

Childcare & Family

Caring for children and family members or running a household whilst also working can be very stressful. Competing demands stretch energy thin, but there are options for support available even though it can be hard to know where to start if difficult issues arise. The following are a number of organisations / resources both internally and externally that may be able to help you assess your current needs and work out a way forward.

Family Lives

Family lives are an online service offering a 24 hour confidential helpline, online chat, text and email support for issues relating to parenting, running a household, rights and responsibilities (maintenance etc) education, and family roles.

E-mail: <http://familylives.org.uk/advice>

Tel: 0808 800 2222

Bristol Parenting Hub

Source of information on local parenting courses and info, including support groups, online forums

Web: <http://www.bristolparentinghub.co.uk/>

NAFIS - The National Association of Family Information Services is a registered charity that supports, links and promotes family information services across England. Good online source of information.

Web: <http://www.daycaretrust.org.uk/nafis> extra website dealing with paying for childcare

<http://www.payingforchildcare.org.uk/>

Internal Resources from UHB HRWeb

NHS Childcare Voucher Scheme – Link by typing in childcare help, with childcare costs. Scheme reference No S989981K

Tel: 0800 612 9015

Web: www.kiddicarevouchers.com

UH Bristol Holiday PlayScheme - delivered in-house through the childcare team and opens each Easter, Summer and Christmas school holiday periods to provide exciting play opportunities and experiences to children aged 4 - 11 years.

“Family Friendly Policies” – Maternity leave, paternity and partner leave, parental leave, adoption leave, special leave, career break and sabbatical leave policy, flexi-time working leave policy and job share policy.

<http://www.direct.gov.uk/> Working Family tax credit and Childcare Tax Credit (also word doc on HR web) www.hmrc.gov.uk/tax-credits or request a paper claim pack on 0845 300 3900