



There's more to life than making a living

Whatever work, family or life stage you're at, we can help make work+family work better for you

You can access a wealth of **help and support** for all life stages:

- **Webinars:** practical and interactive webinar events for working parents and carers
- **Speak to an Expert:** from questions about care, to dealing with emotional, practical, parenting or work-related issues
- **Education Spotlight:** free memberships and exclusive discounts on life skills coaching, tuition support and exam preparation
- **Ongoing Care:** expert help in your search for permanent childcare or eldercare
- **Insider Guides:** our library of invaluable, detailed guides is available free to download
- **Blogs:** topical advice, expert opinion and experiential articles
- **Being a Dad:** Resources that provide unique perspective and support

You'll also receive:

- **Life stage newsletters:** monthly bespoke emails relevant to your current life
- **Resources Updates:** Resources to highlight and support with key events

Join Today
myfamilycare.co.uk/oxford



Be prepared for life's little emergencies

Experiencing a care crisis? We can help you solve it in a matter of minutes with back up care for when care plans fail, or you need **extra support** for a loved one.

You can book:

- **In-home childcare (newborn up to 16 years):** provided by leading nanny agencies
- **Nurseries (3 months to 5 years):** you can also nominate your nursery to join our network
- **Holiday Clubs & Virtual Clubs (5 to 17 years, age will vary by provider):** learn new skills
- **Childminders (3 months up to 12 years):** all verified members of professional governing bodies
- **Adult or Elder Care Specialists (18 years +):** facilitated by fully regulated care agencies

Adult care support includes:

- Self-care when recuperating
- Domiciliary and companion care
- Access to resources to help navigate the challenges of adult and elder caregiving



Join today

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Any questions call **0345 241 5306** (7.30am to 7.00pm)

Download the App today, Search BUC Booker



WORK+
FAMILY
SPACE