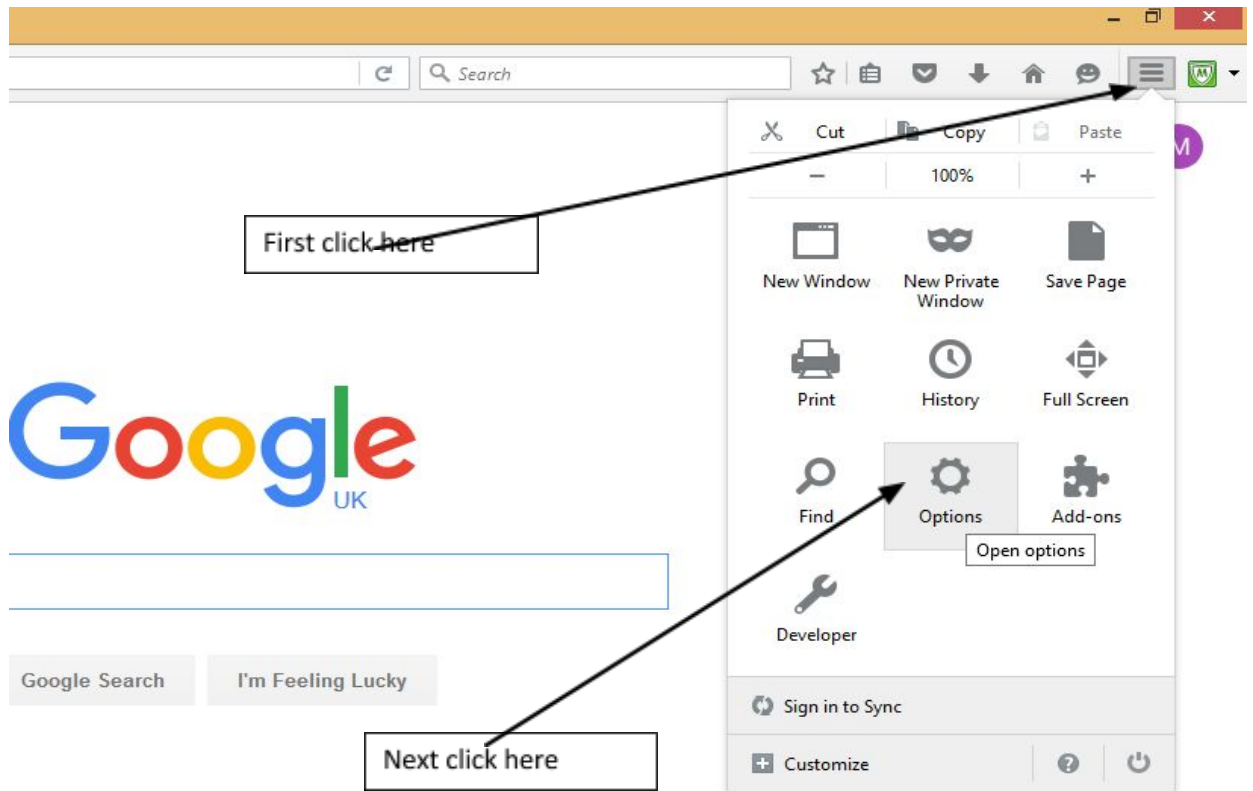
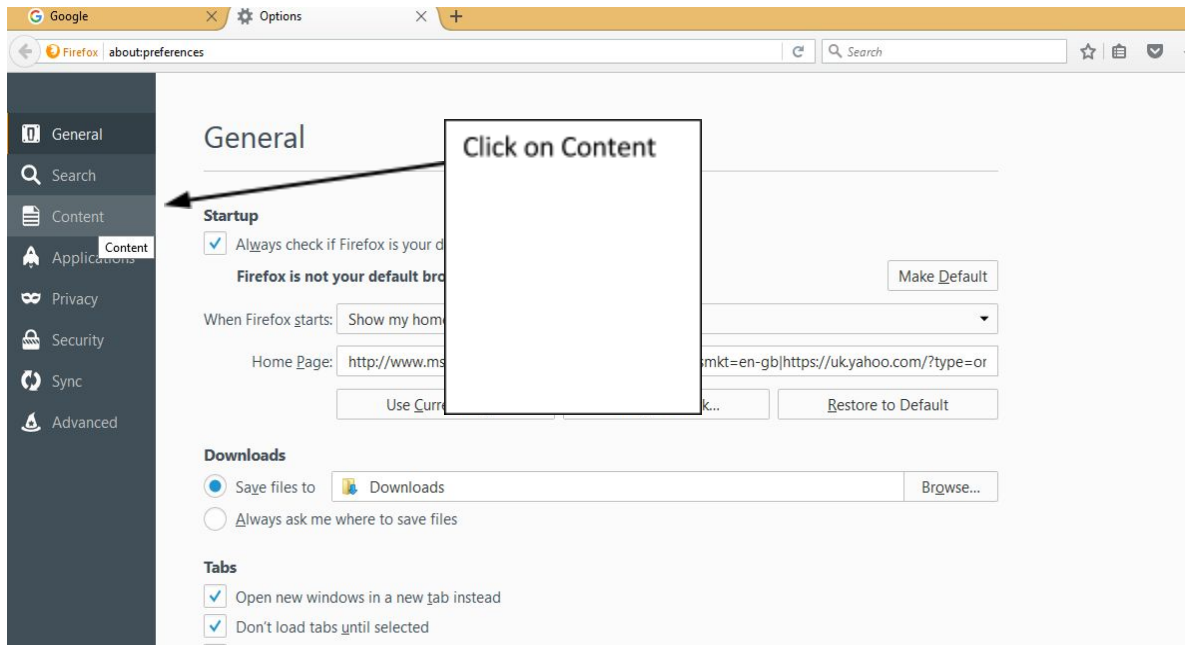


