



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

## **In Work Support South East Wales**

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**Helping you thrive at work**

## **In Work Support South East Wales**



- Free and confidential support to improve health and wellbeing at work
- Rapid access to free physical or talking therapies e.g. physio, CBT
- For employed and self-employed people who live and work in Cardiff, Monmouthshire, Newport and Vale of Glamorgan

**Get in touch to see how RCS can help you**