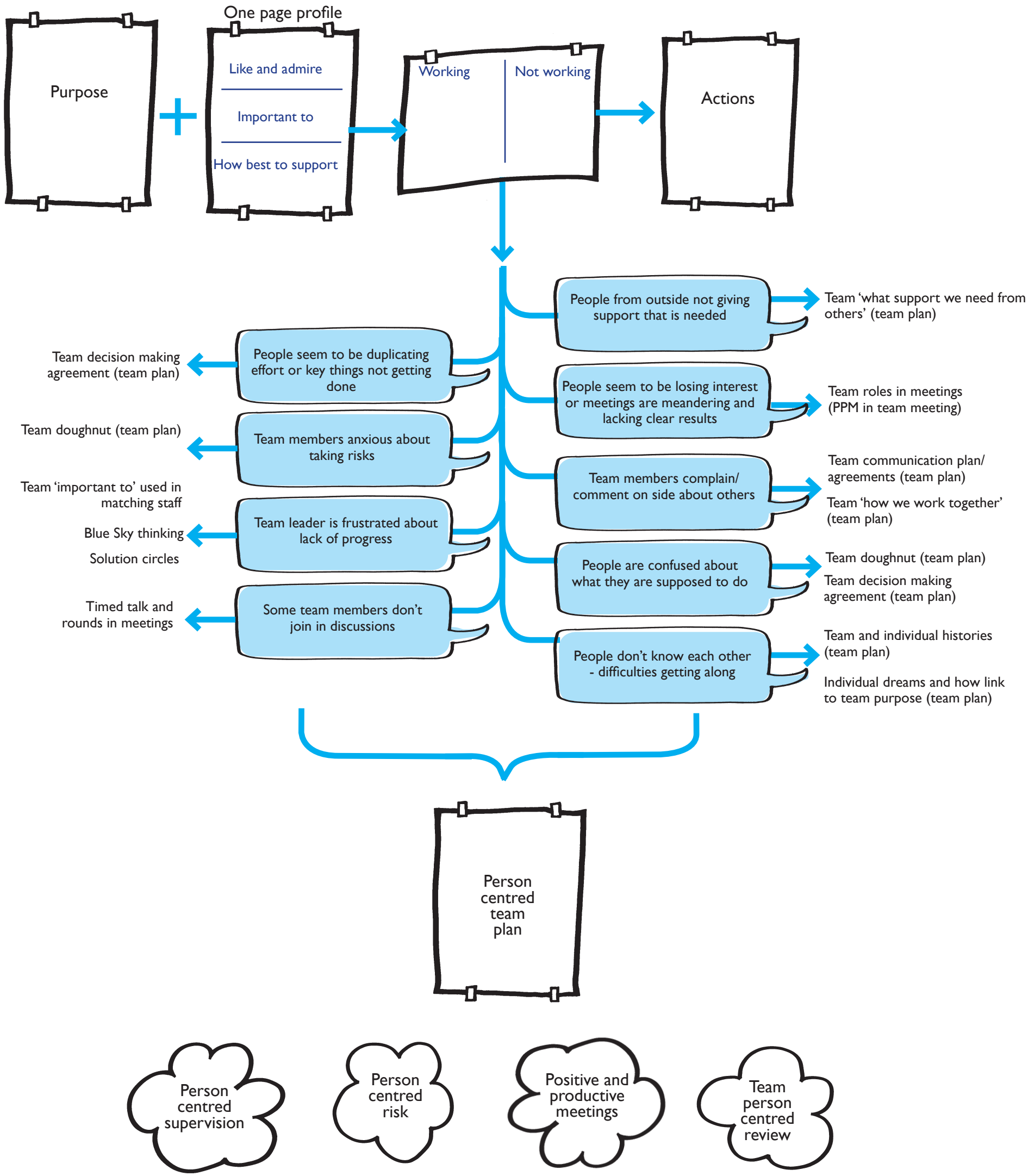Getting started with person centred teams