How to allow pop ups for the Caring For Me and You website on Firefox browser:

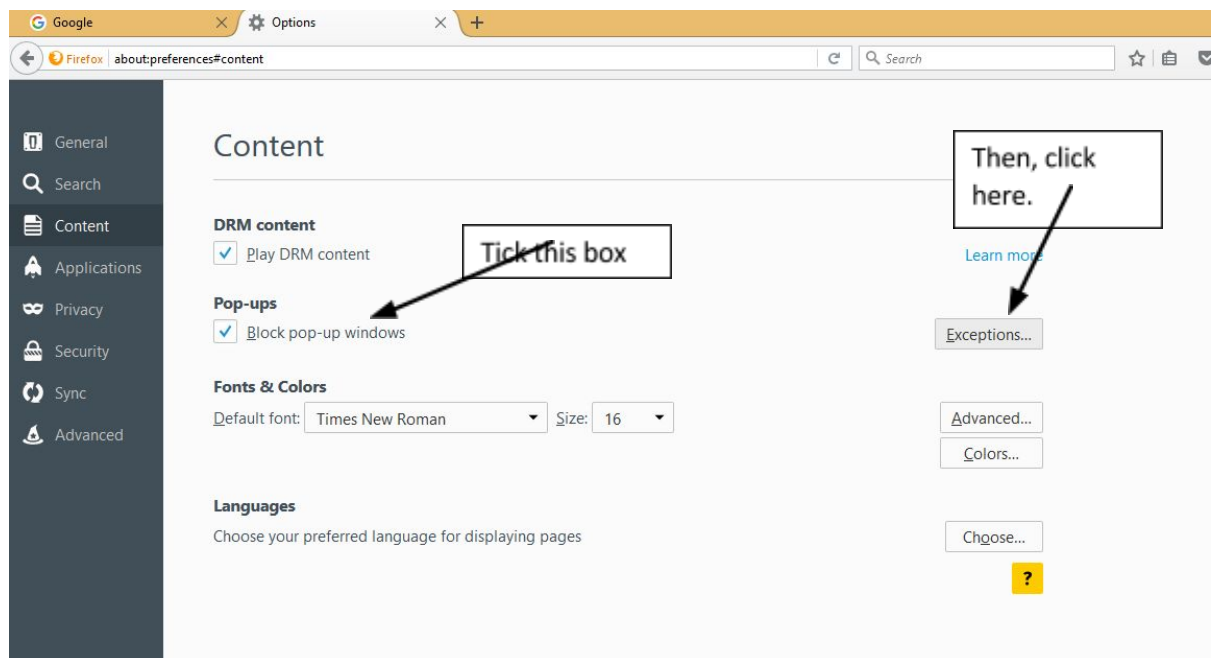
1. Click on the **button with the three horizontal lines** on the top right hand corner of our screen and select **“Options”**



