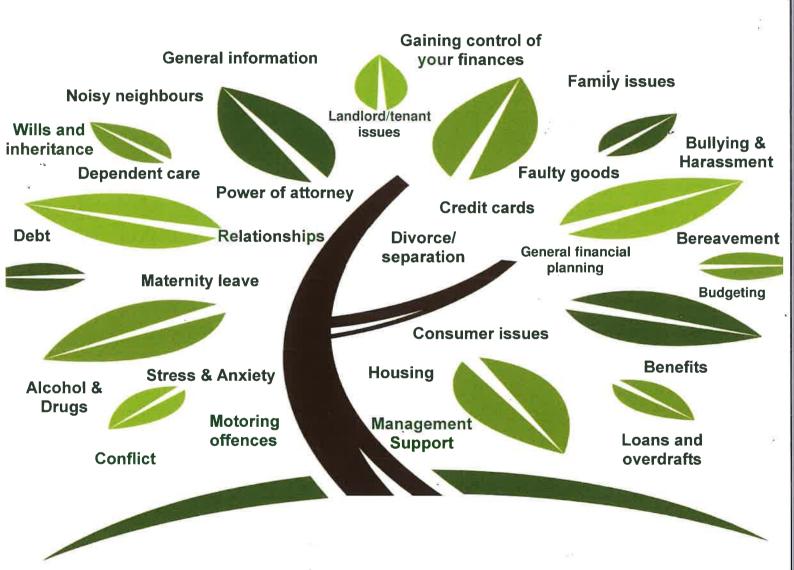
## Care first

## Confidential support for all staff

0800 174319

Available 24/7



Are you having a difficult time and feel you need some advice on any of these issues and more?

Our counselling and information service is free and confidential.

Online support

www.carefirst-lifestyle.co.uk

Username: kmc001 Password: uncil1234

Confidential support available 24/7

0800 174319