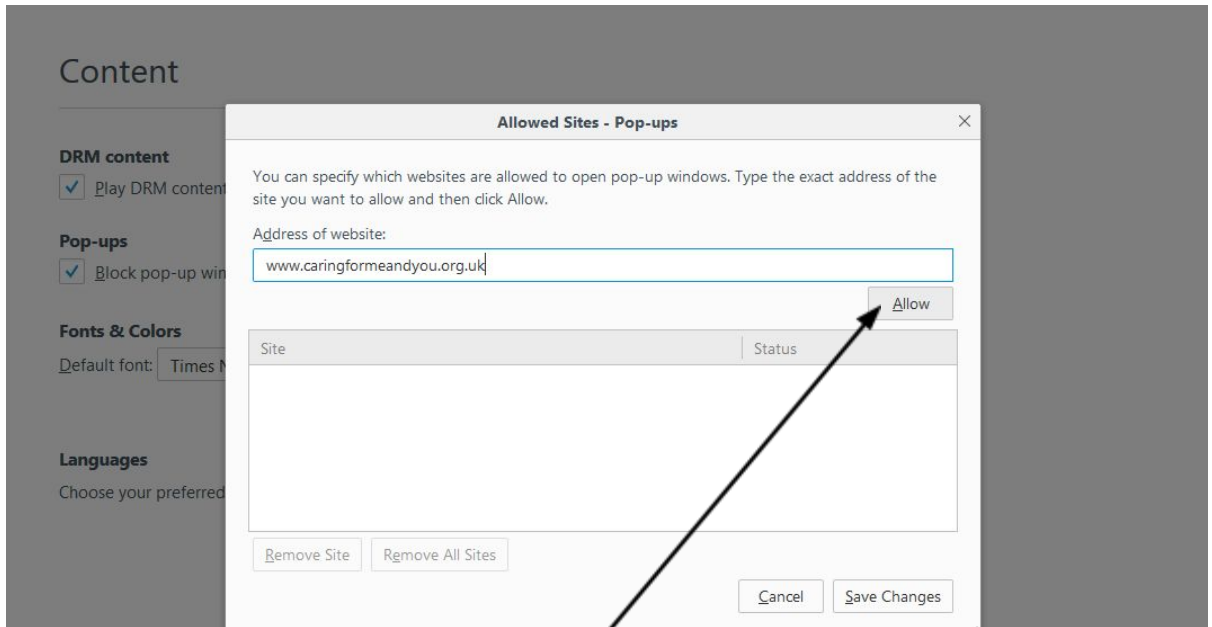
2. Next, click on **“Content”** on the left hand corner of the screen.



3. Next, tick **“Block pop-up windows”** and **“Manage exceptions”**.



4. Next, type [www.caringformeandyou.org.uk](http://www.caringformeandyou.org.uk) under Address of website and click **“Allow”**.



Click allow when you have typed the address in above.

5. Finally, Click **“Save changes”**.

